Problems in the Precision of the Meaning of Sport-Related Terminology in the German Language with Comparison to English

Maximilian Herbert Schmid*

Abstract

In response to the ever-increasing importance of sports and exercise in modern life, this article attempts to study if sport-related terminology in the German language is always precise and adequate when compared to its equivalent in the English language. The findings show there are still many terms about sports and exercise with problems in their accuracy. They are frequently used, but fail to express precisely the intended meaning.

Keywords: sport-related language; problems about precision; comparison between German and English

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ปัญหาว่าด้วยความแม่นยำทางความหมายของคำศัพท์ภาษาเยอรมันที่เกี่ยวข้องกับกีฬาเมื่อเปรียบเทียบกับภาษาอังกฤษ

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Abstract

บทความนี้มุ่งศึกษาคำศัพท์ภาษาเยอรมันที่เกี่ยวข้องกับกีฬาซึ่งมีความสำคัญมากขึ้นในปัจจุบัน ว่ามีความชัดเจนและแม่นยำในความหมายเสมอไปหรือไม่เมื่อเปรียบเทียบกับภาษาอังกฤษ ผลการวิจัยพบว่ายังคงมีคำศัพท์ภาษาเยอรมันที่เกี่ยวข้องกับกีฬาและการออกกำลังกายอีกหลายคำที่มีปัญหาเรื่องความถูกต้องในความหมาย กล่าวคือคำศัพท์เหล่านี้ไม่สามารถสื่อความหมายได้อย่างแม่นยำเพียงพอ

Keywords: ภาษาที่เกี่ยวข้องกับกีฬา; ปัญหาเกี่ยวกับความแม่นยำ; การเปรียบเทียบระหว่างภาษาเยอรมันกับภาษาอังกฤษ

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1. Introduction

Sports plays an important role in many cultures. People often talk about sports and all kinds of media deal in various ways with the subject. However, rarely are there thoughts about sports-related terminology. This article discusses if selected examples of terminology from two different fields related to sports and exercise in German are precise and adequate compared to their equivalents in English. The two fields with terminology related to sports and exercise are movements and sports equipment. The examples discussed in this article were selected by the criteria that they show significant problems in their accuracy.

2. Terminology for movements, exercises and techniques

Ungerer sees verbal information in the sensorimotor learning process as a special case. For success in this learning process it is necessary that the instructor and the learner have a common set of signals in the form of vocabulary as information units at their disposal to ensure an error-free communication between them. He explains it through the example of the so-called “hitch kick” technique for the broad jump. According to Ungerer, this technique consists of several “configurations” (“sequences”). The take-off is the first sequence, with kicking the swinging leg the following. For the instruction of the hitch kick it is necessary to connect both sequences by a text which Ungerer calls “basal text”. For the above-mentioned example the basal text 'take-off and kick the swinging leg during take-off' shows such a linking of two sequences. Ungerer describes that the learner will be able to process the

information only when he knows beforehand what “[to] kick” and “swinging leg” mean. (Ungerer, 1977, pp. 170-178)

Obviously for teaching movements, exercises and techniques, precise and accurate terminology is required. From the language perspective it is also interesting to review the referring terms to gain information about problems in the precision of specific words and where changes in vocabulary resulted from new knowledge about movement, exercises and techniques in sports and exercise.

An example for a change in terminology shall be discussed. The example is an element of gymnastics. This element is called “handspring” in English. In older books and curricula for schools and universities in both East and West Germany, the equivalent term was “Handstandüberschlag”. This word still could be found for example in the book *Schülersport: Ringen* [*School Pupils' Sports: Wrestling*] for pupils which had been written under the research project “Sportlehrbuch” [“Sports Textbook”] of the former Deutsche Hochschule für Körperkultur (DHfK) [German University for Physical Culture] in Leipzig (Rothert, 1975, p. 36).

