

SPORTSKA GIMNASTIKA

TERMINOLOGIJA

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Naupor podmetom do potpora
naskokom u njih
u visu uznijetom

???

Naskok s premahom odnožnim i
okretom za 90°

???

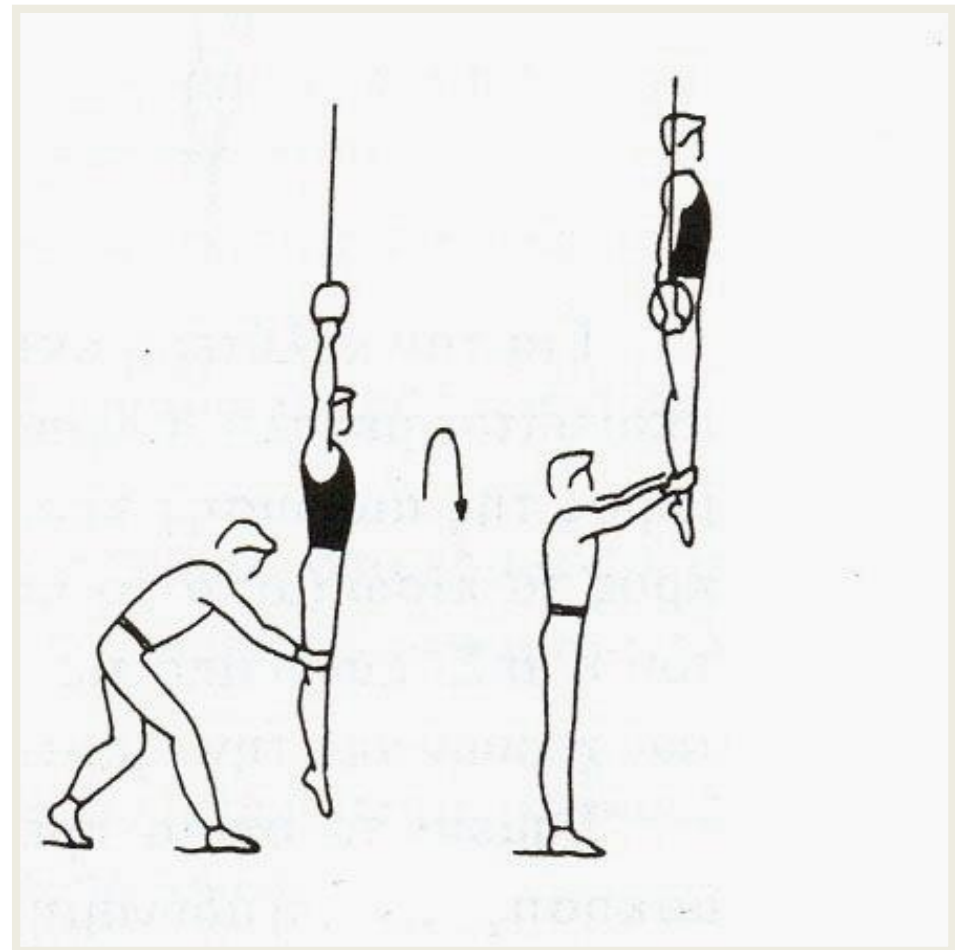
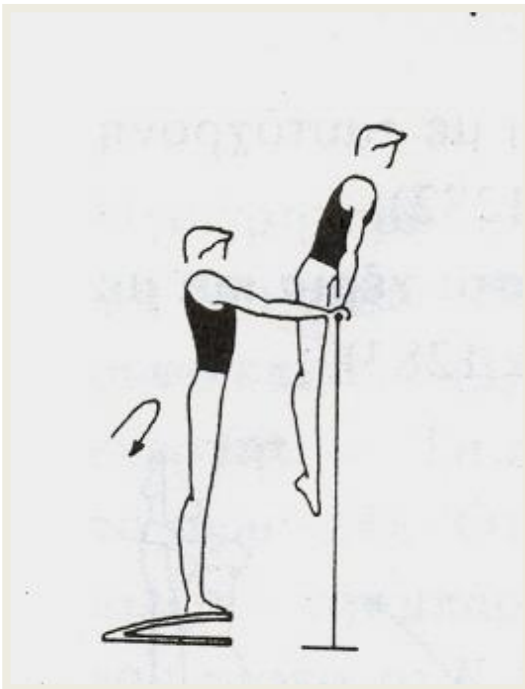
Saskok prednjiom iz smaka

UVODNE NAPOMENE

1. Podjela sprava po visini
2. Položaj gimnastičara prema spravi
3. Vrste hvata za spravu
4. Osnovni položaji na spravama
 - » Visovi
 - » Potpori
 - » Upori

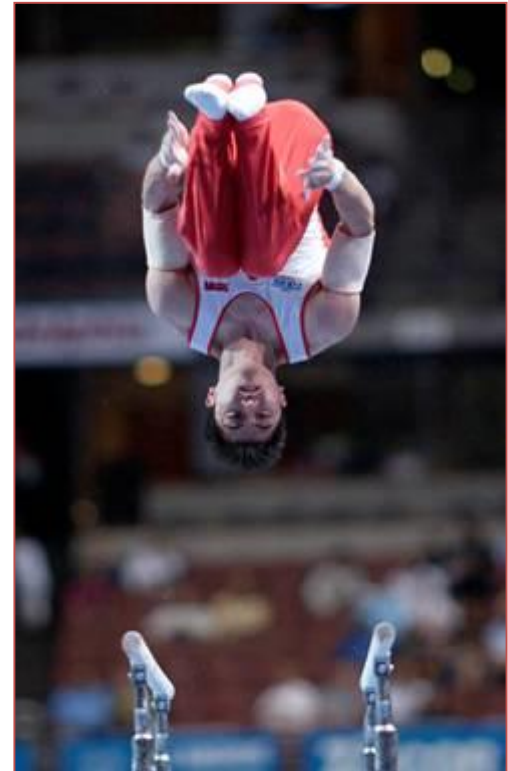
Podjela sprava po visini

- Niske sprave
- Dohvatne sprave
- Doskočne sprave



Položaj gimnastičara prema spravi

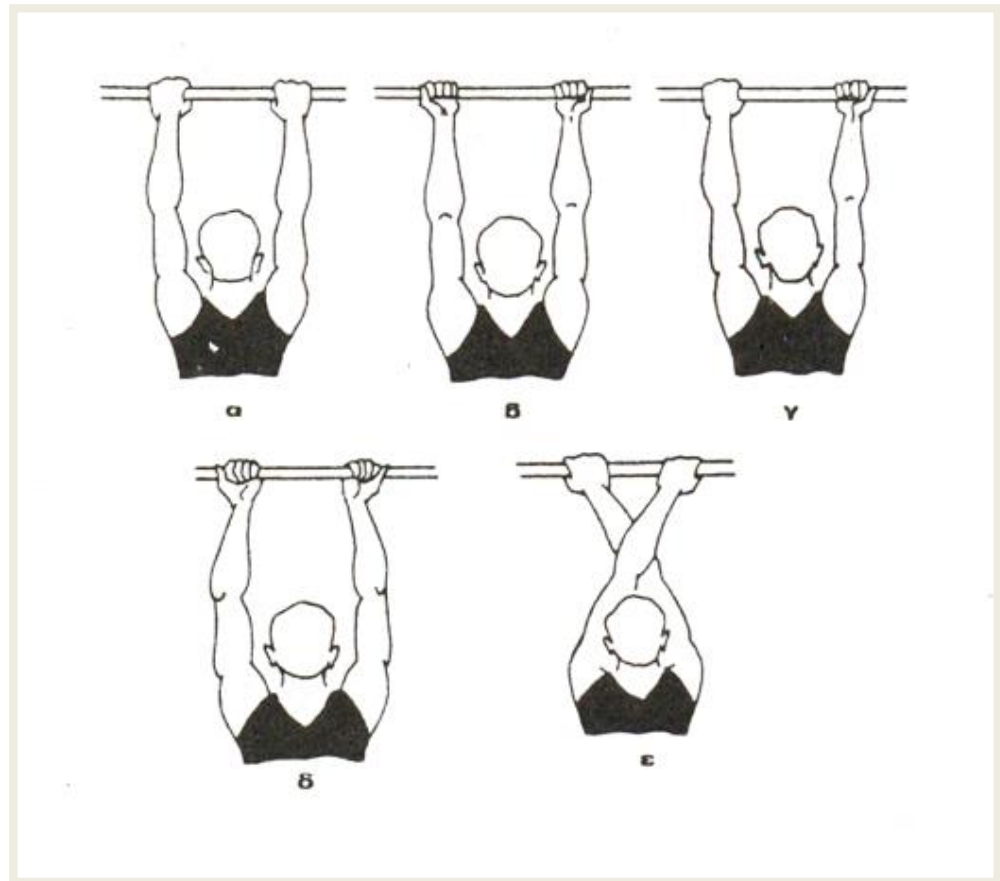
- **Čeono** – ramena su paralelna sa spravom
- **Bočno** – ramena su okomita na spravu



Vrste hvata za spravu

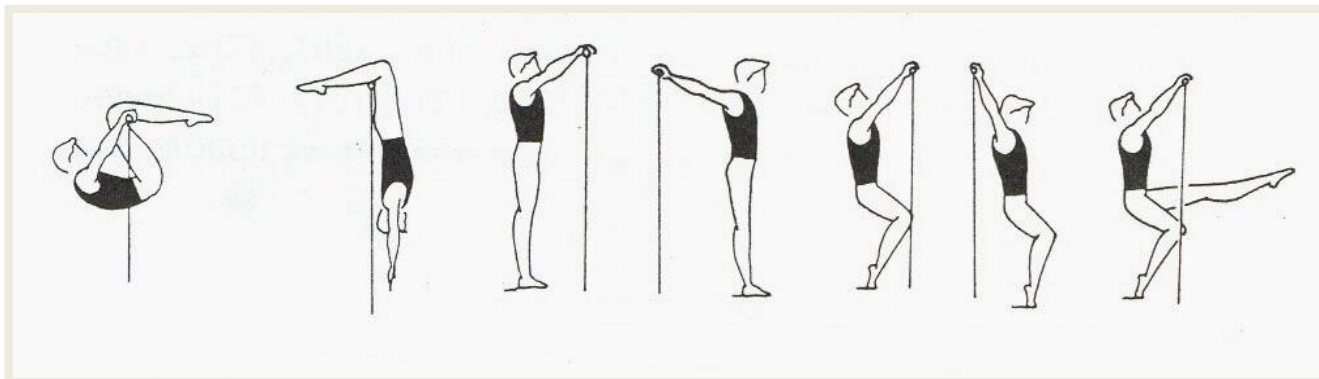
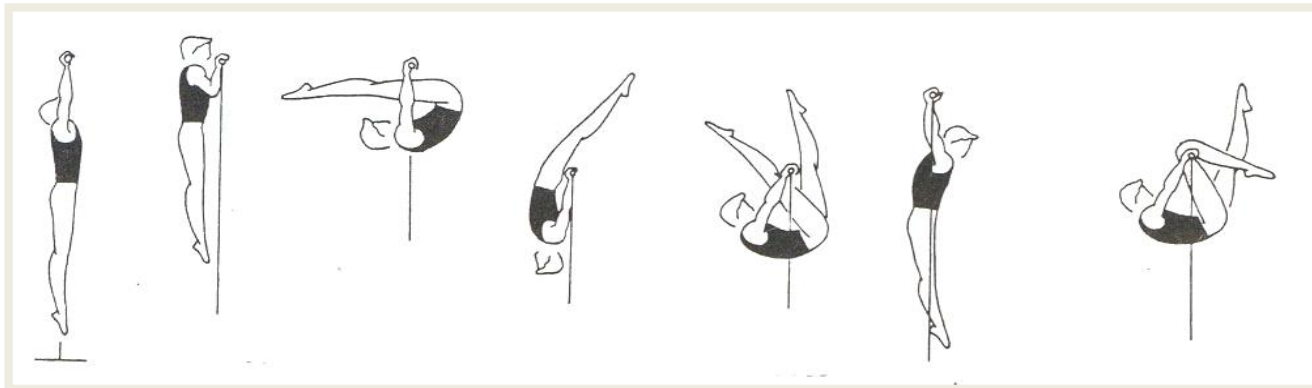
- Nathvat
- Pothvat
- Dvohvat
- Izvrnuti хват
- Ukršteni хват

- Vanjski
- Unutarnji



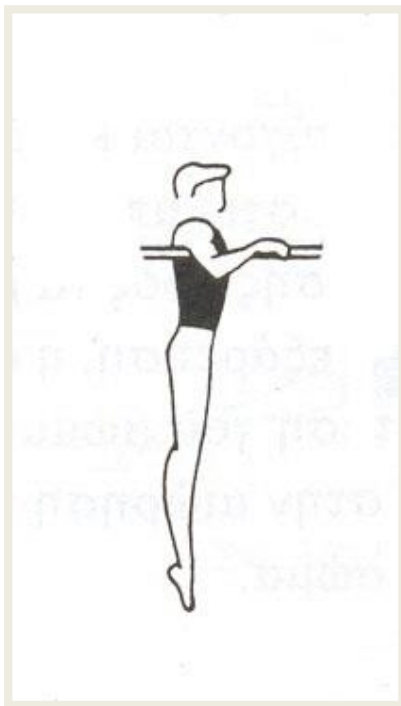
Osnovni položaji na spravama

Visovi – ramena ispod hvatišta



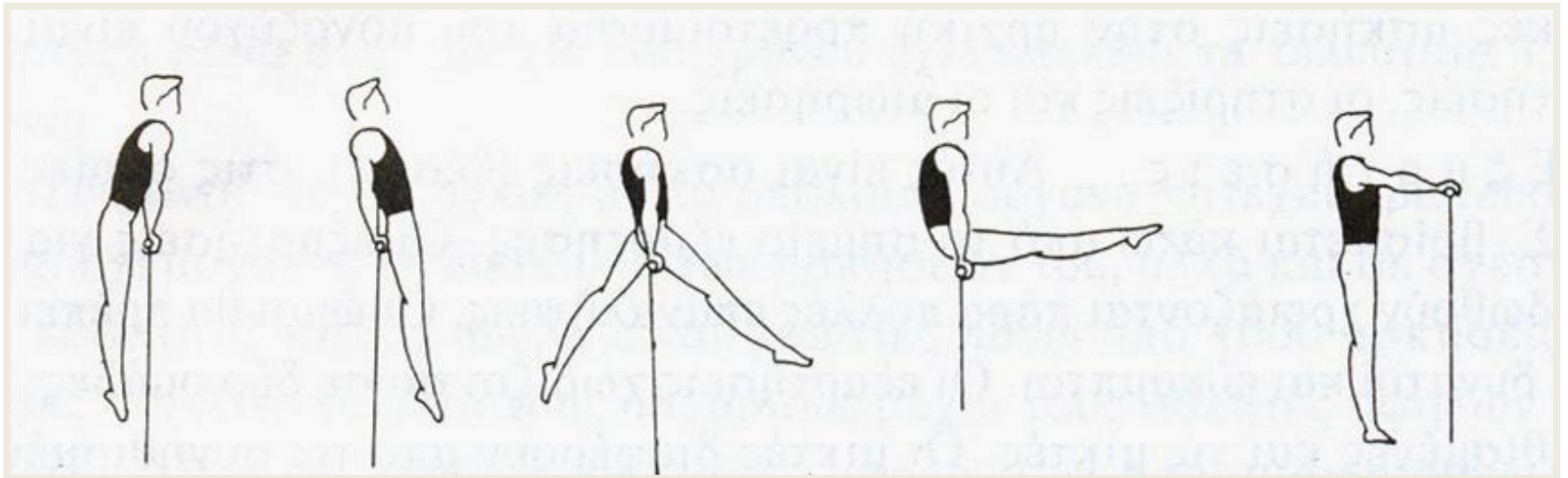
Osnovni položaji na spravama

Potpori – ramena iznad hvatišta, oslanjanje o spravu cijelom dužinom ruku



Osnovni položaji na spravama

Upori – ramena iznad hvatišta



Klasifikacija gimnastičkih elemenata

- Premještanje tijela u odnosu na spravu
- Premještanje dijelova tijela u odnosu jednog na drugi dio tijela



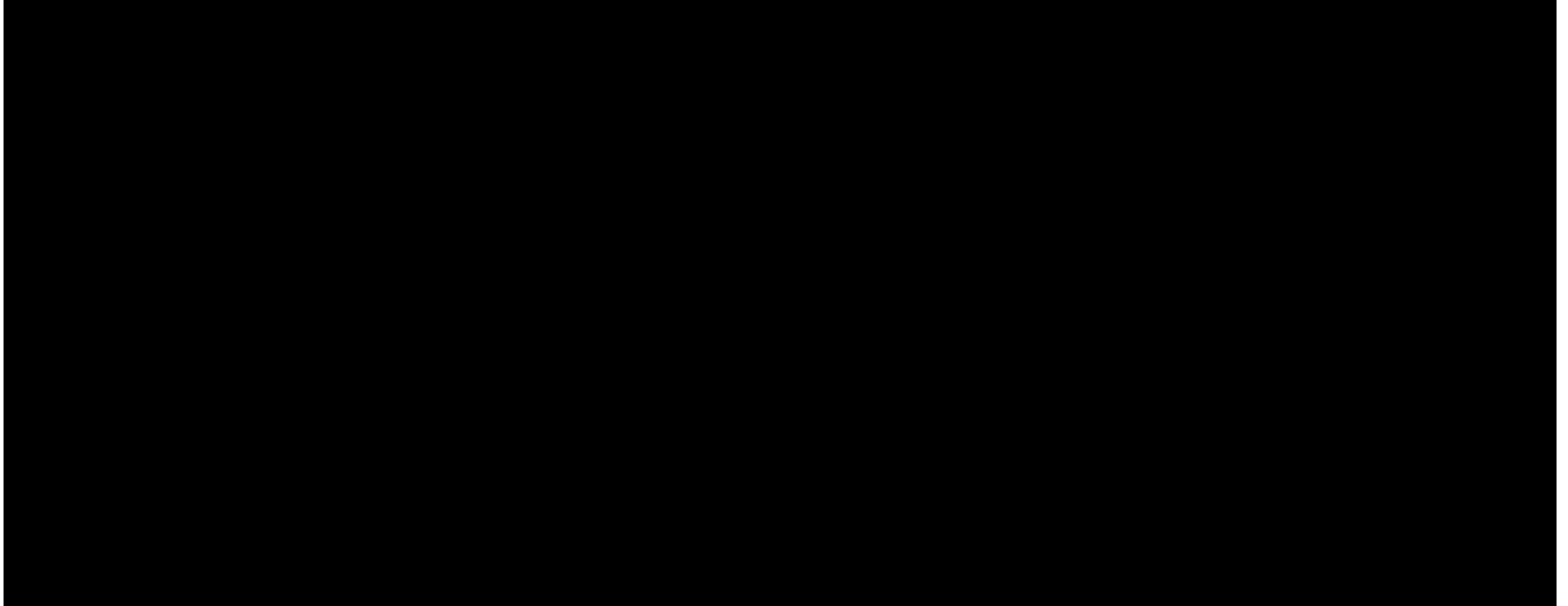
Klasifikacija gimnastičkih elemenata

- Koluti
- Premeti i prekopiti
- Stavovi i izdržaji
- Naskoci i saskoci
- Prelazi iz viših u niže pozicije
- Njihanja i ljuljanja
- Upori i naupori
- Uzmasi
- Kovrtljaji
- Metanja
- Okreti
- Iskreti



