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A Motion Picture Presentation of Techniques and Progressions of Support Skills on the Side Horse

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A MOTION PICTURE PRESENTATION OF
TECHNIQUES AND PROGRESSIONS
OF SUPPORT SKILLS ON THE
SIDE HORSE

A Thesis
Presented to
the Graduate Faculty
Central Washington State College

In Partial Fulfillment
of the Requirements for the Degree
Master of Education

by
Ronald James Cultum
August, 1966

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APPROVED FOR THE GRADUATE FACULTY

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CHAPTER I

INTRODUCTION

I. INTRODUCTION

G. C. Kunzle states:

The pommel horse is the Cinderella of apparatus gymnastics. It offers perhaps least immediate reward to the beginner, and can drive even the expert to distraction. The pommel horse is the hardest piece of apparatus to master thoroughly, yet despite this or because of it, the exercises are of the most beautiful. It is all or nothing on the pommel horse; if your exercise is even short of perfect technique it can look terrible, but if it is perfect it looks as fine as the most spectacular horizontal bar exercise (8:17).

There are two major reasons why many gymnasts have problems with the side horse. The first is the nature of the apparatus and the form of the work done on it. The legs and hips hang and swing from the shoulder girdle, straddling and circling the horse while the shoulders move as a counter balance. The arms form a rigid support for the shoulders and maintain balance as the attitude of the body changes with respect to the apparatus. The basic technique is not complex or varied, but is extremely difficult to master properly. Hence, there is the necessity for practicing hard and long on relatively few basic skills, until these skills become so much a part of the gymnast that he can produce them exactly even when very tired. The second major factor is the gymnast own mental approach. The nature of side horse work demands relentless and restricted application, so much more restricted than any other piece of apparatus that impatient gymnasts easily find the work monotonous and lose interest (8:17).

II. THE PROBLEM

Statement of the problem. The purpose of this study is to record on film, in a logical teaching progression, the techniques of proper movement on the side horse.

Importance of the study. Gymnastics has a definite place in the physical education program. The different events and skills characteristic of gymnastic programs, together with training practices and procedures which are followed in preparation for the sport, are of tremendous value in promoting physical fitness. Continual emphasis upon the importance of these training practices tends to build up desirable physical and mental habits in those who participate. Many coaches and physical educators are faced with the problem of teaching the side horse activities in gymnastics. One of the difficulties is due to the lack of sufficient visual aids.

With a concern for improving personal teaching abilities, and an interest to help others improve teaching technique, this study has been undertaken. This study should prove most valuable to the coach as well as the physical educator.

Scope of the study. This study will be limited to support work on the side horse. In an orderly progression the study will illustrate: beginning skills and routine; intermediate skills and routine; advanced skills and routine.

Assumption of problem. This film will prove valuable to the physical educator and gymnastic coach. The film will show a logical teaching progression. Illustration of the skills will be helpful in teaching technique (thus improve teaching abilities).

Process for reaching evaluation of the assumption. It is the author's belief visual aids (films - which are very few in the field, especially side horse work) will enable physical educators in high school to become more familiar with beginning, and intermediate support work on the side horse. With a logical teaching progression, it will help make teaching in this activity more successful. The coaches will be able to use this film to show athletes correct form, and procedure for learning a particular move. Proof of the assumption cannot be determined until the film has been subjected to use and criticism of physical educators and coaches.

III. TERMS

Croup. The croup of the horse is the upper side of the area to the right of the right pommel when facing the horse.

Neck. The neck of the side horse is the upper side of the area to the left of the left pommel.

Pommels. Wooden or leather handles, protruding approximately fourteen centimeters from the top of the horse, which provide the base

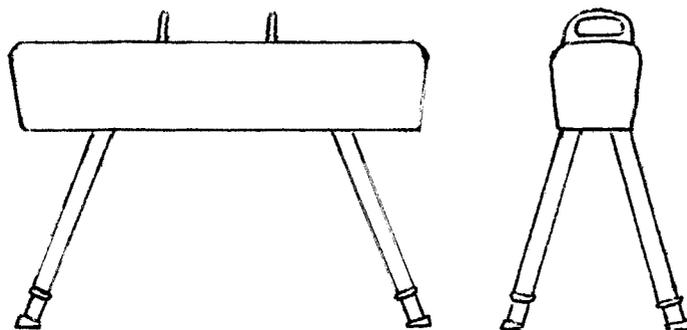
of support for the gymnast. They are from forty to forty-five centimeters apart.

