PARALLEL BARS

USA GYMNASTICS

Ganba! Gymnastics™ sbonham.com/ganba

Conventions used

NOTE: The USAG Manual and Official Updates from the Age Group Competition Program take precedence over any interpretation in the Ganba Gymnastics posters and illustrated guides.

LEGEND

TEXT

Black text describes required skill parts.

Red text describes skills that may be added or substituted to earn either additional bonus or virtuosity points.

Green text describes skills that may be added or substituted to earn either additional bonus or virtuosity points.

NUMBERS

Illustrations are numbered and *usually* sequence from left to right. Where there are exceptions a yellow arrow (as shown between 21 & 22 below) will appear to assist flow.

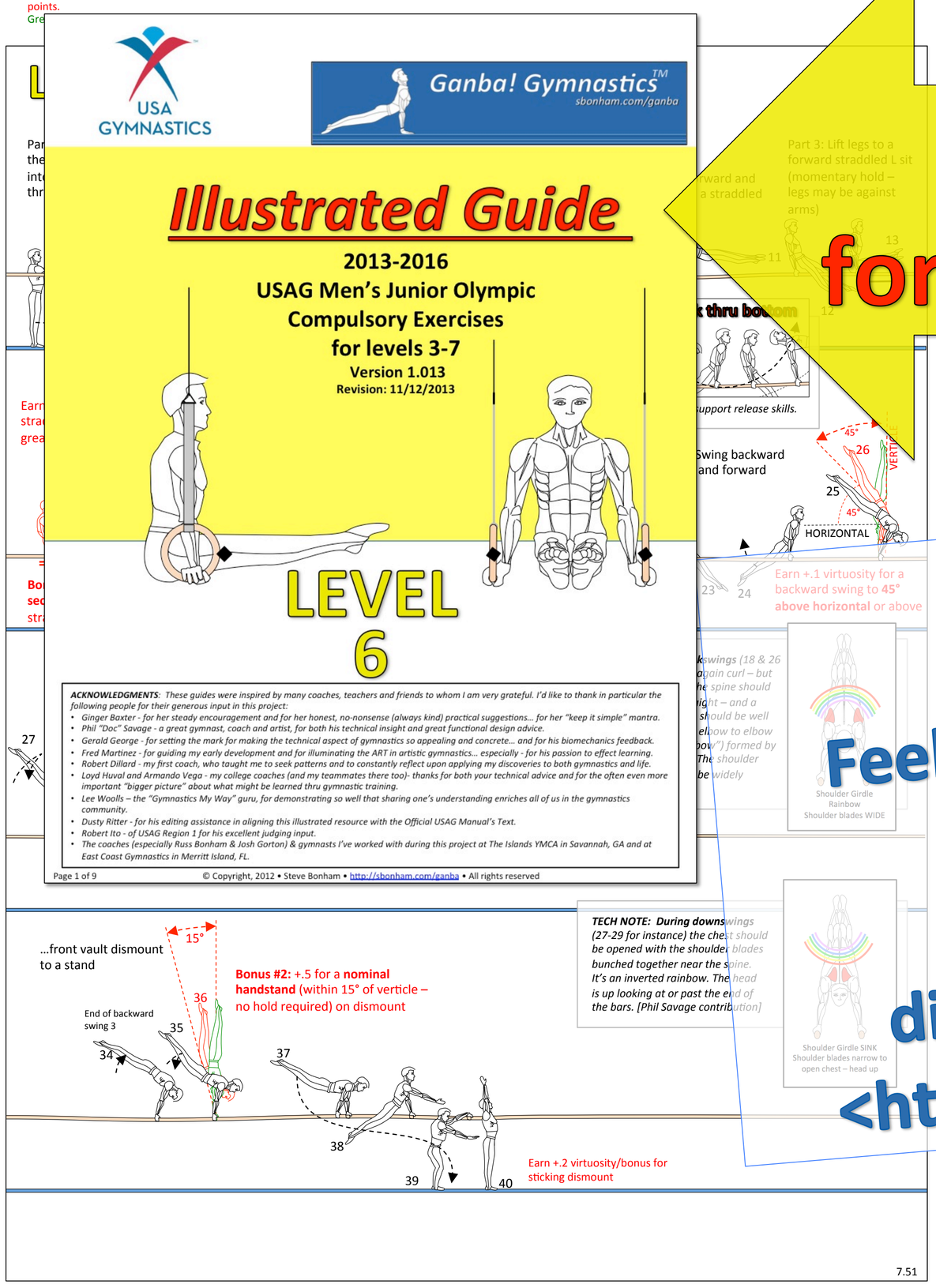
FIGURES

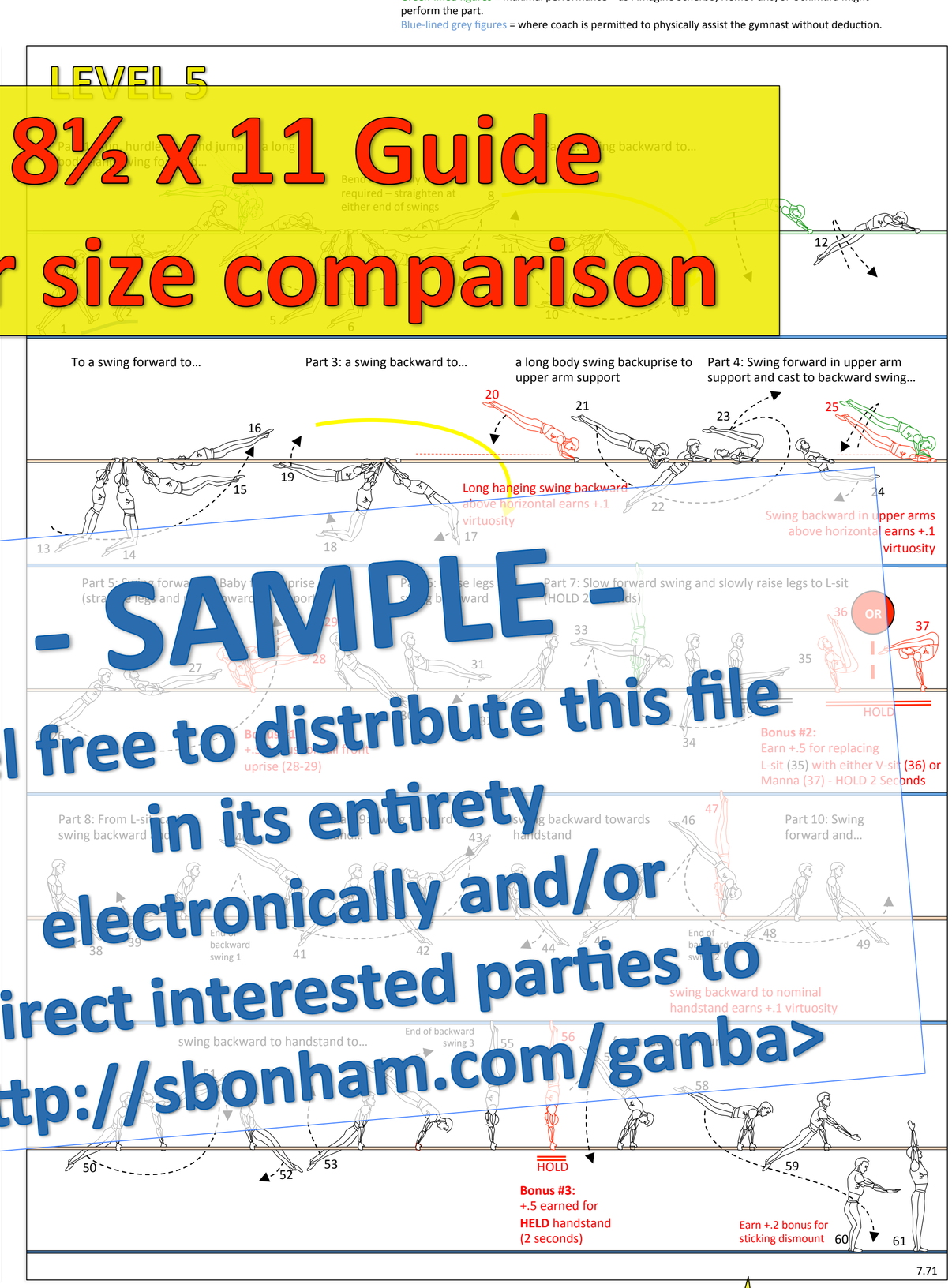
Black-lined figures = gymnast performing required skills.

Red-lined figures = bonus or virtuosity-related items.

Green-lined figures = maximal performance – as I imagine Scherbo, Nemov and/or Uchimura might perform the part.

Blue-lined grey figures = where coach is permitted to physically assist the gymnast without deduction.