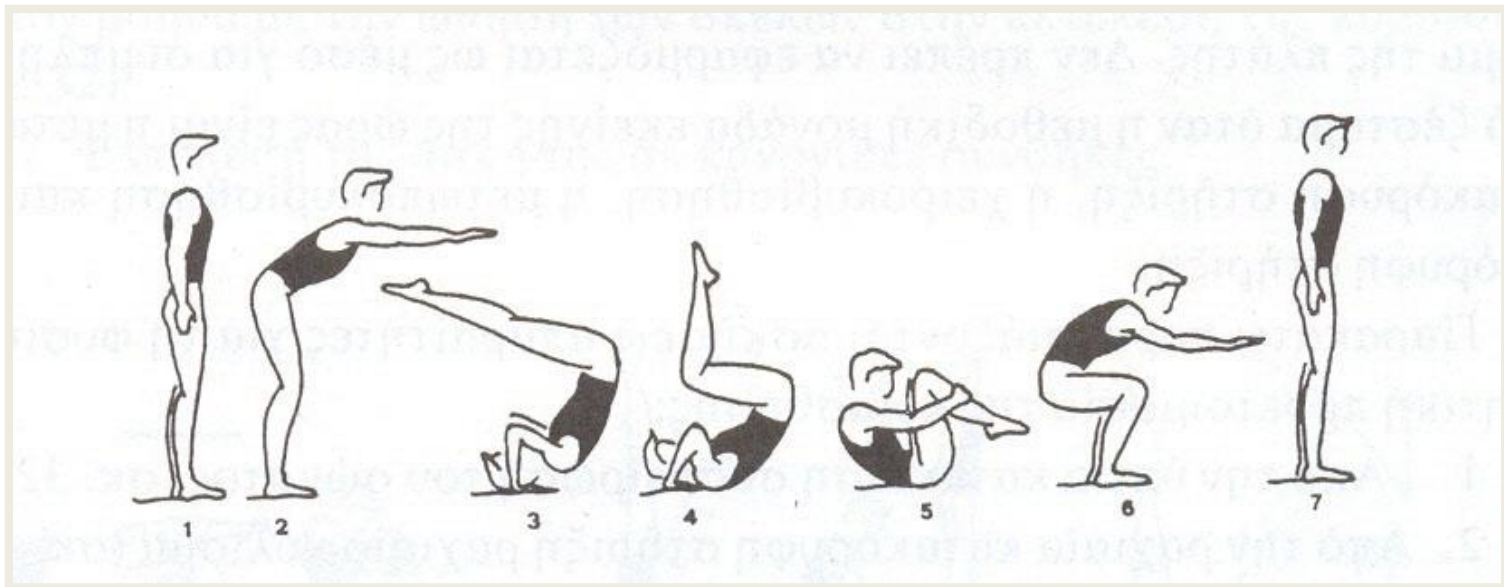
1. Koluti

Koluti su elementi kod kojih se tijelo rotira naprijed ili natrag, dotičući podlogu rukama, potiljkom, ramenima, leđima, kukovima, te ponovo stopalima.



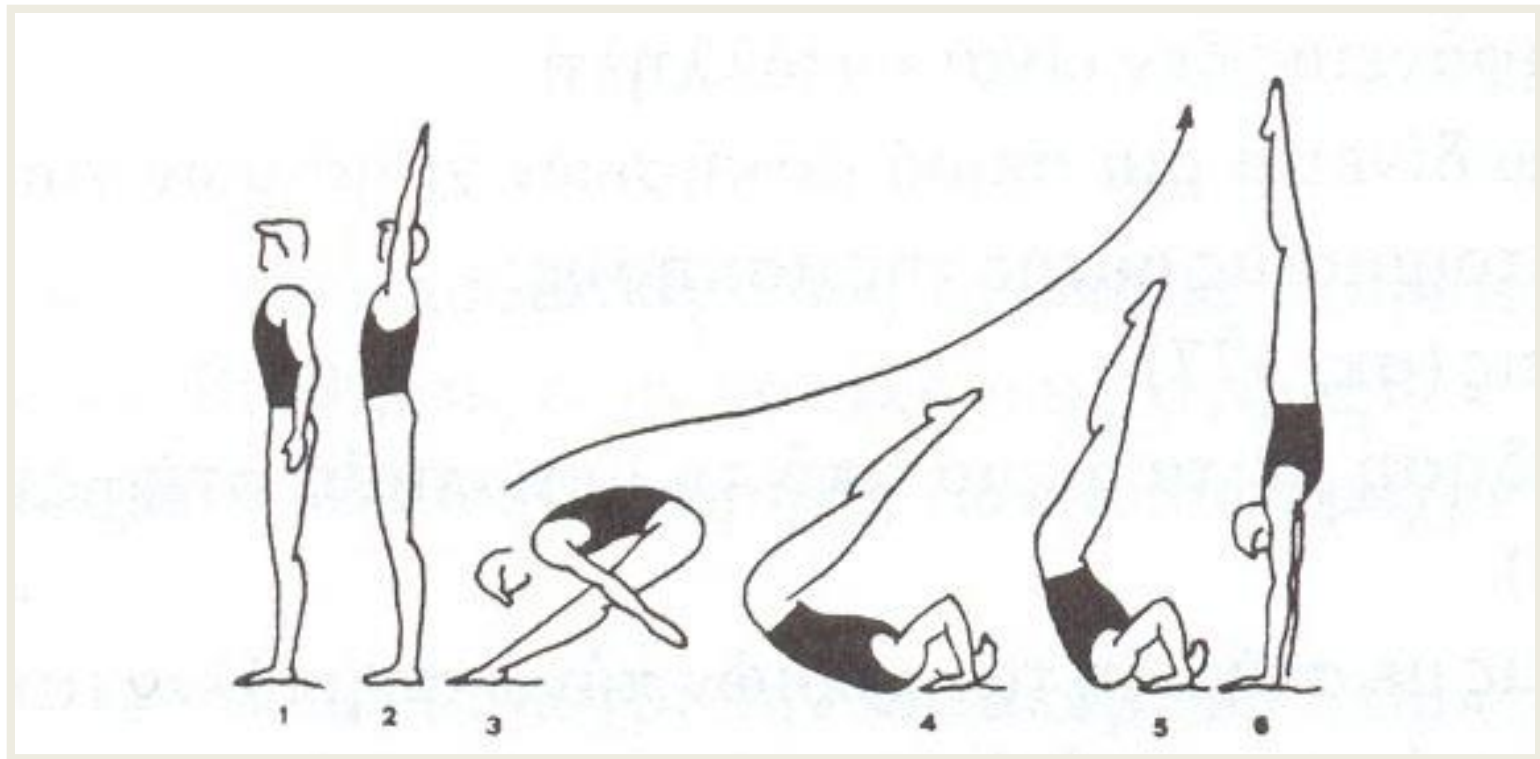
1. Koluti

Kolut naprijed



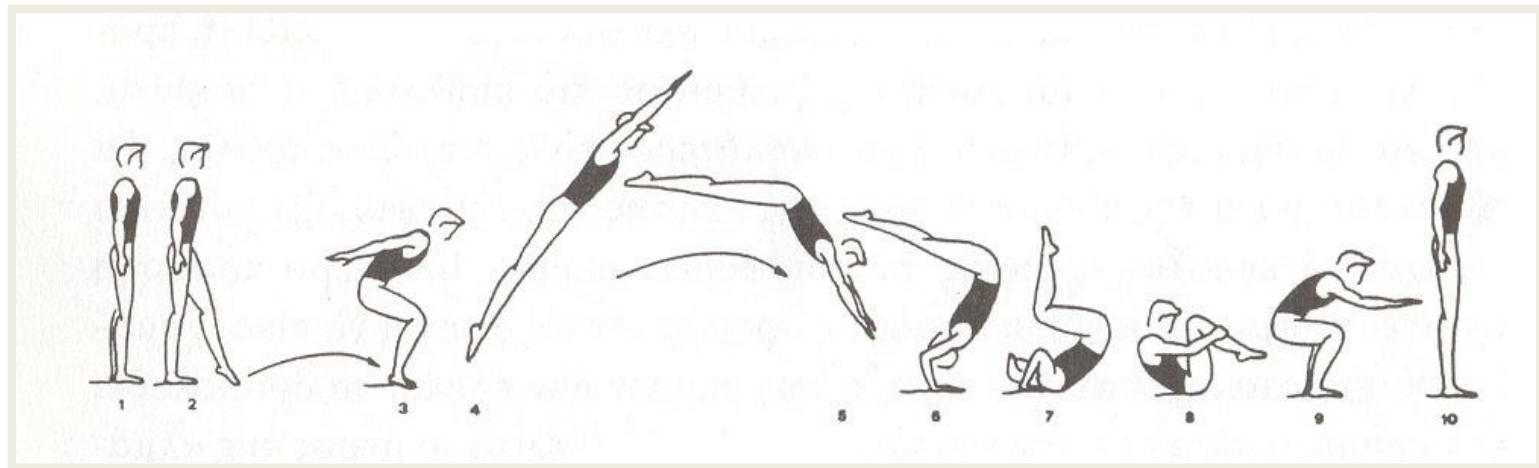
1. Koluti

Kolut natrag kroz stoj na rukama



1. Koluti

Leteći kolut



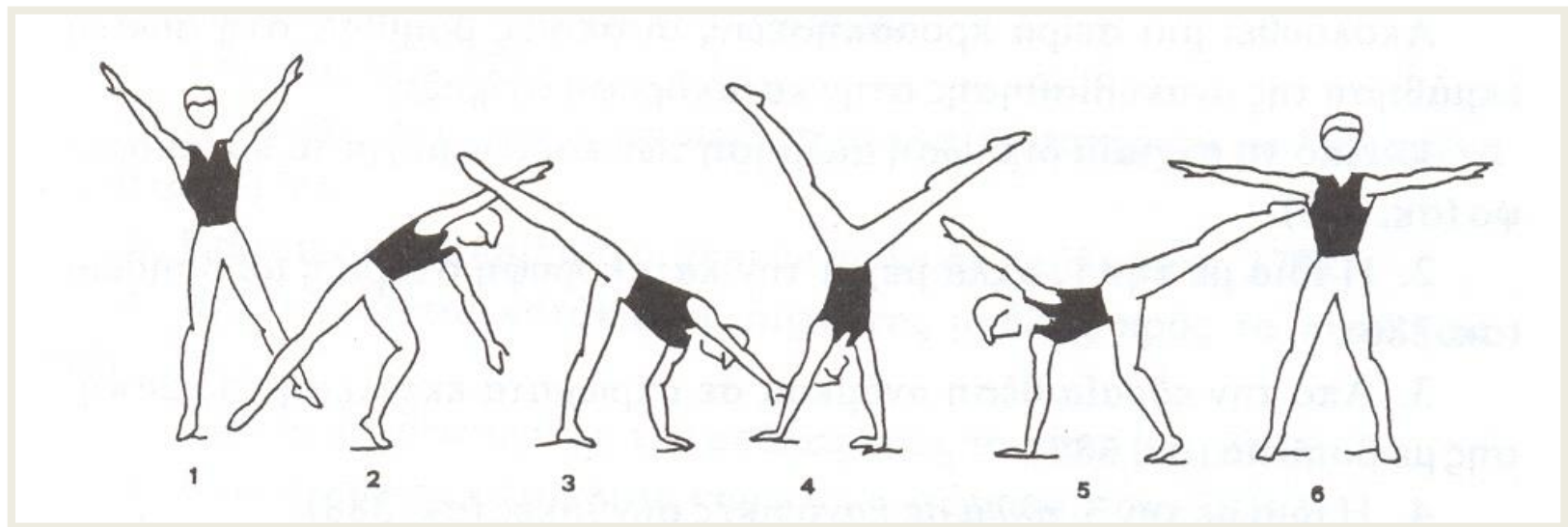
2. Premeti i prekopiti

Premeti su elementi kod kojih dolazi do rotacije za 360° oko frontalne ili transverzalne ose, pri čemu je gimnastičar prvo u kontaktu sa podlogom nogama, zatim rukama i ponovo nogama.



