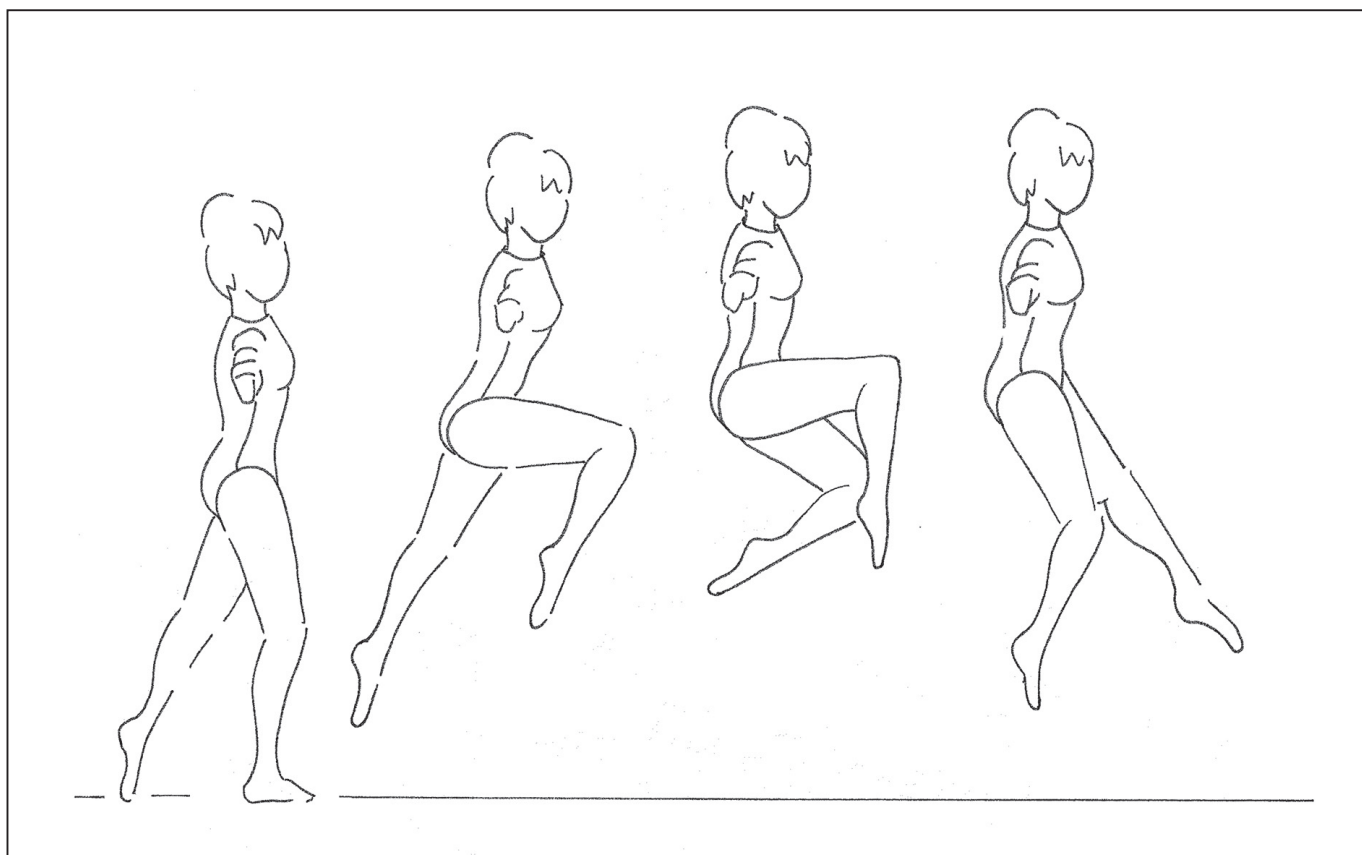


# Turnsprache Gymnastik Terminologie Gymnastique

2012



Herausgeber/Editeur: Schweizerischer Turnverband/  
Fédération suisse de gymnastique  
Bahnhofstrasse 38  
5001 Aarau  
062 837 82 00  
[www.stv-fsg.ch](http://www.stv-fsg.ch)

Verfasser/Auteur: Ressort Gymnastik/Secteur gymnastique

Ausgabe/Edition: 2012


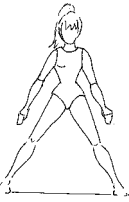
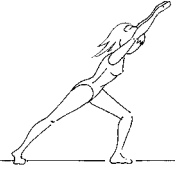

Copyright: Schweizerischer Turnverband/  
Fédération suisse de gymnastique

Nachdruck/Reproduction: Für STV-Vereine und -Mitglieder unter Quellenangabe  
gestattet/Autorisée pour les sociétés et membres de la  
FSG en indiquant les sources.

