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The Australian Gymnast has reached the crossroad with this issue. Due to increased printing and postage costs subscriptions have had to increase. Unfortunately this does not look like being sufficient to offset these increased costs. As editor of the magazine, I put forward a scheme for financing The Australian Gymnast and establishing it as a viable proposition for future years.

If one assumes that there are approximately 3,000 registered gymnasts in Australia and the A.A.G.U. were to levy each gymnast $2.00 (annually) via State Association registrations, then all gymnasts could receive a subscription as part and parcel of their registration. The following figures illustrate this scheme:

(i) The cost of printing 1,000 issues is approximately $700 or 70 cents per issue.

(ii) The cost for 2,000 issues is approximately $1,400 or 40 cents per issue.

(iii) The cost for 3,000 issues is approximately $2,100 or 35 cents per issue.

Including postage, distribution and other miscellaneous items this cost (iii) could be kept below 50 cents per issue, thus enabling a subscription to be kept at $2.00.

Should registrations grow to 5,000 or 10,000 as one could reasonably expect in the next ten years, considerable savings could be made available for other Union projects.

I would appreciate receiving your comment on this proposal or other suggestions for financing a National Gym magazine for Australia. I believe it is intolerable that individuals should have to underwrite consistent losses from issue after issue for a journal of National significance, which has been the case since its inception five years ago.

Rod Sinclair

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COVER: Elvina Saadi (Photograph by A. Zottii).

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Russian Tour — December 1974

EXHIBITIONS WERE GIVEN IN PERTH, ADELAIDE, BRISBANE, SYDNEY, MELBOURNE, AUCKLAND, WELLINGTON AND CHRISTCHURCH

RUSSIAN DISPLAY IN SYDNEY

The display was held in the Hordern Pavilion, notorious for its cheap plastic seats and cold, gloomy atmosphere. After the group I was with had been shuffling about over 50 seats like a pack of cards, I was finally seated in what appeared to be my correct seat and could take a look around.

From my seat, it was difficult to see the floor area, and there was no chance of noting the vault. As a result, the horizontal bar (right over in the other corner) was my favourite apparatus, I was not impressed by the seating arrangements.

Conspicuous by their absence were the great champions Ludmilla Turisheva and Victoria Klimenko, who were advertised as appearing. Still, Nikolai Andrianov, Overall Silver Medalist in Varna, and the much-publicised Olga Korbut were there.

Generally speaking, the gymnasts were competent and displayed virtuosity, without any great risk or originality as compared with their Varna routines. They were entertaining, but not inspiring. However, there were some notable exceptions:

● Some of Andrianov’s work — A standing full twist back in a warm-up, a triple salto from high bar, and an excellent full twist Tsukahara vault (which I had to stand up to see).
● The brilliant performance of the acrobats, Nassar and Almanov.
● Elvira Saadi’s beam routine. Her grace and precision showed a maturity of performance beyond the others.
● The grace and expression shown by the Modern Rhythmic Gymnasts. All showed amazing control and femininity, especially Shugurova.
● Russian Gymnastics’ brightest hope, the young, pretty and talented Lida Groshik, whose bar routine was excellent (it included a stellerback and cone throw front), and who has the best straddle L in 1 I have ever seen.
● Olga Korbut unfortunately had an off night, unable to attend the closing ceremony. However, her beam routine was solid and well received. She must suffer a lot because of her “superstar” (excuse the cliche) status.

The display, run by that well-known capitalist Michael Edgley, was the best presentation of our sport I have seen in this country. But if you think I have been hypercritical in this piece, the outrageous price of $5.70 a single gives me a right to be. The presentation was just not worth that much.

Why did this group get a discount on their airfares?

Because they’re a common-interest group of 15 or more. Actually, they’re eligible for all of TAA’s Group Travel benefits —

● 10% off the adult Economy airfare.
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● A free booking service for accommodation at attractive low rates.

Contact your TAA Travel Agent or your TAA Group Travel Adviser, and see if your group qualifies.

The Victorian Women’s Amateur Athletic Association.

