



Fédération
**Sportive
et Culturelle**
de France



ÉCRITURE SYMBOLIQUE

PROGRAMME FÉDÉRAL & CODE FIG

LES POSITIONS DES JAMBES / CORPS

○ Groupé



Position groupée idéale
angle du bassin $< 90^\circ$ et angle des genoux $< 90^\circ$



○ Carapé



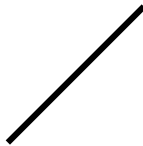
Position carapé idéale
angle du bassin $< 90^\circ$



○ Écart



○ Tendu



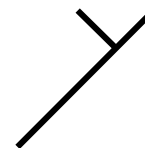
Tendu



Gainé



légèrement cambré



Tendu
jambes
écartées



ACTIONS

- La gymnaste exécute des actions spécifiques en changeant ou en maintenant une position corporelle déterminée. L'athlète peut exécuter simultanément plus d'une action.
- Sans contact : phase d'envol, comme pour les sauts, on utilisera : _
- Avec contact avec l'agrès: travail en appui, on utilisera : =
- Retour au sol : ↓
- Libre, sans appui : ♀



ROTATIONS LONGITUDINALES : TOURS

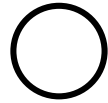
○ $\frac{1}{2}$ tour (180°)



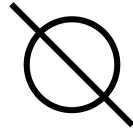
○ Quadruple tour



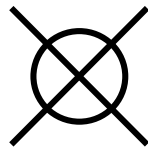
○ 1 tour (360°)



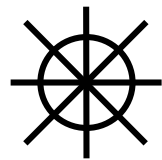
○ $1 \frac{1}{2}$ tour (540°)



○ Double tour (720°)



○ Triple tour (1080°)



ROTATIONS LONGITUDINALES : VRILLES

○ ½ vrille



○ 1 vrille



○ 1 ½ vrille



○ Double vrille



○ Double vrille ½



○ Triple vrille



ROTATIONS TRANSVERSALES

○ En avant : 


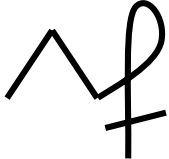

○ En arrière : 



ÉCRITURE SPÉCIFIQUE BARRES



SUSPENSION

- Courbe AV) **Courbe AR** (
- Corps droit à la suspension |
- Déplacement | - - - -
- Suspension équerre groupée  **écartée**  