## Turnsprache/Terminologie



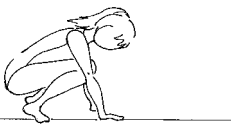
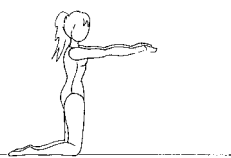

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### A *Standarten* Stations et positions

A01	<b>Grundstellung</b> Position de base
	
A02	<b>Grätschstand</b> Station jambes écartées
	
A03	<b>Ausfallschritt vorwärts</b> Fente en avant
	
A04	<b>Ausfallschritt rückwärts</b> Fente en arrière
	

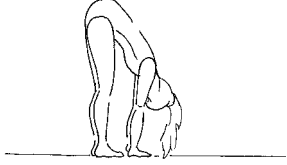
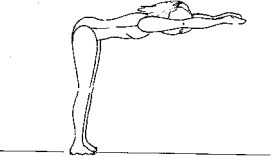
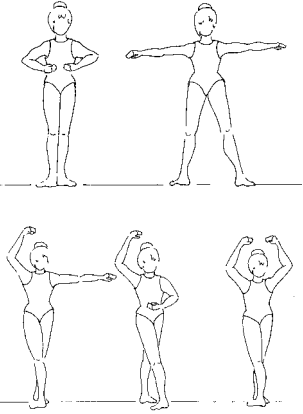
## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

A05	<b>Ausfallschritt seitwärts</b> Fente latérale
	
A06	<b>Hockstand</b> Station accroupie
	
A07	<b>Kauerstellung</b> Position accroupie
	
A08	<b>Kniestand</b> Station sur les genoux
	
A09	<b>Ballenstand</b> Station relevée
	

## Turnsprache/Terminologie





Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

A10	<b>Beugestand/Collaps</b> Station debout avec flexion du tronc en avant / collaps
	
A11	<b>Flat back</b> Dos plat / flat back
	
A12	<b>5 Grundpositionen</b> 5 positions de base
	

## Turnsprache/Terminologie


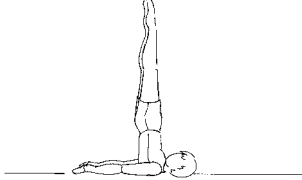
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### **B** *Liegearten* Positions couchées

B01	<b>Rückenlage</b> Couché sur le dos
	
B02	<b>Bauchlage</b> Couché sur le ventre
	
B03	<b>Seitlage</b> Couché latéralement
	
B04	<b>Kipplage</b> Position renversée
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

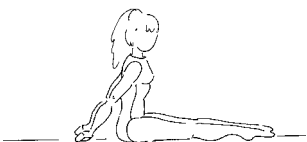

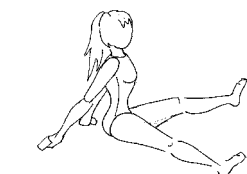

B05	<b>Rücken-Kauerlage/Päckli</b> Position accroupie sur le dos / petit paquet sur le dos
	
B06	<b>Kerze</b> Bougie /chandelle
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### C Sitzarten



Positions assises

C01	<b>Langsitz</b> Assis jambes tendues
	
C02	<b>Hocksitz</b> Assis jambes fléchies
	
C03	<b>Grätschsitz</b> Assis jambes écartées
	
C04	<b>Fersensitz</b> Assis sur les talons
	



## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

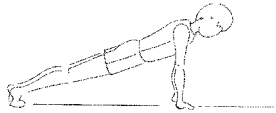
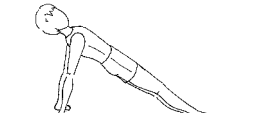
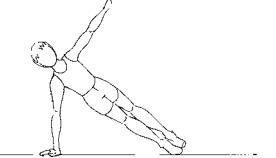

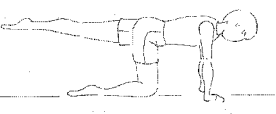
C05	<b>Hürdensitz</b> Assis en position de passage de haie
	