Coming Gymnastics events:
National under 16 Boys Championships
Melbourne May 17-18.

National under 14 Girls Championships
A.C.T. May 10-11.

National under 19 and Senior Championships
Adelaide August 24-31.
MORE FROM VARNA
IMPRESSIONS OF THE MEN’S COMPETITION
WORLD CHAMPIONSHIPS 1974

The Apparatus

Floor: Difficult and risky tumbling moves were common, double back salto and double twist back scarcely raising great interest from the crowd. Kasamatsu was a great winner, but Kajiyama was not far behind. Kajiyama finished with a triple twist after starting with a very high double back. Maricicenko (USSR) did an almost perfect full twist double back salto, and Andrianov did a flash back from the same move.

Pommel Horse: Magyar (Hungary) with his circles facing along the horse and travelling along the horse, was unique and deserved to win. Single planetary work was common but Kenmotsu still showed how to do it. Dislocations were the same as they have been for many years—still nothing new. Richards (Colts), who is over six feet, showed graceful, relaxed, almost horizontal circles and, despite his form breaks, indicated to me a class above the other competitors in his age range.

Rings: This was the worst-judging of all the apparatus. The Romanians showed good swing work, but Greca (equal first) was rather old-fashioned in the final (excess strength work). Perhaps this was playing to the old-timer rings champion, Azarayan, who was judging. Andrianov (equal first) was given his placing after a routine which had too many mistakes for the 9.5 it received. Kasamatsu did a most fantastic involuntary to score less than Greca or Andrianov—he withdrew from the final with an injured shoulder. The “Tsukahara” high bar dismount (full twisting double back salto) was common among the top men and Sjäna (Finland) did a good double front from.

Vaulting: The top vaults were double front salto tucked and piked, from both ends of the horse, full twisting “Tsukahara”, and handspring 1½ turn 1½ salto backward. Many, however, stavd with full twist handspring or ordinary Tsukahara. Kasamatsu won with a full twist Tsukahara.

Parallel Bars: The set done by the Japanese were magnificent and they all gained high scores. In the final, Kasamatsu was brilliant and easily outdistanced his nearest rival, Andrianov. Some new moves that require great description were shown. Dismounts were double back salto, full twist back salto, and Kenmotsu’s “Kenmotsu”.

High Bar: There was some great work on this bar. Ginzger (West Germany) was, perhaps a little lucky as Tsukahara fell in the final; Kasamatsu withdrew, Andrianov fell in set, but with Exadaktilou in elgrip, full twist double flyaway dismount and not a single error, he was a worthy champion. Dismounts were of great difficulty—triple flyaway (Andrianov), full twist double flyaway; double front away. Other new moves were dislocate to handstand immediate Exadaktilou in elgrip; front salto to catch; straddle cut immediate straddle.

Andrew Berriman.

The Gymnasts

Kasamatsu (Japan), is all around, was outstanding. His compulsory exercises were so superior, he was clearly the world champion. He nearly lost it though, with a mistake in the final routine. Andrianov (USSR), and AA, always a chance with the Communist bloc influence in the judging, did not show the same virtuosity as Kasamatsu, and also made errors in set floor and set high bar. It was almost unbelievable to see him in second place and only 0.5 behind after the compulsory. His voluntary routines were, however, extremely difficult and risky, and to his credit he tried everything. Kenmotsu (Japan), 3rd AA, was great but not quite great enough. Perhaps he is slightly past his best. It seemed to me that he suffered badly from poor judging, particularly after he passed Andrianov to be coming second. Kajiyama, 4th AA, may have done better if his name had been well known. After the competition, many people predicted that he would win at the next Olympics. Tsukahara (Japan), 5th AA, was good but not great. Mikaelian (USSR), 6th, was perhaps the best of the Russians in technique, but lacked the sparkling personality of the Japanese and Andrianov. Thome (East Germany) was a little old-fashioned but made no mistakes and managed 7th place.