APPUI

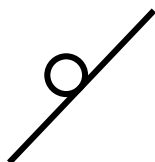
- Etablissement à la station groupée



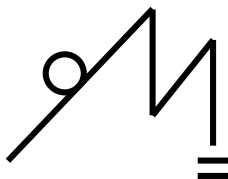
- Passage cavalier



- Prise d'élan simple

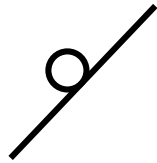


- **Pose de pieds en élan**

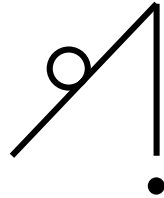


ELANS EN ARRIÈRE

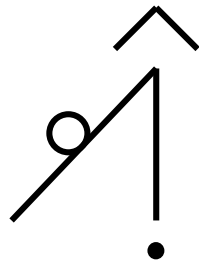
- Prise d'élan simple



- (Prise d') Elan à l'ATR corps tendu

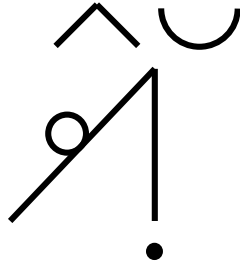


- (Prise d') Elan à l'ATR corps carpé

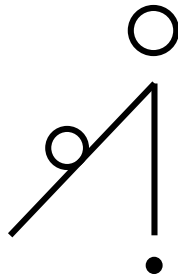


APPLICATION

- **Exercice :** Prise d'élan à l'ATR corps carpé + ½ valse

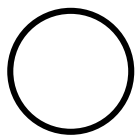


- **Exercice :** Prise d'élan à l'ATR corps tendu + 1 valse



TOURS PROCHES DE BARRE 1

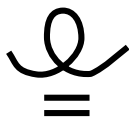
○ Tour d'appui



○ Rotation AV

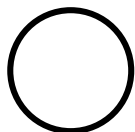


○ Renversement AR



TOURS PROCHES DE BARRE 2

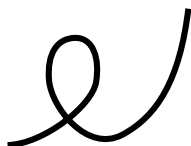
- Tour d'appui



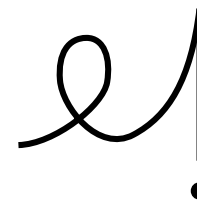
Petit bonhomme



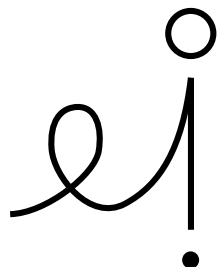
- Passe-filée



Exercice : Passe-filée à l'ATR

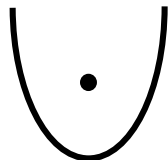


- **Exercice :** Passe-filée à l'ATR valse

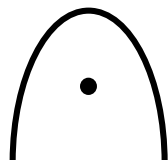


BALANCÉS

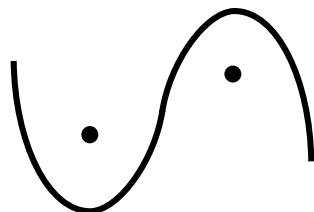
○ Balancé AV



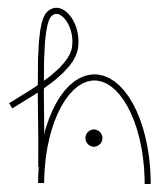
○ Balancé AR



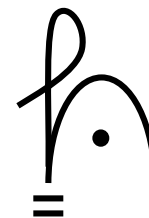
○ **Balancé AV + AR**



○ Filé (et balancé AR)



filé pieds-main



BASCULES

- Bascule BI



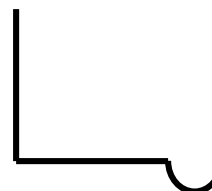
- Bascule BS



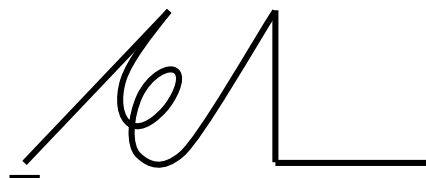
- Entrée ½ tour bascule



- Balade

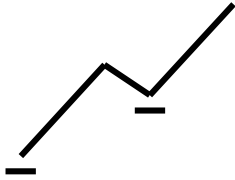


- **Exercice :** Entrée 1 tour bascule

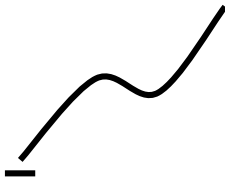


ENTRÉES POISSON

- Entrée saut écart

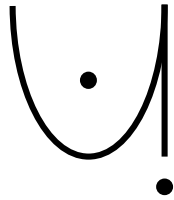


- Entrée poisson

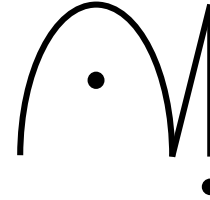


GRANDS TOURS

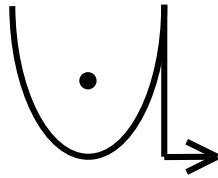
○ Soleil



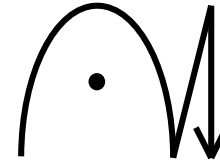
Lune



○ Par extension: Tkatchev



Retrait



(la flèche indique par-dessus barre)

○ **Exercice :** Schuschunova



ÉLÉMENTS DU PIEDS-MAINS

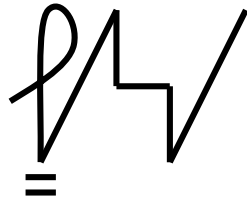
- Pieds-Mains tendu = élan par dessous



- Pose de pieds groupée



- Pieds-mains + Contre-mouvement vers BS

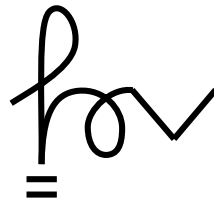
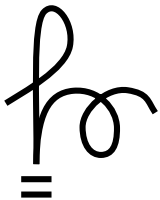


- **Exercice :** Sortie pieds-mains salto AV

groupé

ou


carpé

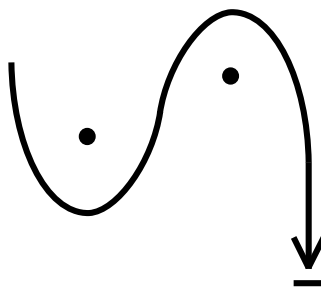


- **Exercice :** Sortie pieds-mains filée ½ tr



SORTIES

○ Lâcher 

○ Balancé + lâcher 

○ Sortie échappe (salto AR) 

○ **Echappe tendue** 

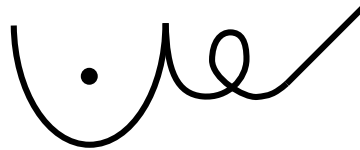


SALTO AR ET SORTIE

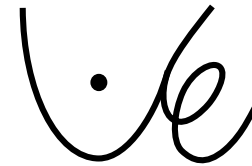
- Sortie échappe (salto AR)



