

Gymnastics : Basic Gymnastics

體操：基本體操

Aerial cartwheel	側空翻
Aided neck spring	三人蹬足背彈起
All-round	全能
Angle headstand	直角頭手倒立
Approach run	助跑
Arm hang	掛臂(雙槓)
Assurance	穩定
Astride vault	分腿騰越
Attempt	試做
Back arch (bridge)	拱橋
Back handspring (back flip)	後手翻
Back hang	後懸垂;背懸垂
Back hip circle	向後腹迴環
Back knee circle	掛膝後迴環;勾膝後迴環
Back leaning rest	仰臥撐
Back over (back walkover)	後軟翻
Back rest	後撐
Back somersault (backward somersault)	後空翻
Back uprise	後振上(掛臂後擺上)
Backward circle mount	後翻上
Backward roll	後滾翻
Backward roll astride	分腿後滾翻
Backward roll to handstand	後滾翻成手倒立
Backward roll, piked	併腿摺體後滾翻
Backward somersault (body straight)	直體後空翻
Balance beam	平衡木
Balance on the chest	胸倒立
Balance stand (front scale)	燕式平衡
Balance stand sideways (side scale)	側平衡
Bar	槓
Beam	平衡木
Beat board	彈板
Belly pitch (handspring)	手翻

Bench	長凳
Bent inverted hang	屈體倒懸垂
Bent leg squat vault	屈腿騰越
Body drop	掛膝迴環下;勾膝迴環下
Body turn	轉體
Cartwheel	側手翻
Cartwheel + 1/2 twist outwards (round-off)	側手翻外轉
Catcher (spotter)	保護者
Chest roll	胸滾
Chest stand	胸倒立
Chinning	引體向上
Circle	迴環
Circle in support	腹迴環
Close grasp	窄握
Close leg	并腿
Combination	結構
Combined grip	正反握
Compulsory routine	規定動作
Cross front support	中側撐
Cross position	側位
Cross stand	側立
Cross upper arm hang	掛臂懸垂
Crotch support	騎撐
Crouch	蹲
Cut	切
Cutaway	切槓下;切環下
Difficulty	難度
Dismount	下法
Dive forward roll	魚躍前滾翻
Dive into headspring	魚躍頭手翻
Double knee back circle dismount	雙掛膝後迴環跳下
Double knee hang	雙掛膝懸垂
Double leg cut from side	并腿向側擺越成仰撐
Drop kip	後倒屈伸上
Elbow support	肘撐
End of bars	槓端

Error	動作錯誤
Even double knee hang	雙掛膝懸垂
Even front support	槓中正俯撐
Execution	演出情況
Exercise (routine)	動作
Face vault	俯騰越
First flight	第一騰空
Flank	體側
Flank over	側擺越
Flank vault	側騰越
Flank vault dismount	側騰越下
Flight part	騰空動作
Flip (somersault)	空翻
Floor exercises	墊上運動;自由體操
Flying rings	擺動吊環
Forward handspring	前手翻
Forward rise	前擺上
Forward roll	前滾翻
Forward roll astride	分腿前滾翻
Forward walkover	前軟翻
Frog balance	蛙平衡;手膝倒立
Frog jump	蛙跳
Front dismount	俯騰越下
Front grasp	正握
Front half lever	直角支撐
Front hip circle	向前腹迴環
Front leaning rest	俯臥撐
Front mill circle	騎撐前迴環
Front scale	燕式平衡
Font somersault	前空翻
Front split	前分腿;正劈叉
Front support	正撐
Front uprise	前擺上
Full-turn (full twist)	轉體 360 度;全轉體
Grasp (grip)	握
Handstand	手倒立
Hang	懸垂

Hold	靜止
Hop	跳躍
Horizontal bar	單槓
Kip	蹬足上;屈伸上
Knee circle dismount	掛腿迴環下;勾膝迴環下
“L” hold	直角支撐
Landing	著地
Lay out	直體
Lay out inverted hang	直體倒懸垂
Leg astride	分腿
Leg circle	腿全旋
Lever position	水平
Long horse vaulting	縱跳馬
Longitudinal axis	縱軸
Low bar	(1)低單槓，(2)高低槓的低槓
Low horizontal bar	低單槓
Low straddle stand	大分腿站立
Mixed grip	混合握
Optional routine	自選動作
Originality	(1)創作性;(2)獨特性
Parallel bars	雙槓
Pendulum	擺
Pike	摺體
Pike jump	屈體跳;摺體跳
Piked backward roll	摺體後滾翻
Piked forward roll	摺體前滾翻
Piked front dismount	屈體俯騰越下
Piked inverted hang	摺體懸垂;屈體懸垂
Piked straddle jump	分腿摺體跳
Pirouette	轉體
Podium	表演台
Pommel horse	鞍馬
Press to handstand	慢起手倒立
Rear dismount	背騰越下
Rear rise	擦背上
Rear support	仰撐;後撐
Rear vault	背騰越

Regular grip	正握
Reuther board (spring board)	彈板
Reverse grip	反握
Reverse hang	後懸垂
Reverse travel	後退
Rings	吊環
Risk	驚險性
Rocker	胸滾
Roll	滾翻
Round off	側手翻內轉;手翻轉體;蹠子
Scale	單足立平衡
Scissor mount	剪腿切上
Sheep vault/ swan vault	跪騰越
Shoulder stand	肩倒立
Side horse vaulting	橫馬騰越
Side position	正立位置
Side scale	側平衡
Side sit	外側坐
Side split	橫分腿
Single knee circle	單掛膝迴環
Single knee hang	單掛膝懸垂
Single knee swing up	單掛膝上
Single leg circle	騎撐迴環
Single leg cut off at far end	遠端後擺單切腿跳下
Single leg swing	單腿擺動
Skin the cat	收腹舉腿穿臂成後懸垂
Skip	跳步;踏跳步
Slow lifting into handstand	慢起手倒立
Splits	劈腿
Spotting	保護
Spring	翻騰
Squat	蹲
Squat in	中穿腿
Squat jump	蹲跳
Squat vault	蹲腿騰越
Stand on tip toe	足尖站立
Static position	靜止姿勢

Stoop through	中穿腿
Stoop vault	屈體騰越
Straddle	分腿
Straddle handstand	分腿手倒立
Straddle mount backward	分腿後翻上
Straddle seat	分腿騎坐
Straddle seat travel	分腿騎坐前進
Straddle vault	分腿騰越
Stretched body	直體
Support	支撐
Swing (cast)	擺動
Swing to layout inverted hang	擺振成倒懸垂
Swinging + 1/2 twist/ turn	向前或向後擺動中轉體半周
Swinging dips	屈伸擺動
Take-off	起跳;踏起
Thief vault	踢腿騰越
Top kip	蹬足上
Trampoline	彈床;彈網
Travel	移位
Tuck	團身
Tuck jump	蹲腿跳;團身跳
Turn (twist)	轉體
Underswing	弧形擺動
Uneven parallel bars (asymmetric bars)	高低槓
Upper arm support	掛臂撐
Uprise	擺上
Upstart with one leg	單足中穿腿上 (單槓)
Vaulting	跳馬
Vaulting box	跳箱
Vaulting buck	跳鹿
Virtuosity	熟練性