C06	<b>Schneidersitz</b> Assis en tailleur
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique


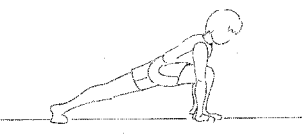
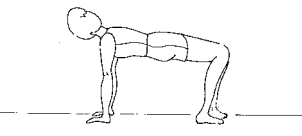
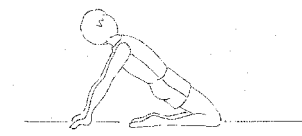
### D Stützarten

Positions en appui

D01	<b>Liegestütz</b> Appui sur les bras en position ventrale
	
D02	<b>Liegestütz rücklings</b> Appui sur les bras en position dorsale
	
D03	<b>Liegestütz seitlings</b> Appui sur un bras en position latérale
	
D04	<b>Bank/Vierfüsslerstand</b> Banc / station à quatre pattes
	
D05	<b>Bankwaage</b> Balance en position de banc
	

## Turnsprache/Terminologie

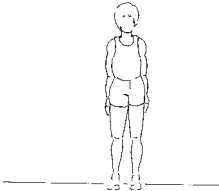
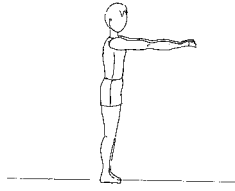
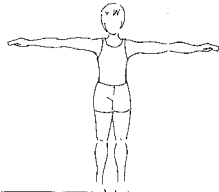
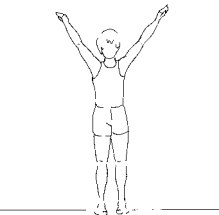
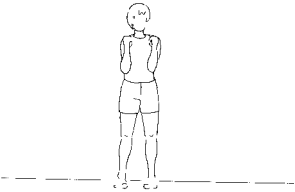
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

D06	<b>Winkelliegestütz</b> Appui sur les bras en position carpée ou à l'équerre / pyramide
	
D07	<b>Ausfallstütz</b> Appui en position de fente
	
D08	<b>Bank rücklings</b> Appui dorsal en position de banc
	
D09	<b>Kniestützbeuge rückwärts</b> Appui dorsal en position à genoux
	

## Turnsprache/Terminologie

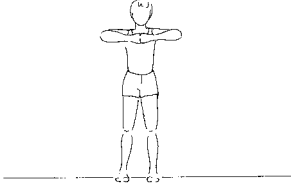
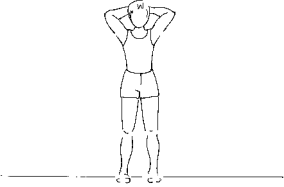
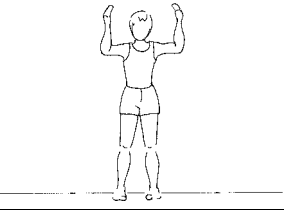
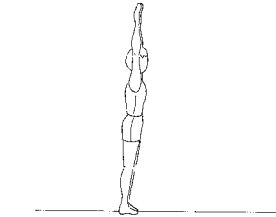
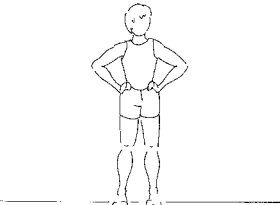
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### E Armhalten Tenue de bras

E01	<b>Tiefhalte</b> Bras tenus le long du corps
	
E02	<b>Vorhalte</b> Bras tenus en avant
	
E03	<b>Seithalte</b> Bras tenus latéralement
	
E04	<b>Schräghochhalte</b> Bras tenus en V ou à 45°
	
E05	<b>Schulterhalte</b> Bras fléchis coudes en bas avec mains devant les épaules
	

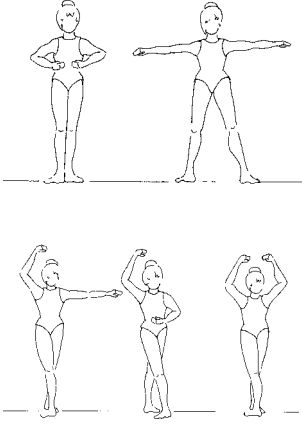
## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

