There are many basic positions that we use in gymnastics (and movement). We need to define want to define a few, even though they are also mentioned on Card #22-30a.

Stand (Basic): Stand on the feet, with a turn-out of up to 45° in each leg. Arms held straight overhead by the ears. The arms would be down in a dance basic stand (1st position in ballet), but we like to start teaching the children that most gymnastics skills start and end with the arms overhead. This position is used in many Tumbling and Balance Beam moves and most dismounts.

Tuck: A position where the gymnast has their thighs pulled towards their chest and their feet pulled towards their buttocks. There should be at least a 90 degree bend at both joints and the legs should be together. A standing tuck may be called a "squat".

Open Tuck: Similar to the tuck but with the joints open more than 90 degrees. Sometimes called a Puck.

Straddle: A position where the gymnast's legs are apart and normally with the knees straight. The amount of separation is usually wide, since this is important in Artistic (Competitive) Gymnastics. It is often combined with the Pike to make the Straddle-pike. A bent knee straddle may be called a squat or a squaddle.

Pike: A pike occurs when the gymnast's hips are closed to at least 135 degrees (90 degrees is more typical) towards the chest depending upon the discipline. The legs are normally together.

Hollow: This occurs when the gymnast's chest and abdominal muscles are flexed slightly, and the straight legs, head
legs, head and shoulders are a short distance above the mat. This can be translated to any orientation. Like 5 metres above the trampoline while upside down.

Arch: Any time the gymnast hyperextends the back. This may also be translated to any orientation.

Lunge: Start in the basic stand and step forward with one leg. The front leg should be slightly bent and both feet should maintain their turnout. (Illustration on sheet #50-56a).

Safety (Controlled) Landing: There are several variations of this but it is basically a plié. When a gymnast lands from any height they should land in a basic stand (with ankles extended and toes overextended) and immediately flex the ankles, knees, and hips while the arms drop down. The arms then return to a high position as the hips and knees straighten back towards a basic stand (Illustration to below). There are several variations on this.

There are a few other positions like side arch and puck but these should get you started.