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**Gymnastics Experience:**

High School and College All-American, Varsity Team Member 1975-81.

1980 USA vs. Japan, Seattle, USA Team member.

Continued to compete as Elite for another 11 years.

**Education:**

Kent Meridian High School , Wa, 1975-77.

University of Washington, 1977-80.

University of Arizona, 1980-81.

For this clinic I will refer to the desired grip to be called el-grip. Many names, inverted, el, dorsal, eagle, qubital?

What make this skill family great for a routine? **It is one the best for showing the lines and the flow required for the big score on this event.** There are also a lot of skills that can be done with great value in the code in this skill family.

**Flexibility:**

1. Wrists: Use stick, drills on bar from hang or from stand.
2. Shoulders: Use stick to inlocate and dislocate. Use bar for snap through drill.
3. Pike Stretch: Just do it everywhere, it's so important on all events. Basket swing. Pike walks on the floor.

**Strength:**

1. Press to handstand against the wall in el-grip, on the floor on low bar.
2. Hover in el-grip on floor bar.
3. Mat pushes in el-grip.
4. Snap through drill from hang on high bar.
5. Pike Press over a line, a rope, or floor bar in under-grip and el-grip.

**Fun stuff:**

1. Low bar mini-tramp over bar to fat mat or use the trak bar. Healy's and Ono's. The sky is the limit. Hop both hands to invert from front giant grip. One at a time.
2. Low bar giants with the legs bent so gymnasts may touch floor if need be into all desired combo's. Front giant roll one hand to el-grip and start stacking wrist on top then change to other hand. Back giant to cross change into mixed grip front giant to ½ Ono and repeat. Healy to mixed front giant and roll other hand. Healy and Ono combo's that can connect because gymnast reaches under to opposite el-grip each time. Pad the area well!
3. Sit on bar in under grip and pitch out to V and dislocate. Can be done on very low bar so feet really drag.
4. Trash Bin Day: Have gymnasts trying new things with the turns or hops on the bar. They will start out real ugly but may come out of the Bin and into the set before you know it.

**More fun: Trak Bar:**

1. Bounce on back with bar in under grip to V and push out to flat on back, arms will dislocate to invert shape. Also to Mana into handstand. Come out the backside and hop to over grip.
2. Bounce in el-grip to invert fall to back.
3. All turning elements should be done here first before they are done swinging free!!
4. Strap Bar swings in el-grip to invert shape. Also done with hecht tap.
5. Pitch put to inverted giant.

**Games: Make it fun!**

1. Mat races in el-grip across floor.
2. Snap through contest hanging on the high bar. Fastest to get to 10.