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THE EFFECT OF PHYSICAL EXERCISES ON LAND SIMILAR TO PERFORMANCE IN DEVELOPING THE LEVEL OF TECHNICAL PERFORMANCE AND COMPLETING (50) METERS FREE SWIMMING FOR JUNIORS

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Abstract

Like the importance of research in keeping pace with the global digital achievements of swimmers by setting physical exercises similar to performance in developing the level of technical performance and completing (50) meters free swimming for young people. As for the research problem, through the researchers informing many training programs for the stage of special numbers for swimmers and all levels and age groups, he noticed that there is no broken monotony of special exercises and their dependence on the water medium, and there are insufficient exercises on land similar to performance, which helps to develop the level of technical performance and transfer the swimmer One of the routine exercises inside the water you do daily. So the researchers decided to achieve their Research goals through:

1- Preparing physical exercises on land similar to performance to develop the level of technical performance and achieve (50) meters free swimming for juniors.

2- Identify the effect of physical exercises on the similar to performance in developing the level of technical performance and the achievement of (50) meters free swimming for juniors.

3- Learn about the differences in the results of the dimensional tests between the two groups (experimental and controlled) in developing the level of technical performance and the achievement of (50) meters of free swimming for juniors .

The Research hypotheses were:

1- For physical exercises on performance similar to performance, a positive effect in developing the level of technical performance and the achievement of (50) meters free swimming for juniors .

2- There is a development rate for dimensional tests in the level of technical performance and the achievement of (50) meters free swimming among the research sample personnel.

3- The presence of statistically significant differences in the results of the dimensional tests between the two groups (experimental and controlling) and for the benefit of the experimental group

The researchers used the experimental curriculum, followed the experimental design of equal groups (experimental and controlled), while the research sample was chosen in a intentional manner. The researchers presented the results for the tribal and post tests for each group, as well as the remote test of the two groups to assess the technical performance, achieve 50 m free swimming, finding the significance of differences and discussing them, strengthening this with scientific sources. Through this, the following conclusions were reached:

1- Physical exercises on performance similar to performance had a positive effect in improving the level of technical performance of free swimming among the research sample personnel.

2- Physical exercises on the land similar to the performance placed within the training period training that have a positive impact on developing the completion of 50 meters free swimming.

In light of the results and conclusions, the researchers recommend the following:

1- Emphasizing the status of physical exercises on land and similar to performance and for each period of numbers when training talented, young and young and applying for their effectiveness in developing the physical and technical condition and achievement for swimmers.

2- Diversity in performing exercises on land and inside water and using various training methods to break the monotony of used exercises to develop the achievement for swimmers, especially for juniors .

Keywords: Physical Exercises; Technical Performance ; Free Swimming.

1 -1 Introduction and Importance of Research:

The developed countries seek the integrated numbers of athletes and in early stages and for all aspects in order for the athlete to achieve the highest level of digital achievement they seek. Sports training is one of the important aspects of the upbringing and preparation of athletes through the studied scientific planning for training, for example, to invest the different types of environment in

implementing exercises with the aim of reaching the highest possible level in the sport concerned and preserving it for the longest time. The exercises are necessary because it is one of the training tools practiced by the athlete during the training unit and for the various stages of numbers for the goals that he seeks to achieve, so the athlete must exercise similar exercises and an organization to face performance problems in his specialized sport. Whereas, the technical performance of swimming during training is one of the important aspects to determine the strengths and weaknesses of the performance and its treatment, especially in the early stages of the training, so attention must be paid to the junior category because it is the starting point to add progress and development to the level of performance of the emerging swimmer to achieve the ideal digital achievement in the future, and that is The goal of sports training. Because the level of technical performance and global digital achievements that were achieved in free swimming did not come by chance or randomly, but by training efforts, so we must search for the reasons that can increase the level of achievement for our swimmers.

Hence the importance of research in keeping pace with the global achievements of swimmers by setting physical exercises similar to performance in developing the level of technical performance and completing (50) meters free swimming for juniors .