The Teams

The Japanese really deserved to win by 10 points instead of 5. After Kato had fallen in set high bar, Kenmotsu was next, and, sacrificing a little extension, he made a solid routine. When Kenmotsu went out the area on floor set, Kato, despite a badly injured shoulder, came on with a great routine under pressure. Later, in the voluntary when they were reduced to five men because of Kato’s fall, they were magnificent. There was no team with greater spirit, despite the fact that at the beginning five of them had a chance of winning the individual title. The Russians looked very fit in training but “bombed out” too many times in the competition. They did some good work but, I think, received too many marks from the judges, Klimenko and Andrianov in particular. They were more a group of individuals than a team. The East Germans, hardly making a mistake and not drawing much attention from the spectators, were never in doubt for third place. Of the others, the West Germans were at times treated poorly by the judges, the Swiss showed great spirit, and the British enjoyed every minute of the competition.
More News from the World Championships for Women

Frances Thompson
Australian Technical Adviser and International F.I.G. Judge

NEW VAULTS
No. 27:
Handspring with full twist on and full twist off 10.00 pts
No. 28:
Handspring with 1 1/2 twist off 10.00 pts
While on vaulting, remember the new higher board of 14 cm with a tolerance of ± 1 mm was used. We should have this new regulation board at the Nationals in August this year.

Compulsory Vault—No. 4:
No 5/8 turn in first or second flight—NO VAULT.

BEAM
Those should now be covered. I hope this will also be available by the Nationals. There is a slight delay in receiving specifications from overseas but we are hopeful this will arrive soon.

Beam difficulties should increase, not decrease during an exercise—otherwise a composition deduction will apply.

The deduction for repetition of an element, i.e. exactly the same way is equal to 0.25 pts.

The deduction for stops in a series is 0.2 pts; only three stops are permitted in other parts of the exercise.

BARS
Very little new information. All elements with twists and all elements with flight phases are superior.

FLOOR
Judges were reminded of logical things, e.g. in compulsory exercises, flip-flaps to be performed not too high and in the last forward walkover, the leg must be held high.

In optional exercises (also for beam), there must be at least two acrobatic series. The maximum value in one series can be two superior only; e.g. Roundoff, two flip-flaps (one superior), back somersault (one superior), full twist; and (one superior) = one series and consequently only 2 superior (maximum possible). A series constructed from the same structural groups = one superior only. A routine must finish with a superior of the greatest difficulty or a series, otherwise a deduction of 0.50 pts from composition will apply.

Those and many other new rules will be in the new code of points, which we hope to have available soon.

JUDGES
How about a judge’s “refresher” course along these lines:

• A lecture by the referee in his native language—translated into French, German and English on the apparatus concerned. Then into the gym for practice!

• If you are on the panel you sit around the apparatus and judge as per the competition. Your marks are read to the whole body of judges after the Women’s Technical Committee has scrutinized them. You are reprimanded if you are 0.50 pts out of range (again in French, German and English).

• If you are not on the panel you sit in chairs around the apparatus and practice judging, comparing your marks and thoughts with those announced. You try to sit with someone who speaks English so that you can discuss your ideas with them. Back into the lecture room for the next apparatus and repeat the above.

Judges’ panels changed slightly for compulsory and optional sessions. The “refresher” course lasted all day and with final instructions, etc. went from 8.00 a.m. to 6.00 p.m. for the licensed F.I.G. Judges. Imagine what the non-licensed judges must go through.

Another full afternoon session was spent with more instructions and checking equipment, etc.

Continually judges were reminded of their great responsibility, position, etc. and the necessity to be efficient and very quick.

(Judges were permitted about 10 seconds to get their marks in)

They were not permitted to leave the arena during the sessions and they received one cup of sweet black coffee during the sitting (which lasted approximately six hours)—I think it was to keep us awake!

Following these World Championships, I am still of the opinion that Australia has some excellent judges. It remains now for more judges to obtain their International Licence, which we hope to be possible in the near future.