The old word “Handstandüberschlag” [“handspring”; Langenscheidt Collins, 2008, p. 1544] was used as part of terminology for different techniques: Handstandüberschlag vorwärts or “front handspring” in English (Wade, 2015, pp. 156-157), Handstandüberschlag rückwärts or “back handspring” (Wade, 2015, pp. 194-195), Handstandüberschlag seitwärts or “cart-wheel” for the floor and balance beam exercises (Wade, 2015, p. 167), and Handstand-Sprungüberschlag or “handspring over the vaulting table” (Vidic, 2004, para. 1). The meaning of the English term “spring” in this case is similar to a “jump” (Langenscheidt Colins, 2008, p. 905) from the hands.

"Handstand" means in English "handstand" (Langenscheidt Collins, 2008, p. 1544). Knirsch (1991, pp. 19-20) defines standing positions in gymnastics as "labile balanced positions where the point of gravity is above the contact point with the supporting area. Hereby we distinguish […] handstand. [...] The […] balance depends on the physical strength (internal power) which has to be used against gravity (external power)." (See *Figure 2* in the Appendix).

Borrmann et al. (1978, pp. 163-168, 175-184, 289-291) refer to the exercises which are called in English handspring as "schnelle Überschläge mit Stütz". Elements called in English as "walkover" (Kavadlo, 2013, Chapter 3, section 10, para. 1; "Gymnastics Glossary", 2016, sections B, F and W) are named in the textbook of Borrmann et al. (1978, pp. 163-168, 175-184, 289-291) "langsame Überschläge mit Stütz". It means in German they differentiate between fast and slow exercises of this type.

Rieling et al. (1979, pp. 142-151, 373-375, 483-489) use the old terminology in the German language and call all the referring exercises "Handstandüberschläge". An observer can notice a significant handstand phase in the slow exercises of this type (Rieling et al., 1979, pp. 142-151, 483-489; Borrmann, 1978, pp. 163-168; Zinke & Arnold, 1980, pp. 106-113, 128-135, 140-143). No kinetic energy will be used and the change from the hands to the feet results from a weight shift (Borrmann, 1978, pp. 168) (see *Figure 3*). From this point of view for these slow exercises the term "Handstandüberschlag" seems to be justified as the athlete performs the movement through the handstand.

In contrast to the handspring techniques, it is essential that the kinetic energy achieved in a running phase or a first flight phase at the vault will be transformed by a contact phase of the hands with the supporting area, the floor or the vault, as short as possible. In teaching those elements, hints, for

example reminding the learners of a 'hot stove' they touch, can be used to make clear the dynamic character of the movement (see *Figure 1*).

Based on the explanations above in these fast techniques there is no handstand phase which would be static. Learners could get confused by the inaccurate word “Handstandüberschlag” for the fast exercises of this type as it implies that the athlete has to get into a handstand position and from there the body would flip over to the standing position. In the before-discussed slow exercises, in English called “front/back walkover” (“Gymnastics Glossary”, 2016, sections B and F), a high level of flexibility is necessary to execute these exercises successfully (Zinke & Arnold, 1980, pp. 132-135, 140-143). For the fast movements, the change from dynamic movement from the running phase or the first flight phase to the static handstand position would steal the achieved kinetic energy and without excellent flexibility and technique the athlete would fail to land upright in the standing position.

Sports science has advanced in the last decades and got more and more scientific in the true meaning of the word. Knirsch (1991, p. 91) mentions that research about techniques in gymnastics created new knowledge beginning with the mid of the 1970s. The new knowledge also led to changes in terminology. In German textbooks and also curricula the old term “Handstandüberschlag” started to be replaced by “Handstützüberschlag” (Knirsch, 1991, pp. 30, 52-57).

The definition of the word “Stütz” is “the posture in apparatus gymnastics, in which the bodyweight weighs from above on the extended arms” (Götz, Haensch & Wellmann, 2008, p. 1070). Knirsch (1991, pp. 21-23) explains: “when supporting the body [by the hands] the pivot is above the area of support or the apparatus.” He distinguishes between different support positions which will be kept for shorter or longer times (Knirsch, 1991, pp. 21-

23). It means this term includes also short-term periods, as we find in handspring movements, where the hands make contact with the floor or vaulting table for a short moment only as explained above, and therefore the change in terminology in the German language was in favor of a more precise word regarding to the fast exercises of this type. This change in terminology from “Handstandüberschlag” to “Handstützüberschlag” included all, the slow and the fast exercises of this type (Borrmann et al., 1978, pp. 163-168, 175-184, 289-291; Zinke & Arnold, 1980, pp. 46-49, 106-113, 128-147).

