

Gymnastics Fans Prefer Routines on Horizontal Bar

By JOE GRATA

(Today's story is the fourth in a series of five articles covering the fundamentals of gymnastics competition on a number of gym apparatus. Tomorrow's story on free exercise will conclude the series.)

When a gymnast jumps up to grasp hold of the horizontal bar, he's about to perform on the apparatus that long has aroused the most excitement in gymnastics spectators.

The gymnast circles the horizontal bar in almost hypnotic movements and seems to instill in the crowd a tension and uneasiness not common to other gymnastics events. That's the reason this event is usually scheduled last on a program.

Perhaps it sounds a bit peculiar, but almost all crowds react to a gymnast's routine on the horizontal bar in a similar manner.

FIRST COMES the usual quiet hush in the gym that marks the beginning of the performance. During the routine itself, thousands of facial muscles automatically contort to a gymnast's every movement. Fans' jaws gape in awe; whispers, ohh's and ahh's cautiously rise from the crowd. Finally, a simultaneous burst of applause marks the end of the performance.

Although the horizontal bar (also referred to as the high bar) is a favorite apparatus of gymnastics fans, it's one of the hardest for a gymnast to master. Above everything else, a performer must possess a powerful pair of hands, persistent effort, and,

as Penn State coach Gene Wettstone puts it, "guts."

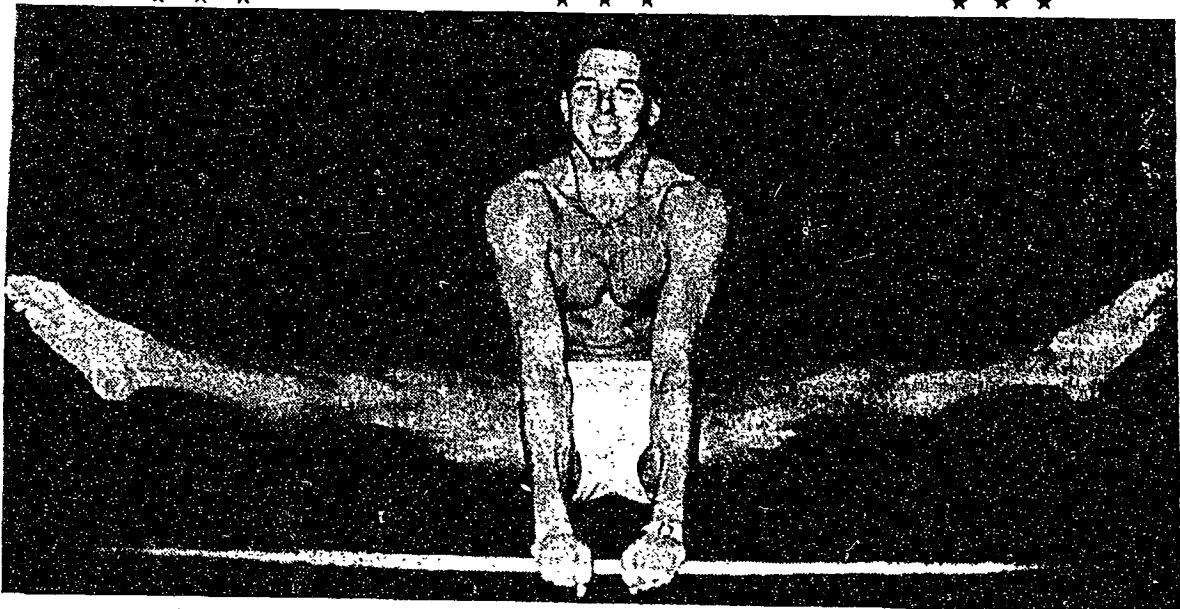
The steel horizontal bar sits almost nine feet off the ground. Consequently, a performer must always keep a tight grip on it to stay on the apparatus.

The hands of a gymnast who specializes in high bar competition must not only support his body but also resist the pull of centrifugal force during the course of a performance. His hands are calloused and often times crack, limiting the gymnast in the amount of practicing he'd normally be able to do in other gym events.