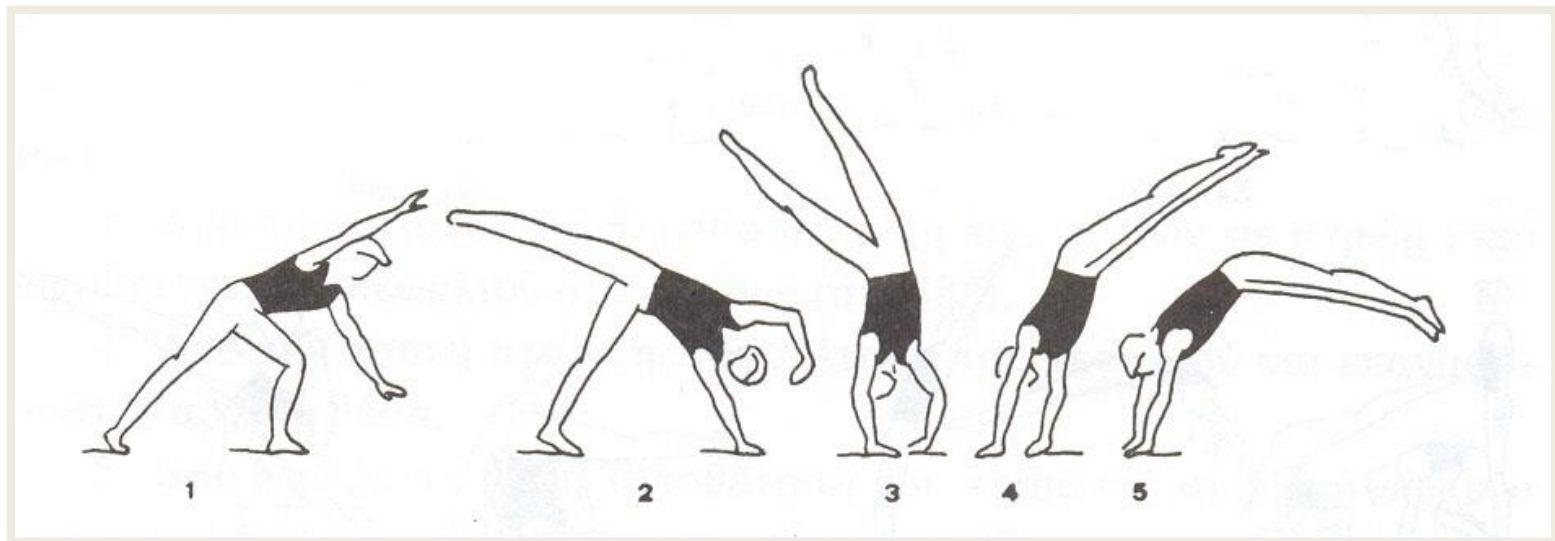
2. Premeti i prekopiti

Premet strance



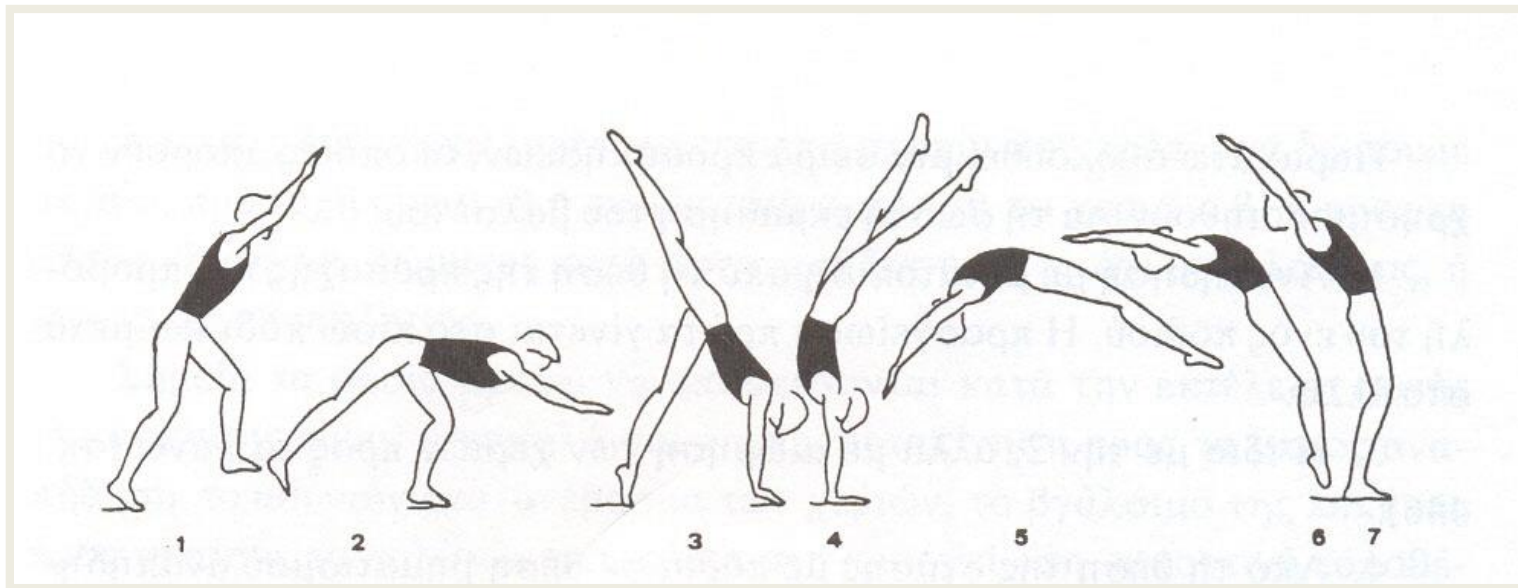
2. Premeti i prekopiti

Premet strance s okretom



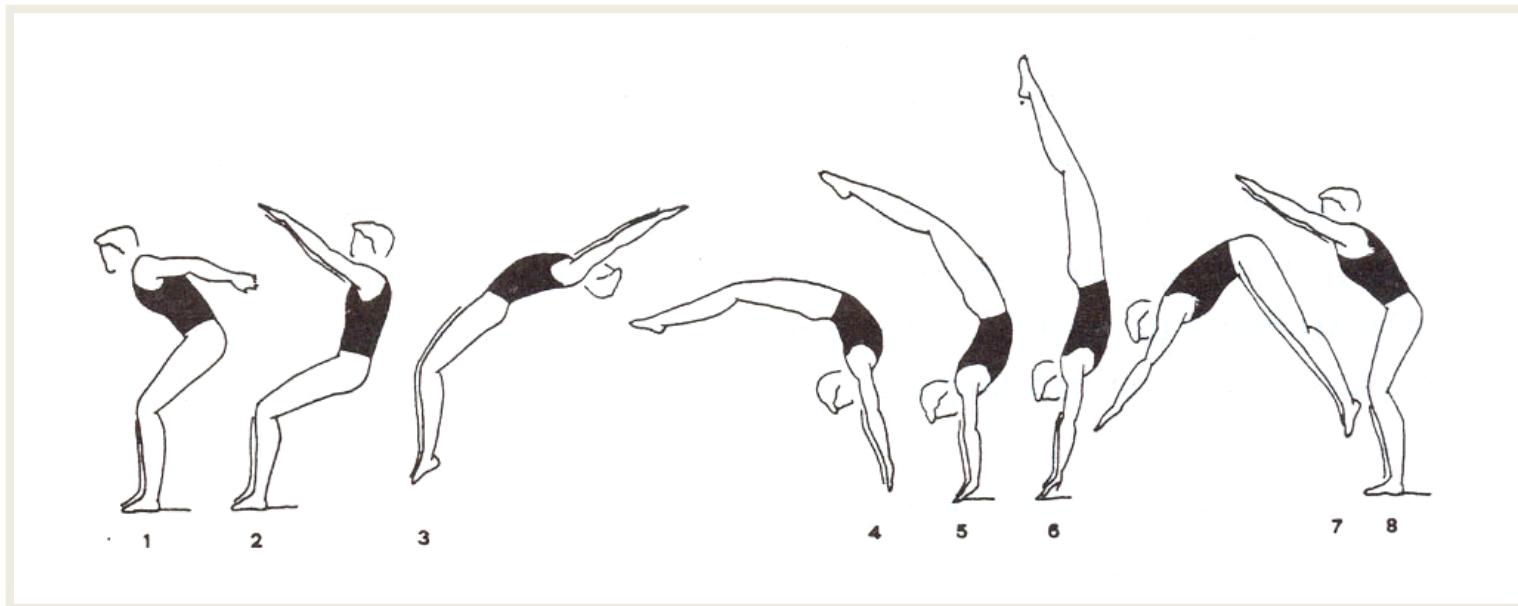
2. Premeti i prekopiti

Premet naprijed



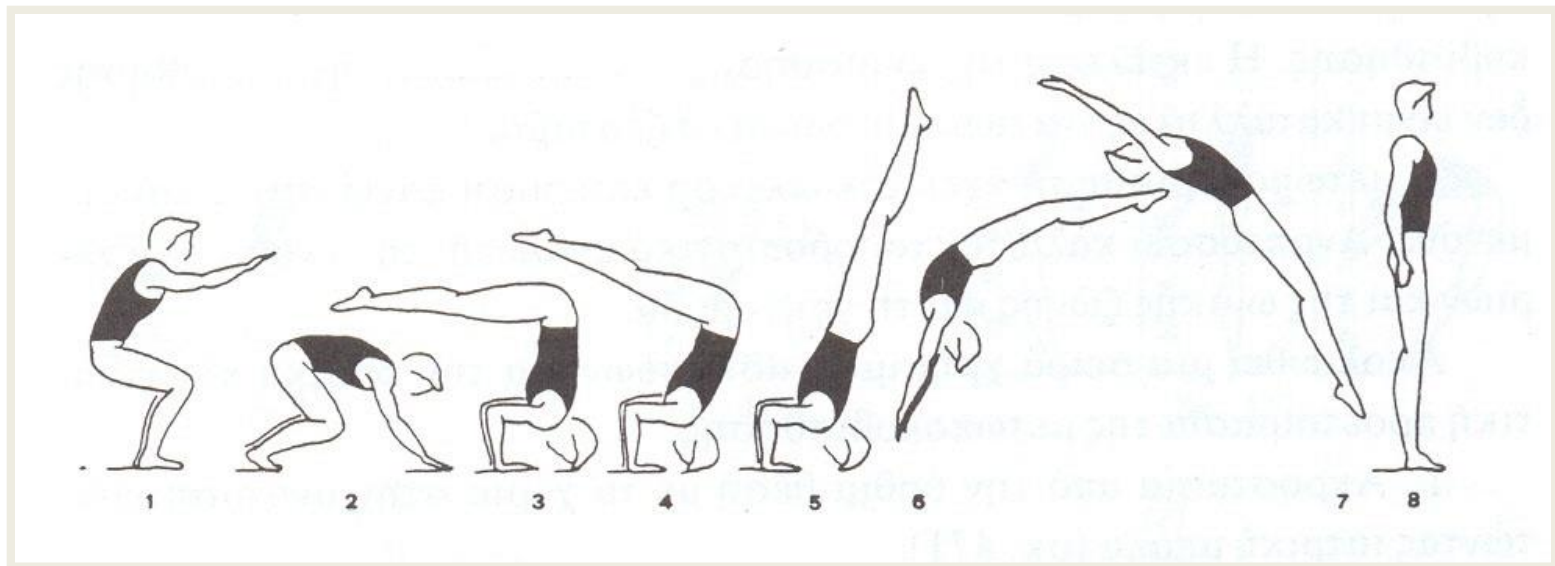
2. Premeti i prekopiti

Premet nazad



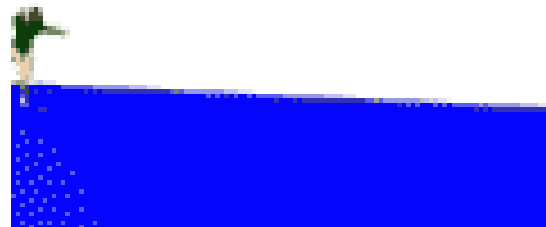
2. Premeti i prekopiti

Usprav usklopno s čela - sklopka s čela



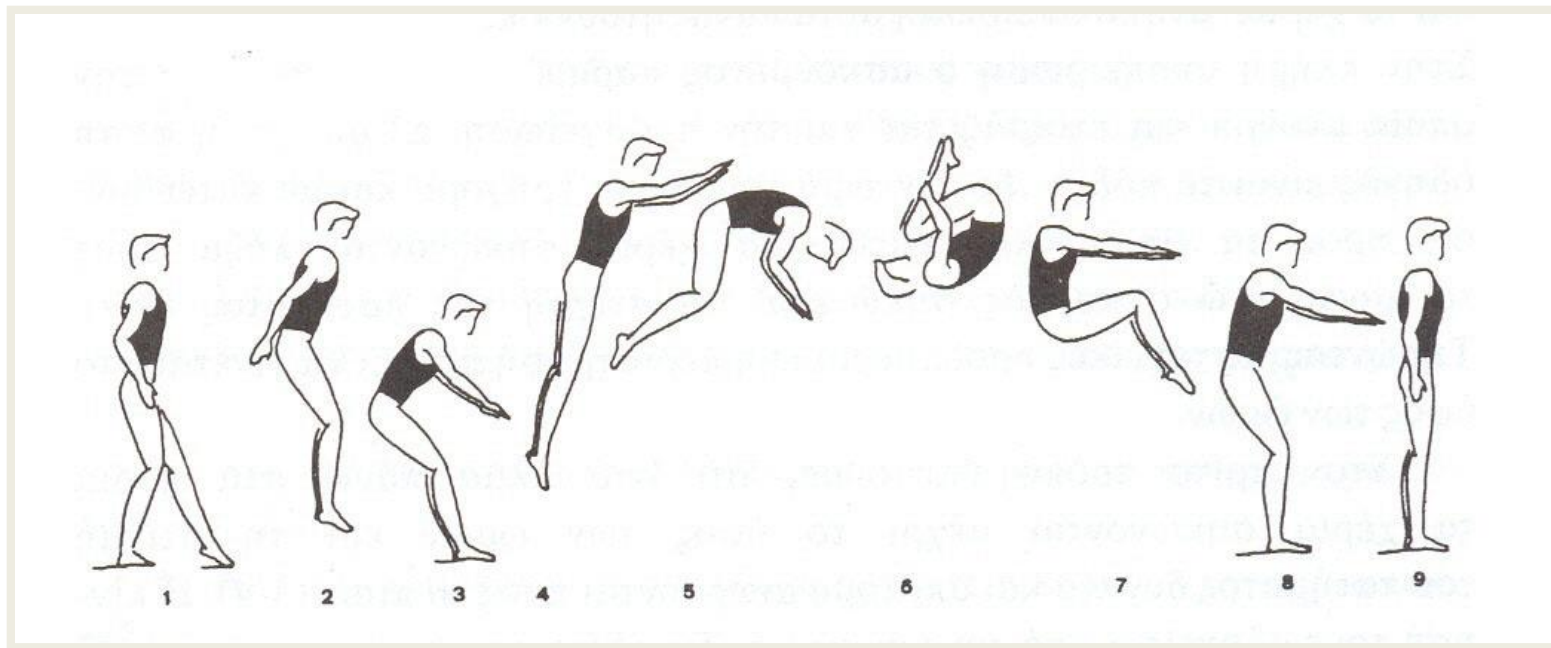
2. Premeti i prekopiti

Prekopiti ili salta su elementi kod kojih dolazi do rotacije za najmanje 360° oko transverzalne ili frontalne osi (u bespotpornoj fazi) pri čemu je gimnastičar u kontaktu s podlogom isključivo nogama



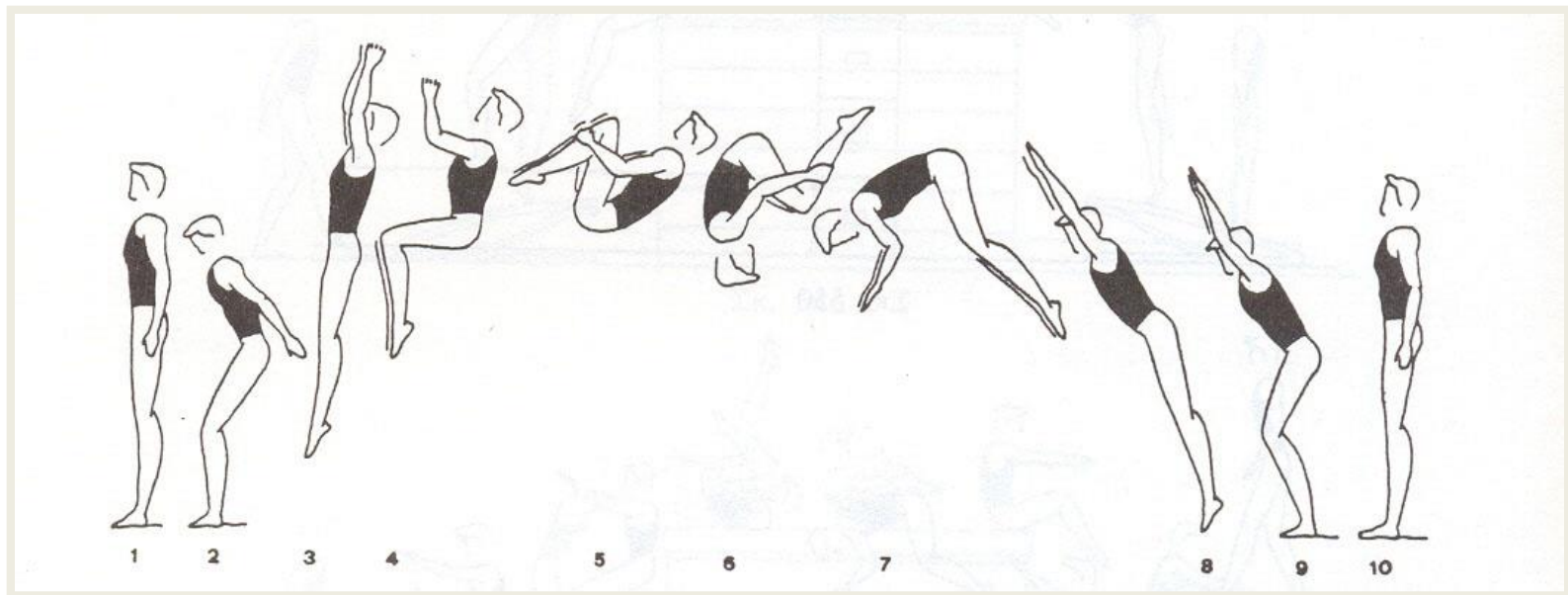
2. Premeti i prekopiti

Salto naprijed



2. Premeti i prekopiti

Salto nazad



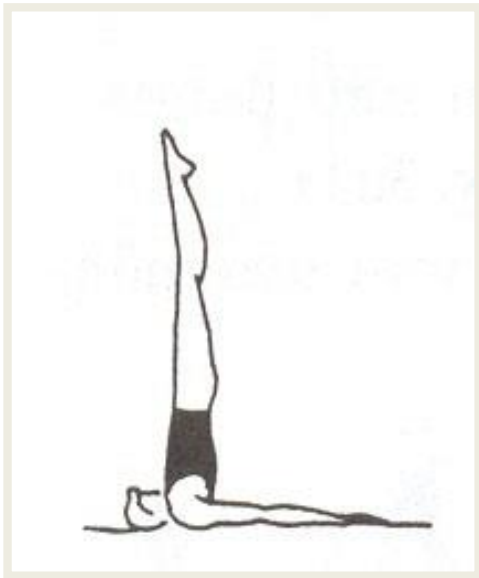
3. Stavovi i izdržaji

Stavovi i izdržaji su takvi elementi kod kojih se određeni položaj tijela zadržava kroz duže vrijeme (nekoliko sekundi).

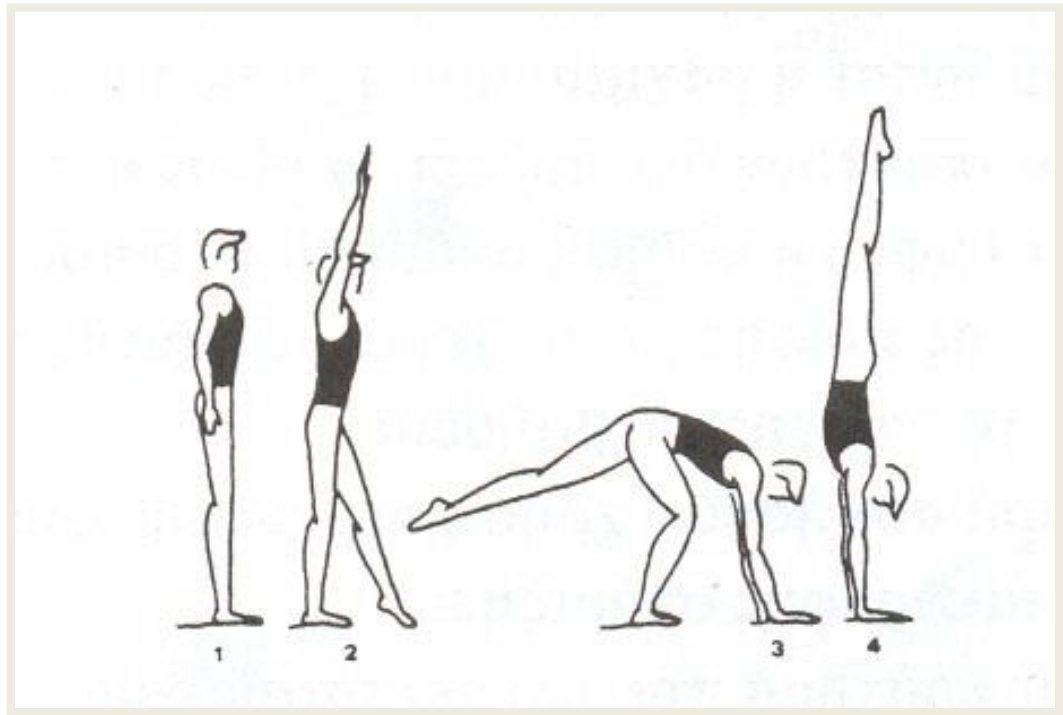
Kod stavova dominira ravnoteža, a kod izdržaja snaga.



3. Stavovi i izdržaji

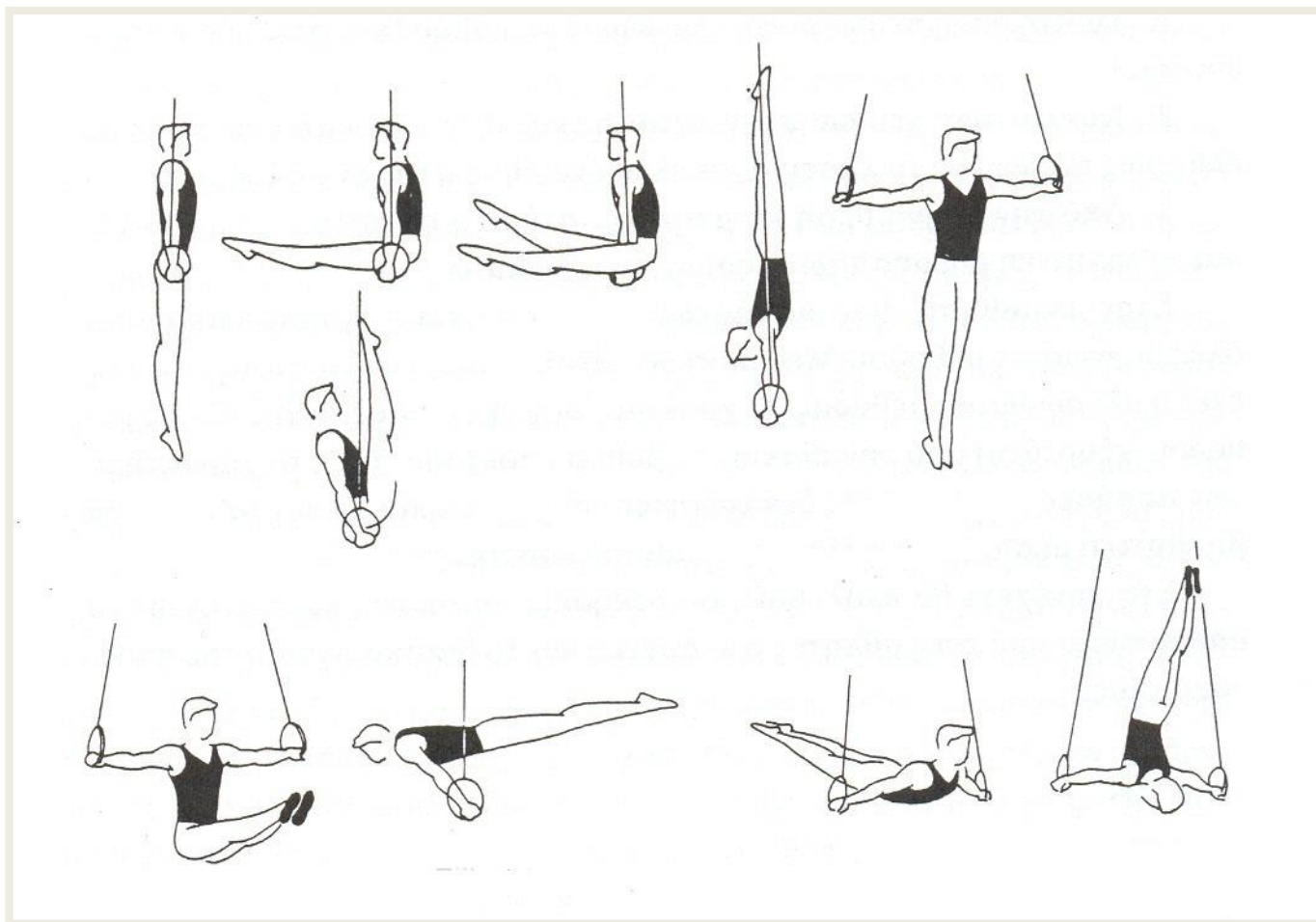
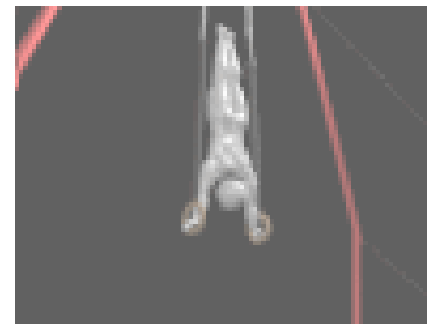


