

IMPROVING THE ELEMENTS TECHNIQUE IN THE PARALLELS PROBE IN MASCULINE ARTISTIC GYMNASTICS

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Abstract: *Parallel exercises consist mainly of elements of flight connected to each other, executed with dynamism above and below the bars, including longitudinal support positions on a bar.*

The precision of rational technique of execution on scientific basis allows the choice of the most appropriate methodical learning methods of a movement as well as the determination of the causes of mistakes that occur in the process of learning.

Parallel exercises aim at improving the technical level as well as a mental projection in order to create new technical structures with a high degree of difficulty. For a superior level of the technique to the parallel, it is necessary to draw some elements (assistant) movements, static positions (helper) that lead to both improvement and improvement of the technique.

Keywords: *technique, biomechanics, exercise, aid devices.*

1. Introduction

Under current conditions, sport and potential for sports performance undergo profound mutations, with major implications, not only in sports selection and training strategies, but also in terms of multiple-instruction training methods in the technique of executing movements. The issue of the correctness of the technical execution in gymnastics is today the necessary support in achieving maximum energy saving efforts, as well as the main criterion for the inclusion of performances on a continuous ascending curve [1].

Gymnastics being a technical sport offers technical difficulty and accuracy in the

competition [3]. The sport value is given by the level of technical skill, the number and difficulty of the elements presented in the sport competition. The sporty mastery and the value of the results depend on a correct, rational, difficult technique with original features. Human movements are governed by non-violated mechanical laws, but which can be used in gymnastics to achieve maximum amplitudes, high flights, multiple turns, and in a word used to improve technical skill [5].

Knowledge of biomechanical aspects is today of great importance, as the progress of today's gymnastics is based on increasing difficulty, originality in combination, and the emergence of new elements [8].

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Parallel gymnastics has specific characteristics and refers to all bodily aspects consisting of the rational organization of internal and external forces acting on the body during the execution of the movements in order to obtain the maximum result [2]. In parallel, the learning of the technique reaches high degrees of complexity and is based on the long-term use factors of Closed skill. Closed learning is the practice in which the external environment, the competition conditions are predictable, and the movements are stereotypical, based on a motric feedback under stable conditions, standardized by the size and construction of the apparatus. In these conditions, the parallel probe tends towards superautomatization, over-learning, with the distribution of attention to detail [6]. We can say that in gymnastics, sports technique is a system of specific motric structures characterized by economics and rationality. The technique is subordinated and created in accordance with the unanimously accepted ways of working with gymnastics apparatus [4].

2. Scope

Highlighting the need to use static and dynamic exercises in aiding devices in order to improve the technique of exercises from the parallel parallels in male artistic gymnastics.

3. Parallel Execution Technique

The competition regulations on this apparatus provide for the movements to be executed out of the elk, but different holdings or movements of force may be executed. It is also working under the apparatus, with simultaneous grip.

The two bars provide a very good and secure support point that allows the execution of a wide range of positions and

movements. Parallel exercises further develop the muscles of the arms, shoulders and trunk, but the maximum stiffness is supported by the fist joints [7].

The methodology of learning the difficulty elements at the parallels implies a perfect execution of the handstand. The majority of the elements that make up an exercise at the parallels start and end in the standing position [8]. The standing position is a standard for the execution of any element from a technical point of view, this aspect was found in another form in the assessment of E Brigade (evaluation of the actual execution in the competition).

Perfect assimilation of the position of handstand on parallels provides a performance without penalty and creates the possibility of starting to acquire new exercises other than those previously acquired.

Perfection of the handstand is done on aid devices where the coach can intervene each time to correct any possible execution errors.

4. Benchmarking

Aid devices are parallel in a small size and height that can be positioned on a low surface.

Their positioning on low surfaces as well as their small dimensions facilitate an execution without the intervention of other psychic factors (blockages in the execution of some driving structures) [8].

The intervention and assistance of the coach in correcting the position of hand standing by certain elemental structures may create the premises of a much better spatial orientation and hence the possibility of acquiring new elements.

This is why we have introduced the aid devices in parallel training to look for an improvement in the actual execution level of the group of gymnasts I am coaching.

I tried to check the initial technical level are some aspects and directions: before introducing the aid devices. Here

Table 1

Gymnastics technical level report

Gymnast Name	Initial technical level Brigade E	Partial technical level (after approx. 1 month)	Final technical level (after approx.3 months)	Initial/final report
C.A	Penalty 1,9 pts.	1,6	1,4	-0,5
B.T.	Penalty 1,6 pts.	1,4	1,2	-0,4
R.E	Penalty 1,8 pts.	1,5	1,4	-0,4
L.R	Penalty 2,1 pts.	2,0	1,7	-0,4

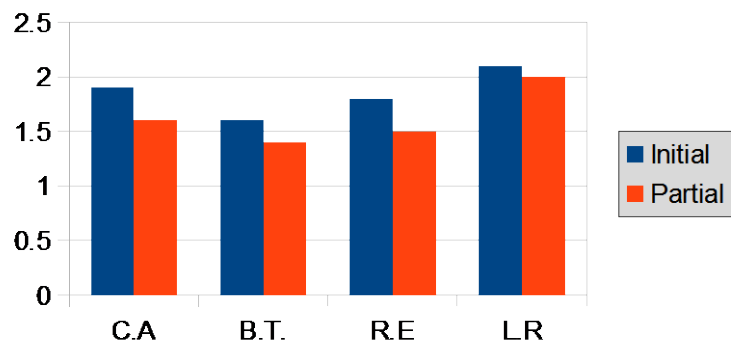


Fig. 1. *Chart technical level report at initial evaluation*

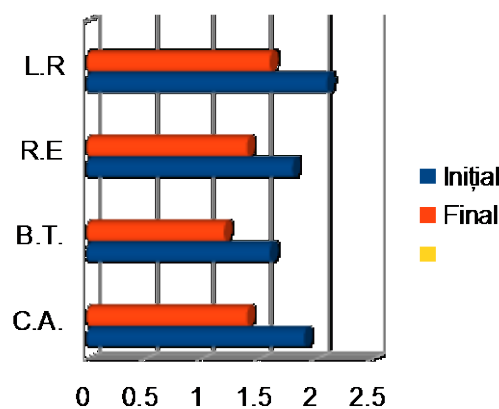


Fig. 2. *Chart technical level report at final evaluation*

5. Observations

Following the use of aid devices in training, improvements in the overall exercise were observed. The technical execution is given by the score achieved in the competition at E Brigade (the arbitration brigade evaluating the execution in terms of technical correctness).

An evaluation as close to 0 (without penalty for E Brigade, demonstrates qualitative increases in gymnasts' executions.

From the presented data we can see a qualitative technical increase in all the 4 gymnasts on whom the aid devices have been introduced as technical support.

There have been observed increases in technical execution since the first month of appliance use, relative to the initial penalty level (-0.3, -0.2, -0.3, -0.1 pts.)

The final level of the evaluation (after approx. 3 months) shows an increase in both the initial and the partial (-0.5, -0.4, -0.4, -0.4) increases.

6. Conclusions

The precision of rational technique of execution on scientific basis allows the choice of the most appropriate methodical learning techniques of a movement as well as the determination of the causes of mistakes that occur in the process of learning. The use of aid devices gives the gymnast the opportunity to create a clearer picture of static positions of departure and completion of an element.

The structure of aid devices provides gymnasts with the confidence and safety needed when they start learning a new driving structure.

Improvement of the technique in the parallel probe should address both the driving structures that make up the global exercise and the structures of assistive exercises performed on the devices adapted to the requirements.

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