E06	<b>Schlaghalte</b> Bras fléchis coudes de côté avec mains devant les épaules
	
E07	<b>Nackenthalte</b> Bras fléchis avec mains derrière la tête
	
E08	<b>Gewinkelte Hochhalte</b> Bras tenus à l'équerre coudes de côté
	
E09	<b>Hochhalte</b> Bras tenus en haut
	
E10	<b>Hüftstütz</b> Appui des mains sur la taille
	

## Turnsprache/Terminologie





Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

E11	<b>5 Grundpositionen</b> 5 positions de base
	

## Turnsprache/Terminologie

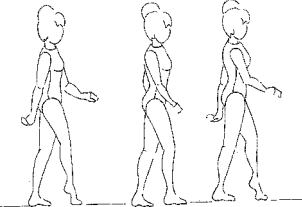
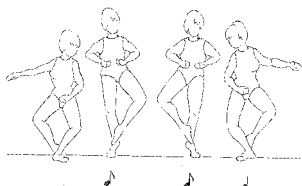
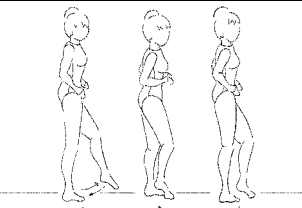

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### F Gang- und Schrittarten Marches et pas

F01	<b>Gehen</b> Marcher	
F02	<b>Ballengang</b> Marcher en relevé	
F03	<b>Fersengang</b> Marcher sur les talons	
F04	<b>Kauergang</b> Marcher en position accroupie	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

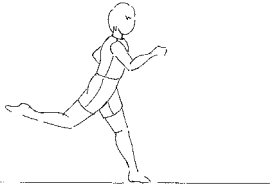


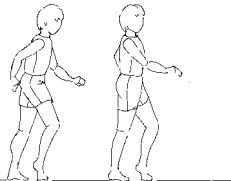
F05	<b>Catwalk</b> Marche du chat / catwalk
	
F06	<b>Pas de Bourrée</b> Pas de bourrée
	
F07	<b>Kick-ball-change</b> Kick-ball-change
	
F08	<b>Nachstellschritt/Chassée</b> Pas chassé
	



## Turnsprache/Terminologie

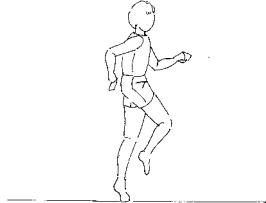
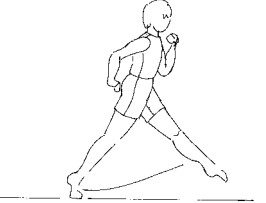
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### G Laufen Course

G01	<b>Laufen vorwärts</b> Courir en avant
	
G02	<b>Laufen seitwärts</b> Courir latéralement
	
G03	<b>Laufen mit Anfersen</b> Courir en touchant les fesses avec les talons
	
G04	<b>Fussfedern</b> Mouvement de ressort sur les pieds
	

## Turnsprache/Terminologie

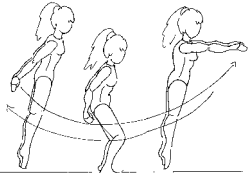
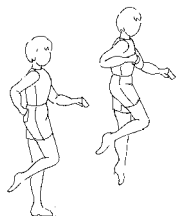
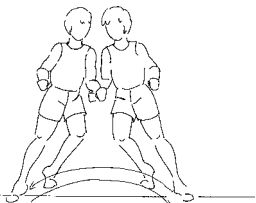
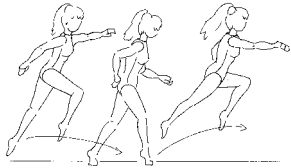
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

G05	<b>Laufen mit Knieheben</b> Courir en levant les genoux
	
G06	<b>Spreizlaufen</b> Courir à grandes foulées
	

## Turnsprache/Terminologie

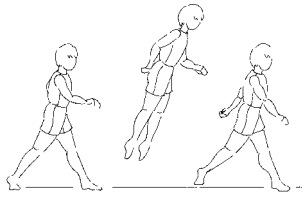
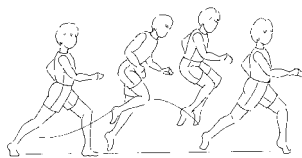
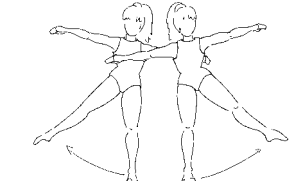
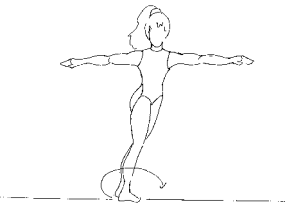
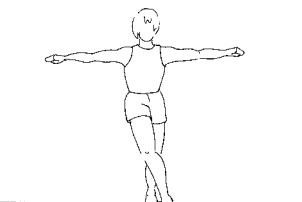
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