Stoj na lopaticama



Stoj na rukama

3. Stavovi i izdržaji



4. Naskoci i saskoci

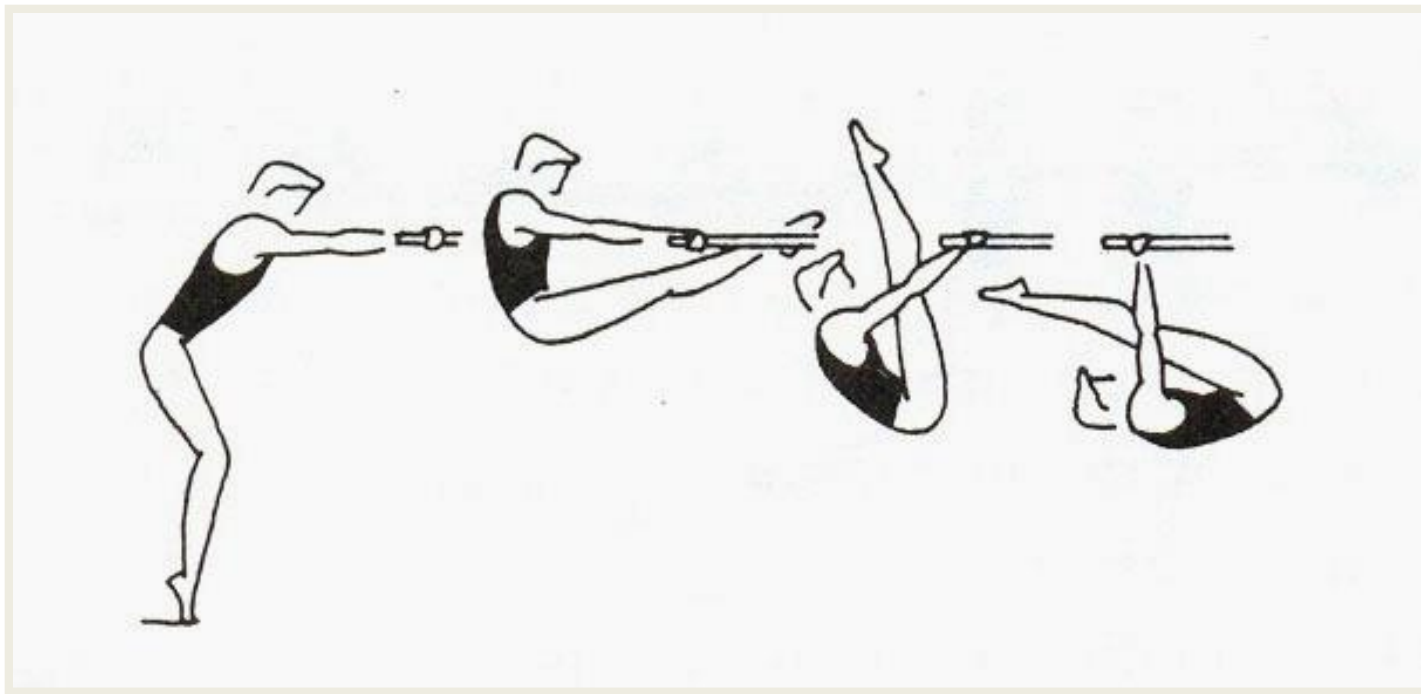
Naskoci su elementi kojima se gimnastičar penje (naskače) na spravu.

Saskoci u elementi kojima gimnastičari silaze sa sprave.



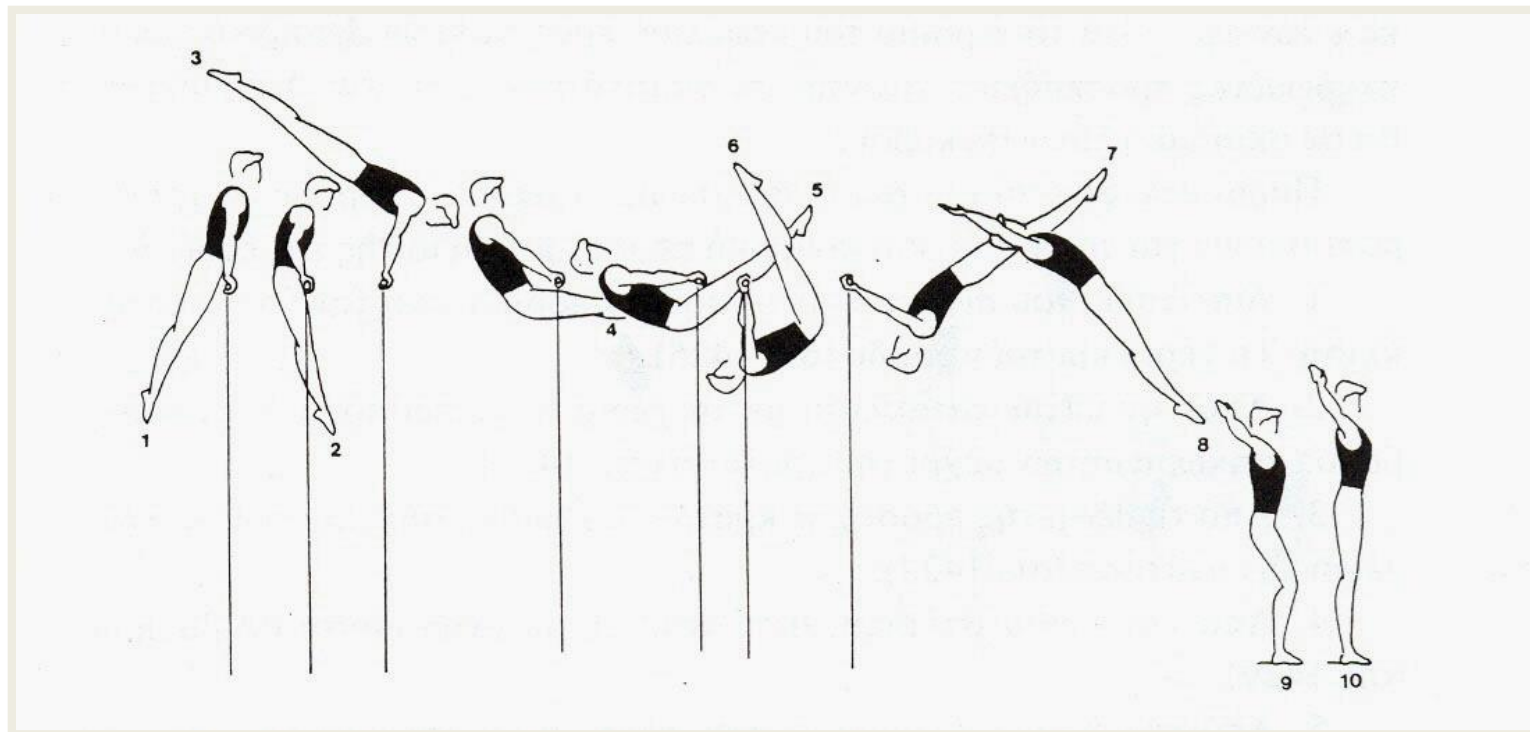
4. Naskoci i saskoci

Naskok u njih u visu uznijetom



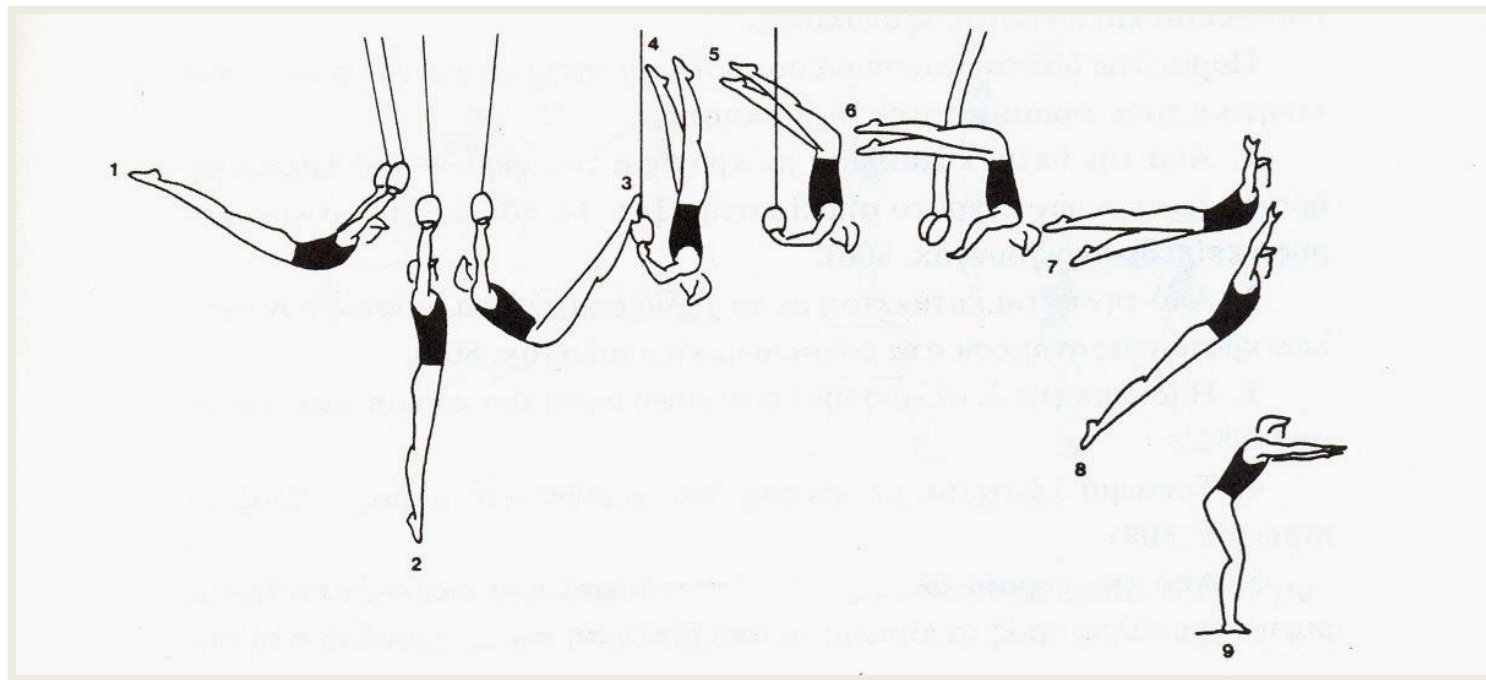
4. Naskoci i saskoci

Podmetni saskok s vratila



4. Naskoci i saskoci

Prekopit raznožno na karikama

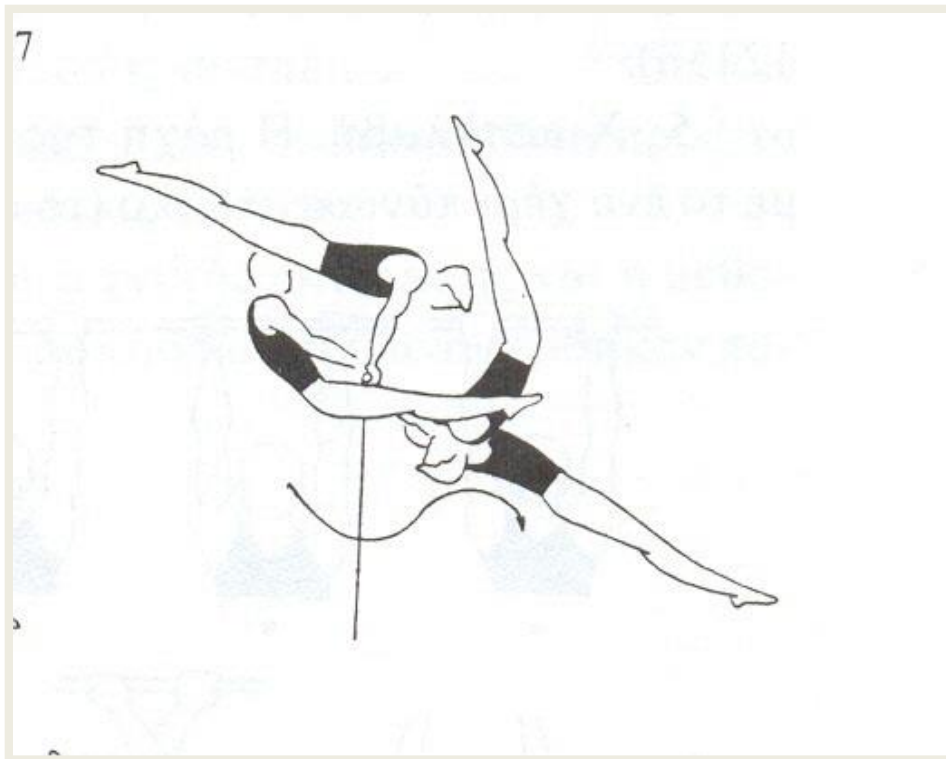


5. Prelazi iz viših u niže pozicije

- Naprijed ...
- Nazad ...
- Velika amplituda ...
- Mala amplituda ...

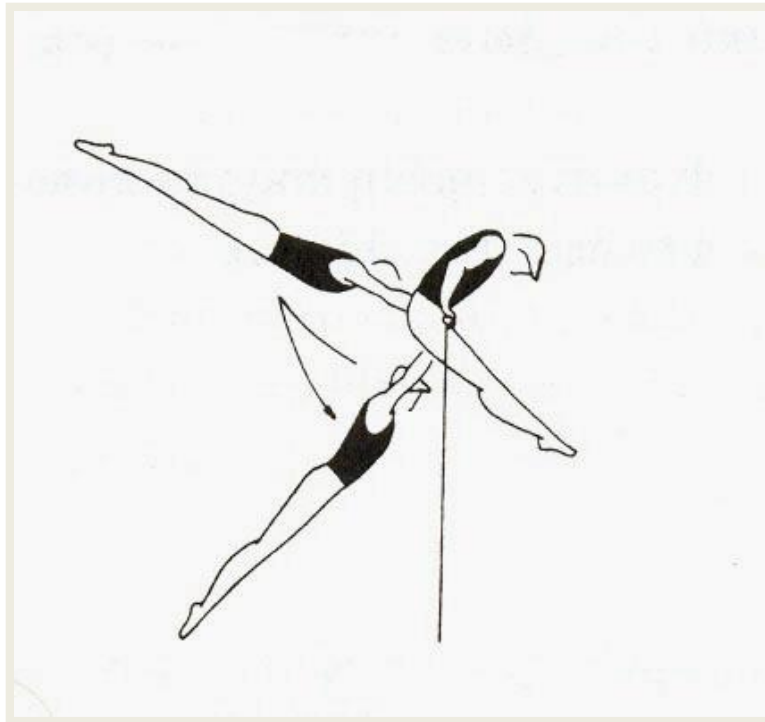
5. Prelazi iz viših u niže pozicije

Podmetni njih – rotacija unazad, velika amplituda



5. Prelazi iz viših u niže pozicije

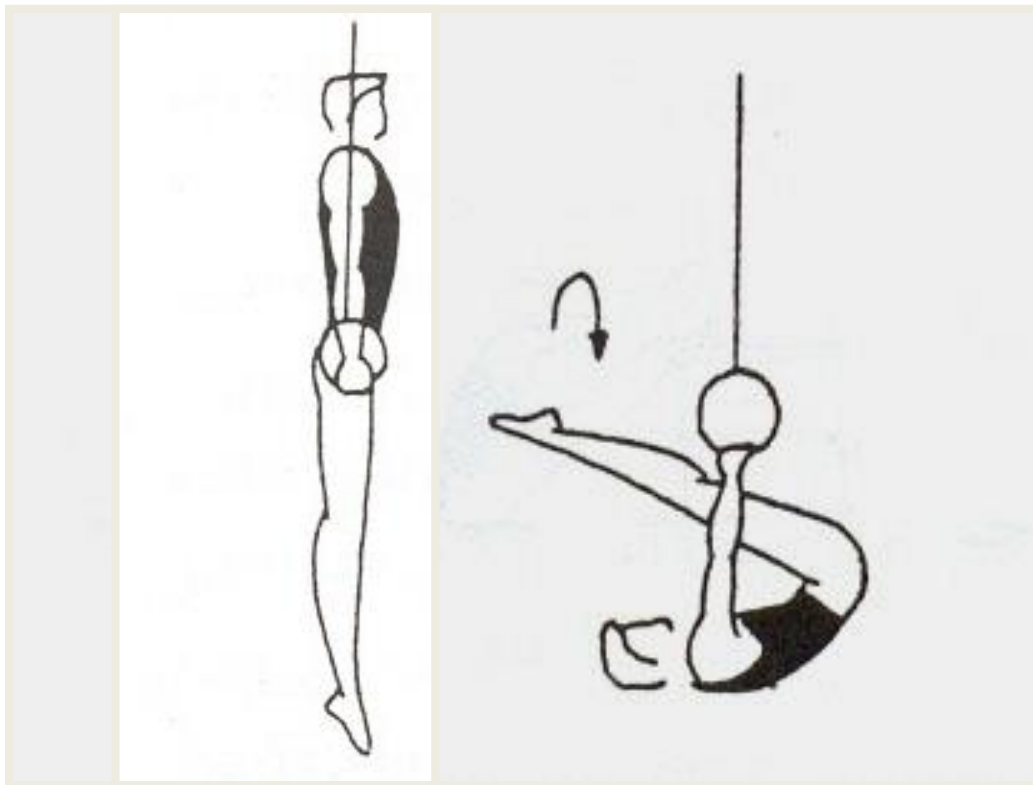
Odnjihom njih – rotacija naprijed, velika amplituda



5. Prelazi iz viših u niže pozicije

Spad – rotacija nazad, mala amplituda

Smak – rotacija naprijed, mala amplituda



6. Njihanja i ljuljanja ...

Oscilatorna kretanja tijela (naprijed-nazad, lijevo-desno) po zakonima mehaničkog klatna.

