

Artak Grigoryan , gymnaste



Artak Grigoryan was born on the 28th of July in 1978 in Armenia, Yerevan. he " has never trained gymnastics but was deeply interested in that sport, particularly in gymnastic exercise performed on the rings"

" I began to train myself in the yard trying to do Armenian well-known gymnast's "Azaryan's Cross". Soon I began to think about new and more complicated holdings.

Below you can find versions of holdings created by me which are named after me "Grogoryan's Cross"

1)from the front part of the ring

2)from the back part of the ring

3) from the ring with three fingers

4)) from the ring with two fingers

5) from the ring with one finger

6)hands creased

7)The rings under the underarms opening horizontally out.

All the above mentioned complex crosses I can do with 6 kilos weight hung up on me (my weight is 83 kilos). I can also do these crosses hung on construction crane from 30-meter or more in height."