In conclusion it can be stated that the slow exercises which have a significant handstand phase and also the fast exercises without a handstand phase all used to be called “Handstandüberschlag”. The new terminology also uses one word only, “Handstützüberschlag”, for all elements – slow and fast. By the definition mentioned above the “Stützphase” [“support phase”] can be shorter or longer. From this point of view the term used nowadays is appropriate for both slow and fast exercises of this kind. On the contrary the English language distinguishes between the fast and slow exercises of this kind, referring to the former as “handspring” and the latter as “walkover”. The different dynamics between the two classes of these exercises seems to be expressed more precisely.

The before-mentioned English term “cartwheel” is a compound word. It consists of the two nouns “cart”, which is “Wagen” in German and “wheel”, which is “Rad”. In German gymnastics terminology there are two words for the “cartwheel”. In colloquial language it is called “Rad”, similar to the English term (Knirsch, 1991, p. 30). English specifies the type of wheel as belonging to a cart, whereas in German 'Rad' is associated with any kind of wheel. Although the difference in the precision of the word might be

marginal, it seems the English expression “cartwheel” gives a clearer understanding of the movement.

Before this shall be explained further, a brief introduction to the axis and planes of movement will be given for better understanding. For the following simplified presentation, Kendall & McCreary (1988, pp. 17-19, 24-25) and mednachhilfe (2013) serve as references. For the human body a joint rotates around an axis of movement. This axis of movement is an imaginary line. The imagination of an arrow through the body from the front to the back side (and vice versa) is corresponding with the so-called sagittal axis. The longitudinal axis can be drawn through the body from the bottom to the top (and contrariwise) and the horizontal (transversal) axis can be imagined like an arrow through the body from the left to the right side (and vice versa). A plane of movement is built up by two axes. The frontal plane is the area formed by the horizontal and the longitudinal axes. For example bending the spine to the left or the right side [around a sagittal axis] without a twist is performed in the frontal plane. The sagittal plane is built by the longitudinal and the sagittal axes. At this point raising an arm forward [around a horizontal axis] shall serve as an example for a movement in this plane. Sagittal and horizontal axes create the transversal (horizontal) plane. The movement in the form of a rotation occurs around a longitudinal axis. An example for this is the rotation of the head to the left or the right side.

Based on this short description of the axes and the planes of movement the discussion of the term “cartwheel” (“Rad”) will be continued here. The “cartwheel” is associated with a “lateral rotation” (Wade, 2015, p. 167) in the frontal plane (Tittel, 1981, pp. 17-19) (see *Figure 4*) of a wheel used with a cart or other vehicles, such as cars. Although one has to state, to be precise, that the movement of the wheel of a cart or a car is similar to

the rotation of the arms in the shoulder joint next to the body which is actually in the “sagittal plane about a mediolateral [horizonta] axis” (Milner, 2008, pp. 96-98), but what we mostly see and associate with the movement of those wheels is by viewing the vehicle passing us, so we see it from the side and by this view indeed the movement of the wheels is lateral as in the exercise called “cartwheel”. This shall be explained more in detail in the next part.

For the more general term “Rad” as “wheel” in the German language there could be a chance that somebody might be confused about the plane in which the rotation happens. This possibility of confusion is caused by the fact that not all wheels rotate in the way described before. For example in several European countries, as well as in China and the former Persia, which is nowadays Iran, mills can be found where the wheel driven by the water is in a horizontal position (“Horizontalrad-Wassermühle”, 2016, para. 1). Therefore the wheel rotates around a longitudinal axis in the transversal plane (Weineck, 1986, p. 42; Milner, 2008, pp. 96-98). Mills of this kind are called “Horizontalrad -Wassermühle” or in short “Horizontalmühle” in the German language, particularly “Stockmühle” in the area of the Alps, while they are called “clack mill”, “click mill” or norse mill” in English speaking countries, where some can be found in parts or restored in Scotland, Ireland and some islands (“Horizontalrad-Wassermühle”, 2016, para. 1). Some people might associate the German term 'Rad' with the wheel in such a mill. It shows that the English word “cartwheel” provides a clearer picture of this element in gymnastics and of the plane in which the movement has to be executed.