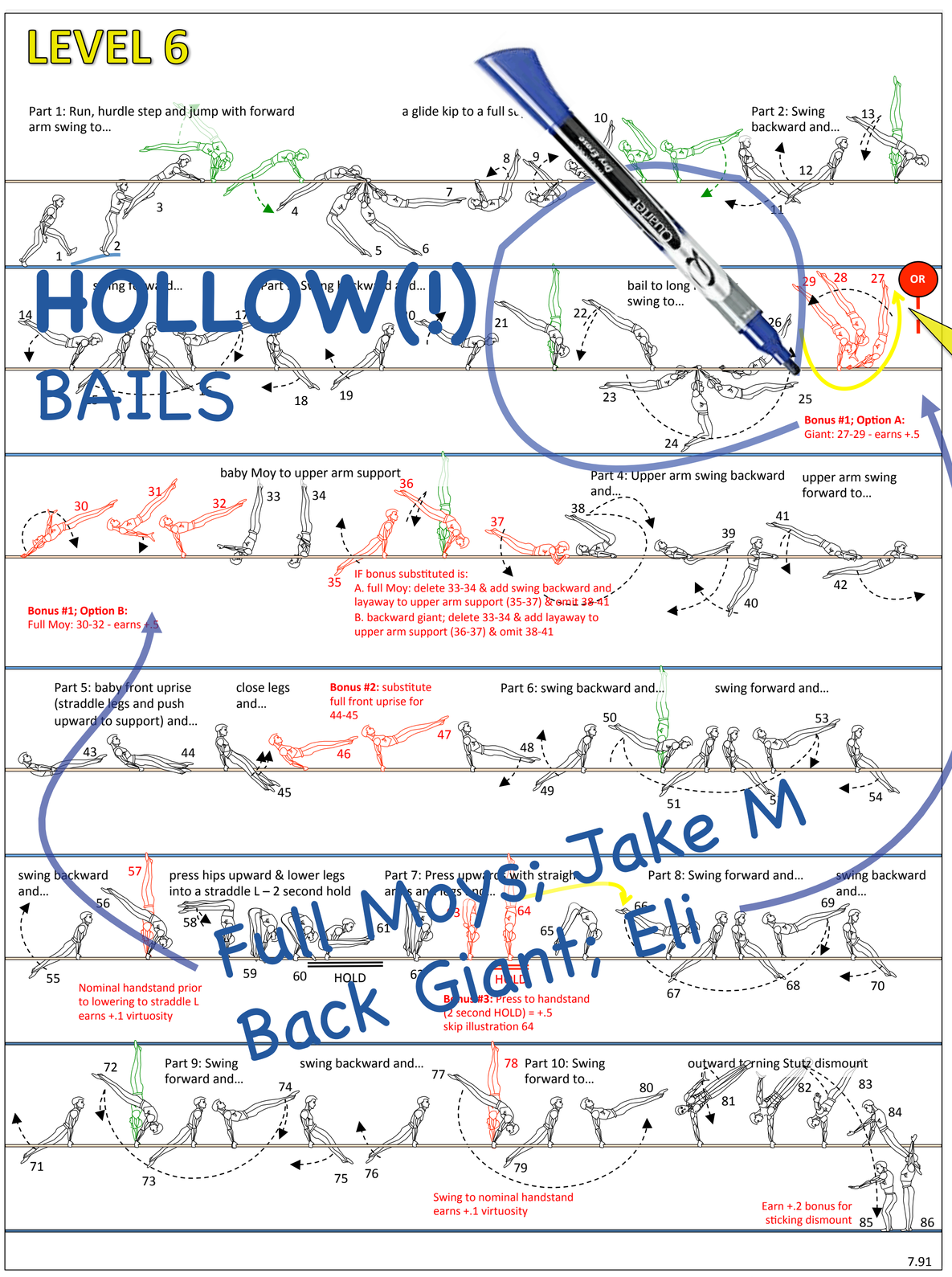




8½ x 11 Guide for size comparison

- SAMPLE -

Feel free to distribute this file in its entirety electronically and/or direct interested parties to <http://sbonham.com/ganba>



HOLLOW(!) BAILS

Full Moys: Jake M, Back Giant: Eli

Cool! Posters are laminated. You can write on it with a dry erase pen! marker!

ACKNOWLEDGMENTS: These posters and guides were inspired by many coaches, teachers and friends to whom I am very grateful. I'd like to thank in particular the following people for their generous input in this project:

- *Ginger Baxter - for her steady encouragement and for her honest, no-nonsense (always kind) practical suggestions… for her "keep it simple" mantra.*
- *Phil "Doc" Savage - a great gymnast, coach and artist, for both his technical insight and great functional design advice.*
- *Loyd Huval and Armando Vega - my college coaches (and my teammates too)- thanks for both your technical advice and for the often even more important "bigger picture" about what might be learned thru gymnastic training.*
- *Fred Martinez - for guiding my early development and for illuminating the ART in artistic gymnastics… especially - for his passion to effect learning.*
- *Robert Dillard - my first coach, who taught me to seek patterns and to constantly reflect upon applying my discoveries to both gymnastics and life.*
- *Gerald George - for setting the mark for making the technical aspect of gymnastics so appealing and concrete… and for his biomechanics feedback.*
- *Lee Woolls – the "Gymnastics My Way" guru, for demonstrating so well that sharing one's understanding enriches all of us in the gymnastics community.*
- *Dusty Ritter - for his editing assistance in aligning this illustrated resource with the Official USAG Manual's Text.*
- *Robert Ito - of USAG Region 1 for his excellent judging input.*
- *The coaches (especially Russ Bonham & Josh Gorton) & gymnasts I've worked with during this project at The Islands YMCA in Savannah, GA and at East Coast Gymnastics in Merritt Island, FL.*

© Copyright, 2012 • Ganba! Gymnastics • Steve Bonham • sbonham.com/ganba • All rights reserved