Frances Thompson.
OLGA IN AUSTRALIA

Photographs by A. Zotti, S.A.
QUEENSLAND REPORT

The 1975 gymnastic season is underway after a brief spell over the Christmas-New Year break. Besides their normal club workouts, the 14 members of the senior and Junior State women's squad under State coach Don Martin attend team training fortnightly, while the sub-squad under barrel Martin train once a month. The Y.M.C.A. men's club under coach Barry Cheales are working well to a strict programme aligned to successful European methods.

Other News in Brief

1. December 1975 was a busy month with three competitions.
   - Woolsongabba Police Club won the women's inter-club competition.
   - Katrina Storck won the Woolsongabba women's intra-club competition from Anne Cooper and Jill Fraser.
   - Trevor Dowsett won the Y.M.C.A. men's intra-club from Jeff Cheales and Graham Finn.

2. The Russian tour in December was fantastic and a great stimulus to the gym scene here.

3. Successful initial camp for the year was run by Barry Martin at Tallebudgera National Fitness Camp on February 1st-10th, with some 150 gymnasts from 6 clubs in attendance.

4. Gym camp for advanced gymnast will be held at Shawson Park near Toowomba on March 19th-31st.

5. Congratulations to Roslin Miller and Alan Meden who have recently announced their engagement. We wish them all the best for the future.

6. For the first time two Queenslanders attended the annual Tonguay "gym flying" (and loved it).

   Jeff Cheales.

NEWS FROM N.S.W.

The State's competitive year went out as it did in '74 and '75 with the T.G.C. Invitational Competition. This event was not so large as it has been, due to the very small organising committee. Still, it was most enjoyable, and credit must go to the judges, officials, parents and friends who gave up their time to help. Greg Dall and Justin McLindon from Canberrra, who competed after a long drive down, Peter Sharpie who just scraped enough money together to come from Adelaide, as well as the Sydney competitors, especially the people who were doing a display in Newcastle the next day. Frances Campbell and her husband deserve a special mention for getting some of them there. This competition will not be held again as T.G.C. have to cut back operations as an active gym club.

With the competitive year over, gymnasts have settled down to other things. Al and Deryll Roberson are awaiting another addition to the family; Warwick Forbes and Andy Berriman both passed through Sydney en route from extensive overseas trips; Colin Makewall will be living in London. Best wishes to all.

On the academic front, Phil Cheetham, Mark Grovdon, Ivan Fitz-Gerald, Rowena Dixon, myself and untold others did very well in H.S.C. and Uni exams. Maybe gymnasts ARE intelligent.

But intelligence and insanity often go together. Ask Phil about his rope swing at Glenbrook Caves. Don't ask him about his full twisting 1/4 back from fifteen feet up into the State's hardest water. Ouch! Phil has also done a double inside back in the gym, on the floor.

As the new year gets underway, people have begun to knock down to training hard again. Sydney Y.M.C.A. on a Wednesday night packed that if you come off the apparatus, you get trampled in the rush as people haste for the next go. Hopefully such enthusiasm will bring dividends in the next Australian.

TONGUAY

or

VICE IN VICTORIA

Having heard many fearsome tales of the terrible deeds and acts of prowess performed in past years at Bruce Davies' holiday house, I decided it was time to check out the place for myself.

I was at the same time amazed, fascinated, and horrified to witness the abandon antics of the thirty-odd gymnasts, the same group who seem so quiet and self-disciplined at competitions.

Rod Sinclair could be seen at sun-rise straining furiously out, brandishing his golf clubs; Gary Jenkins showed an amazing tolerance for cold salt water; Ray Page could be found disgustingly often in the hotel; Paul Striko and Peter Sharpie scored, sounding like a cross between Niagara Falls and a sawmill; and Peter, Dave Peters and Jeff Cheales kept the fans going with stimulating conversation, most of it unpatriotic.

For the incurable gymnasts, there was still plenty to do. Trampoline (a full-in double back, by Phil Cheetham, and an attempted front salto over the bounceball see: (Jeff); Anne Cooper literally flattening the curtain and others in bounceball) and a 45-degree aschbiel (rows of flips end up going at 100 km/h, and face-first landings were frequent; Phil was hurt, and a large percentage of others came bloody close to joining him).