By the structure of this technique Knirsch (1991, p. 30) puts the “Rad” (“cartwheel”) into the group of “Überschlagbewegungen”, with the English equivalent “somersault” (Langenscheidt Collins, 2008, p. 2036) movements.

Therefore there is another name for this element in the German language, “Handstützüberschlag seitwärts” (Knirsch, 1991, p. 30).

Knirsch (1991, p. 30) lists in this “Überschlagbewegungen” two more techniques not yet mentioned in this text: “Über-schlag (Salto) vorwärts” and “Überschlag (Salto) rückwärts”. The dictionary *Großes StudienwÖrterbuch Englisch* (Langenscheidt Collins, 2008, p. 1878) translates the German term “Salto” as “somersault” and “Salto vorwärts/rückwärts” as “somersault forward/ backward”. “Somersault” is also used for the colloquial term “Purzelbaum” (Langenscheidt Collins, p. 890), which means “Rolle vorwärts” (Fetz, 1976, p. 82) or “forward roll” in English in the official terminology for apparatus gymnastics (Knirsch, 1991, p. 30).

Knirsch (1991, p. 30) lists the “Rolle vorwärts” and also the “Rolle rückwärts” in their own group, “Rollbewegungen” ['roll movements']. It means he distinguishes between “Überschlagbewegungen” (“somersaults”) and “Rollbewegungen” (“roll movements”), whereas in English “somersault” as mentioned above can be used also for the forward roll. The older East German textbook *Ge-rätübungen* [*Apparatus Gymnastics Exercises*] (Rieling et al., 1979, pp. 137-142) categorizes what is called “Überschlag (Salto) vorwärts/ rückwärts” in modern German terminology as “Luftrolle vorwärts/rückwärts” [forward/backward roll in the air] within the group of roll movements. Knirsch (1991, p. 30) explains that by the new system for the fundamental movements in gymnastics the older structure by Rieling was replaced. This change in the structure and terminology, which leads also to the fact that nowadays the term “Luftrolle” is not in use anymore, shall be explained in the following paragraph.

A synonym for the term “somersault” regarding to what Knirsch (1991, pp. 58-61) describes as a kind of movement with the rotation in the air with a

free rotational axis, which is often called “Salto” in German and also in English, is “flip” (Langenscheidt Collins, 2008, p. 353; Wade, 2015, pp. 29, 141ff., 175 ff.). The action where the body [or an object] rotates in the air is expressed by the verb “to flip over” (cf. Langenscheidt Collins, 2008, p. 353).

Knirsch (1991, pp. 48-51) defines that roll movements have a “momentary” rotational axis. It has to be created by bringing thighs and upper body together for a convex bending of the trunk (Knirsch, 1991, pp. 48-51). This is the reason why he separates roll movements from somersaults. Roll movements are “trunk-centered” (Knirsch, 1991, p. 27) to achieve the above - mentioned convex bending of the trunk required to perform the exercise successfully. On the contrary somersaults “with [as in the handspring techniques] or without support by the hands [as in the salto or] from the support hold [for example at the parallel bars] or hang [for example at the high bar]” show the characteristics that all the movements are “foot-/leg-centered” and in the case of the handspring and walkover techniques also hand-/arm-centered (Knirsch, 1991, p. 27). This is understandable, considering that for example a handspring requires sufficient kinetic energy from a run or a first flight phase [at the vaulting table], achieved mostly by the work of the legs, and a transfer of this kinetic energy into a [second, in case of the vaulting table] flight phase by an active short support phase on the hands as explained previously and for what is called “Salto” it either requires sufficient height in the flight phase by a jump or by an element performed before at an apparatus such as a high bar. From this standpoint, using the word “somersault” also for the “forward roll” can be confusing and the modern gymnastics terminology in German offers a clearer distinction between those elements.