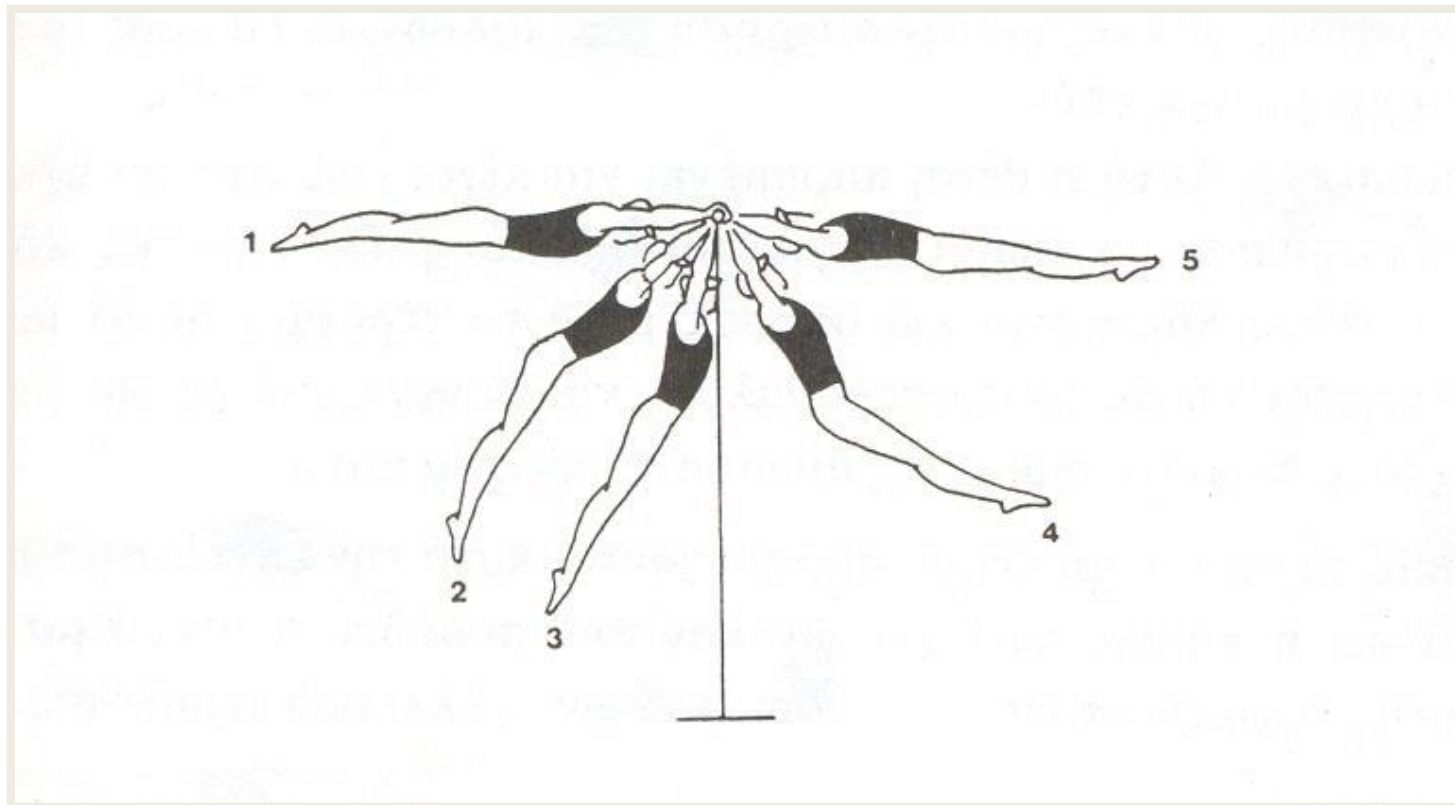


6. Njihanja i ljuljanja ...

Oscilatorna kretanja tijela (naprijed-natrag, lijevo-desno) po zakonima mehaničkog klatna.

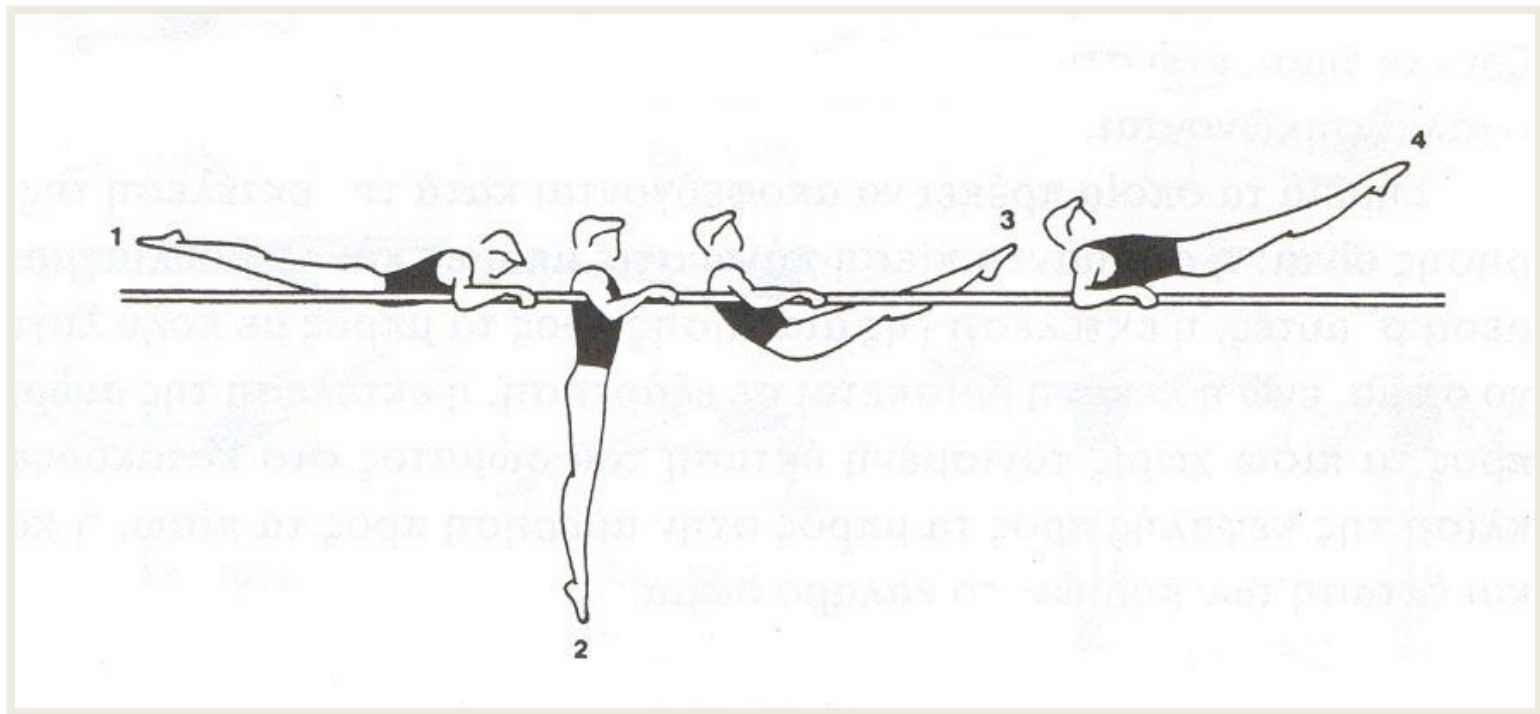
6. Njihanja i ljuljanja ...

Njih u visu prednjem na vratilu



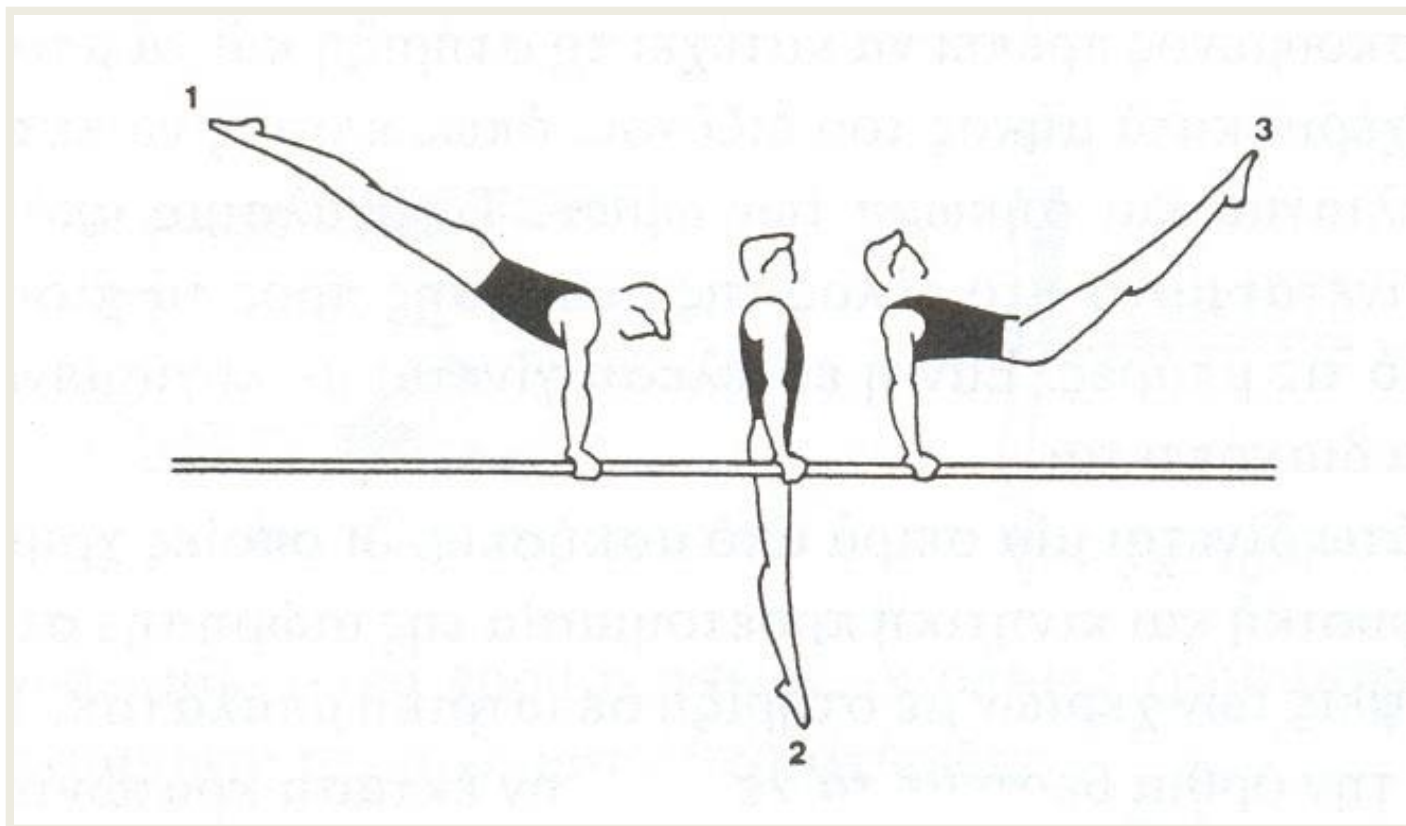
6. Njihanja i ljuljanja ...

Njih u potporu na paralelnom razboju



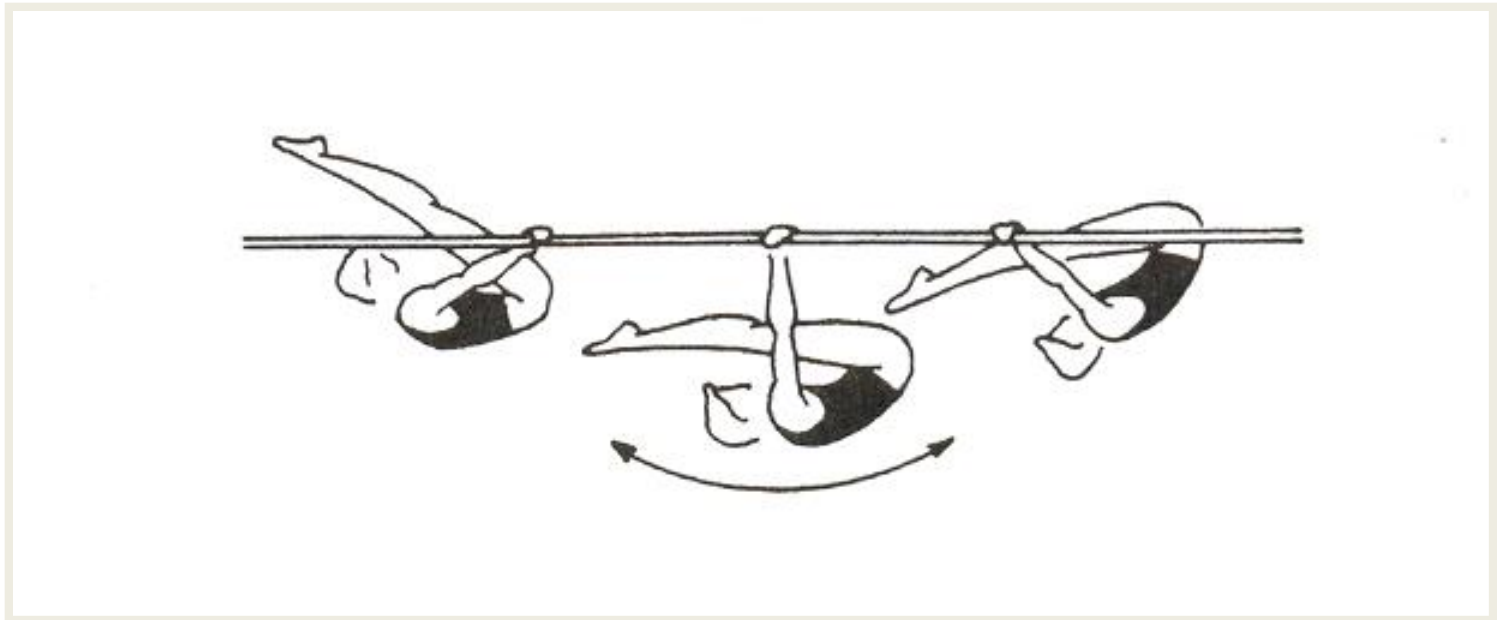
6. Njihanja i ljuljanja ...

Njih u upor na paralelnom razboju



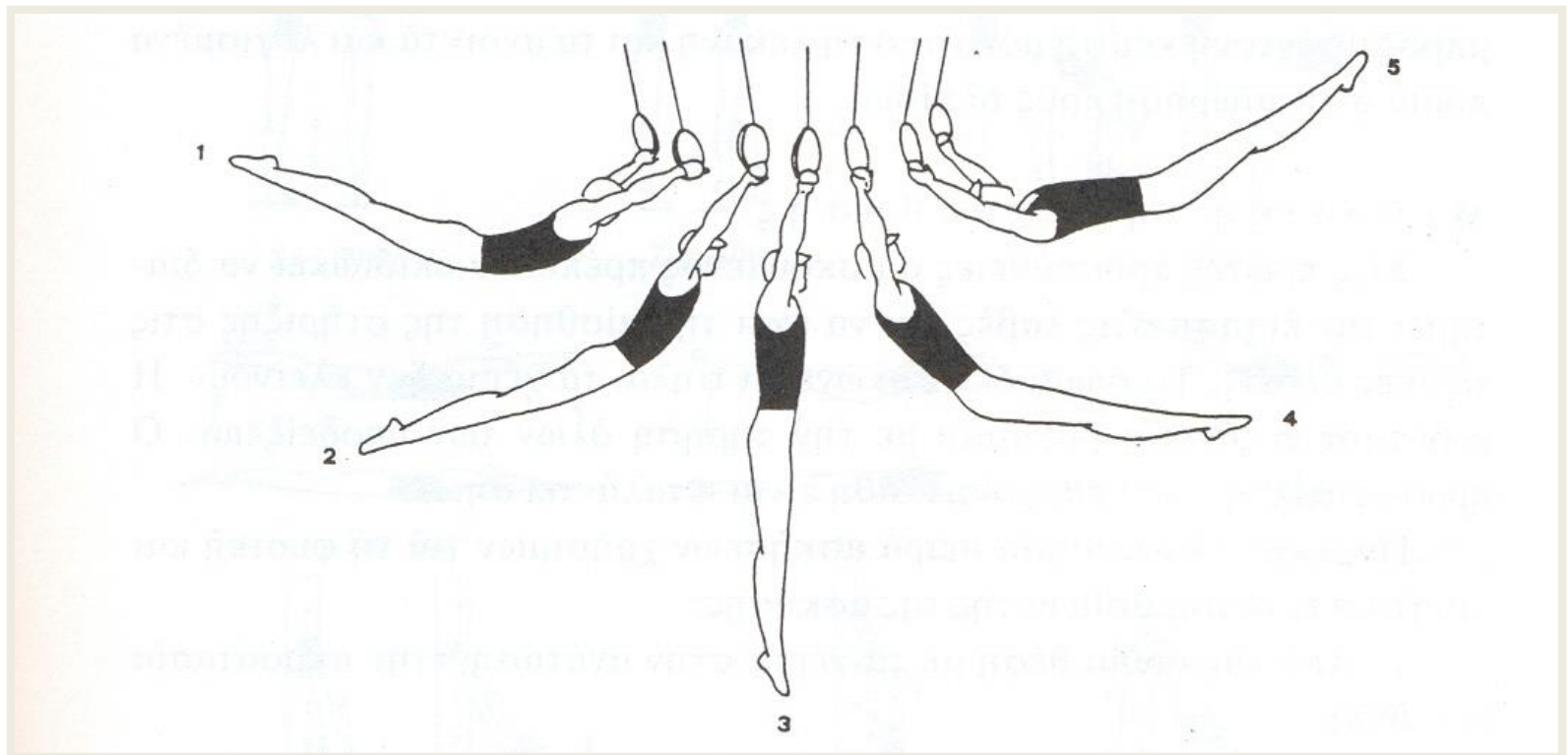
6. Njihanja i ljuljanja ...

Njih u visu uznijetom na paralelnom razboju



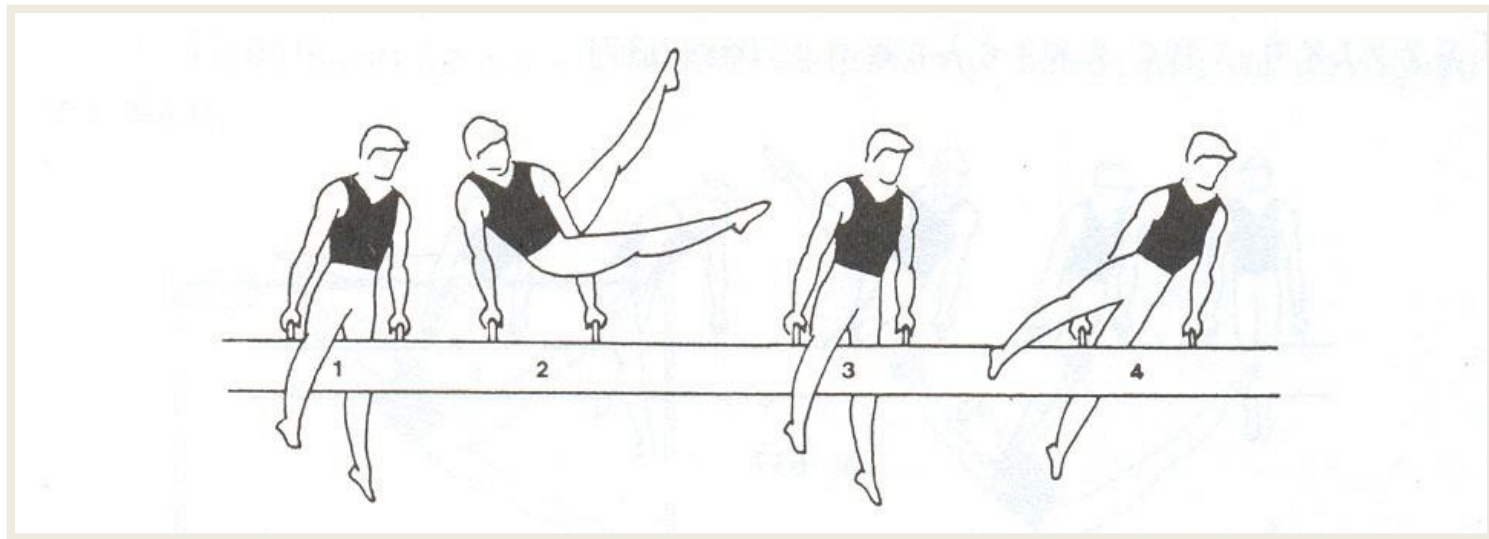
6. Njihanja i ljuljanja ...

