

## DVD Index Project

### Purpose

The DVD Index Project is a database of elements performed by gymnasts on the NAWGJ videos created by Judy Dobransky for the NAWGJ library. The index is not a comprehensive inventory of skills. Rather, it includes examples of skills to assist clinicians find the skills they need when preparing clinic materials.

### About the Ratings

Each element has been assigned a rating based on performance: weak, average, excellent, outstanding. The ratings are self-explanatory with the exception of the last two. A rating of excellent was given if the skill was performed at a high level but had minor errors. A rating of outstanding was given only if the skill was one of the very best ever seen.

The ratings are intended to guide you to various levels of performance. You do not have to agree with the rating—rate it yourself. The ratings are simply a tool to help you find skills that are good, better, best. However, if you find a skill that looks like the rating seems to be a total mistake, please send an email to Cookie Batsche at [cbatsche@tampabay.rr.com](mailto:cbatsche@tampabay.rr.com) and she will contact the raters and ask them to check for an error. It was easy to make a mistake when entering the data!

### How Can You Find A Skill?

First, we suggest that you download the index to your own computer. After you have downloaded your own copy, you can search for any term using the “Find” function. The body position and degree of turn/twist are located in the cells adjacent to the skill name. For example, if you are looking for a Back Giant with a half turn, search for Back Giant and then look to the column to the right to see if ½, 1/1 or 1 ½ is entered. If this cell is blank, the skill had no turn.

For each successful match for the element you are seeking, make a note of the video title/year, level of gymnast on the video, and the routine number for the level specified. The source videos are available from the NAWGJ Education Library, your SJD, or online via the Colorado Digital Judging Library (see NAWGJ RFP project winners <http://nawgj.org/winners.php> -- scroll to the description for Eric Pung’s Digital Judging Library. Find the appropriate video on the website and locate the skill(s) you want using the routine number next to the skill in the Index. If the skill is a good example for your purpose, you can either download the videos from the NAWGJ site via YouTube, take a video screen shot, or access the videos on the DVD/flash drive via the NAWGJ Education Library.

## Glossary of Terms To Use in Search

### Bars

Cast handstand	Overshoot to handstand	Stalder back to handstand
Back giant	Pak	Stalder pike (in bar stalder)
Front giant	Ray (toe on reverse hecht)	Toe on circle
L grip giant	Straddle back	Toe on to handstand
Uprise	Straddle back to hand	Weiler
Uprise to handstand	Straddle cut/catch	Weiler to handstand
Cast handstand hop	Schaposchnikova	
	Tkatchev	<b>Dismounts:</b>
Comaneci salto	Tkatchev 1/1	Back salto
Delchev	Front giant release over LB	Front salto
Gienger		Double back
Hindorff	Clear hip circle	Double front
Hop in/after	Clear hip handstand	Comaneci
Jaeger	Endo	Underswing
Khorkina (Shaposh ½)	Sit up (known by various other names)	
Khorkina (1/2 straddle over HB)	Stalder circle back	
Overshoot		

### Beam (under development)

Cat leap	Leg up turn	Onodi
Split leap	Leg up turn—hand hold	Round off
Stag leap	Prone turn	Tic toc
Ring leap	Flank turn	Valdes
Sissone	Scissors turn	Walkover aerial
Stag ring leap	Wolf turn	Walkover backward
Switch leap		Walkover forward
Switch ring	Salto back	
Tour jete	Salto back gainer	Dismounts:
	Salto back to sit	Arabian salto
Pike jump	Salto forward 1 foot	Arabian salto double
Ring jump	Salto forward 2 foot	Cartwheel with hands
Sheep jump	Salto forward to sit/kneel	Cartwheel aerial
Straddle jump	Salto sideways	Gainer salto back—Side
Straddle down to support	Arabian salto	Gainer salto back—End
Stretched jump	Cartwheel with hands	Handspring
Tuck jump	Cartwheel aerial	Salto back
Wolf jump	Handspring front	Salto back double
	Handspring back	Salto forward
Arabesque turn	Handspring back 1 arm	Salto forward double
Attitude turn	Handspring back swing down	Tsukahara
Basic turn	Handspring back gainer	Walkover forward aerial
Illusion turn	Handspring back to handst.	

## Floor (under development)

Cat leap	Tuck jump	Salto forward 1 foot
Split leap	Wolf jump	Salto forward 2 foot
Stag leap		Salto forward double
Ring leap	Arabesque turn	Salto sideward
Ron-de-jambe	Attitude turn	Whip salto
Sissone	Basic turn	
Schuschunova	Illusion turn	Cartwheel
Switch leap	Leg up turn	Cartwheel aerial
Switch ring	Leg up turn—hand hold	Dive roll
Tour jete	Back spins	Flyspring
Tour jete ring	Turns in scale	Handspring front
Turning leap	Turns to scale	Handspring back
	Wolf turn	Handspring back 1 arm
Fouette hop		Round off
Pike jump	Arabian salto	Valdez
Ring jump	Arabian double front	Walkover aerial
Sheep jump	Salto back	Walkover backward
Straddle jump	Salto back double	Walkover forward
Stretched jump	Salto back gainer	