1-2 Research Problem:

Swimming is a sports that depends on many requirements that the swimmer must gain in order to reach the achievement of achievement, and these requirements are the physical and technical state of the swimmer. Because sports training is an impact on the development of the physical and technical state of performance, and the privacy of swimming sport, which is distinguished from the rest of the sports, as it is practiced in the water environment, so the research problem was The low level of digital achievement of swimmers at the level of clubs and teams, and this decline may be the weak technical performance of the swimmer as a result of the weak training programs. Through the researcher reviewing many training programs for the stage of special numbers for swimmers and all levels and age groups, he noticed that there is no broken monotony of exercises for the period of special numbers and their dependence on the water medium, and there are insufficient exercises on land similar to performance, which helps to develop the level of technical performance and transmit the swimmer One of the routine

exercises inside the water you do daily .So the researchers saw this problem by developing physical exercises similar to performance to develop the level of technical performance and achieve (50) meters free swimming of young people.

1 -3 Research Objective

1- Preparing physical exercises on land similar to performance to develop the level of technical performance and achieve (50) meters free swimming for juniors.

2- Identify the effect of physical exercises on the similar to performance in developing the level of technical performance and the achievement of (50) meters free swimming for juniors.

3- Learn about the differences in the results of the dimensional tests between the two groups (experimental and controlled) in developing the level of technical performance and the achievement of (50) meters free swimming for the juniors

1-4 hypotheses Research

1- For physical exercises on performance similar to performance, a positive effect in developing the level of technical performance and the achievement of (50) meters free swimming for juniors.

2- There is a development rate for dimensional tests in the level of technical performance and the achievement of (50) meters free swimming among the research sample personnel.

3- The presence of statistically significant differences in the results of the dimensional tests between the two groups (experimental and controlling) and for the benefit of the experimental group

1-5 Research Areas:

1-5-1 Human field: Al-Kadhimiya Sports Club swimmers with ages (14-16) years for the season year 2021 .

1-5-2 Time domain: represented by the time period from 1 / 6 / 2021 TO 6 /7 /2021.

1-5-3 The spatial doma

in: Al –Kadhimiya Sports Club Pool in Baghdad

2- Research methodology:

2-1 Research curriculum:-

The curriculum followed by the researchers in this study is the experimental approach and in the style of equal groups (the experimental and control groups) with two tribal and post -tests.

3-2 The Research sample

The research sample was chosen in the intentional way, which included (10) swimmers of ages (14-16) years representing the Al-Kadhimiya Sports Club in free swimming, registered in the Iraqi Federation for Swimming and those who are in training for the season 2021. It was divided into two groups, the first experimental and includes (5) and the physical exercises apply to the land similar to performance in part of the time of the main section of the training unit, and the second is a control that also includes (5) swimmers and applies exercises prepared by the trainer. The researchers took into account the length, weight, biological and training age, as well as the completion of 50 m free swimming when choosing the sample who will have the main experience and table (1) showing this.

Table (1) It shows Homogeneity of the research sample in some variables

No	Verbal	Measurement unite	Experimental group			Control group		
			Mean	Std. Deviation	difference factories	Mean	Std. Deviation	difference factories
1	Length	Cm	166.3	3.38	2.03	166.5	4	2.40
2	Wight	Kg	58.91	4.74	8.04	59.84	4.5	7.52
3	Biology Age	year	15.35	0.65	4.23	15	0.63	4.2
4	Training Age	year	3.5	0.05	1.42	3.4	0.06	1.76
5	50 meters free swimming	Sec	29.06	0.92	3.16	29.05	0.87	2.99

3-3 Equals of the sample

The researcher conducted the parity process between the two groups in some of the variables shown in Table (2), and by calculating the value of (T) for the independent samples, the value of the calculated (T) was less than the Table (T) value. This indicates that the difference is not moral between the two groups.

Table (2) It shows Equal Research Sample in Some Variables3-4 The means, tools and devices used to Research

No	Verbal	Measurement unite	Experimental group		Control group		T Collected Value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
1	Length	Cm	166.3	3.38	166.5	4	0.31	random
2	Wight	Kg	55.91	4.74	54.84	4.5	0.68	random
3	Biology Age	year	15.35	0.65	15	0.63	0.41	random
4	Training Age	year	3.5	0.05	3.4	0.06	0.20	random
5	50 meters free swimming	Sec	29.06	0.92	29.05	0.87	0.84	random

Arab and foreign sources - personal interviews attached (1) - observation - the assistant team attached (2) - performance evaluation form (3) - weight measuring and length - tests - medical kings with different weights and sizes - pool number (2) - bar Aqla - rubber tapes - ground rug - healthy sheet of different sizes (Swiss pillar) - timing hour (2) - Data Show - Fadwi Photography Camera (2) - DVD (DVD) - legal swimming pool.