Njih u visu prednjem na karikama



6. Njihanja i ljuljanja ...

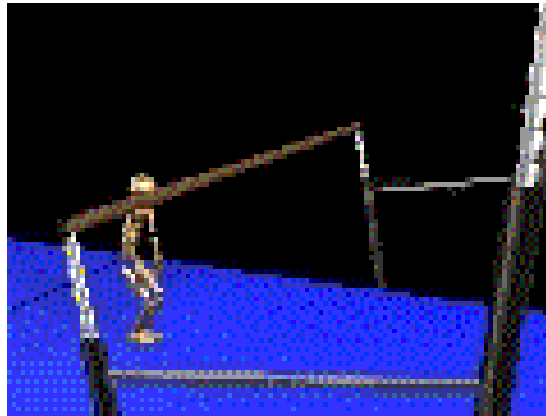
Njih u uporu jašućem na konju s hvataljkama



7. Upori i naupori

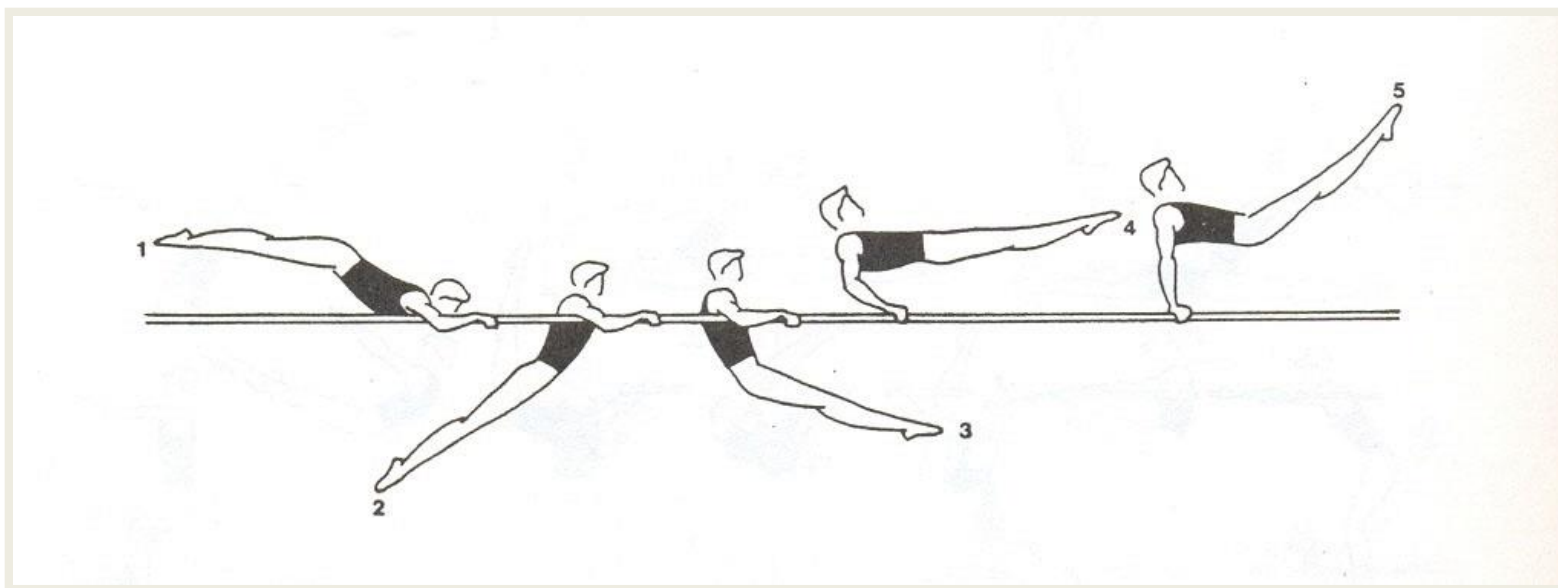
Upori – iz potpora do upora

Naupori – iz visa do upora (gornji dio tijela prelazi prvi)