## H Hüpfen Sautillés

H01	<b>Doppelhüpfen</b> Double sautillé
	
H02	<b>Hüpfen einbeinig</b> Sautiller sur une jambe
	
H03	<b>Wechselhüpfen</b> Sautillé latéral avec changement de poids du corps
	
H04	<b>Hopserhüpfen</b> Sautiller
	

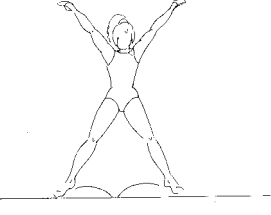
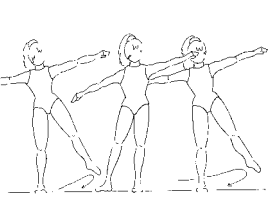
## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

H05	<b>Nachstellhüpfen/Chassée</b> Pas chassé sauté
	
H06	<b>Galopp hüpfen</b> Galop sauté
	
H07	<b>Doppelhüpfen mit Beinspreizen seitwärts</b> Double sauté latéral
	
H08	<b>Twisthüpfen</b> Sautiller avec torsion des hanches
	
H09	<b>Kreuzhüpfen</b> Sautiller en croix
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

H10	<b>Grätschhüpfen</b> Sautiller jambes écartées
	
H11	<b>Pendelhüpfen</b> Sautiller avec oscillation
	

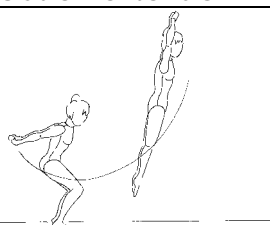
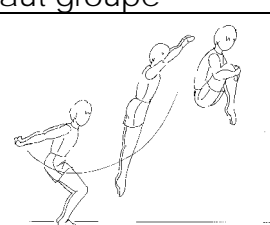
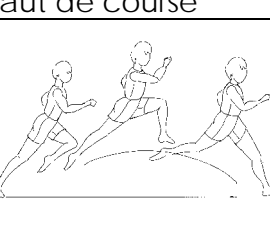
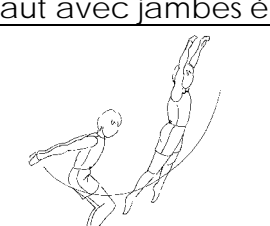

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse

Ressort Gymnastik/Secteur gymnastique

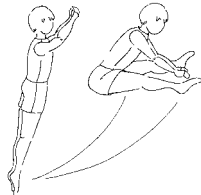
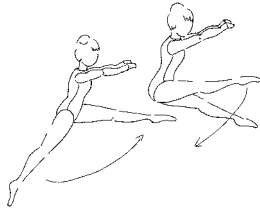

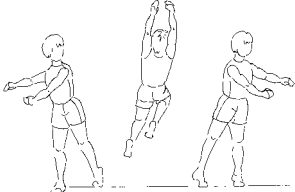
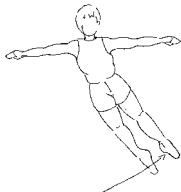
## J Sprünge

Sauts

J01	<b>Strecksprung</b> Saut en extension	
J02	<b>Hocksprung</b> Saut groupé	
J03	<b>Laufsprung</b> Saut de course	
J04	<b>Grätschsprung</b> Saut avec jambes écartées	
J05	<b>Spagatsprung</b> Saut au grand écart	


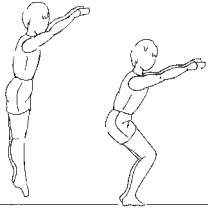
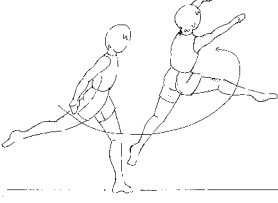


## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

J06	<b>Grätschwinkelsprung</b> Saut carpé avec jambes écartées
	
J07	<b>Schersprung</b> Saut de ciseau
	
J08	<b>Hangsprung</b> Saut jambes fléchies en arrière talons contre les fesses
	
J09	<b>Drehsprung</b> Saut avec tour
	
J10	<b>Anschlagsprung</b> Saut claqué
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