3-5 Field Research Procedures:-

3-5-1 Exploratory Experience:-

The researchers conducted the exploratory experience on Tuesday 1/6/2021 in the Al -Kadhimiya Sports Club swimming pool in Baghdad on the experimental group. This experience included a set of physical exercises similar to performance, and the aim of the exploratory experience was:

- Knowing the suitability of the exercises placed for the search sample level.
- Knowing the sample response to the applicable exercises.

Knowing the requirements for the exercises and exercising times.

Legal loads of the exercises placed.

- Knowing the problems and difficulties facing coaches and the assistant team in applying exercises and tests before applying them to the main experience.

3-5-2 Technical performance evaluation test for swimmers in free swimming: -

The swimmer swims for a distance (25) m in a straight line and quickly with breathing two times to the end of the distance, and each swimmer has only one attempt, and the performance was filmed where the researcher used the camera cameras (2) The first camera was installed to photograph the performance of each swimmer, while the second camera It was for the side and moving and ensuring the clarity of the apparent construction of the technical performance of free swimming. After that, photography was converted on DVD tablets. It is presented to a number of experts and swimming specialists in order to evaluate the performance of each swimmer through a special form (1) placed to evaluate the performance, and the evaluation degree was (15) degrees per swimmer.

3-5-3 Achievement test (50) meters free swimming: -

Test Name: Equipment of 50m free swimming.

The goal of the test: Measuring the completion of 50 m free swimming.

Time used: Time watch, whistle, registration form.

Performance method: After performing the special warm -up, the laboratory stands at the starting platform and when hearing the word (your place) he takes the starting position and is waiting for the absolute whistle to hear and when hearing the whistle jumps from the platform to the water and travels (50) meters by performing free swimming at the maximum speed, in order to register Less time possible.

Registration: It records the time that the swimmer took to finish a distance of 50 meters.

3-5-4 Research tests:-

Tribal tests were carried out on Thursday 3/6/2021, while the dimensional tests were taken on Tuesday 6/7/2021 and with the help of the assistant team.

Where the technical performance evaluation test for each swimmer was conducted separately, and after a rest period (15) minutes, a 50 -meter free swimming test and for each swimmers at the same time were taken.

3-6 Physical Exercises on performance similar to performance:-

The researchers put a set of physical exercises similar to performance (2) in order to achieve the development of both technical performance and the

completion of 50 meters free swimming among the emerging swimmers of Al - Kadhimiya Sports Club, and the researchers relied on preparing exercises on some scientific sources and references, as well as taking the opinions of a group of experts and specialists in Sports training, motor learning and swimming . The exercises placed during the main section of the training unit were implemented in the training curriculum for the coach and for the stage of the special numbers for the period from 5/6/2021 corresponding to Saturday to 3/7/2021 corresponding to Saturday, and the researchers in the exercises sponsored the physical level of the research sample and tools used And the method of implementation so that it was implemented by the highly severity training method for a period of (5) weeks, i.e. (15) training units and by three units a week for the days (Saturday - Tuesday - Thursday) and the time of the total training unit was (60) minutes, so that the time of the main section of the unit took it. Training time ranges between (35-40) minutes. As for the time taken for the experimental group in the application of physical exercises similar to performance on land, it was (12) minutes and at the beginning of the main section time, for the purpose of increasing the focus at the level of technical performance for each element of performance and improving it in order to affect the achievement of 50 meters free swimming, while the control group was applied Exercise prepared by the trainer and the length of the main section of the training unit

3-7 Statistical means:-

The researchers used the SPSS-Ver20 to process raw data obtained.

4- Presenting and Discussing the Results:-

4-1 Show the results of the technical performance evaluation test and the achievement of (50) meters free swimming for the experimental group and discussion:-

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Table (3) It shows the calculations, standard deviations, and the value of the calculated (T) and its statistical connotations of the results of the technical performance evaluation test and the achievement of (50) AD free swimming of the Experimental group and for the tribal and post tests

Verbal	Tribal Test		Post Test		Difference median	T Value		Difference sig	Develop percent
	Mean	Std. Deviation	Mean	Std. Deviation		Collected	sig		
Technical performance of free swimming	9.18	0.74	12.12	1.03	2.94	7.53	0.000	moral	32.06 %
50 meters free swimming	29.06	0.43	27.69	0.39	1.37	6.28	0.000	moral	4.71 %

