

HANDSPRING

Meaning: A handspring is a gymnastic movement in which a person leaps backward onto their hands and then pushes off to land on their feet, demonstrating agility and control.

1. She executed a perfect handspring, showcasing her agility and control.
2. The gymnast practiced her handspring repeatedly until she felt confident for the competition.
3. With a swift motion, he launched into a handspring that left the audience in awe.
4. Her handspring was a key element of her routine, adding flair and difficulty.
5. After weeks of training, he finally mastered the handspring without any wobbles.

Source: sentences.whatistheurl.com

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