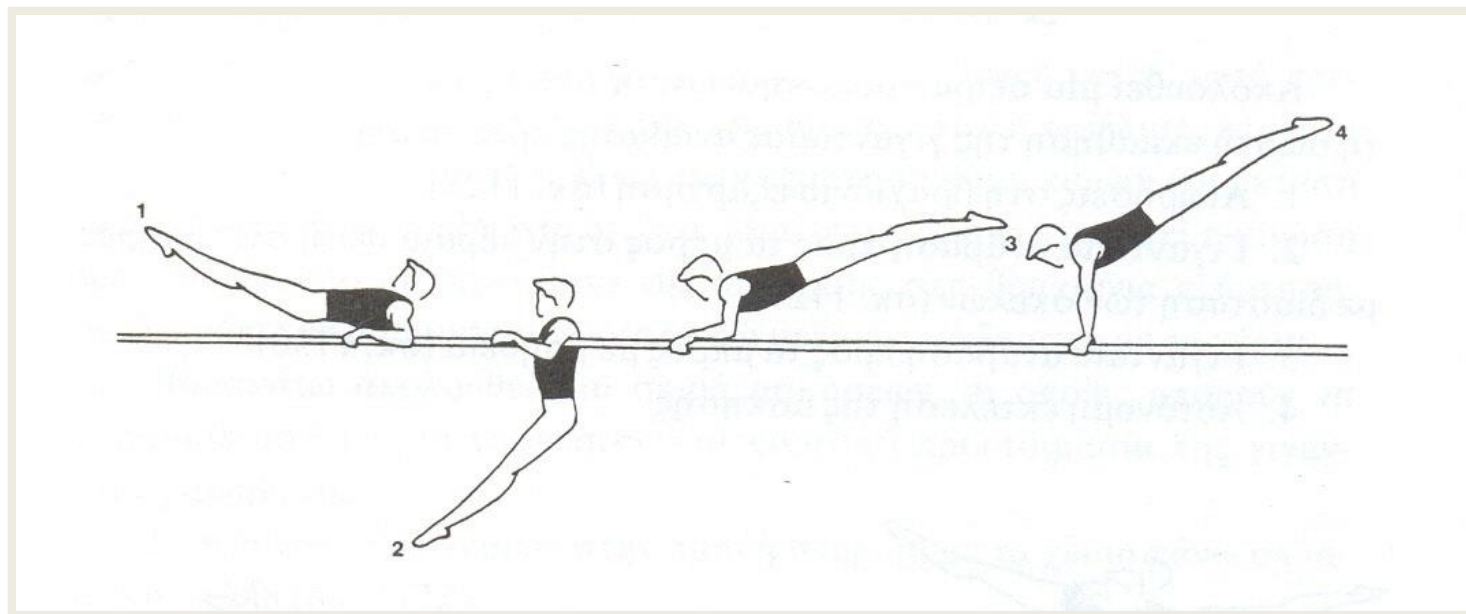
7. Upori i naupori

Upor prednjihom na paralelnom razboju



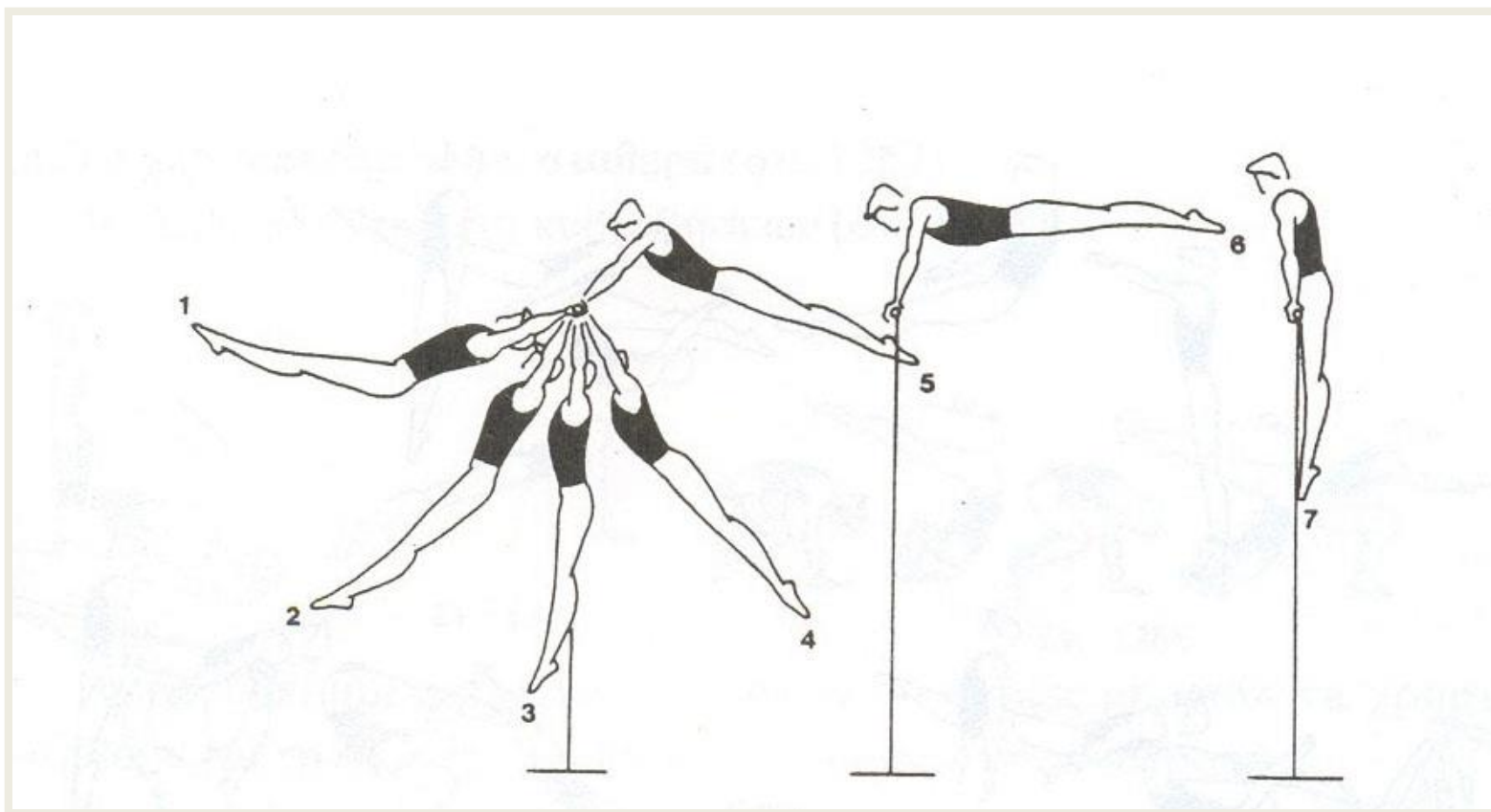
7. Upori i naupori

Upor zanjihom na paralelnom razboju



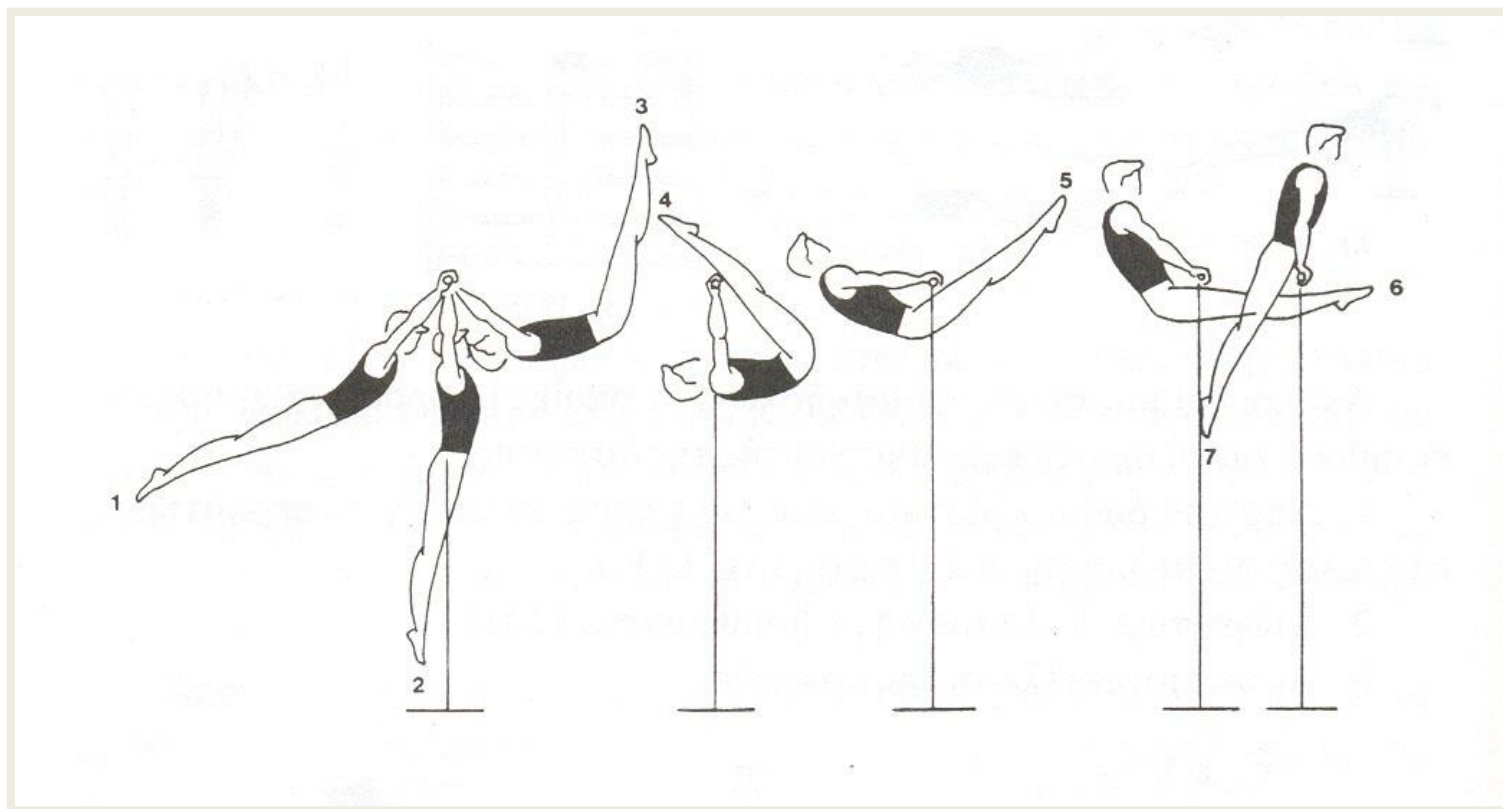
7. Upori i naupori

Naupor zanjihom na vratilu



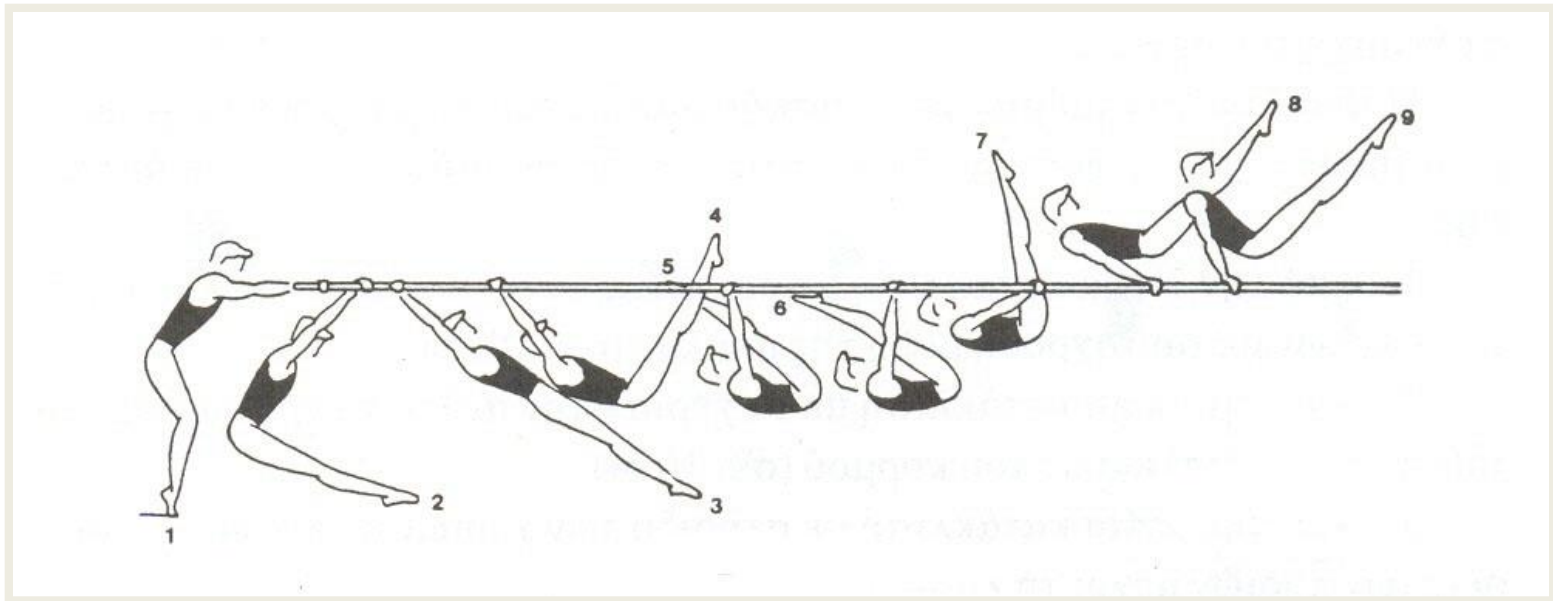
7. Upori i naupori

Naupor usklopno na vratilu



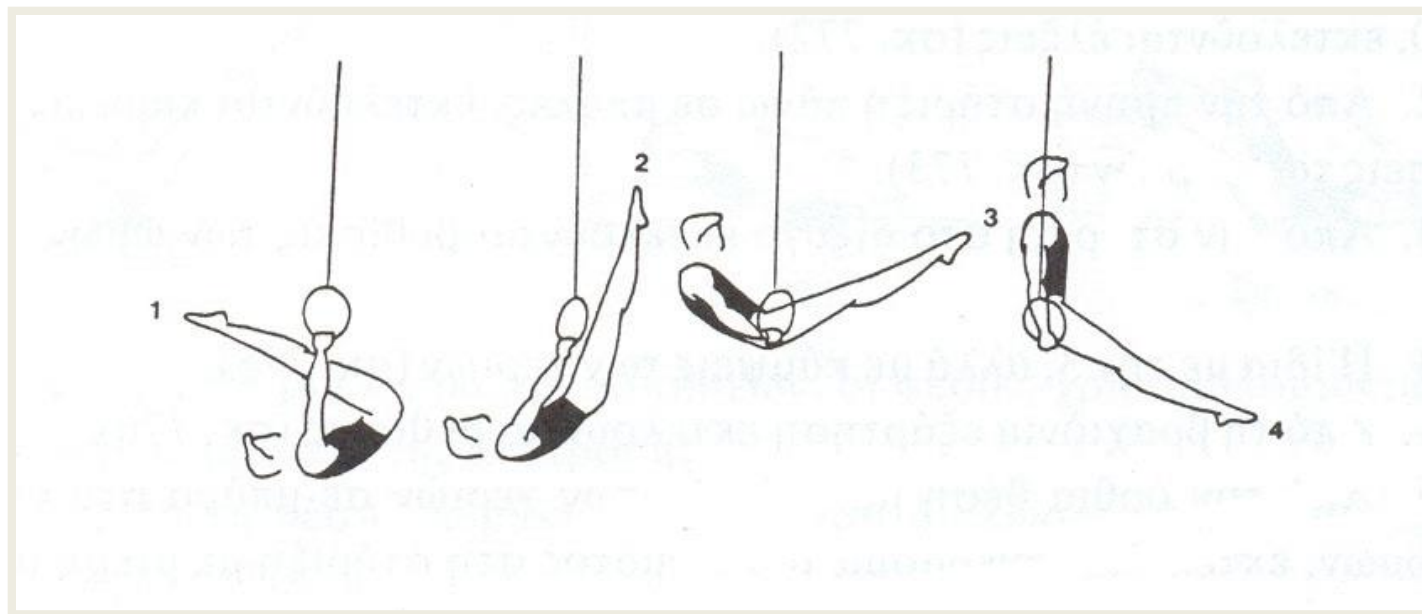
7. Upori i naupori

Naupor usklpno na paralelnom razboju



7. Upori i naupori

Naupor usklopno na karikama

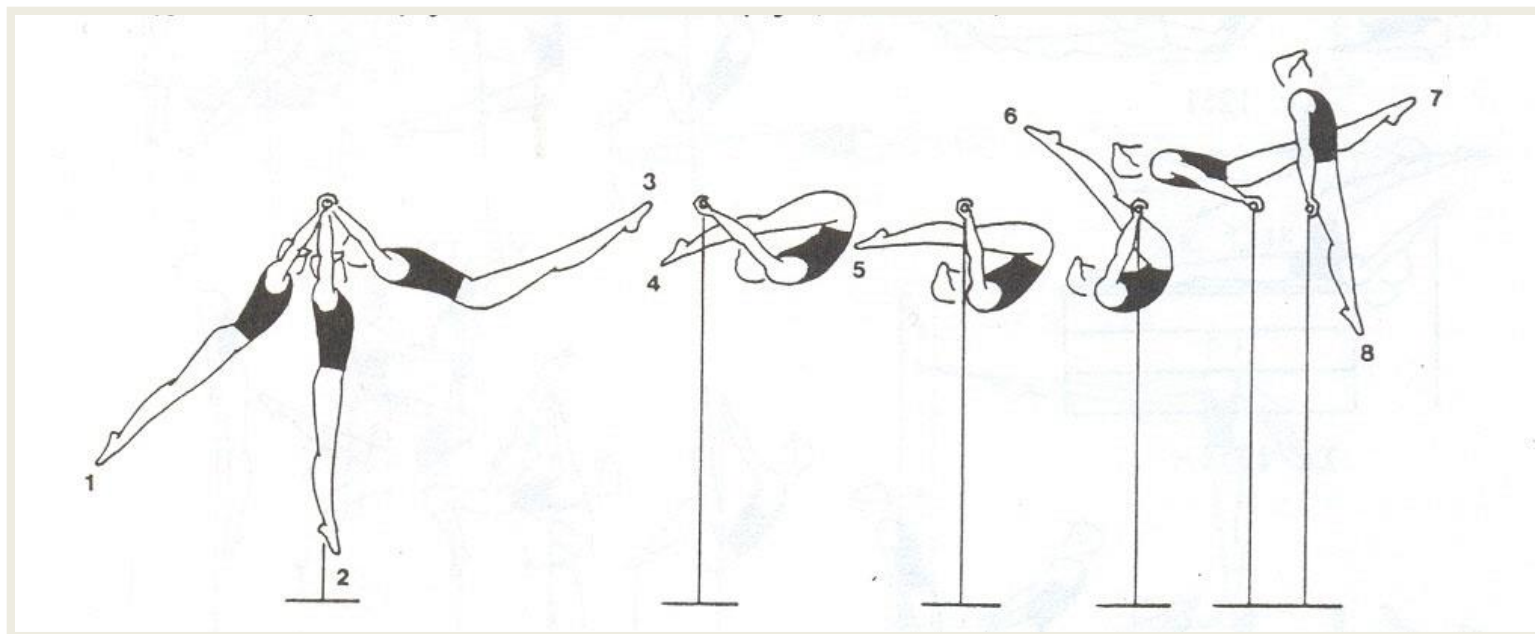


8. Uzmasi

Iz visa do upora (noge prelaze prve)

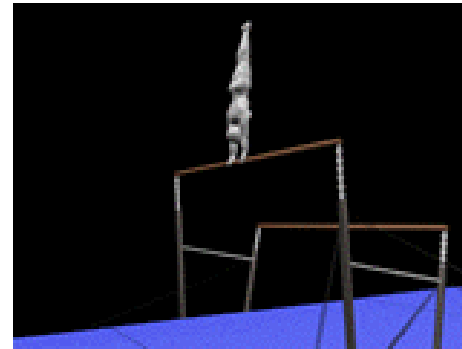
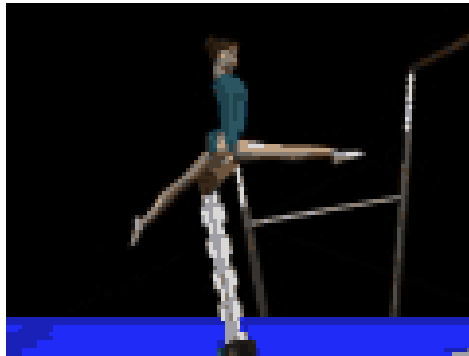
8. Uzmasi

Uzmah stražnji



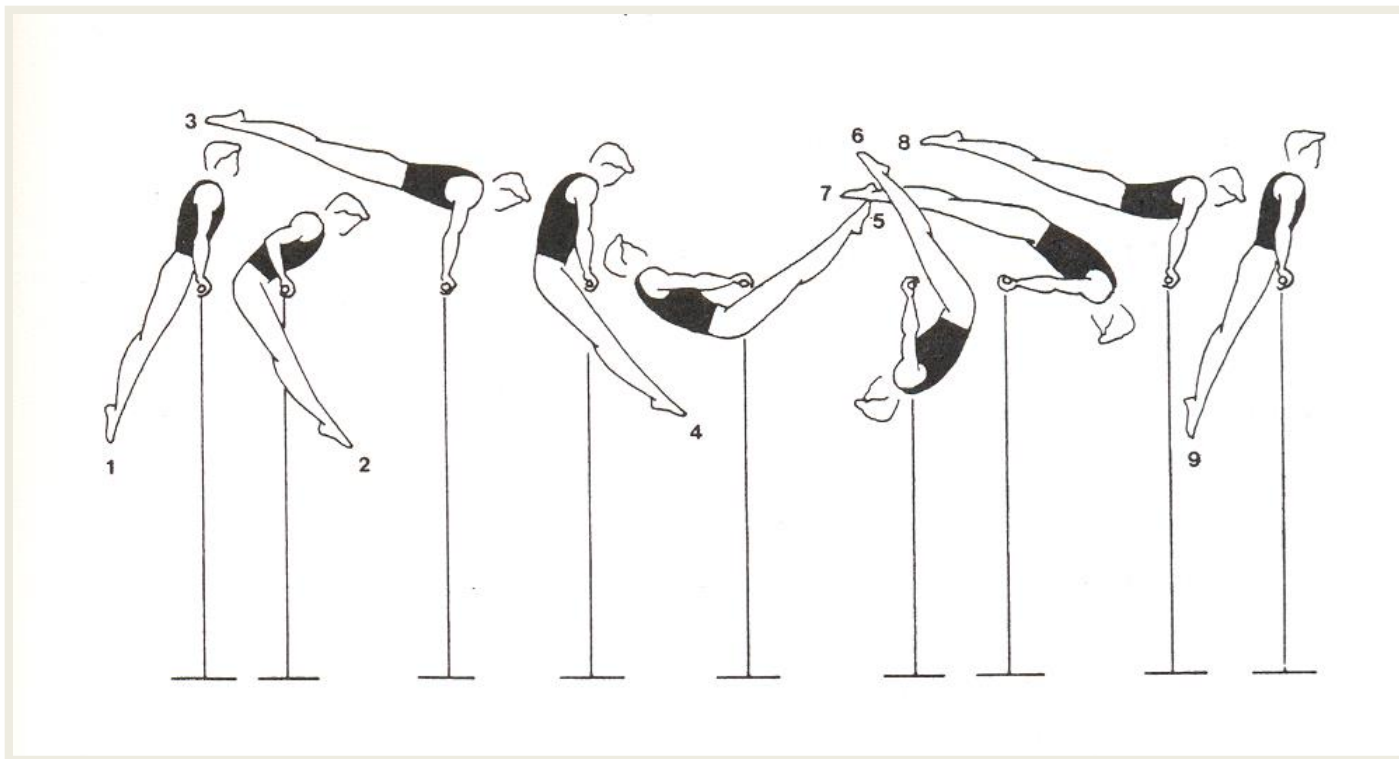
9. Kovrtljaji

Elementi kod kojih se gimnastičari okreću oko ose sprave, iz upora, kroz vis i ponovo do upora



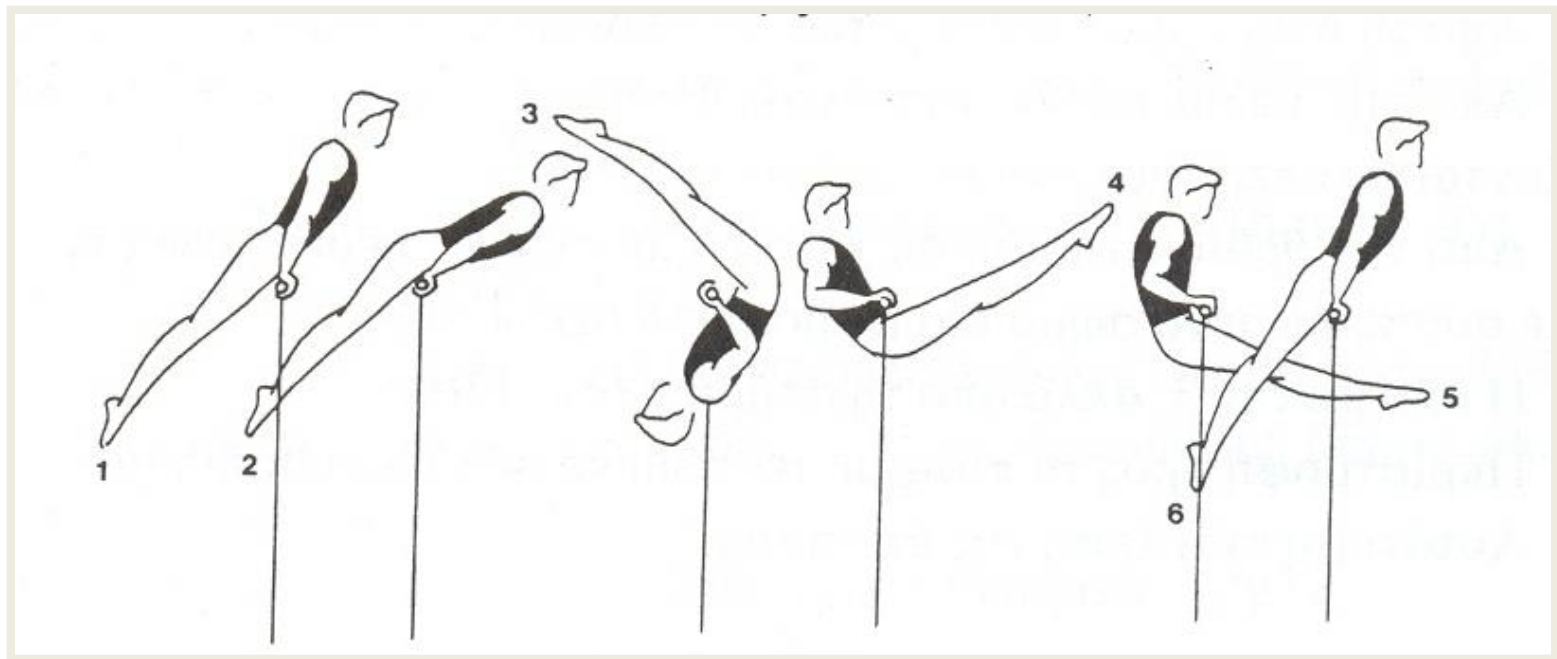
9. Kovrtljaji

Kovrtljaj natrag iz upora prednjeg



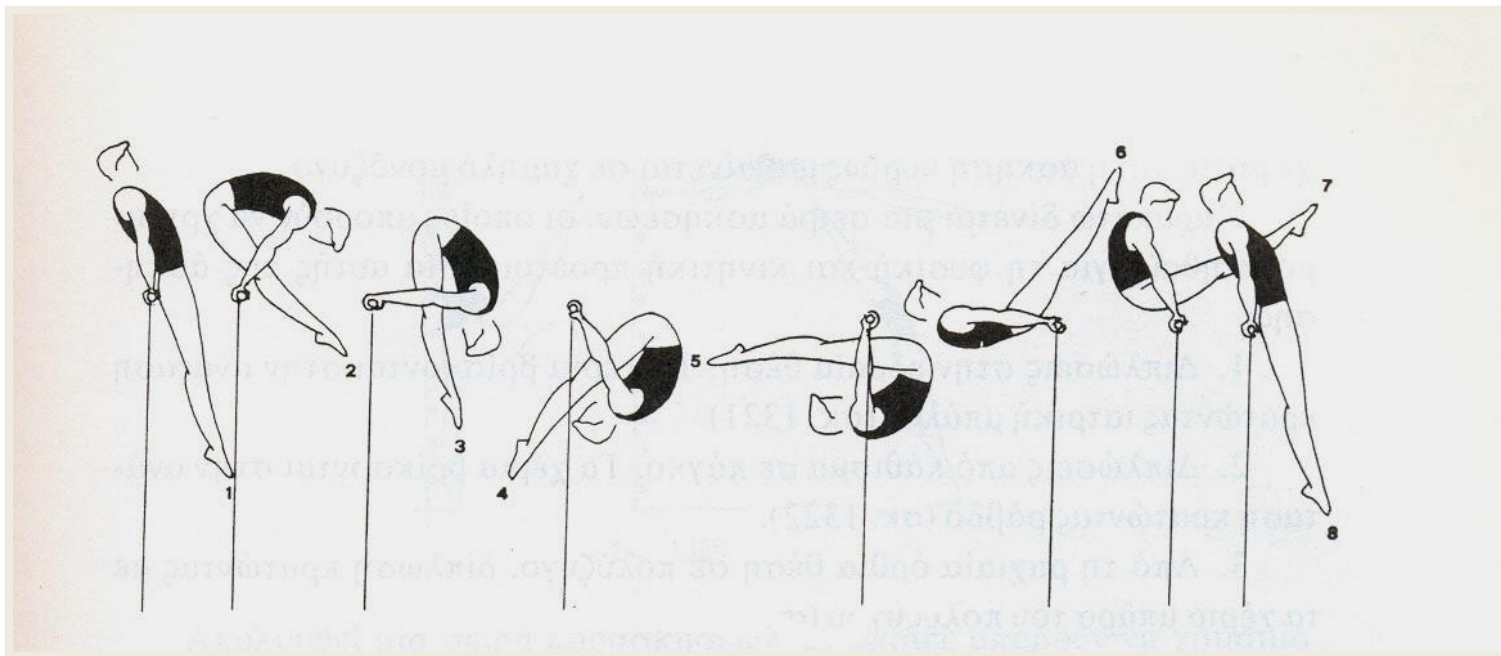
9. Kovrtljaji

Kovrtljaj naprijed iz upora prednjeg



9. Kovrtljaji

Kovrtljaj naprijed iz upora stražnjeg



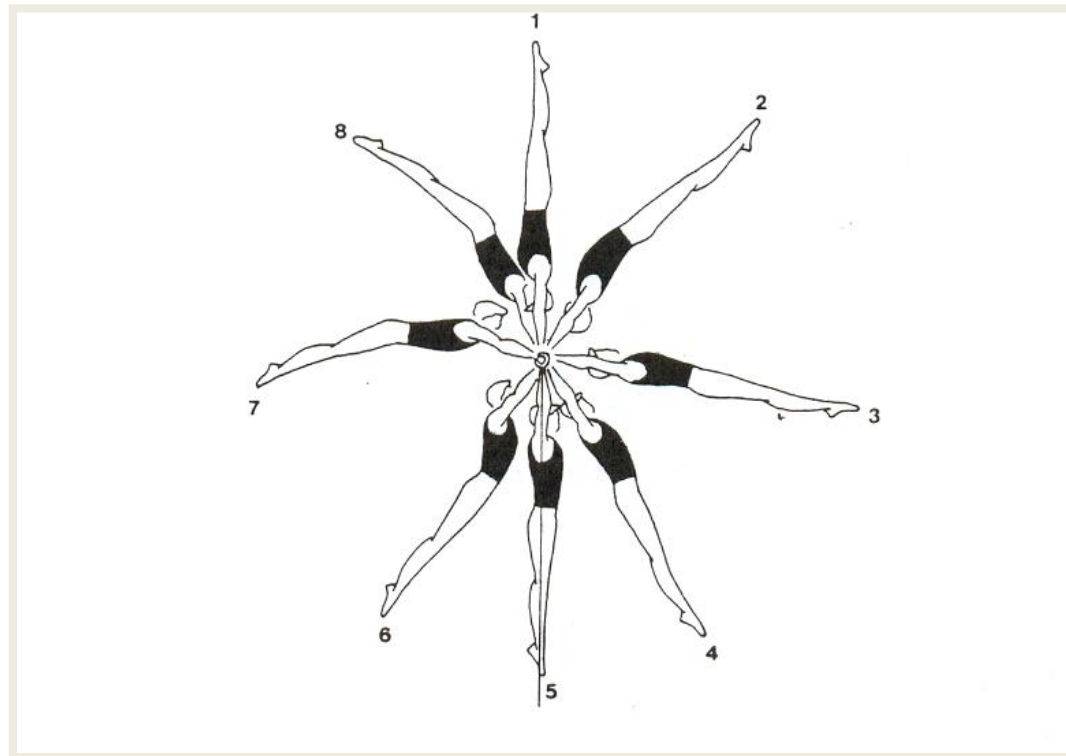
9. Kovrtljaji

Velekovrtljaji ...



9. Kovrtljaji

Velevkovrtljaji ...