The results shown in Table No. (3) for the technical performance evaluation test and the achievement of (50) meters free swimming for the experimental group showed a high significant significance development in the pre -tribe and post test and in favor of the post –test .The researchers attribute these differences in the mathematical circles between the tribal and post tests and the percentage of development in the technical performance evaluation test for free swimming to the physical exercises similar to the performance placed by the researcher and used by the research sample within the time of the main section of the training unit that was performed on land and which rise to that It is close to the actual performance during swimming. He has a clear vision of performance, which allows him to isolate errors and correct performance, which increased his confidence, and the researcher points to the interest in the level of technical performance of the emerging swimmer is very important because it is the basis for achieving achievement in the future. This is confirmed by (Abu El -Ela Abdel -Fattah and Hazem Salem), "It is one of the most important things that must be taken into account when planning training for emerging swimmers is the interest in technique and the correct performance of swimming, as if the correct performance is not taught in the small Sunni stages, it becomes difficult to develop

Performance level in the following stages ((Abu Al -Ela Abdel -Fattah, Hazem Hussein Salem: 2011)

Moreover, the performance of the exercises similar to the performance on the land depends on the air system and this helps the swimmer focus on performance, and also helps to endure performance. (Ali Al -Bik and others) is mentioned, "When training of emerging swimmers, attention must be paid attention to developing air endurance and improving swimming performance before direction to anaerobic training, and the importance of air endurance training appears from the anaerobic training for emerging swimmers in that it helps to learn and master the proper performance of swimming by showing performance errors in a way Obviously about anaerobic training, which helps to correct it and increases the confidence of the emerging in himself. "(Ali Fahmy and others: 2009) and this means performing swimming exercises inside the water only affects the level of the swimming pool on the accuracy of technical performance. As for the completion test of (50) meters free swimming for the experimental group, it has been evolved through the observation of the calculations and the valued (T) calculated. The researchers attribute this development to the accuracy of the technical performance of free swimming through the importance of physical exercises on land and similar to performance in preparing the swimmer to develop its physical and technical capabilities for the type of activity practiced at a high technical level, which increased the speed and thus the time is less.(Maglischo(notes to achieve the highest sporting achievements of the emerging swimmers, we must work with the ideas of the system followed by the advanced scientist (LTAD) so that the emerging swimmer should not remain focusing on performance through swimming only, but according to modern directions to practice other activities besides swimming than It ensures balanced physical and skill development and reduces the feeling of boredom. (Ali Fahmy and others: 2009) (Abu Al -Ela and Hazem Salem) indicates that the (LTAD) system is intended for the basics stage, the training education stage, the training stage for training, the training stage for competition, the training stage to win. (Abu Al -Ela Abdel Fattah and Hazem Hussein: 2011)

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4-2 View the results of the technical performance evaluation test and the achievement of (50) meters free swimming for the control group and discussion:-

Table (4)It shows the calculations, standard deviations, and the value of the calculated (T) and its statistical connotations of the results of the technical performance evaluation test and the achievement of (50) AD free swimming of the control group and for the tribal and post tests

Verbal	Tribal Test		Post Test		Difference median	T Value		Difference sig	Develop percent
	Mean	Std. Deviation	Mean	Std. Deviation		Collected	sig		
Technical performance of free swimming	9.15	0.93	11.02	1.27	2.05	5.81	0.000	moral	%22.40
50 meters free swimming	29.05	0.87	28.11	1	0.94	07.6	0.000	moral	%3.23

The results shown in Table No. (4) for the technical performance evaluation test and the achievement of (50) meters free swimming for the control group showed a high significant significance development in the pre -tribe and post test and in favor of the post -test. The researchers attribute these differences to the regularity of the swimmers by training and to the training exercises followed by the trainer "because the training is the best way that the coach follows in building his players, and through training the players acquire the experience that enables them to solve the performance problems facing them in the competition" (Thamer Mohsen and Sami Al -Saffar: 1988).