In apparatus gymnastics as well as in ballet and some kinds of martial arts with kicks as techniques, such as Muay Thai (Harvey, 2009, pp. 47-63),

Karate or Taekwon-Do, but also for example in executing a kick in soccer (Weineck, 1986, p. 191), the alignment of the feet and toes is very important for perfect form in “aesthetic-compositional disciplines” (Samstag, 2008, p. 161) and for delivering the optimal impact on the opponent or on the football and at the same time preventing oneself from injury.

In both languages, German and English, there are different terms used for the movements in the ankles. “Sagittal plane flexion [in German, Beugung in der Sagittalebene] – extension [in German, Streckung in der Sagittalebene] movements at the ankle are known as plantarflexion, pointing the toes away from the leg, and dorsiflexion, pulling the toes towards the leg” respectively (Milner, 2008, p. 13). It is not surprising that there has been some confusion about this terminology as flexion in general results in a decrease and extension in an increase of the angle in a joint (Kendall; Kendall McCreary, 1988, p. 24). Therefore pulling the foot upward would be flexion and pushing the foot downward would be extension (Kendall; Kendall McCreary, 1988, p. 24). The more scientific terms “plantarflexion”, in German “Plantarflexion” (Tittel, 1981, p. 306), and “dorsiflexion” with its German equivalent “Dorsalflexion” (Tittel, 1981, p. 306) are used in textbooks and seminars about sports anatomy in both languages as shown by the references mentioned as materials for students of sports sciences and related subjects (*Figures 5 and 6*). However, for the instruction of athletes in disciplines such as the ones listed above which require those movements for executing techniques in perfect form, the before-discussed problem in terminology, possibly causing confusion, leads to the use of terms that are clear and will not be misunderstood. Examples for this easy-to-understand language can be found in *Mastering Muay Thai Kick-Boxing: MMA Proven Techniques* by Harvey (2009, pp. 48-63, 96-99), where for example for a “Long Knee (Right)” there is the instruction “Point toes down” or for the “Lead Leg Shield” it is

noted “Angle Foot Up”. Carl (1979, pp. 80-81) explains some exercises for strengthening the muscles of the lower legs by the German terms “Beugen” and “Strecken” [im Fußgelenk], which means flexion and extension in the ankle, using some weight for additional resistance. These examples demonstrate the fact that in both languages, German and English, there is the endeavor for simple, easy to understand language, when it is about explaining movements, techniques and exercises.

Among the swimming techniques there is one called “butterfly (stroke)” (Hemetsberger, 2002-2016). In German there are two words for this technique, “Schmetterling (sschwimmen)” and “Delphin (schwim-men)” [“Delfin (schwimmen)” by the new German spelling rules] (Makarenko, 1978, p. 134). In 1953 the butterfly swimming style was separated from the breast stroke technique and became an independent style (Makarenko, 1978, p. 134). Makarenko further explains that soon afterward a very fast variation of the butterfly style was developed, “Delphinschwimmen”.

The insect that gave the name for the English term, the “butterfly” [or “Schmetterling” in German], moves its wings up and down when flying. Accordingly the movement happens in one plane, the frontal plane around a sagittal axis. When we watch a swimmer performing the “butterfly” style, from the front or the back side, the movement of the arms may indeed appear like alternating between up and down positions.

Popescu explains that the forward movement of a swimmer using the “butterfly” technique is the result of the movements of the arms and legs. He analyzes in more detail that the effect of the movement of the arms towards the thighs and of the downward movement of the legs add up to one total force which according to the third law of Newton causes an equal force in the opposite direction, which results in the forward movement in butterfly style in

swimming. The shape of the movement pattern of the arms in the underwater phase seen from below looks similar to a “keyhole” or “double S” (Popescu 1978, p. 10). Together with the fact that throughout the movement there is a change in how deep the hands move in the water and that the arms swing forward over the water (Popescu, 1978, pp. 76-80), it gets clear that the arms move in all three planes of movement. Considering the above explanations the term “butterfly” does not describe precisely the arm movement in the “butterfly” style in swimming.

