1. **HISTORY**

The Word Acrobat comes from Greek Akrobatos that means "walk over the tip toes", but commonly we can talk about Acrospor as the sport where an acrobat realize gymnastic exercises and abilities as jumps, balance, etc. We also find Acrobat as “the person who do jumps, abilities over a trapeze, the tightrope or do any other gymnastic exercises in a public performance”.

It is difficult to say exactly when and how this kind of exercises began, but we can say that perform acrobatics were part of humans since a long time ago. If we look back over archaeology, different cultures and text over the history, philosophers and poets, we can place the beginning and development of this kind of acrobatic exercises more than 4,000 years ago. So on at the ancient Egypt these acrobatic exercises occupied a special place in ceremonies and parties.

2. **WHAT IS ACROSPORT?**

“Acrosport or Acrobatic Gymnastic is an acrobatic sport practiced with a partner or with a group. The exercises must include a harmonious combination of choreography, collective acrobatic elements (buildings) and individual acrobatic elements (floor acrobatic series), all in perfect synchronization with partners and music”.

3. **ELEMENTS AND ROLES OF ACROSPORT**

Acrosport is an acrobatic-choreographic sport that integrates three main elements:

1. **Buildings**: strength, flexibility and balance are needed to make buildings.
   a. **Figures**: each partner has a part of their body leaned on the floor.
   b. **Pyramids**: this structure always includes at least two levels.

2. **Acrobatics**: they are used as a transition from one building to another. They include gymnastic elements such as turns, somersaults, handstands, cartwheel, jumps, …

3. **Music**: it is a basic element for the performance. It enhances the choreography.

The roles of Acrosport are three:

- **THE BASE**:
  - Strongest and heaviest participants should be the base performers.
  - It is a stable, static or dynamic base on pyramids buildings.

Teacher Flor Izquierdo Vaquero
• Its main features are strength, stability and balance.
• The base must provide trust to his partners.
• Basic positions: standing, ventral bench, dorsal bench and layed supine.

Safety rules:
• Your position must be balanced all the time and you should have a position that you could keep a long time.
• For example for the hands-and-knees position your back should be straight and your arms and legs should be parallel

![Correct hand-and-knees position](image1)

![Incorrect hand-and-knees position](image2)

In other positions your body also must be balanced

![Correct standing position](image3)

![Correct hand support in high kneel position](image4)

![Correct hand support in a bent hip stand position](image5)

• THE TOP:
  • It is thinner and smaller than the base.
  • Its main features are flexibility, balance and agility.
  • It must be courageous and he must trust its partners.
  • It is on the top of the pyramids with a balanced or strength position.

Safety rules:
• When the base performer is supporting a top performer in a standing position on the shoulders, the back must be kept as straight as possible in order to prevent unnecessary strain on the spine

![Correct position](image6)

![Incorrect position](image7)
• Also in hands-and-knees position top performer must stay over the hip or shoulders so that bodyweight is supported by thighs or arms of the base performer.

![Correct position](image1)

![Incorrect position](image2)

• THE HELPER: its job is to help to build the pyramid. It provides security and confidence to his partners. Finally it must be included in the building. It helps:
  • Avoiding accidents.
  • Decreasing anxiety.
  • Giving confidence and collaborating with partners.

4. BUILDING PYRAMIDS:
Students with back problems should avoid overloading it, so they will be normally top performers, or in case of being base performers, they will never have anyone climb his back.

• Always work without shoes, in socks.

• Always use helpers to perform pyramids.

• Before we built a pyramid we should make sure the mats are placed together.

• There shouldn’t be near the pyramid any object or person that could cause any harm.

There are three phases:
1. CONSTRUCTION: We must begin from the center to the sides. This type of construction provides us fluency and security. Communication among partners is very important. Tops must climb carefully. They must try to avoid pushes that could unbalance the bases.

2. STABILIZATION: once the team has built the pyramid it should keep the structure during three seconds. It depends on: correct distribution and position control.
3. ENDING: it must always be done in the construction opposite order, from the sides to the centre. Top must always get off the pyramid through de front side, never through the back side.

**Hands grips**

Hand grips are used in all phases of a pyramid-assembling, holding the formation and disassembling. There are different ways of doing them, you should practice all of them to see which offers the most safety in each case.

