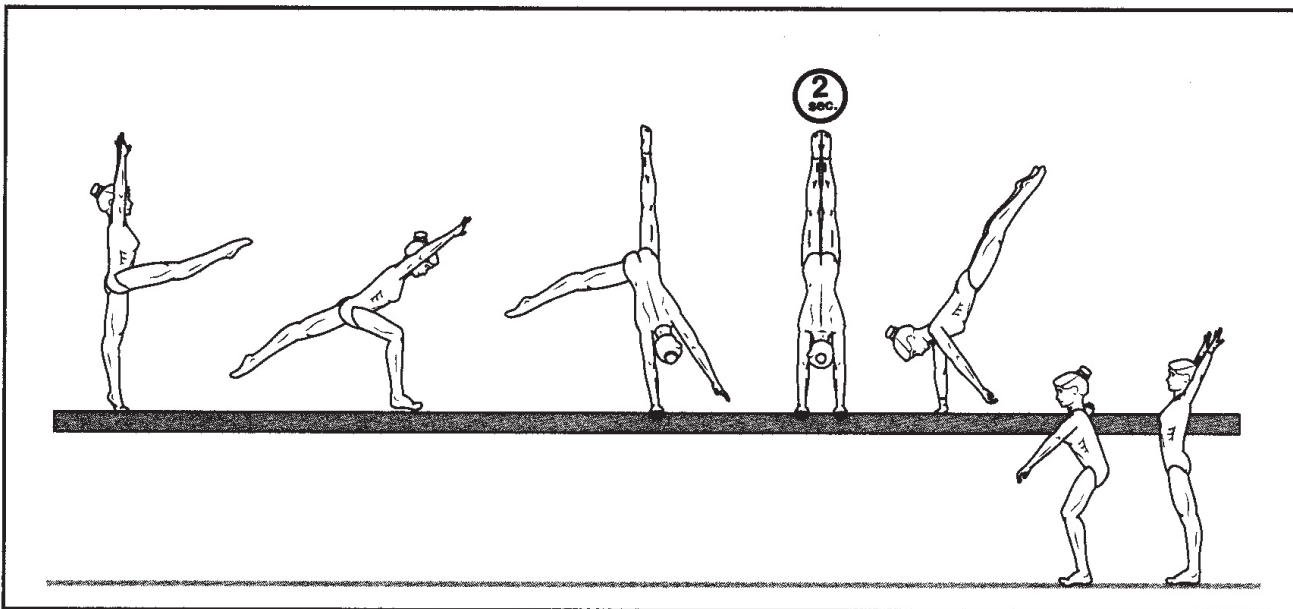


# Make Room for that MH Handstand Dismount

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## Cartwheel to Side Handstand, 1/4 (90 degree) Turn Dismount (0.60)



### Level 5 Beam Routine Learning how to place skills to make room for the Dismount

When training the Level 5 compulsory beam routines, here are a few ideas on how to make it work without crowding the handstand dismount.

To make everything fit the gymnast MUST be at the end of the beam on the cartwheel. If the gymnast cannot get to the end of the beam on the cartwheel, check the skills before the 1/2 turn into the cartwheel for areas of improvement.

Suggestions:

- Take fewer steps into the leap.
- Make sure the cross handstand is not on the end of the beam.

#### Starting from the Cartwheel:

Page: 97 Number 12 -The Cartwheel - Make sure the cartwheel is stretched out, landing with the second foot close to the end of the beam. THIS is one of the most important areas to make sure the gymnast does not run out of beam for the dismount.

Now going into:

Page: 98 Number 13 - Cross Pose – step close feet together – take a small step right and close the left foot behind.

Page: 98 Number 14 – The jumps must NOT travel forward; they must show hip rise. (The athletes are making the mistake of dropping the chest and traveling forward in the jumps.)

Before and after the jumps the heels MUST be flat! The gymnast may lower her heels in between the jumps or stay on toe.

Page: 98 Number 15- Pose; Relevé Steps – these are very quick and very small steps. For the taller athlete they might even be one foot in front of the other, placing as close as possible – but with rhythm and on high toe!

Page: 99 Number 16 - The steps into the arabesque are very small and do not travel much. Look at the gymnast's placement on beam here – there should be about 1/3 of the beam in front of her. Last Picture-after the arabesque – Lower the left leg and step backward into the point position of the right leg. This may be a big step.

Page: 99-100 Numbers 17 and 18 - The step into the handstand may be very small, quick, and then kick into the dismount.

If the athlete does not have much room, I recommend taking the dismount off a straight leg entrance instead of a lunge. The gymnast can make the handstand strong by practicing a shorter reach into the dismount and using the “levering” action, while putting her hands closer to her foot while still maintaining a straight line into the handstand. This is just another technique to practice. Some find it is easier than the low lunge, which sometimes causes difficulty reaching vertical and holding the handstand.

Try using this guide to help with Level 5 & 6 beam timing:

### Level 5:

- #8: Weight transfer to be performed between 19-23 seconds into the routine.
- #12: Cartwheel to be executed between 39-41 seconds into the routine.
- #17: Bow to be performed at 54-56 seconds into the routine.
- #18: Dismount to be executed between 1.00-1.02 minutes into the routine.

### Level 6:

- #6: Pose to be about 18 seconds into the routine.
- #12: Full turn to be performed about 35-37 seconds into the routine.
- #17: Pivot lunge turn bow to be performed about 50 seconds into the routine.
- #18: Dismount to be executed between 55-57 seconds into the routine.

Please remember the only time the gymnast should “hold” or “pause” on skills and poses is when it is specifically indicated in the text. In observing gymnasts learning the routines this summer, common mistakes are made regarding rhythm. Some of the common errors are pausing or holding the stag sit after the mount, or the V-sit, the pose after the leap (not the arabesque), fish pose, cross pose. As the gymnast becomes more comfortable with the routine, the rhythm errors will decrease.

Incorrect (simultaneous) hand placement	0.10
Failure to attain vertical	Up to 0.30
Failure to hold two seconds	Up to 0.20
1/4 (90 degree) turn incomplete or overturned	Up to 0.10
Failure to maintain straight body position throughout dismount	Up to 0.20
Failure to compete dismount (these deductions do not include possible body position faults):	
When the gymnast attempts but fails to complete the dismount, apply the specific deductions as listed for those phases not performed: Example: Attempts dismount, does not attain vertical, then falls: Deduct: Up to 0.30 (failure to attain vertical) 0.20 (not held for two seconds) 0.10 (incomplete 90 degree turn) = 0.60 (for incomplete element) + 0.50 (fall) for a TOTAL of 1.10	
Points of emphasis: Stretched body alignment, head in alignment, hold at vertical.	

## Try using this guide to help with Levels 4, 5 & 6 beam timing:

### Level 4:

- #3: Coupe walk to heel snap to lock–10-14 seconds
- #6: 3/4 handstand 18-21 seconds
- #10: Stretch jump, tuck jump–28-33 seconds
- #12: Arabesque; scale 37-42 seconds
- #15: Cartwheel to side handstand dismount–45-50 seconds

### Level 5:

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