- **Exercice :** Echappe tendue



- **Exercice :** Echappe tendue 1 vrille



- **Exercice :** Double échappe groupée

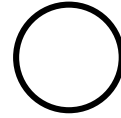


ÉCRITURE SYMBOLIQUE POUR LA POUTRE ET LE SOL



LES TOURS 1

○ Pivot 1 tour



○ **Pivot 1/2 tour**



○ 1/2 tr accroupi



L'ARABESQUE

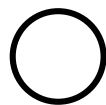
○ Arabesque



LES TOURS 2

Pirouette simple

(jbe libre sous l'horizontale) :



Pirouette, jbe libre à 45°

en arr pdt toute la rotation :



Pirouette, jbe libre à l'horizontale

En av pdt toute la rotation :



Exercice: Pirouette plongée :



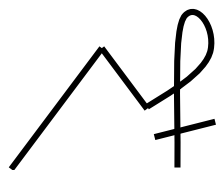
ENTRÉE EN POUTRE

- Entrée simple :

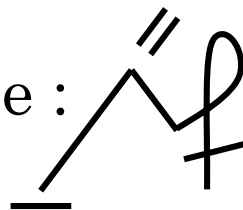


LES ÉQUERRES EN POUTRE

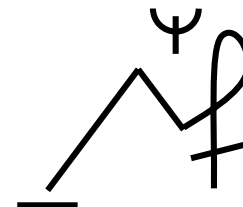
- Equerre simple :






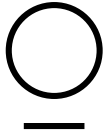

- Entrée à l'équerre tenue :



entrée 1/4



LES SAUTS JAMBES SERRÉES

- Saut groupé : 
- Saut en progression : 
- Saut vertical : 
- **Saut vertical 1 tour :**  **1/2 tr** 

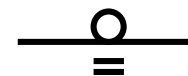


LES SAUTS JAMBES ÉCARTÉES

○ Saut antéro-postérieur : 


○ **Rappel :**
grand écart
(non sauté)

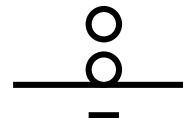
○ Saut grand jeté : 



○ Saut changement de jbes : 

○ Saut sissonne : 

○ Saut fouetté 1/2 : 

○ **Exercice :** Grand jeté 1 tour (anc. Strug) : 



LES AUTRES SAUTS






○ Saut carpé écarté :  carpé serré : 

○ Saut cosaque :  chgt cosaque : 

○ Saut de chat : 




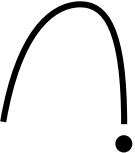

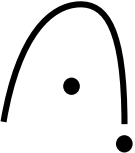
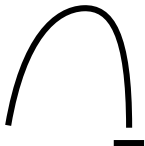
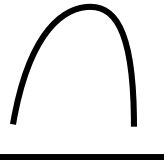

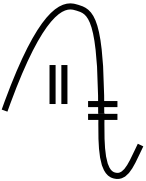





LES ATR


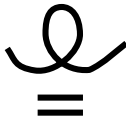
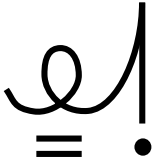


- Placement de dos : 
- ATR 1 jambe :  jambes écartées : 
- ATR : 
- **ATR valse :** 



LES RENVERSEMENTS


- Roue :  Rondade :  Costal : 
- Souplesse avant :  arrière :  cloche : 
- Saut de mains :  Flip avant : 
- Flip :  Flip poisson : 
- Tempo :  **Exercice :** Renv. Avt libre :  

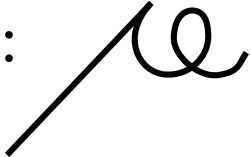
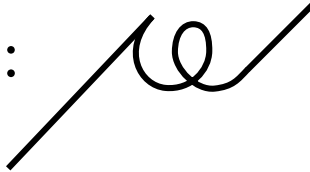
ROULADES ET SALTI

- Roulade AV : 
- Roulade AR : 
- **Roulade AR ATR :** 
- Salto AV : 
- Salto AR : 

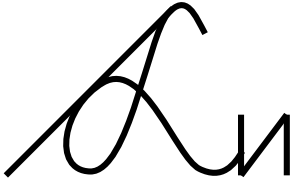
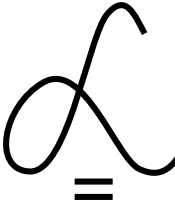


SALTI DIVERS

○ Twist : 

○ Auerbach sur le coté :  tendu : 

○ Auerbach en bout de poutre : 


○ Japonais :  roulé latéral : 




SIGNES À AJOUTER À CETTE PRÉSENTATION (PRÉSENTS AU PROGRAMME FÉDÉRAL SOL 2020)



AUTRES SIGNES

○ Placement du dos : 

○ Chandelle : 

○ Roue pied-pied : 