

Rhythmic gymnastics

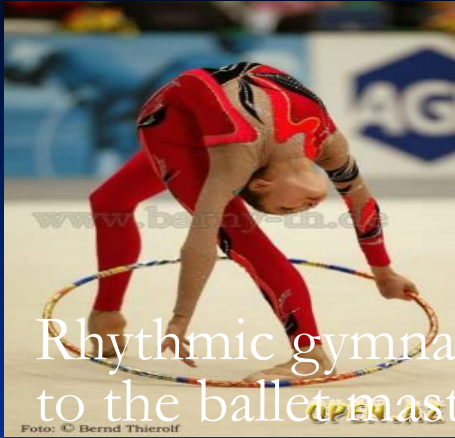




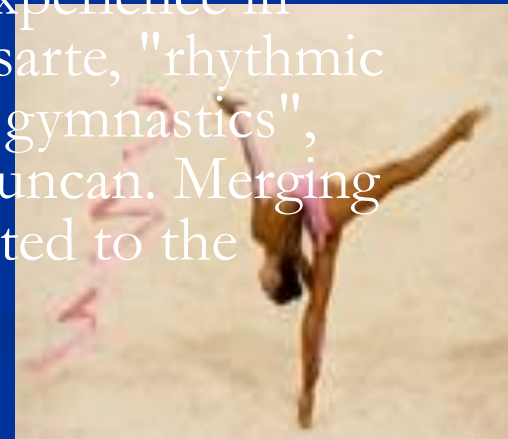
- Rhythmic gymnastics is a sport that combines performing to the music of different gymnastics and dance exercises without apparatus and with apparatus (rope, Hoop, ball, clubs, ribbon).



History



■ Rhythmic gymnastics is a relatively young sport; it owes its origin to the ballet masters of the famous Marly theatre. For a comparatively short period of its existence the sport gained worldwide recognition and has many fans all over the world. In 1913 at the Leningrad Institute of physical culture named after P. F. Lesgaft was opened higher school of art movement. The first teachers of its steel rose Varshavskaya, Elena Gorlova, Anastasia Premium, Alexander Semenov-Naypak. All of these teachers prior to joining VSHHG had its own experience in teaching : "aesthetic gymnastics" - Francois Delsarte, "rhythmic gymnastics" - Emile Jacques del-Crozet, "dance gymnastics", Georges - Gemini and "free dance" - Isadora Duncan. Merging together of all these trends gymnastics contributed to the emergence of this fine sport.



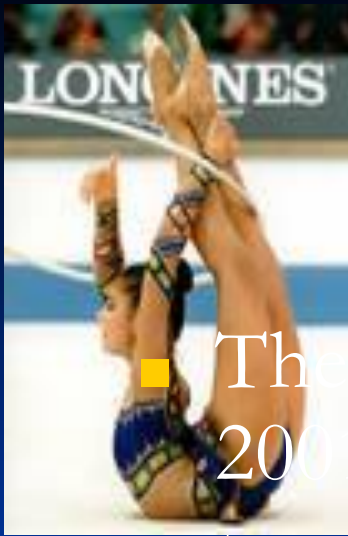
Olympic history



- 1980 - became artistic gymnastics turning, after the completion of the Olympic games in Moscow, at the Congress IOC decided on the inclusion of this sport in the program of Olympic games. Olympic same history of rhythmic gymnastics starts in 1984, when the first Olympic gold won in Los Angeles canadian Lori Fang.

Four years later, Olympic champion in Seoul became Marina Lobach, Alexander Timoshenko won in Barcelona, Atlanta - Ekaterina Serebrianskaya, in Sydney - Julia Barsukova, in Athens - Alina Kabaeva, in Beijing - Evgeniya Kanaeva. Since the Olympic Games in Atlanta rhythmic gymnastics was introduced fully in two sections: the competitions in individual and group exercises.





Grading system

- The international gymnastics Federation in 2001, 2003 and 2005 changed the technical regulations in order to emphasize the technical elements and minimize subjective assessments. Until 2001 assessment exhibited by the 10-point scale that was changed to a 30-point scale in 2003 and 20-point scale in 2005.





Some features of rhythmic gymnastics

The first steps in rhythmic gymnastics desirable at a very young age - in 3-5 years, as the child's body is much more susceptible to the development of flexibility, coordination and speed of movement. The main qualities gymnast it will power, endurance and plastic. As a rule, already in 14-16 years many athletes have to leave gymnastics or jump in sports ballet. Only a few gymnasts continue career to 20-22 years.





Refereeing

- Not to mention the fact that the artistic gymnastics, to be more precise evaluation of the results of performances, highly subjective. Not once had serious scandals and even disqualification of judges because of the unequal relationship to the athletes.



Olympic champion

- Eugenia Kanaeva
- Olga Kapranova
- Alina Kabaeva
- Chashchina Alina