4-3 Presentation of the results of the dimensional tests to evaluate the technical performance and achieve (50) meters free swimming for the two groups (experimental and control) and discussing them:-

Table (5) It shows the calculations, standard deviations, and the value of the calculated (T) and its statistical connotations of the results of the technical performance evaluation test and the achievement of (50) m free swimming for the control group and for dimensional tests

Verbal	Tribal Test		Post Test		Difference median	T Value		Difference sig
	Mean	Std. Deviation	Mean	Std. Deviation		Collected	sig	
Technical performance of free swimming	12.12	1.03	11.02	1.27	1.1	4.96	0.001	moral
50 meters free swimming	27.69	0.39	28.11	1	0.42	3.58	0.012	moral

The results shown in Table No. (5) for dimensional tests to assess technical performance and achieve (50) meters free swimming for the two groups (experimental and control) showed that there are moral differences and in favor of the experimental group. The researchers attribute this to the exercise similar to performance on land by the experimental group in the main section of the training unit, which the control group lacks, because exercising outside the water allows focusing on performance such as arms and leg movements, which helps to master technical performance better and be the swimmer Ready to swim inside the water, as noting the swimmer to perform it increases its ability to understand what to do during the actual swimming inside the water. This is what the sources confirm that the practice of many exercises for basic swimming movements outside the water helps to coordinate and improve them, especially the most difficult movements. (http://intotheswim.com) Among the main points contained in the exercises on land are the promotion of the essence of the motor performance of swimming, as well as the practice of swimming movements

outside the water makes the swimmer comfortable and comfortable in the water, which is reflected in the answer to the achievement. This is confirmed by Sarah Wassner Flynn, "The Earth's Earth Exercise will improve the resistance of routine and exhaustion and will lead to a faster and more efficient free swimming" (https://vasatrainer.com). To improve the benefits of exercises on land, the researcher confirms that it must be similar to the actual performance of swimming in relation to the movements of the arms, legs and body in general, so coaches and swimmers must take care of performing exercises on land to prevent injuries and master the good technical performance of swimming so that they can achieve achievement by swimming better and better. And faster.

5- Conclusions and Recommendations: -

5-1 conclusions: -

1- Physical exercises on performance similar to performance had a positive effect in improving the level of technical performance of free swimming among the research sample personnel.

2- Physical exercises on the land similar to the performance placed within the training period training that have a positive impact on developing the completion of 50 meters free swimming.

3- Exercising training within the water only constitutes a negative factor in improving the level of technical performance of swimming, due to the difficulty of isolating and correcting performance errors.

5-2 Recommendations:-

1- Emphasizing the status of physical exercises on land and similar to performance and for each period of numbers when training talented, young and young and applying for their effectiveness in developing the physical and technical condition and achievement for swimmers.

2- Diversity in performing exercises on land and inside water and using various training methods to break the monotony of used exercises to develop the achievement for swimmers, especially for young people.

3- The need to pay attention to teaching training on how to develop the level of technical performance in specialized swimming, especially for young people.

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*Mustafa Abdel -Rida Kazem: The influence of the model and realistic learning in teaching the technical performance of free swimming for students of the first stage, PhD thesis, Basra University, College of Physical Education and Sports Sciences, 2020, p. 117.

Appendix (1)*The technical performance evaluation form for free swimming

Note: The evaluation degree of (15 degrees), (one degree) for the correct performance, (half a degree) for the closest to the correct performance, (zero) for the wrong performance.

Basic performance	Body position	Legs movements	arms movements	breathing	compatibility
The technical description of the performance Free swimming	-1Keeping a streamlined horizontal status For the body and look down the lower front. -2The emergence of the shoulder and back belt above The surface of the water and the seat below the surface Water directly. -3Milan the body at an appropriate angle For two sides while swimming.	-1The movement of the two legs from the hip joint And with a vertical path, you are exchanged. -2Bend the knees slightly during a movement The man is down to end with the man to perform The whipping movement. -3The direction of the foot and fingers back And for a little interior.	-1The hand enters the water with the tips of the fingers And at a point in front of the shoulder and for a little inside. -2Pulling and pushing the water with the palm and the forearm Strongly to the back and lower body. -3The first part that gets rid of the attached water Let's move the arm forward and above the head	-1The head rotation, the shoulder belt and the trunk To the side of the arm outside the water. -2One of the eyes appears with the mouth Immediately above the surface of the water. -3Completion of the inhale and the return of the face To water before entering the hand in the water.	-1The proper time between the movement of the head And the movement of the arm outside the water. -2The proper time between movements Successive arms. -3The proper time between movements The arms and the movements of the legs.