Routine. Series of skills immediately following each other (prescribed or optional series).

Saddle. The saddle of the side horse is the area located between the two pommels.

Side horse. A type of apparatus used in gymnastics (note diagram attached). The covering must be of leather of some sort, and this covering should not be direct on a wooden structure, but should be laid on some form of padding (exception of pommels and base).

Support skill. To maintain weight supported by the arms on the side horse during a skill.



CHAPTER II

REVIEW OF LITERATURE AND RESEARCH

I. REVIEW OF LITERATURE AND RESEARCH

The purpose of this chapter is to review the literature related to research and study of side horse activities.

William J. Cromis illustrated how to perform half double leg circles. Illustrations were designed in the book, Gymnastics In Education. Suggestions were made on progressions to follow in learning skills on the side horse (3:32).

Tom DeCarlo illustrated: Beginner, novice, intermediate, junior, advanced and senior skills on the side horse. This is illustrated in the Handbook of Progressive Gymnastics (5:21-138).

William Gustafson completed a doctor's thesis in 1955 in which skills were analyzed on various pieces of gymnastic apparatus. Among these skills the double leg circle on the side horse was analyzed.

G. C. Kunzle, of London, England, wrote the book Pommel Horse, which is based entirely on support skills on the side horse (8:28-184).

Newton C. Loken, and Robert J. Willoughby wrote the Complete Book of Gymnastics (9:87-95), in which the following support skills were illustrated:

- Single leg half circle
- Single leg circle
- Double leg circle
- Single rear dismount
- Regular scissors

Reverse scissors
Double rear dismount
Triple rear dismount
Flank circle
Tromlet
Double in
Moore
Loop dismount

Otto E. Ryser discussed various single leg circles and scissors that could be performed on the side horse, in a publication called A Teacher's Manual For Tumbling And Apparatus Stunts (14:31-32).

Bob Sarvar prepared a Master's thesis at Washington State College in 1962, on the Cinematographical Analysis Of The Double Leg Circle On The Side Horse.

John A. Scannel described the double leg circle on the side horse. This description was published in the Manual Of Heavy Apparatus, in 1940 (16:16).

W. A. Stechner analyzed the double leg circle in 1895 (17:41).

Masao Takemoto, in 1956 presented the steps involved in performing the double leg circle, along with a series of illustrations demonstrating the steps (18:1-12).

Wilbur West gave a short description of the double leg circle on the side horse; also, listed troublesome points to watch for while learning the skill (20:54).

W. J. Witlich, in 1926 published a manual on apparatus which listed, explained and illustrated various skills on the side horse and high bar (21:8-19).

Leopold F. Swarg described a move called a "Flank Swing" in the book Apparatus And Tumbling Exercises (22:57).

II. FILMS RELATED TO STUDY

Cinematographical Analysis Of The Double Leg Circle On The Side Horse: A Master's thesis prepared by Bob Sarvar, Washington State University, 1962.

Summary: Illustrations of three performers (with different degrees of efficiency) executing double leg circles.

Gymnastics Part II: Haefler Productions, Santa Monica, California, by Jerold R. Russorn.

Summary: A 16 minute film on free exercise, rings, side horse, high bar.

Pommel Horse: London, copyright 1960 by G. C. Kunzle.

Summary: A film based entirely on support work on the side horse.

Recreation Film: Athletic Institute, copyright 1958 by Dallas Jones (A movie from films developed by Newt Loken "Basic Techniques of Apparatus").

Summary: This film shows vaulting and simple support exercises on the side horse.

Side Horse Vaults And Support Exercises: A 16 millimeter, 17 minute film produced by Syracuse University's audio-visual center, copyright 1963, by Paul C. Romeo.

Summary: Basic, intermediate, and advanced vaults as well as support exercises are presented in progression with slow motion sequences. Correct spotting, assisting methods, and safety precautions are covered.

III. QUOTE CONCERNING VALUE OF PROJECT

Everett A. Irish, Associate Professor of Physical Education at Central Washington State College, sums up the lack of research when he stated in a personal interview:

Inasmuch as it is difficult to obtain film on the horse, it would certainly be worthwhile to have a film showing the correct form and the progression of moves on the horse. Films have been proven to be an invaluable teaching aid. The need for films in many areas is urgent.

CHAPTER III

PROCEDURE

I. MECHANICS OF FILMING

Cost: Film was purchased through the Everett School District enabling the author to obtain film at a reduced price. Ten dollars (\$10.00) per 100 feet processed. The length of the film is 377 feet. Other equipment necessary for photography will be discussed below.