All world records for beer drinking were smashed on New Year's Eve, although John Dorrington and Rex Walker started early.

Tonguay wasn't bad, though it wasn't far off it. I did a double rebound on tramp, I made a lot of friends and we all had a good time.

Andy Nechick.

VICTORIAN GYMNASTICS

After a Xmas furl which seemed to extend well beyond the traditional programme for Christmas holidays, we have got underway at last.

On the men's side the formation of State Senior and Junior squads is helping to stimulate interest amongst our depleted ranks of top gymnasts. The men have also had a coaching clinic for novice coaches and a basic judges' course.

The women have been less active preferring to take time out to get married, etc. . . .

—Congratulations Val and Sharan on recent triumphs and all the best for the future.

The women have also had a beginners judges' course and the competition programme begins shortly.

The State Government is providing finance for our Association and this is proving very useful mainly in the areas of coaching and judging. We are most grateful for this support and look forward to its growth and continuance in future years.

Rod Sinclair.
NATIONAL SQUAD TRAINING
From November through to the end of January most National squad members were working on the new compulsory elements. However a good number of the squad, both senior and junior, did not fully use this time to their advantage. They will find more industrious competitors will be ahead at the competition time.

At the end of January the return of work performed on optional and compulsory parts as well as strength work was tabulated for comparison and some interesting results were noted:

- e.g. In an 8-week period one gymnast performed 343 V-1/2 taps and 213 presses from headstand to handstand.
- There were two of approximately 35 parts to be worked by squad members and indicate the extent of practice required in our sport.
- Each squad member has now been issued with a special squad training programme book in which each training session can be recorded indicating the number of repetitions of each skill performed. Over a period this is an excellent guide to maintaining a consistent training programme. As squad members work with this book, further “bugs” will be ironed out and it is then proposed to print enough of these so that they can be made available to all gymnasts who wish to use them.

NATIONAL AWARD SCHEME
I have finished writing the draft of this proposed ten level scheme as mentioned previously in “The Australian Gymnast.” Composition of levels will be as follows:

- Level 1—Exercises leading to basic gymnastic movements.
- Level 2—Advanced exercises and simple gymnastic movements.
- Level 3—Strength and flexibility exercises and gymnastic skills on floor, vault and on parallel bars.
- Level 4—Strength and flexibility exercises, gymnastic skills on floor, vault and on parallel bars and compulsory rouines on four apparatus.
- Level 5—Strength and flexibility exercises, gymnastic skills on floor, vault, parallel bars, horizontal bar, rings and pommel and compulsory rouines on six apparatus.
- Level 6—Strength and flexibility exercises, gymnastic skills on floor, vault, parallel bars, horizontal bar, rings and pommel and compulsory rouines on six apparatus.
- Level 7—Strength and flexibility exercises, gymnastic skills on floor, vault, parallel bars, horizontal bar, rings and pommel and compulsory rouines on six apparatus.
- Level 8—Strength and flexibility exercises, gymnastic skills on six apparatus, compulsory and optional rouines on six apparatus.
- Level 9—Strength and flexibility exercises, gymnastic skills on six apparatus, compulsory and optional rouines on six apparatus.
- Level 10—Strength and flexibility exercises, gymnastic skills on six apparatus, compulsory and optional rouines on six apparatus.

PETER CHEN CLINIC
Budget for the clinic has been prepared by the A.A.G.U. secretary (John Wilby) for submission to the government for financial assistance. The all up figure for this clinic is around $7,550.00 State Associations have already been circulated concerning proposed additional gymnasts and coaches and I invite persons in these categories to contact their State Association concerning this, expressing their desire to attend the clinic. All such additional applicants to those already approved to attend, should seek Association endorsement and associations should forward these applications to me not later than the 15th April, 1975. Application for 50% subsidy will be made for all approved persons attending this clinic.

I am at present negotiating with Peter Chen to draw up a programme. At this stage a one hour session is proposed prior to each training session for coach instruction. There would be two training sessions one in the morning and the other in the evening. Peter has spent some time in Taiwan earlier this year conducting a similar clinic. I’m sure we look forward to our May “workshop” together and the re-acquaintance of friends/peers.