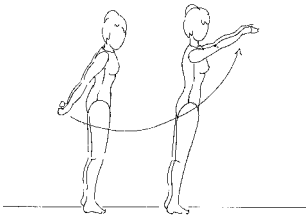
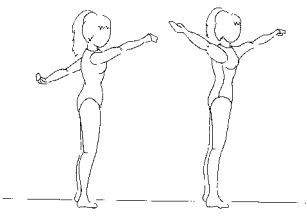
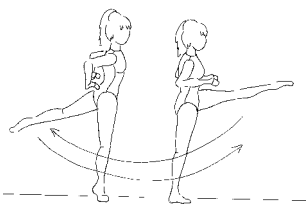
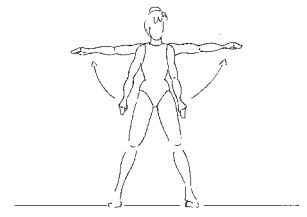
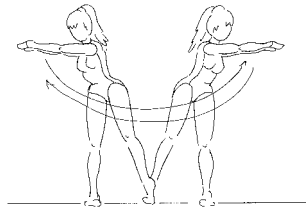
J11	<b>Rehsprung</b> Saut de biche
	
J12	<b>Schlussprung</b> Saut de fin
	
J13	<b>Wendesprung</b> Saut fouetté
	
J14	<b>Kosakensprung</b> Saut cosaque
	
J15	<b>Rösslsprung</b> Saut de galop
	



## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

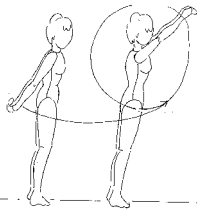
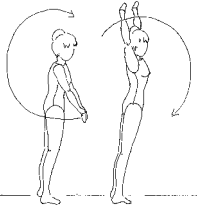
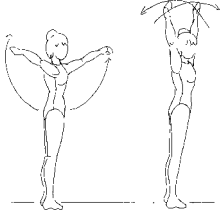


### K Schwingen Balancés

K01	<b>Armschwingen sagittal gleichseitig</b> Balancé sagittal et symétrique des bras
	
K02	<b>Armschwingen sagittal gegengleich</b> Balancé sagittal et asymétrique des bras
	
K03	<b>Beinschwingen sagittal</b> Balancé sagittal de la jambe
	
K04	<b>Armschwingen frontal aus-einwärts</b> Balancé frontal des bras vers l'intérieur ou l'extérieur
	
K05	<b>Armschwingen frontal parallel</b> Balancé frontal et parallèle des bras
	

## Turnsprache/Terminologie

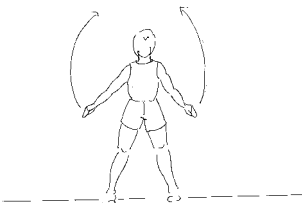
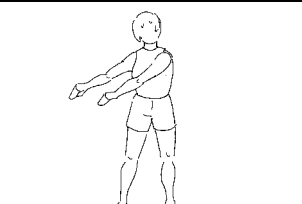
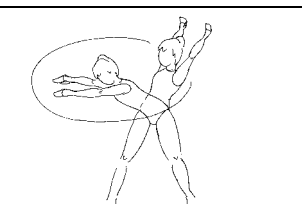
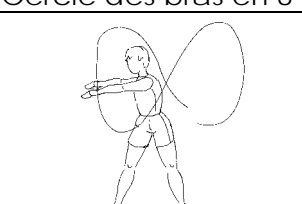