No / Name player	1	2	3	1	2	3	1	2	3	1	2	3	1	2	2

*Mustafa Abdel -Rida Kazem: The influence of the model and realistic learning in teaching the technical performance of free swimming for students of the first stage, PhD thesis, Basra University, College of Physical Education and Sports Sciences, 2020, p. 117.

Appendix (2)

Physical exercises on performance similar to performance

No	exercises	Notes
1	From standing up the movement of arms in free swimming	Emphasizing the ideal performance of the movement
2	From standing up the movement of the arms in free swimming using the rubber cord	Emphasizing the ideal performance of the movement
3	laming the swimming and performing the movement of the arms in free swimming	Emphasizing the ideal performance of the movement
4	laming the swimming and performing the movement of the arms in free swimming using the rubber cord	Emphasizing the ideal performance of the movement
5	The front relinquish on one arm and the performance of	Performance of exchange every 10-15 cat
6	The front reference and the performance of the arms movement in free swimming in exchange	The reference and the arm in its full extension
7	Standing with bending the trunk and performing the movement of the arms in free swimming	Emphasizing the ideal performance of the movement
8	Standing with bending the trunk and performing the movement of the	Emphasizing the ideal performance of the movement
9	Standing and arms beside the body and the reinforcing movement performance of the arm by exchanging using the rubber cord	Painting by paying the weights of the medical football
10	Hanging on the mind and the performance of the whipping movement of the two men exchanged	Emphasizing the height of the elbow
11	the arm movement in free swimming with the other arm	Emphasizing the correct mechanical aspects of performance
12	The place in the shop is to perform the whipping movement of the two men in exchange	Emphasis on the movement of the hip joint
13	Standing, sharing and lowering the heels to stand on combs Sitting	Emphasis on the movement of the hip joint
14	Standing on one man and performing the man's movement with free	Body straightness
15	The front reluctance and the performance of the two men's movement in free swimming on the rubber cord	Emphasizing the movement from the thigh and maintaining the knees bend 90 degrees
16	The front reference and the performance of the two men's movement in free swimming on the healthy ball	Emphasis on the movement of the hip joint
17	Putting and arm is stretched forward and gradually	Emphasis on the movement of the hip joint
18	curved back by lifting the upper and lower limb, based on the abdomen	The reference and the arm in its full extension
19	arms in free swimming using the rubber cord Stand	The reference and the arm in its full extension, the size of the big ball

20	swimming using the rubber cord Stand up	Delivery of the ball is above the seat, the size of the little ball
21	Putting and arms are stretched out on top	Emphasizing the body's straightness from the head to the foot
22	laming the back and exchanging the transfer of the healthy ball between the hands and legs	Emphasize hitting the ball by recycling the head to the side
23	The front reference on the aides of the arms folded at an angle of 90 degrees below the body	Emphasizing the direction of the toes back and the arm in its entirety
24	The front reference to the aides of the arms folded at an angle of 90 degrees below the body, then the body rotates to the side with one of the arms raised by exchange	The arm in its full extension
25	Standing and jumping up to hit the healthy ball hanging to the side by the head	Emphasis on the movement of the hip joint
26	Returning the hands and feet on the healthy ball so that the swimmer pulls the ball toward the body through the face of the foot by bending the two legs	Emphasizing the body's straightness from the head to the foot
27	Pollution and hands, one over the other on top of the head and rolling right left, exchanged to lie on the back	The reference and the arm in its full extension
28	Standing the anterior foot opening a little folded, the other foot back in its full extension and the arms are highly elongated	Installation 10-15 cats, then switching the two men
29	Standing on one man and the other lifted back, then performing the stem to the stem left left	
30	Standing and bending the trunk forward is one of the arms stretched in the musk and other arm next to the body in the stage of water disposal to rotate the head towards it to perform the inhale process	
31	The same previous exercise, but by exchanging the arms to rotate the head towards the arm beside the body by exchanging to perform the breathing mechanism	
32	Slowing up, then slowly and lower limb, and stability 10 w	
33	The front reluctance of one of the arms and the rotation of the body with the arm lifting high	
34	Standing by jumping, opening the two men in front of a successor, with the lifting of the arms high	
35	Stand on one man and jump in the place with the other man throw back and bend the trunk forward	
36	Brock on the legs and based on the arms try to stand on the face of the foot	
37	Brock on the legs and arms upward for the rubber cord, then jump with the help of the rubber cord	
38	Take a starting position behind the starting platform to repeat the start of the starting jump	