The other term for this swimming style in German is “Delfin (schwimmen)”. “Delfin” is also a word for an animal, “dolphin” in English. A human being swimming in the butterfly style moves both his legs simultaneously up and down, similar to a dolphin's movement of its tail fin (Erbach et al., 1979, p. 586). In the opinion of Popescu (1978, pp. 74-75) the reactions of the pelvis to these leg movements characterize the undulating movement of the body similar to that of a dolphin. Considering the above explanations it can be said that the German term “Delfin (schwimmen)” is more accurate than the other German word “Schmetterling (sschwimmen)” and its English equivalent “butterfly (stroke)”.

3. Terminology about sports equipment

In this chapter one example for the terminology about sports equipment shall be discussed in brief. Called “kettlebells” in English, the equipment was first mentioned in China about 5500 to 6000 years ago, then coming from Greece to Russia in the year 1700 where they were used for weighing goods in market places and later used at popular festivals in “strongest man”

competitions (Sukopp, 2011, para. 2; Cotter, 2014, chapter 1, section 1 “What are kettlebells?, para. 5). The popularity of kettlebells in Russia explains why the Russian unit “pood”, which equals 16 kilogram, is used for the measurement of kettlebells and the standard weight range for women should be between 8 and 24 kg and for men between 16 and 32 kg (Tsatsouline, 2013, part 1, section 3, para. 1-4). Kettlebells were also known at Highland Games in Scotland and at the beginning of the 20th century not only strongmen trained with the device in other countries such as Germany and the USA (Sukopp, 2011, para. 2-3). However, kettlebells got more and more forgotten in those countries until Pavel Tsatsouline, former Soviet Special Forces physical training instructor, re-introduced them in the United States in 1998 (Bolton; Tsatsouline, 2012, section “About the Authors: About Pavel”, para. 1; Tsatsouline, 2013, part 1, section 1, para. 4). Since then they have become popular among top athletes and also among the general population. Tsatsouline (2006, chapter 1, section 1 “What is a kettlebell?”, para. 1-20; 2013, Part 1: “Simple”, section “The Russian Kettlebell – An Extreme Handheld Gym”) and Steve Cotter (2014, “Introduction”, chapter 1, sections 1-3) explain what makes kettlebells a very effective tool with overall benefits for the entire body. Cotter (2014, chapter 1, section 1 “What is a kettlebell?”, para. 2) suggests that “kettlebell comes from the Russian word girya, a cast-iron weight that resembles a cannon ball with a handle. It is the configuration of the handle with the ball which makes kettlebell training unique. Though in the West the term kettlebell is used to describe this weight implement, a more precise translation would be handleball, and that is what a kettlebell is, a ball with a handle.” This article shall mention only in brief what distinguishes a kettlebell from a dumbbell. Cotter (2014, chapter 1, section 1 “What is a kettlebell?”, para. 3-4) explains that by its design, “unlike traditional dumbbells, the center of mass of the kettlebell is extended beyond the hand. This configuration allows ballistic, or fast moving,

motions that combine cardiorespiratory, strength and flexibility training and that engage the entire musculature of the body at once". Due to the design and shape of the kettlebell it can be swung safely backward between the legs which is impossible with a barbell and difficult and harmful with a dumbbell, which may hit the knees or the weight plates of which could possibly drop (see *Figure 8*). From the end point of the backswing one can swing the kettlebell overhead in one movement in the snatch and therefore a significant superiority in the possible range of motion of this tool compared to a barbell or dumbbell gets shown by this exercise (see *Figure 9*).