To help reduce friction and wear on the hands, a performer uses leather hand guards and a chalk compound of magnesia. These guards are slipped over the fingers and tied around the wrists. Sanding the steel bar with emery cloth enables the gymnast to maintain a tighter grip.

THE VETERAN Wettstone adds that the horizontal bar is a popular choice because "it defies the law of gravity."

A giant swing is the most prominent of all maneuvers on the



MIKE JACOBSON

—Collegian Photo by Den Coleman

... standout sophomore executes stradle on high bar

horizontal bar. From this all swinging and valuting movements are executed.

A giant swing is easily recognized; it involves complete revolutions around the bar while maintaining a steady grip. Without holding or stopping, all the gymnasts' moves should be in-

corporated into preplanned combinations.

The hands play an integral part in the execution of these routines. There are four main grips (overhand, underhand, mixed and spread-eagle), all of which are requisite for any maneuvers. The routines are judged according to

difficulty (30 points), combination (20) and execution (50).

If a contestant should fall from the high bar, or any of the other apparatus, he's automatically penalized a minimum of 10 points. But if the gymnast isn't too discouraged, he's permitted to continue his routine.

Renfro May Retire

FORT WORTH, Tex. (AP) — Veteran flanker back Ray Renfro of the Cleveland Browns said yesterday he is considering retiring from professional football.

LUTHERAN VESPERS
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 Eisenhower Chapel

ON CAMPUS
LUTHERAN SERVICE OF WORSHIP
SUNDAY 10 A.M. Eisenhower Chapel

TODAY
U.C.A. SEMINARS IN RELIGION:

FIVE MODERN RELIGIOUS PLAYS
 7:00 p.m., Eisenhower Chapel, Room 210
 Instructor: Mr. Robert Boyer

BASIC CHRISTIAN DOCTRINES
 7:00 p.m., Eisenhower Chapel, Small Lounge
 Instructor: Mr. Richard Martin

BREAKFAST SPECIAL
 6 A.M. — 11 A.M.
HAM — 2 EGGS 50¢
TOAST — COFFEE
FRANK'S RESTAURANT
 129 S. Allen St. next to Murphy's
 OPEN: 6 A.M. - 8 P.M. Daily

Penn State Forestry Society
MEETING
7:30 p.m. TODAY at Alpha Zeta
 Illustrated Lecture by Robert Wingard,
 Head of the Forest and Wildlife Extension Service,
 on "Signs of the Future in Wildlife Recreation"
 NOMINATIONS FOR OFFICERS

RUSHING SMOKER
SIGMA TAU GAMMA
 329 East Beaver Ave.
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7-9 P.M.
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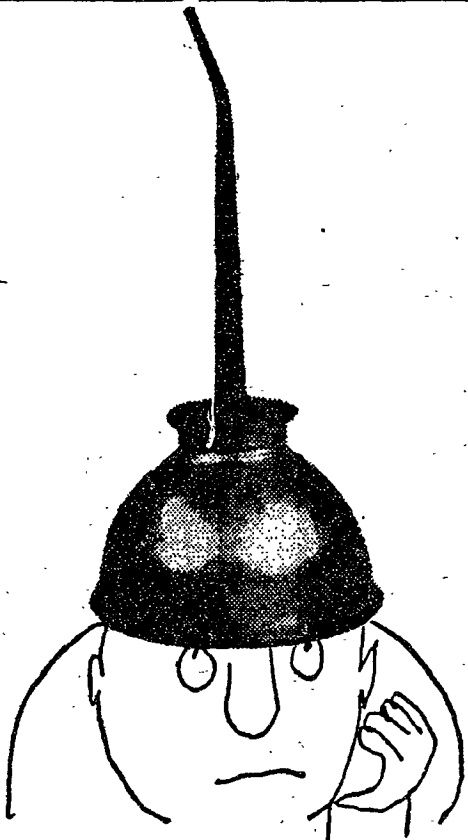
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