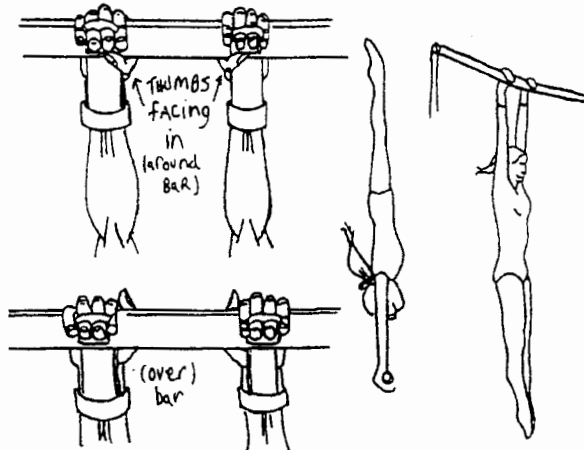


GRIP CHANGES

Marian Dykes

OVER OR REGULAR GRIP

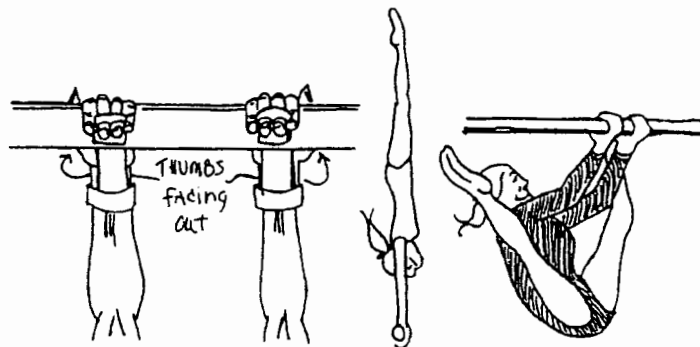
- In front support, knuckles facing upward, palms are down



- Most common grip
- Skill Examples:
 - Casts
 - Hip circles
 - Back giants
 - Basic kips

UNDER OR REVERSE GRIP

- In front support, knuckles facing downward, palms are upward or forward



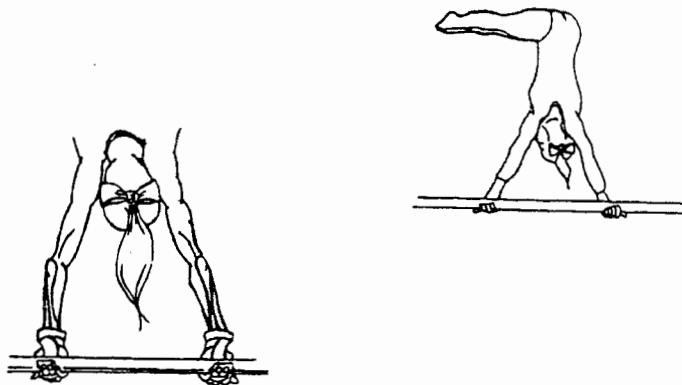
- Sometimes attained by performing a "hop change" from over grip
- Skill Examples:
 - Mill circle
 - Front seat circles
 - Front giants

MIXED GRIP

- One hand is in overgrip and the other is in undergrip
- Often attained from a half-turning skill during which the gymnast regrips the bar with only one hand
- Skill Examples:
 - Underswing $\frac{1}{2}$ turn
 - Blind change

L, EL, EAGLE or DORSAL GRIP

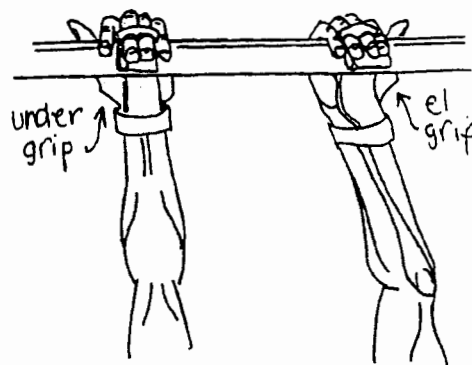
- Arms are twisted 360° from undergrip, through overgrip and continuing. The arms are rotated; the thumbs are pointed away from the body



- Often attained from $\frac{1}{2}$ or $1 \frac{1}{2}$ turn which is completed after passing through handstand or a cast to handstand and hop to L grip
- Skill example – Eagle or “Invert” Giant

MIXED L GRIP

- One hand is in an L grip, the other hand is almost always in undergrip



SLIP GRIP

- Although this is an overgrip, the term “slip grip” is used when a skill is normally not done in overgrip. The gymnasts must quickly slip (or slide) the hands forward around the rail during the downward phase of the circle.
- Skill Examples:
 - Slip Grip Front Giant
 - Slip Grip Front Stalder

CROSS HAND GRIP

- Both hands are in regular grip at the start of the skill with one hand crossed over the other. As the gymnast swings down from handstand, a ½ turn occurs and the gymnast now has one hand in reverse grip and one in L grip.