In the German language different terms can be found. Former East German authors Carl (1979, p. 28) and Tittel (1981, p. 411) used "Rundgewicht" ["round weight"; www.linguee.de], Carl also uses 'Stemmgewicht' [the verb "stemmen" means "to lift" in English; Hemetsberger] and by Hemetsberger and in the article "Kettlebell: Das Training mit einer besondern Kugel" (FitundGesund.at, 2008-2016, para. 1) "kettlebell" is translated as "Kugelhantel". In athletics, in shot put or "Kugelstoßen" in German, a "Kugel" or a "shot put ball" is used, and the German word "Hantel" means "bell' in English; therefore, the handle, which together with the compact shape make the design and characteristics of the kettlebell unique, is not expressed in the term "Kugelhantel" and the other German terms also do not refer to that part of this exercise tool. None of these words refers to the unique design of the kettlebell with its handle which distinguishes it significantly from dumbbells and barbells. The English term "kettlebell" seems to be more precise since it refers to a kettle used to boil water, and Steve Cotter's suggested word "handleball" fits the best to this piece of sport equipment.

4. Conclusion

In this article I have discussed some terms related to sports and exercise. I have shown that in some cases German or English words are more precise, while in other cases there are problems in the accuracy in both languages. The problems are the result of the divergence of some factors discussed in the two fields of sport-related language covered in this article and their terminology. For example the dynamics of movements or movement patterns do not conform to the terms used for the movements, techniques and exercises. The topic of this article is not only about a theoretical problem; it has been shown that inaccurate terminology can disturb the learning process of techniques and that language therefore plays an important role in motor learning. These examples, discussed more in details in the main part of the article, indicate that further interdisciplinary research about this topic can be valuable.

APPENDIX

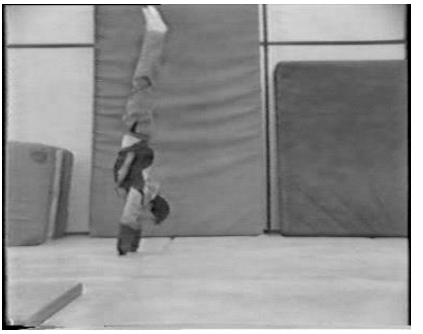

Figure 1. Front handspring: the hands leave the floor after a very short contact phase.

Figure 2. Handstand: a static element in gymnastics

Figure 3. Gymnasts Bridge: the walkover is performed through a brief bridge position followed by a short handstand phase and further movement to a standing position; the exercise is the result of a weight shift.

Figure 4. Cartwheel: the lateral movement appears in the frontal plane.



Figure 5. Plantarflexion

Figure 6. Dorsiflexion

Figure 7. A kettlebell with its unique design,
the handle and the compact shape


Figure 8. The design of a kettlebell allows the user to swing it far behind the body in the backswing in a safe way; this is not possible with a dumbbell or a barbell.

Figure 9. In the techniques Military Press, Jump Press, and Jerk and Snatch, the kettlebell(s) get(s) to an overhead position. Together with the backswing shown in *Figure* 8. it shows the advantage in the range of motion that can be achieved with kettlebells compared to dumbbells and barbells.

(All images by the author)

Table 1.

listing the discussed terms in the article:

NUMBER	GERMAN TERMS	ENGLISH TERMS	CHAPTER	LANGUAGE WITH THE MORE PRECISE TERM
1	Handstandüberschlag/ Handstützüberschlag vorwärts/ rückwärts	Front/Back Hand-spring Walkover	2	English
2	Rad (Handstandüberschlag/ Handstützüberschlag seitwärts)	Cartwheel	2	English
3	Überschlag (Salto) vorwärts/ rückwärts Luftrolle vorwärts/ rückwärts Rolle vorwärts/ rück-wärts	Somersault (salto; flip) forward/ backward	2	German
4	Plantarflexion/ Dorsal-flexion Beugen/ Strecken im Fußgelenk	Plantarflexion/ dorsiflexion Flexion and extension in the ankle	2	Problems in both languages
5	Schmetterlingsschwim-men Delfinschwimmen	Butterfly swim-ming	2	German
6	Rundgewicht Kugelgewicht Stemmgewicht	Kettlebell Handleball	3	English

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