I have started making inquiries in Japan in anticipation of the 1975 Clinic so that we can continue to plan for the future. Whilst on that note, gymnasts should realise there is only 15 months to go for the Montreal Olympics which commence on July 17th, 1976. Selection will be based on performance at the forthcoming Nationals and the selection trials early in 1976.

BERRY CHAOLAS
National Coach (Men’s).

A.A.G.U. Open Women’s Compulsory Exercises—1975

BARS
From a stand facing the low bar.

1. Takeoff, jump legs split with a grip on low bar to a momentary hang on high bar.
2. Swing to establish support on high bar.
3. Forward roll with backward swing to land in an abdominal support on low bar (grip remains on high bar).
4. Backward swing, splitting legs, half turn to a hang on the high bar.
5. Jump to hang on low bar, swing forward, swing legs, stretched and joined, over low bar to land in dorsal support, gripping high bar.
6. Swing to support on high bar Forward roll.
7. Backward swing with extension of arms.
8. Angel (hecht) dimount, legs joined, from low bar to dorsal stand.

Deductions
The exercises will be executed in an uninterrupted manner, each step—0.20.
1. Touching low bar
2. Bent legs
3. Step in hang
4. Arms or legs bent
5. Ineffective swing
6. Using strength
7. Delayed extension of the arms
8. Forward roll with bent arms
9. Ineffective backward swing
10. Lack of backward swing
11. Split or bent legs
12. Bad body position during swing
13. Ineffective backward swing
14. Touching low bar
15. Ineffective half turn
16. Ineffective amplitude
17. Arms bent
18. Ineffective extension in swing
19. Ineffective swing
20. Swing with body bent or legs split
21. Ineffective backward swing
22. Support with legs apart
23. Arms or legs bent in swing
24. Ineffective swing
25. Using strength
26. Late extension of arms
27. Arms bent in forward roll
28. Ineffective backward flight
29. Lack of backward flight
30. Legs split or bent
31. Bad body position in swing
32. Arms or legs bent (split)
33. Body position incorrect
34. Ineffective amplitude
35. Push off from low bar without lightness
36. Normal landing faults to be applied.
VAULT

Vault No. 13—YAMASHITA

Deductions:

1. First Flight
   - Body bent in flight
   - Legs bent in flight
   - Legs apart in flight
   - Up to 0.50

2. Support on Horse
   - Support too long
   - Support with body bent
   - Support with bent arms
   - Arms completely bent
   - Up to 1.00

3. Repulsion
   - Repulsion delayed
   - Insufficient repulsion
   - Flank of body too late
   - 0.50

4. After Flight
   - Failure to round on (up)
   - Insufficient flexion of body
   - Retarded extension of body
   - Insufficient extension of body
   - Up to 1.00

5. Falling
   - Fall on floor
   - Support on floor (one or two hands)
   - Touching the floor
   - Fall on the fingers
   - Touching the horse
   - Steps of unsteadiness
   - 0.20 to 0.50

CAST FRONT SOME CATCH HIGH BAR
OR RADOCHILA SALTO

This apparatus named the Radochila Salto particularly in Europe although it was not done by her first has become very popular in recent years. At first glance it appears extremely difficult but a bit of analysis shows that it should be within the capabilities of any gymnast and is quite easy to spot.

RADOCHILA SALTO

The movement is performed from an outward facing support on the low bar and follows naturally from hips and forward hip circles. The essence of the movement is the cast. It should be dynamic, but should not lead to a deep arch. Anywhere from straight to a slight arch is satisfactory. When the straight body reaches the horizontal it begins to pile. The pile continues until the body is bent about 90° at which time the hands release. At this point the seat is about at the height of the high bar and the back of the knees are directly below it. Also at the moment of release the centre of gravity is about half way between the bars horizontally and the shoulders are about vertically over the low bar.