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### L Kreisen Cercles

L01	<b>Armkreisen sagital rückwärts</b> Cercle sagittal des bras en arrière
	 The diagram shows two side-view illustrations of a person. The first shows the arms extended straight back. The second shows the arms moving in a circular path behind the body, with a curved arrow indicating the direction of movement.
L02	<b>Armkreisen sagital vorwärts</b> Cercle sagittal des bras en avant
	 The diagram shows two side-view illustrations of a person. The first shows the arms extended straight forward. The second shows the arms moving in a circular path in front of the body, with a curved arrow indicating the direction of movement.
L03	<b>Armkreisen sagital gegengleich</b> Cercle sagittal et asymétrique des bras
	 The diagram shows two front-view illustrations of a person. The first shows the arms extended horizontally to the sides. The second shows the arms moving in opposite circular paths, one forward and one back, with curved arrows indicating the direction.
L04	<b>Armkreisen sagital Mühlekreisen</b> Cercle sagittal des bras comme un moulin
	 The diagram shows a side-view illustration of a person with one arm extended forward and the other back. A large circular arrow indicates the path of the arms as they rotate around the body like a windmill.
L05	<b>Armkreisen frontal einwärts</b> Cercle frontal des bras vers l'intérieur
	 The diagram shows a front-view illustration of a person with arms extended horizontally. Two curved arrows pointing inward from the sides indicate the circular path of the arms.



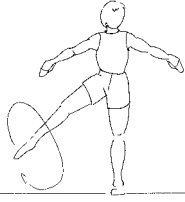
## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

L06	<b>Armkreisen frontal auswärts</b> Cercle frontal des bras vers l'extérieur
	
L07	<b>Armkreisen frontal parallel</b> Cercle frontal et parallèle des bras
	
L08	<b>Rumpfkreisen</b> Cercle du tronc
	
L09	<b>Armachterkreisen</b> Cercle des bras en 8
	
L10	<b>Kopfkreisen</b> Cercle de la tête
	

## Turnsprache/Terminologie


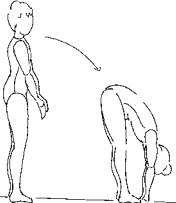
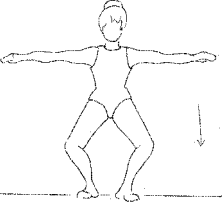
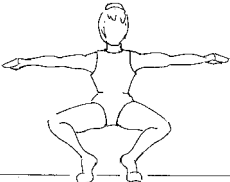
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

L11	<b>Schulterkreisen</b> Cercle des épaules
	
L12	<b>Hüftkreisen</b> Cercle des hanches
	
L13	<b>Beinkreisen</b> Cercle d'une jambe
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

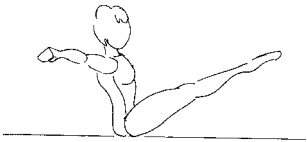
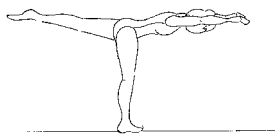
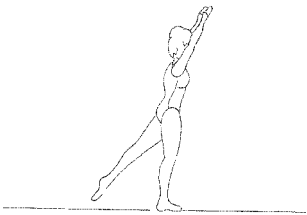
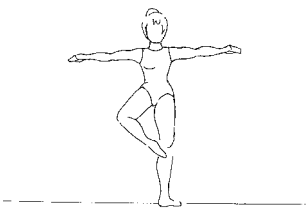
## M Beugen Flexions

M01	<b>Rumpfbeuge seitwärts</b> Flexion latérale du tronc
	
M02	<b>Rumpfbeuge vorwärts</b> Flexion en avant du tronc
	
M03	<b>Demi plié</b> Demi-plié
	
M04	<b>Grand plié</b> Grand plié
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

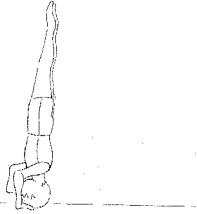
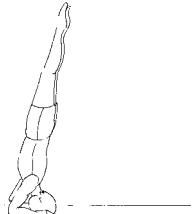
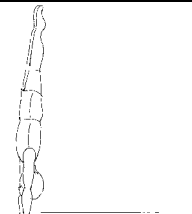
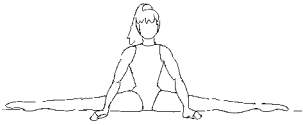

## N Gleichgewichtselemente Eléments d'équilibre

N01	<b>Winkelsitz</b> Equilibre assis en position carpée ou à l'équerre
	
N02	<b>Standwaage</b> Balance
	
N03	<b>Arabesk</b> Arabesque
	
N04	<b>Passé</b> Passé
	

## Turnsprache/Terminologie

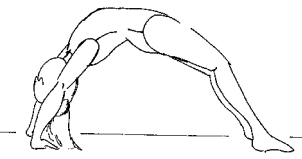
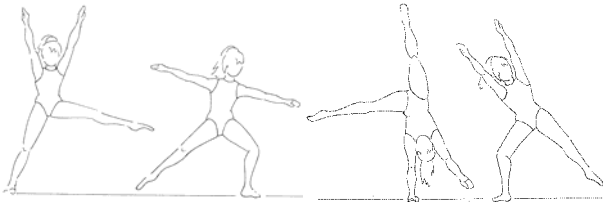
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### O Akrobatik-Elemente Eléments acrobatiques