1. **Hand to hand**: Hands are joined in a shake-hands positions. They are mainly used to push a partner in the pyramid boulding, and also to sustain it in a formation position.

   ![Hand grips illustrations]

   - Simple
   - Crossed double
   - Mixed crossed double
   - Double

2. **Claw**: This grip is usually used for pulling a performer or holding a position.

   ![Claw grip illustrations]

   - Simple
   - Double

3. **Hand-to-wrist**: This grip is usually used for pulling a performer or holding a position. This grip is stronger than claw one.

   ![Hand-to-wrist grip illustrations]

   - Simple
   - Double

4. **Arm-to-arm**: This grip is used in advanced pyramids for support in the inverted position.

   ![Arm-to-arm grip illustration]

5. **Interlocked wrist and hands (platform)**: This grip is used for climbing in pyramids and for tossing (pitching in acrobatics).

   ![Interlocked wrist and hands illustration]
### Class work book

#### Positions for one performer

<table>
<thead>
<tr>
<th>Position</th>
<th>Rep</th>
<th>Position</th>
<th>Rep</th>
<th>Position</th>
<th>Rep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low bridge</td>
<td></td>
<td>Upright kneel</td>
<td></td>
<td>Sitting kneel</td>
<td></td>
</tr>
<tr>
<td>Sitting</td>
<td></td>
<td>High kneel</td>
<td></td>
<td>Standing (one)</td>
<td></td>
</tr>
<tr>
<td>Front support</td>
<td></td>
<td>Side support</td>
<td></td>
<td>Stag kneel</td>
<td></td>
</tr>
<tr>
<td>Arabesque</td>
<td></td>
<td>Hand-and-knees</td>
<td></td>
<td>Standing (two)</td>
<td></td>
</tr>
<tr>
<td>Hand support high kneel</td>
<td></td>
<td>hand support in a bent hip stand</td>
<td></td>
<td>Front lunge</td>
<td></td>
</tr>
<tr>
<td>Head stand</td>
<td></td>
<td>Stag head stand</td>
<td></td>
<td>Hand stand</td>
<td></td>
</tr>
</tbody>
</table>

Teacher Flor Izquierdo Vaquero
### Counterbalances

<table>
<thead>
<tr>
<th>Counterbalance</th>
<th>rep</th>
<th>Counterbalance</th>
<th>rep</th>
<th>Counterbalance</th>
<th>rep</th>
<th>Counterbalance</th>
<th>rep</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Counterbalance" /></td>
<td><img src="image2" alt="Counterbalance" /></td>
<td><img src="image3" alt="Counterbalance" /></td>
<td><img src="image4" alt="Counterbalance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image5" alt="Counterbalance" /></td>
<td><img src="image6" alt="Counterbalance" /></td>
<td><img src="image7" alt="Counterbalance" /></td>
<td><img src="image8" alt="Counterbalance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image9" alt="Counterbalance" /></td>
<td><img src="image10" alt="Counterbalance" /></td>
<td><img src="image11" alt="Counterbalance" /></td>
<td><img src="image12" alt="Counterbalance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Double balances

<table>
<thead>
<tr>
<th>Double balance</th>
<th>rep</th>
<th>Double balance</th>
<th>rep</th>
<th>Double balance</th>
<th>rep</th>
<th>Double balance</th>
<th>rep</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image13" alt="Double balance" /></td>
<td><img src="image14" alt="Double balance" /></td>
<td><img src="image15" alt="Double balance" /></td>
<td><img src="image16" alt="Double balance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image17" alt="Double balance" /></td>
<td><img src="image18" alt="Double balance" /></td>
<td><img src="image19" alt="Double balance" /></td>
<td><img src="image20" alt="Double balance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image21" alt="Double balance" /></td>
<td><img src="image22" alt="Double balance" /></td>
<td><img src="image23" alt="Double balance" /></td>
<td><img src="image24" alt="Double balance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><img src="image25" alt="Double balance" /></td>
<td><img src="image26" alt="Double balance" /></td>
<td><img src="image27" alt="Double balance" /></td>
<td><img src="image28" alt="Double balance" /></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Teacher Flor Izquierdo Vaquero
Pyramids of three

Teacher Flor Izquierdo Vaquero
Teacher Flor Izquierdo Vaquero
Pyramids of four, five and six