



# Acro vs. Gymnastics: What's the Difference?

The simple answer is, there are LOTS of differences!

If you've ever watched a gymnastics floor routine, you'll notice the hard-hitting, advanced tumbling lines, executed with power and precision. Gymnasts focus on "sticking the landing", because every fall, wobble, or off-step is a deduction to their overall score and can be the difference between winning and losing.

Acro Dance is an art form specifically designed for dancers. Acro has softer, more lyrical-looking lines, with emphasis on lengthening "through" the tricks and holding beautiful balances with interesting variations. The focus is on seamlessly blending acrobatics with dance, and avoiding obvious preparations before each trick.

**In short, Gymnastics is a sport; Acro Dance is an art form.**

**Gymnasts train on a sprung-floor, with actual springs built into the mats:** a forgiving surface to repeatedly practice advanced tumbling passes on over and over again. **Acro Dancers perform on a hard stage, and must train the body to withstand the impact of the floor.** Dancers don't get the "rebound" action out of a hard floor like gymnasts do out of a spring-floor. Therefore, dancers train to get the necessary lift from their *bodies*, and emphasis on a strong "hub" (hips, glutes, core) is a must.

**Gymnastics tricks are usually performed in a "hollow-body" position** (think: laying down on the back in a "banana" position with the arms and legs hovering off the ground; chin tucked; pulling in through the core). **Acro tricks are usually performed in an "open-body" position** (think: laying down on the stomach in a "superman" position with the arms and legs lengthening and hovering off the ground; chin open and looking past the fingertips).

Because Gymnastics and Acro Dance are two different techniques, they require different training regimes.

Dancers that take Acro become stronger, safer, and more diverse dancers, which will, in turn, create more impressive, exciting, and artistic dancing.