

TO-BREST

Meaning: To-brest refers to a position or technique in gymnastics and diving where the body is aligned horizontally, typically facing downward, allowing for streamlined movement and control.

1. To-brest techniques are often used in advanced gymnastics routines.
2. The coach emphasized the importance of mastering the to-brest position in diving.
3. During the competition, her to-brest maneuver earned her a perfect score from the judges.
4. He practiced the to-brest entry repeatedly to ensure he wouldn't slip on his final dive.
5. They incorporated the to-brest element into their choreography to impress the audience.

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