Photography equipment: A 16 millimeter camera and zoom lense was loaned for the project by the Everett School District. Light meter and tripod was loaned by Bensen's Camera Shop, Everett, Washington. Lighting and title equipment was loaned by personal friends of the writer. Editing was completed in the Audio-Visual Department of Central Washington State College. The film was Tri-X in black and white.

Demonstrator: It was desired to obtain the best possible subject to be filmed. Bob Hall from the University of Washington illustrated the skills filmed. In 1965, Bob earned second place on the Side Horse in the National NCAA Finals at Pennsylvania State. Bob also placed third in the All-Around Events in the nation (NCAA).

Setting: The filming was completed at the University of Washington (for the convenience of the demonstrator). The background was a gray wall. The clothing worn was white competition gymnastic trousers and a gold shirt (pictured light colored in the film). A

Nissen Side Horse was used with white mats surrounding the horse. The distance from the camera to the side horse was approximately 20 feet. However, the zoom lense adjusts to give the best possible picture regardless of distance. The best possible angle of the camera was used.

Timing: All beginning skills were filmed at 16 frames per second. Intermediate and advanced skills were filmed at 24 frames per second. Certain advanced skills were filmed at 48 frames per second as indicated in Chapter IV.

Titles: Each skill is titled prior to the demonstration.

II. DEVELOPING THE PROGRESSION LIST AND PERFORMANCE STANDARDS

A board of experts in the field was selected. A progression list of skills was selected from an European Expert's book, "Pommel Horse" (G. C. Kunzle). The board of experts (through personal interview or written correspondence) was asked to criticize the list and make changes in the progression and skills to be filmed.

It is the opinion of the writer, that the final progression list of skills filmed is a good indication of the method that should be used in teaching skills on the Side Horse because the board of experts are nationally known coaches or national winners on the side horse.

Board of experts: Dr. Eric Hughes, Gymnastic Coach at the University of Washington, (second place team - 1965 in the Nation NCAA); Bob Hall, National place winner on the Side Horse, Harold Frey,

Gymnastic Coach at the University of California (coached many national winners on the side horse); Russell Mills, Stanford University (Graduate Student) National winner on the Side Horse, inventor of skills on the side horse.

III. LIMITATIONS OF THE STUDY

The following are recognized as limitations of the study: As only one person will be filmed; consequently, one style will be viewed. The review of literature indicates few written sources on support work. Illustration of skills and a teaching progression will be listed; however, an analysis of each muscle movement will not be included. The film will include movements of support work on the side horse suggested by four specialists in the gymnastic field. The book "Pommel Horse" will be used as a text for this film. A manuscript for narration will not be devised.

CHAPTER IV

CONTENT OF FILM

I. BEGINNING SKILLS

(All Skills Filmed at 16 Frames Per Second)

Basic Support Positions (Static).

Front support
Back support (squat through)
Straddle support
Feint support (swing into feint and out)
Straddle Feint

Simple Support Exercise

Thrust exercise (no title)
Swinging feints
Swing into straddle support (swing into straddle support-
right - swing out; swing into straddle support - left -
and out)
Swing into straddle feint (swing into and out)

Leg Cuts

Cut out from straddle support
Cut in from straddle support
Cut out from back support (to straddle support)
Single leg half circles

Single Leg Circles (from front support)

Left circle of right leg
Right circle of left leg
Undercut left leg left
Undercut right leg right

Undercuts From Back Support (single leg circles)

Undercut right leg - right
 Undercut left leg - left
 Undercut right leg - left
 Undercut left leg - right

Simple Travels

Single leg half circle, travel in
 Single leg half circle, travel out
 Simple tromlet

Beginning Routine

Right feint, straddle in left, straddle in right to back support, undercut right leg left, single leg circle with left leg left (to back support), straddle out to front support, straddle in left, simple tromlet to front support on croup.

II. INTERMEDIATE SKILLS

(Filmed at 24 Frames Per Second Except Certain

Additional Skills Filmed at 48 Frames Per Second Where Stated)

Scissors

Front scissors (two)
 Front scissors (double leg circle, three front scissors at 48 f.p.s.)
 Back scissors (two)

Simple MooreDouble Leg Circles

Double leg circle (one) from pommels
 Double leg circle (one) from croup
 Series of three double leg circles (pommels)
 Series of four double leg circles (pommels) at 48 f.p.s.

