NAWGJ Video Library Index Project for Clinicians: Bars

Purpose: The Video Index Project is a database of elements performed by gymnasts on the NAWGJ videos created by Judy Dobransky for the NAWGJ library. The index is not a comprehensive inventory of skills. Rather, it includes examples of skills to assist clinicians find the skills they need when preparing clinic materials.

Ratings: Each element has been assigned a rating based on performance: weak, average, excellent, outstanding. The ratings are self-explanatory with the exception of the last two. A rating of excellent was given if the skill was performed at a high level but had minor errors. A rating of outstanding was given only if the skill was one of the very best ever seen.

The ratings are intended to guide you to various levels of performance. You do not have to agree with the rating—rate it yourself. The ratings are simply a tool to help you find skills for your clinics. If you find a rating that seems to be a total mistake, please send an email to Cookie Batsche at cbatsche@tampabay.rr.com (it was easy to make mistakes when entering ratings).

How Can You Find A Skill? First, download the XCEL spreadsheet to your own computer. Then, search for the skill you want using the "Find" function (see glossary below) or use the sort function to find all skills with the same name. The body position and degree of turn/twist (if any) are located in the cells adjacent to the skill name. For example, if you want a Back Giant with a half turn, search for Back Giant and then look to the column to the right to see if ½, 1/1 or 1 ½ is entered. If this cell is blank, the skill had no turn. A PDF version is also posted but will not allow sorting.

For each successful match for the element you are seeking, make a note of the video title/year, level of gymnast, and the routine number. The source videos are available from the NAWGJ Library, on the NAWGJ Practice Judging website (recent years), or from your SJD/RJD. Find the appropriate video and routine and then locate the skill(s) you want. If the skill is a good example for your purpose, you can record a video screen shot or access the videos on the DVD/flash drive from the NAWGJ Library.

Glossary of Terms To Use in Search: Bars

Cast handstand	Overshoot to handstand	Stalder back to handstand
Back giant	Pak	Stalder pike (in bar stalder)
Front giant	Ray (toe on reverse hecht)	Toe on circle
L grip giant	Straddle back	Toe on to handstand
Uprise	Straddle back to hand	Weiler
Uprise to handstand	Straddle cut/catch	Weiler to handstand
Cast handstand hop	Schaposhnikova	
	Tkatchev	**Dismounts:**
Comaneci salto	Tkatchev 1/1	Back salto
Delchev	Front giant release over LB	Front salto
Gienger		Double back
Hindorff	Clear hip circle	Double front
Hop in/after	Clear hip handstand	Comaneci
Jaeger	Endo	Underswing
Khorkina (Shaposh ½)	Sit up (known by various	
Khorkina (1/2 straddle over HB)	other names)	
Overshoot	Stalder circle back	