In the Radochila salto presented here the following body positions occurred:

**Moment of Release**
- Trunk—Tilted 5° below the horizontal (counterclockwise)
- Legs—Tilted 3° below horizontal (clockwise)

**Moment of Catch**
- Trunk—leg angle 90°
- Trunk—Tilted 6° below horizontal (clockwise)
- Legs—Tilted 3° below horizontal (clockwise)

**Somersaults**
- Trunk rotated counterclockwise 60°
- Legs rotated clockwise 30°

It is interesting that the "cast somersault catch" is not a somersault at all. From release to catch the trunk rotates through just over one-sixth of a somersault and the legs rotate slightly in the opposite direction. This counter rotation of the legs assists the rotation of the body. There is also a slight advantage (in terms of rotation) in having the arms bent for the first part of their sweep from the low bar to the high bar.

The continuous piling and straddling actions of course, also facilitate rotation.

At the moment of catch the body is extremely piled requiring excellent flexibility and leg flexing strength. The trunk is still tilted upward and the shoulders are almost vertically below the high bar. This position is, of course, what makes the movement risky. A miss with the hands makes it almost certain that the performer will land flat on her back and that head, because of its flexed position, will "whip back" to the floor immediately afterwards. The performer, however, can see the bar she is trying to grasp because of the straddled legs and in case of a miss a full of this type can be easily broken by a spotter.

Mechanically the movement is quite easy requiring only a good cast and an amount of flexibility that should be normal for all gymnasts.

**References**
1. Frederick, A. B. "Using a check list to learn and spot a cast, pike, straddle, somersault catch on the unevenbar". *Modemistic Gymnastics*, pp. 11-15, May-June, 1967.

*With thanks to Harry Bick, Men's Technical Chairman, Canada.*

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*Photograph by A. Zintni*
WEST AUSTRALIAN AMATEUR GYMNASTIC ASSOCIATION
CALENDAR — 1975

March 28 to April 2 — Women’s April National Clinic held in Victoria.
April 19 and 20 — Suggested Women’s U/14 Trial Competition to select a team to go to Canberra. Men’s U/6 Trial.
May 16 — Women’s U/14 Invitation Competition in Canberra.
May 17 and 18 — Men’s Invitation Competition.
May 29 to 31 — Women’s Day Clinic for Gymnasts, Coaches and Judges at Len Fletcher Pavilion.
June 14 and 15 — Women’s State ‘A’ Grade Reserve Championships; Senior and Junior State Senior ‘B’ Grade Championships.
Men’s Invitation Competition. Venue to be decided, possibly CCGS.
July 19 and 20 — Women’s State ‘A’ Grade Championships, Senior and Junior.
Men’s U/14 and Senior State Competition.
July 20 — Demonstration of Women’s Social Senior and Novice Competitions.
August 16 — Demonstration of Women’s ‘B’ and ‘C’ Grade Competitions. 1 p.m.
Women’s Social Senior, Novice (6+) (Compulsories only) Saturday night.
August 17 — Women’s Social Senior Voluntaries.
August 19 and 20 — Men’s U/14 and U/16 State Championships.
September 20 and 21 — Women’s Novice Championships.
October 18 and 19 — Women’s Junior ‘B’ Grade State Championship.
October 19 — Men’s U/14 and U/12 State Competition.
November 15 and 16 — Men’s Rope Climbing, Vaulting, Tumbling, Mini-tramp Competition.
November — Women’s Junior Grade State Championships.

NEW SOUTH WALES AMATEUR GYMNASTIC ASSOCIATION
CALENDAR — 1975

Women
Possibly March 25 - 31 — Sanden Clinic, Melbourne.
March 8 — Under 14 Selection Trials, Sydney University at 6.00 p.m.
May 10 - 11 — Under 14 Nationals.
May 17 - 23 — Broken Hill Clinic.
June 4 — Gundahala Clinic.
July 9 — State Titles (Level 7 to 10), venue to be advised.
August 19 and 20 — Inaugural University National Competition, Sydney University’s Women’s Sports Centre Gym.
August 24 - 30 — National Titles, Adelaide University.
October 11 — Level 7 to 10 Teams’ Competition.
October 12 — Level 5 to 6 Teams’ Competition. (These are interzone).