O01	<b>Kopfstand</b> Appui renversé sur la tête	
O02	<b>Unterarmstand</b> Appui renversé sur les avant-bras	
O03	<b>Handstand</b> Appui renversé sur les mains	
O04	<b>Querspagat</b> Grand écart latéral	
O05	<b>Längsspagat</b> Grand écart sagittal	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

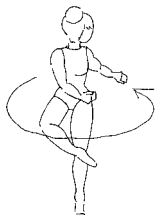
O06	<b>Brücke</b> Pont
	
O07	<b>Rad</b> Roue
	

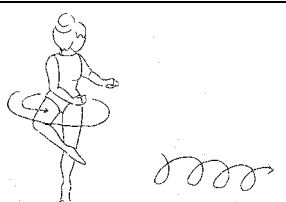


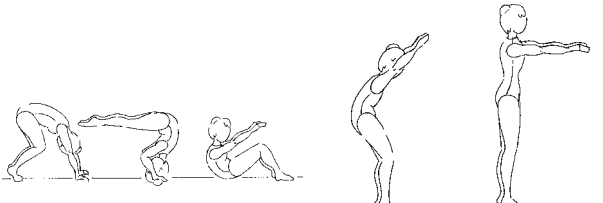
**Turnsprache/Terminologie**

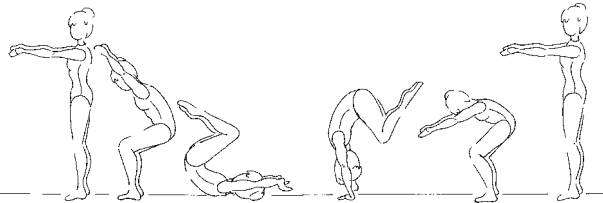
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

**P Drehen/Rollen**  
Tourner / rouler

P01	<b>Pirouette</b> Pirouette
	

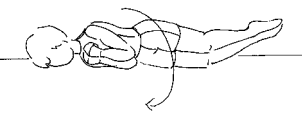
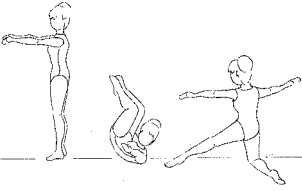
P02	<b>Deboulé</b> Déboulé
	

P03	<b>Rolle vw</b> Roulade avant
	

P04	<b>Rolle rw</b> Roulade arrière
	

## Turnsprache/Terminologie

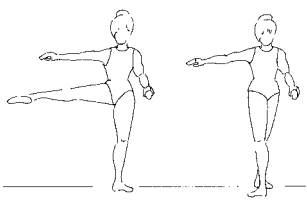
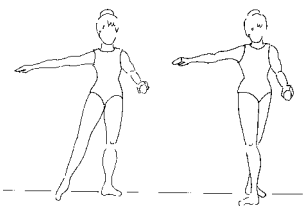
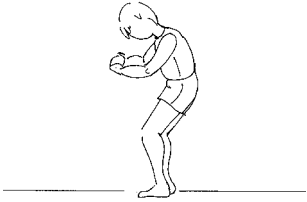
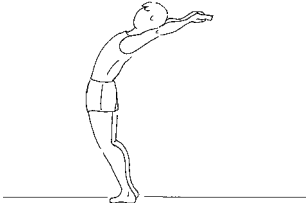
Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

P05	<b>Rolle sw über Längsachse</b> Rouler dans l'axe longitudinal en position couchée
	
P06	<b>Schulterrolle</b> Roulade arrière sur l'épaule
	

## Turnsprache/Terminologie

Abteilung Breitensport/Division sport de masse  
Ressort Gymnastik/Secteur gymnastique

### Q Technische Elemente Eléments techniques

Q01	<b>Grand battement</b> Grand battement
	
Q02	<b>Battement tendu</b> Battement tendu
	
Q03	<b>Contraction</b> Contraction
	
Q04	<b>Release</b> Relâchement / release
	
Q05	<b>Körperwelle/Bodyrole</b> Vague du corps / Bodyroll
	