## L3 Ribbon D7 horizontal figure 8s

## Difficulty judge

### Start (0.2)

* Soutenu turn holding end of ribbon

### Element (0.5)

* *Full body circle with arch back coordinated with the figure 8.*
* *Plane of overhead circle and the lower circle*

### Finish (0.2)

* Finishing overhead circle into a vertical figure 8.

### Bonus (0.1)

## Execution judge

Common execution errors to look for:

* Missed catching of the end of ribbon before the Soutenu
* Wobbles
* Droopy ribbon

## Training Progression

* Look at L3 Hoop D4 on how to develop soutenu turn
* Requires body flexibility. Remember that on leaning back, gymnast need to push belly button or hip forward to maintain balance. Otherwise, they will tense up and therefore not reaching their true possible flexibility.
* Recommend feeling the figure 8 with a ½ or 1/3 rope. Cannot be too slow or the rope will droop down. Cannot be too fast or gymnast will whip themselves. Can also break it down to upper circle only and lower circle only.
* To teach timing of the transition may use reference point such as clock, dragon slayer and pick up the head, etc. This can be quite individualized as to what they respond better.
* Coordinate arms so that one goes over the other and then have the other arm follow. Might be useful to use a short stick as an aide to teach.