Men
March 21 — Demonstration of sets for Coaches (Novice and Olympic).
April 7 — Novice — Vault & Floor, Sydney P.C.B.C.
Olympic — Par. Bars & Rings, Sydney P.C.B.C.

May 3 — Under 16 National Selection, Glebe P.C.B.C.
July 29 — Proposed Clinic, to be preceded by U/16 National, Melbourne.
June 6 — Novice — Vault & Par. Bars, Sydney P.C.B.C.
Olympic — Vault & Har. Bars, Sydney P.C.B.C.
July 7 — Olympic — Floor, Sydney P.C.B.C.
July 19 — State Titles — Senior and Junior ‘A’.
August 1 — Olympic — Floor & Par. Bars, Sydney P.C.B.C.
Olympic — Vault & Rings, Sydney P.C.B.C.
October 10 — Olympic — Floor & Har. Bar, Sydney P.C.B.C.
Olympic — Pommel & Hor. Bar, Sydney P.C.B.C.
November 1 — Minor Grade State Championships, venue to be advised.

QUEENSLAND AMATEUR GYMNASTIC ASSOCIATION
CALENDAR — 1975

March, over Easter — National Women’s Clinic, Melbourne.
April 9 — Men’s U/6 Championship Team Trials.
April 11 — Women’s U/14 Trials for Invitational Championships in Canberra.
April 18 — Council Meeting.
April 19 — Women’s Level Testing 5–7.
May — Proposed Fixtures, Men’s Gymnastics E.S. Area to commence this month.
May 10 – 11 — U/14 Girls’ Invitational Championships, Canberra.
May 17 – 18 — U/15 Boys’ Championships, Melbourne.
May 24 — Women’s Interclub Comp. Levels 7 – 10.
May 18 – 19 — Men’s National (Peter Chen) Clinic — Melbourne.
May 29 — Seminar.
June 6 — Council Meeting.
June 7 — Women’s Level Testing 9 – 10.
July 25 — Council Meeting.
July 26 — Women’s State Trials (National Titles team).
August 24 – 30 — National Championships, Men and Women — Senior and Junior, Adelaide.
September 9 – 11 — Council Meeting.
October 11 — Men’s Interclub Competition.
October 18 — Women’s Level Testing 5 – 10.
November 1 — Women’s Interclub Competition.
November 7 — Annual General Meeting.
November 28 — Council Meeting.

Note — Dates of Camps are not shown as full details for the year are not known at date. Adequate notice of camps will be given.
For 1975, Council Meetings and the Annual General Meeting will be held in the Communique Room in Old Government House at the Queensland Institute of Technology, commencing 7.30 p.m. Particular attention drawn to first Council Meeting, Thursday 30.
VICTORIAN AMATEUR GYMNASTIC ASSOCIATION
CALENDAR OF EVENTS — 1975

March 27-April 8 — Women’s National Clinic, Ruden S.C.V.
April 25, 26, 27 — Wangaratta-Wodonga Promotion Tour.
May 3 — Standards Tests — Women, Morialta.
Standards Tests — Men, Trinity.
May 10, 11 — Women’s National U14 Competition, Canberra.
May 15, 16 — Men’s National U16 Competition, Ruden.
May 18-20 — Men’s National Clinic, Ruden.
June 8 — Men’s ‘D’ Grade Competition, Ruden.

June 13, 20, 27 — Men’s Judge’s Course (Advanced), Ruden.
June 28 - July 5 — Victorian Championships, Ruden and
Festival Hall.
July 16 — Men’s All School’s Invitation, Haileybury.
August 10 — Men’s Nottinghill Junior ‘C’ Invitation, Ruden.
August 24-31 — Australian Championships, Adelaide.
September 20 — Standards Test — Women, Morialta.
Standards Test — Men, Don bosco.
September 21 — Men’s ‘D’ Grade Competition, Ruden.
October 18-19 — Men’s Junior Clinic, Haileybury.
November 9 — Men’s ‘D’ Grade Finals, Ruden.
December — Country Promotion Tour.

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