

# **Factors influencing Artistic Choreography in the Individual Women Category in Aerobic Gymnastics with Special Regard to Transitions**

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## **Abstract**

The 'Transitions' component of Aerobic Gymnastics was analyzed both for the routines of the champion who achieved the highest artistic score ever in the category of Individual Women and for the eighth ranked player who obtained the lowest artistic score in the final of the 11th Aerobic Gymnastics World Championships. The champion generally took a longer time to perform a string of transition than did the eighth ranked player. While the eighth ranked player utilized many jump movements, the choreography of the champion was composed of variety of movements, supporting points, degrees and way of rotation around three axes. The routine of the champion also effectively mixed transitions with long and short trajectories, and used all zones evenly. The eighth ranked player stayed in limited zones most of the time. These results suggest that (1) the champion's transitions were choreographed with high intensity, variety and complexity, and with excellent in balance for the types of trajectory and usage of all zones within the competition area; and (2) the champion's characteristic-transition was choreographed with constant intensity so that it could be regarded as an independent component with rich content.

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