

# Fluency as a performance criteria



Presented by the VTC

# 1. How do you define “fluency”?

- the quality or condition of being fluent.
- the ability to express oneself easily and articulately.
- the action or fact of moving along in a steady, continuous stream.
- Some other words that have a similar meaning: effortless, flow, smoothness, naturalness

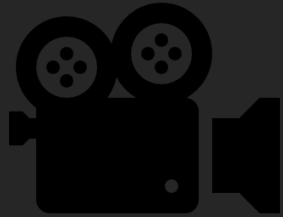




## 2. How do we see “fluency”? (Between horse and vaulter, in the vaulter?)

- keep a continuous movement on the horse.
- level of the head.
- Connections: build down and build up.
- Soundless performance.
- Bouncing.

3. Can you show me some examples of what great fluency looks like?






#### **4. What is a judge looking for - or, where does fluency currently show up in the guidelines?**

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- Compulsories: Essence quality of movement.
- Execution score.
- Artistic C3 and T2 (tectest): Unity of composition and complexity.
- Artistic C4: music interpretation.
- Impact on the horse movement.





**5. How could we incorporate fluency more in the future? How can we incorporate it in our training? Building a program...**

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- Fluidity and difficulty.
- Training level of the horse: welfare.
- Training level of the vaulters. Steps...
- Logic transitions.
- Add complexity later.
- Add music interpretation.

Thank you for  
your attention

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