Front Scissors Half TurnFront Scissors Hop TravelKehre

Kehre in (half double out)
 Kehre in (with double leg circle)
 Kehre out
 Single leg half circle, kehre out (two shots - different angles)
 Straddle in half turn, travel out, kehre in
 Kehre out, half circle off

Intermediate Routine

Straddle in right leg left, to front scissors (left) scissors (right), right leg straddle into back support, double leg circle, back scissors (2) double leg circle, kehre out, double leg circle, kehre in, quarter turn off.

III. ADVANCED SKILLS

(Most Skills Include Double Leg Circles 24 f.p.s.)

Except Where Indicated)

Travels

Tromlet out
 Tromlet out (48 f.p.s.)
 Tromlet in
 Tromlet in (48 f.p.s.)
 Stockli mount
 Stockli in
 Stockli out

Moore

Moore mount (to front support)
 Moore with double leg circles (also at 48 f.p.s.)
 Russian Moore

Loops

Loop mount (with quarter turn on)
 Loop (one)
 Loops (two)
 Feint, double leg circle, loop off
 Loop, quarter counter turn off (from feint)
 Loop, half counter turn off
 Loop, quarter turn off
 Loop, half turn off
 Loop, full turn off
 Half durham

IV. ADVANCED COMBINATION SKILLS

(With Doubles, 24 Frames Per Second

Except Where Indicated)

Double, Kehre In Layout Position

Tromlet, Kehre

Kehre, Tromlet

Double, Stockli In, Kehre Out

Double, Moore, Double

Double, Moore, Triple Rear Diamount

Moore, Half Double, Moore

Hop, Loop

Stockli Out, Double, Stockli In

Kehre Out, Loop Off

Double, Kehre Out, Loop Off (48 f.p.m.)

Advanced Routine (24 f.p.s.)

Double mount half turn, hop circle into immediate loop,
quarter turn, double leg circle, stockli in, double
leg circle, kehre out, double leg circle, kehre in,
double leg circle, moore, double leg circle, front
scissors, double leg circle, back scissor, straddle
in, double leg circle, tromlet out, double let circle,
loop dismount

CHAPTER V

SUMMARY, RECOMMENDATIONS AND CONCLUSION

I. SUMMARY

Many gymnasts have problems with side horse skills. This is due to the nature of work to be done on the horse, and because of the mental approach it demands. Gymnastics has a definite place in the physical education program because of the desirable physical and mental habits developed.

With a concern to develop personal teaching abilities, and an interest to help others, this project was undertaken to present techniques and progressions of support skills on the side horse. This silent (titled) 16 millimeter film illustrates: Beginning skills and a routine; Intermediate skills and a routine; and Advanced skills and a routine.

The following factors were recognized as sub-problems: Mechanics of filming, cost, photography equipment, demonstrator, setting, timing, titles, developing the progression list and performance standards, selection of experts and illustration of a desired style of technique on the side horse.

II. RECOMMENDATIONS

It would be helpful in teaching side horse skills to have an analysis of the illustrated skills in this film. However, this would be too large an undertaking for a single project.

A Cinematographic analysis of any one of the following skills would be a worthwhile project:

Front Scissors
 Back Scissors
 Kehre (in and out)
 Tromlet (up and down)
 Stockli (in and out)
 Moore
 Loop
 Kehre - Tromlet
 Tromlet - Kehre

It is also recommended that more than one sequence of each skill be filmed. Thus, allowing more viewing time for each skill. Thereby, simplifying procedures for adding a sound tract.

III. CONCLUSION

Producing this film has proved to be a great asset to the Everett High School Gymnastic Program. Correct techniques and progressions of skills were able to be viewed by students. Thereby, contributing to the success of teaching side horse activities.

The Everett School District purchased two (2) of the films (film as listed in Chapter IV) for use in the two high schools in Everett. The purchase price was forty-five dollars (\$45.00) each. Duplication costs were forty-one dollars (\$41.00) each.

Eric Hughes, Gymnastic Coach at the University of Washington, stated this to the author after viewing the film:

I believe the film A Motion Picture Presentation of Techniques And Progressions Of Support Skills On The Side Horse is a complete film, composed of excellent technique of skills necessary for side horse work.

It is believed, this film will enable physical educators to become more familiar with support skills on the side horse. Also, to assist gymnastic coaches demonstrate correct form and procedure for teaching a particular move.

Consequently, it is hoped that some method of purchase or rental system can be established, enabling physical educators and coaches to profit from the film.

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