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A Study on Performance Composition of Uneven Bars

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INTRODUCTION:

In recent years, there have been big changes in the composition of the uneven bars in womens gymnastics. In particular, the pattern of move between high and low bars (bar change) is clearly different from that of 10 years ago. It is important for gymnasts and coaches to select a training subject suitable for the times at the training field. For that purpose, it is necessary to grasp the trend of performance composition that changes day by day from the results of actual competitions.

This study examined all the performances of top Olympic games over the last 30 years. And we revealed what changes in performance composition have occurred throughout history. In addition to that, by showing the performance trends as of 2023, we aimed to give effective knowledge to the training field.

METHODS:

In this study, the following methods were used.

- 1) Video clips were checked of the performance composition of all gymnasts who participated in the finals of each Olympic event from 1988 to 2021. The performance number was 72.
- 2) In the performance, we categorized the type of swing elements, support elements, bar change element and dismounts.
- 3) We clarified the changing trends in acting over the past 30 years and showed the acting trends as of 2023.

RESULTS:

As a result of the analysis, it was found that the frequency of performing swing elements has been decreasing, and as of 2021, the percentage during performance was 50%. Among the bar change elements, there was an increasing tendency to "Inner front support on low bar, back circle through handstand with flight to hang on high bar". As of 2021, all finalists have performed the element more than once.

CONCLUSION:

The guidelines for future training have been clarified from the trends in the composition of the uneven bars. In other words, rather than emphasizing the practice of swing elements on the high bar, it is better to incorporate many of the element of the "Inner front support - back circle", into the training target.

Through this research, we were able to obtain useful knowledge for training on uneven bars.

Topic: Coaching

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