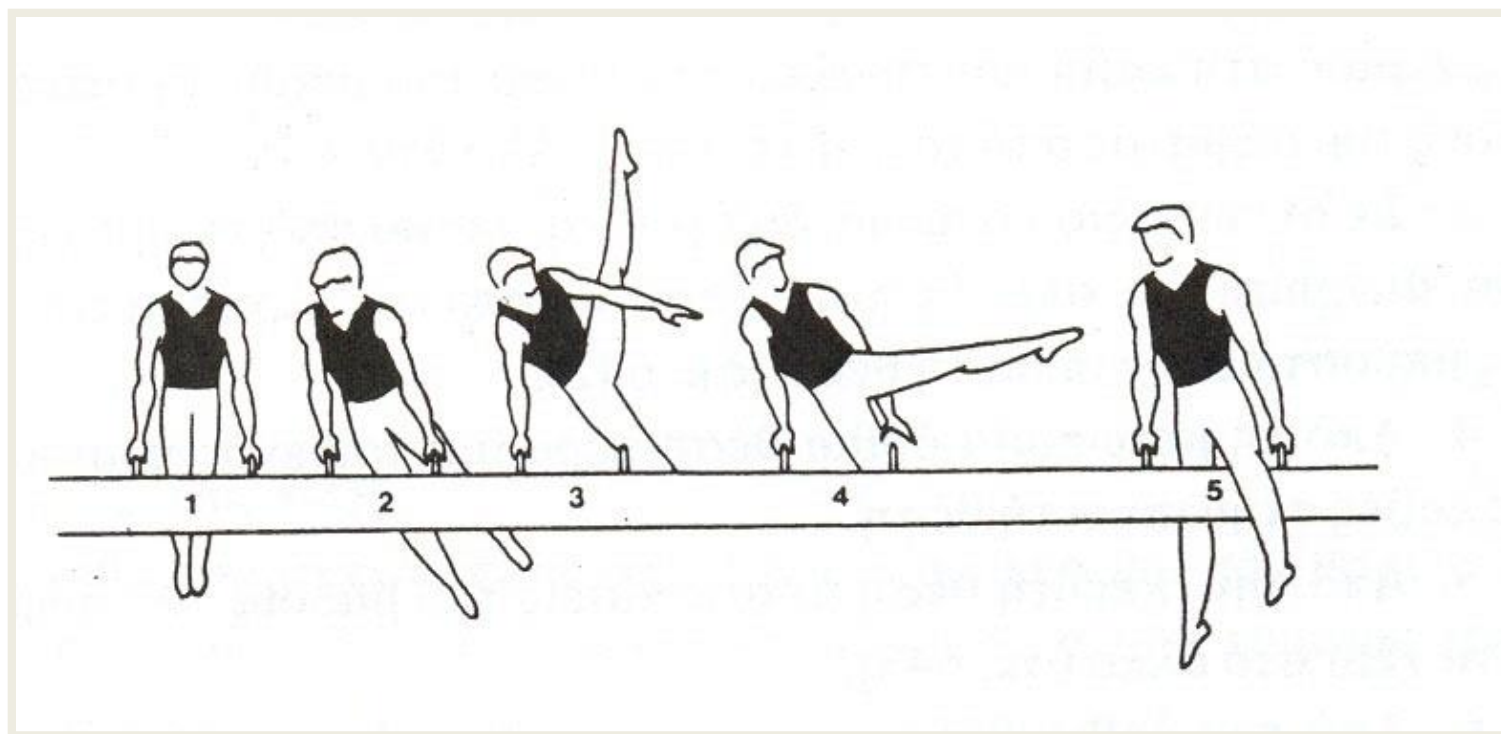
10. Metanja

- odnožna (unutarnja strana noge prelazi preko sprave)
- prednožna (stražnja strana noge/nogu prelazi preko sprave)
- odbočna (vanjska strana noge prelazi preko sprave)
- zanožna (prednja strana noge/nogu prelazi preko sprave)
- zgrčeno, raznožno ...



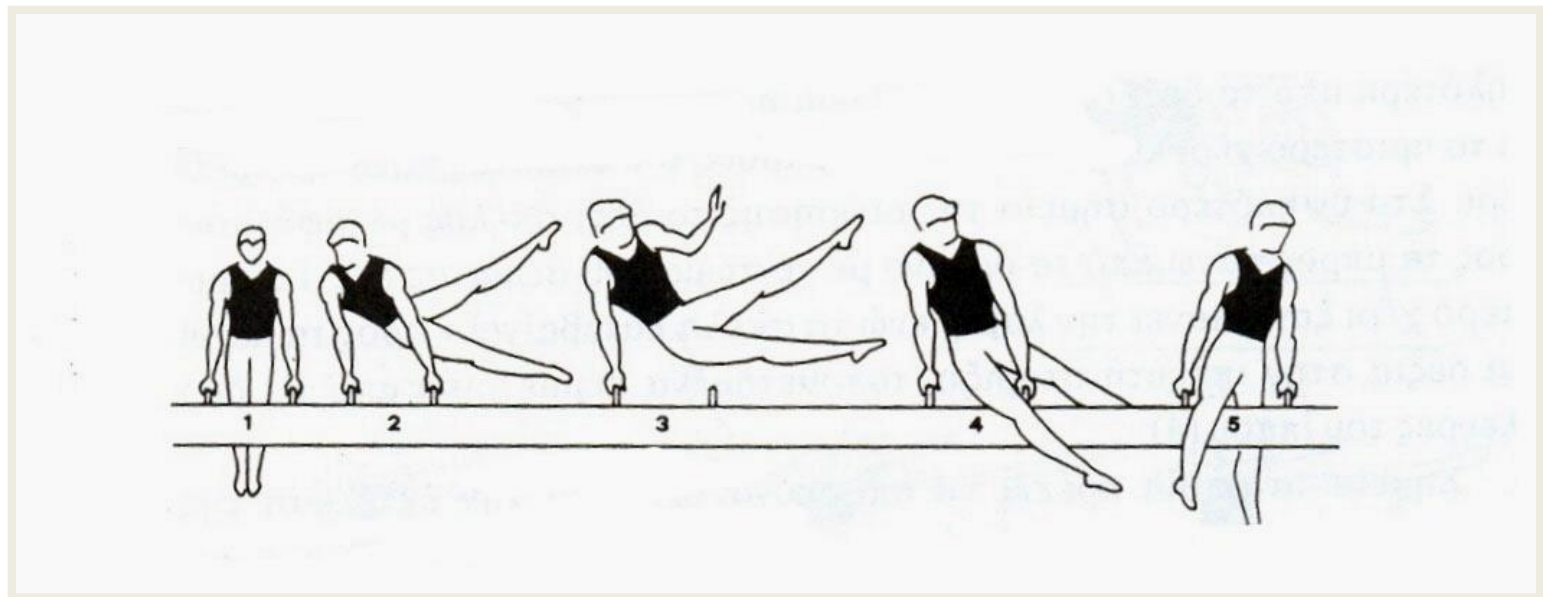
10. Metanja

Premah odnožno naprijed



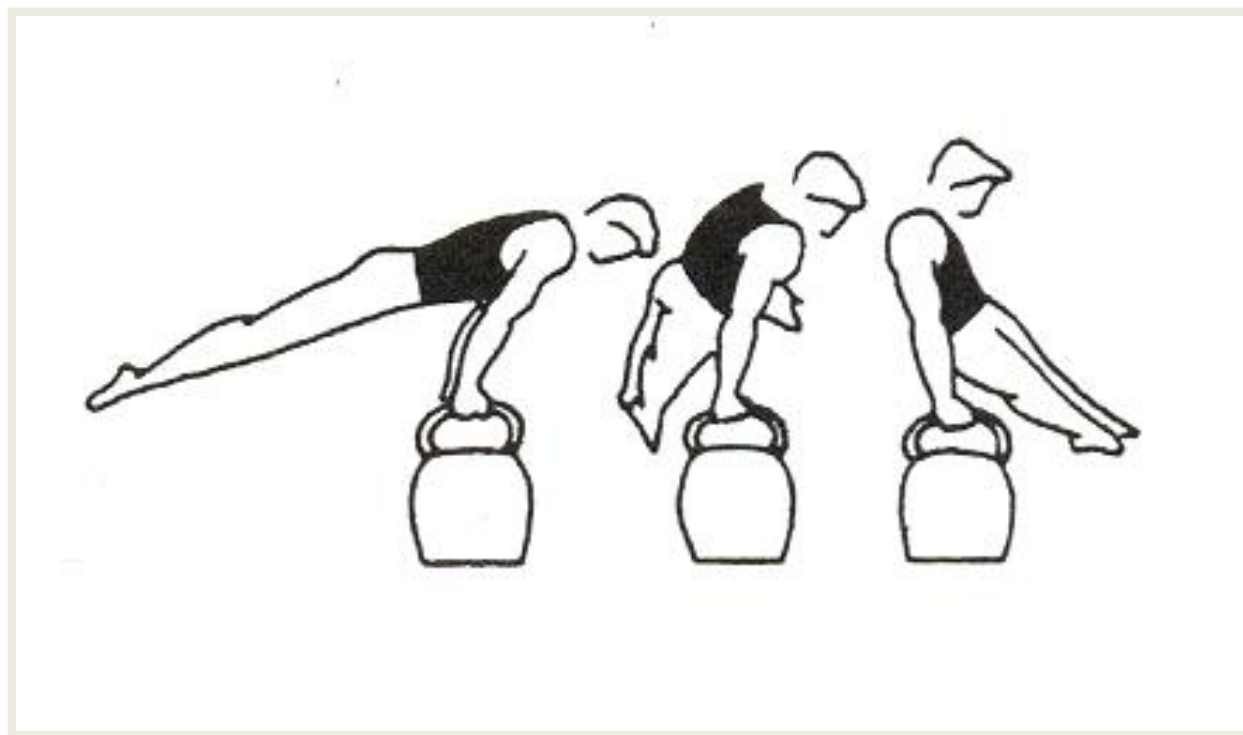
10. Metanja

Premah prednožno



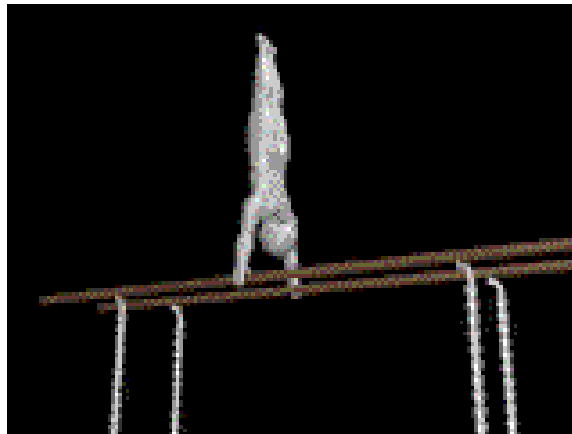
10. Metanja

Premah odbočno naprijed

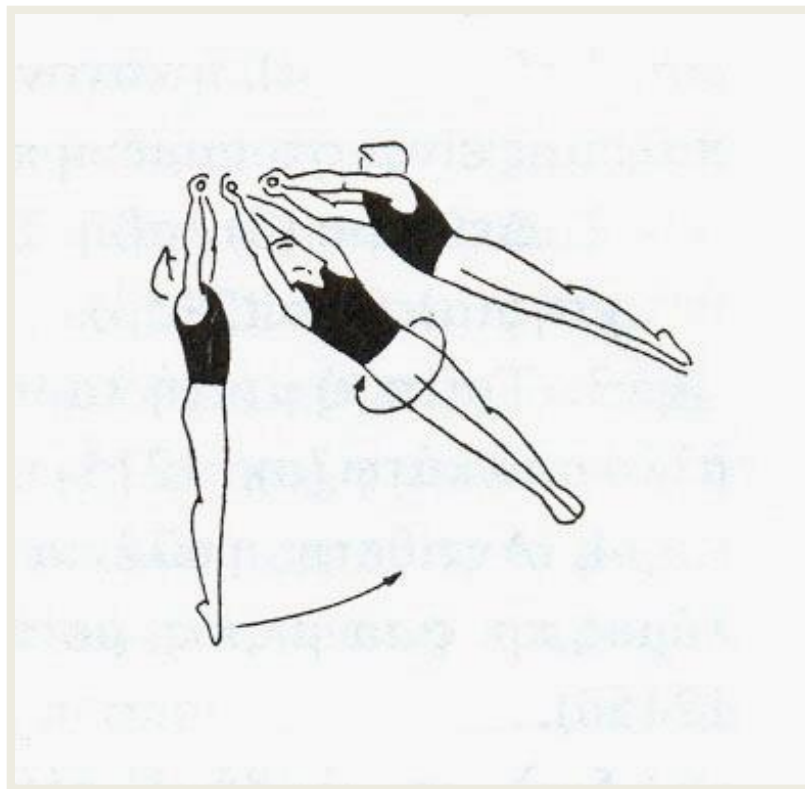


11. Okreti

Elementi pri kojima se izvodeći različite kretne strukture gimnastičari okreću i oko longitudinalne ose tijela

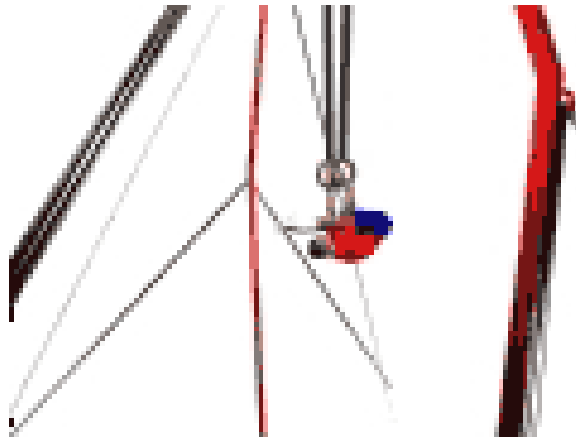


11. Okreti



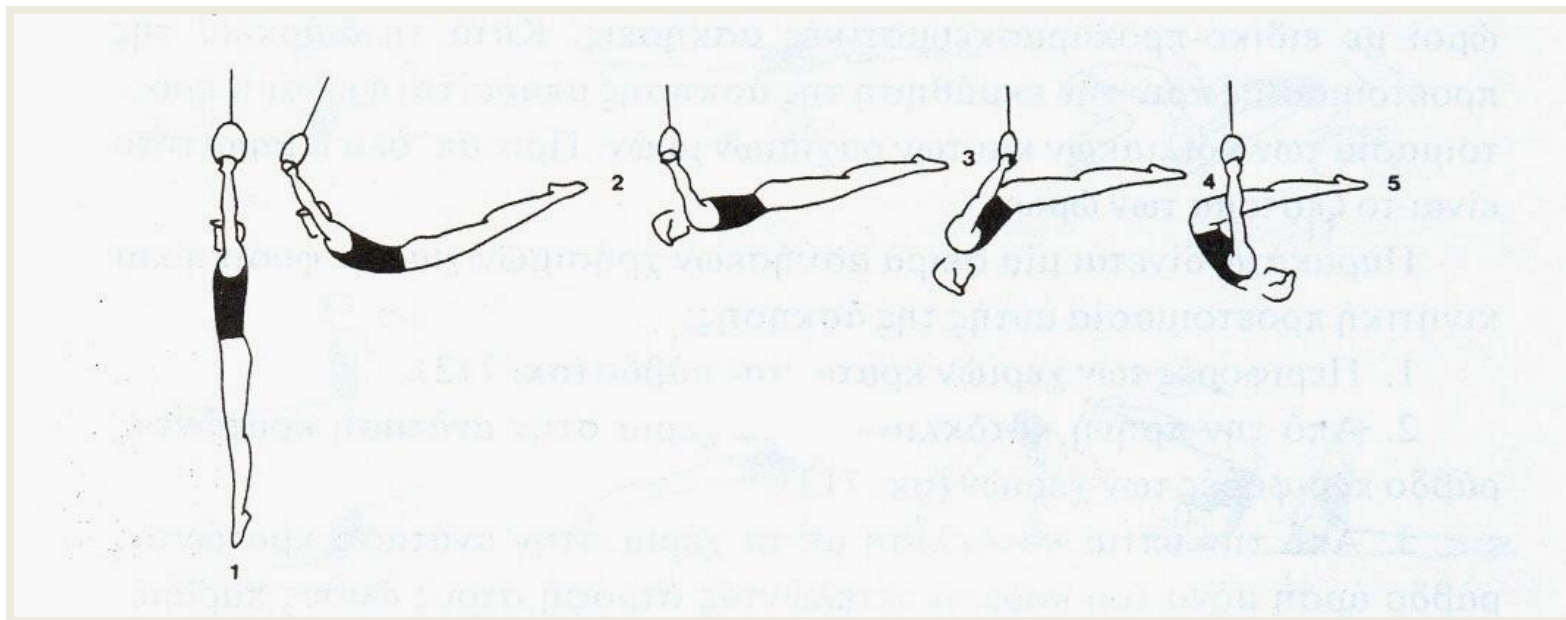
12. Iskreti

Elementi pri kojima izvodeći različite kretne strukture dolazi i do iskretanja ramena.



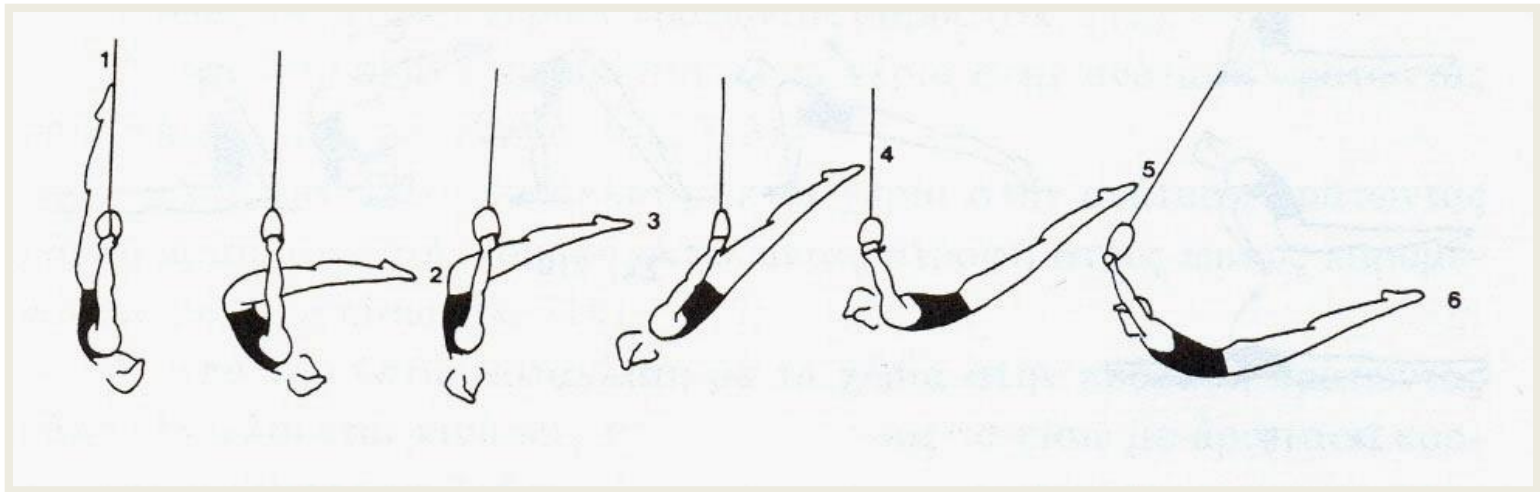
12. Iskreti

Iskret naprijed na karikama



12. Iskreti

Iskret nazad na karikama



13. Poskoci i skokovi

Izvođenje različitih kretnih struktura u bezpotpornoj fazi, bez rotacija oko transverzalne ili frontalne ose

