

English Tutorial Classes Week 5

Gymnastics

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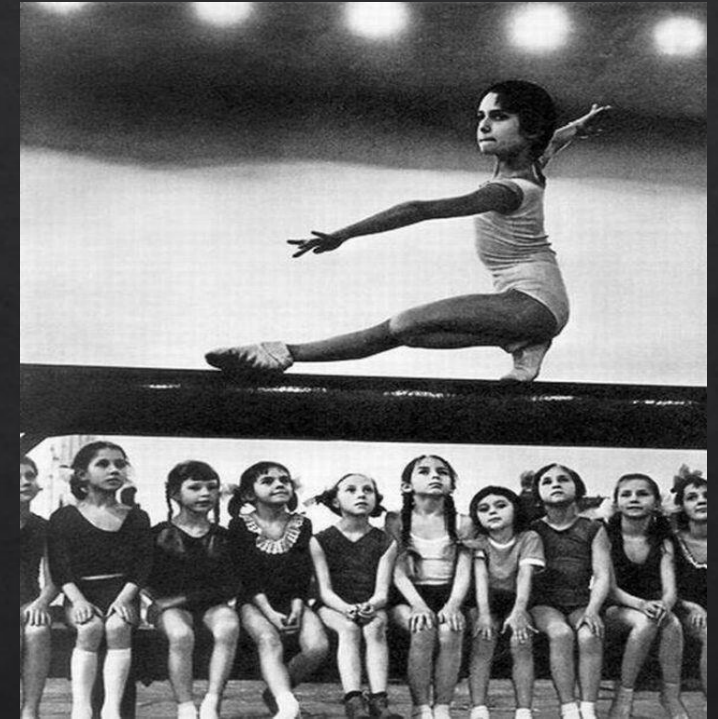
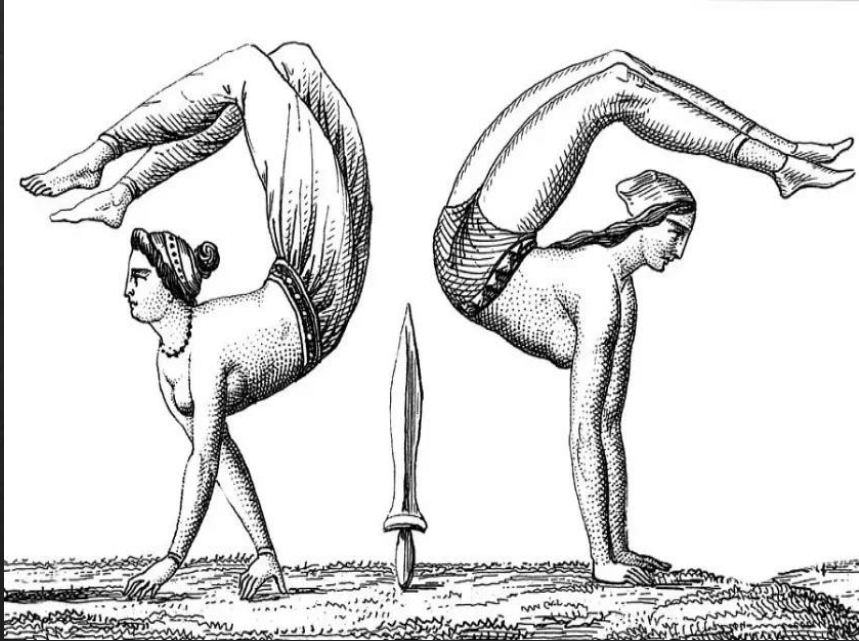
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Gymnastics has been an essential Olympic event since the founding of the modern games. Athletes compete in events such as the vault (preskok), rings (karike), and parallel bars (razboj).



1908 London Olympics

How did gymnastics become a deeply beloved Olympic sport?



Its roots can be traced to ancient Greece. But the rise of modern gymnastics has been fueled by nationalism—from the Napoleonic Wars to the Soviet era.

- Naked men exercising in open-air plazas.
- Stalwart bodyguards at Abraham Lincoln's inauguration.
- Teenagers rocketing off of the ground into a dizzying sequence of flips and jumps.

These images aren't random—they're all part of the history of gymnastics.



With the dominance of athletes like Simone Biles and Kohei Uchimura, the sport has become one of the Olympic Games' most beloved.



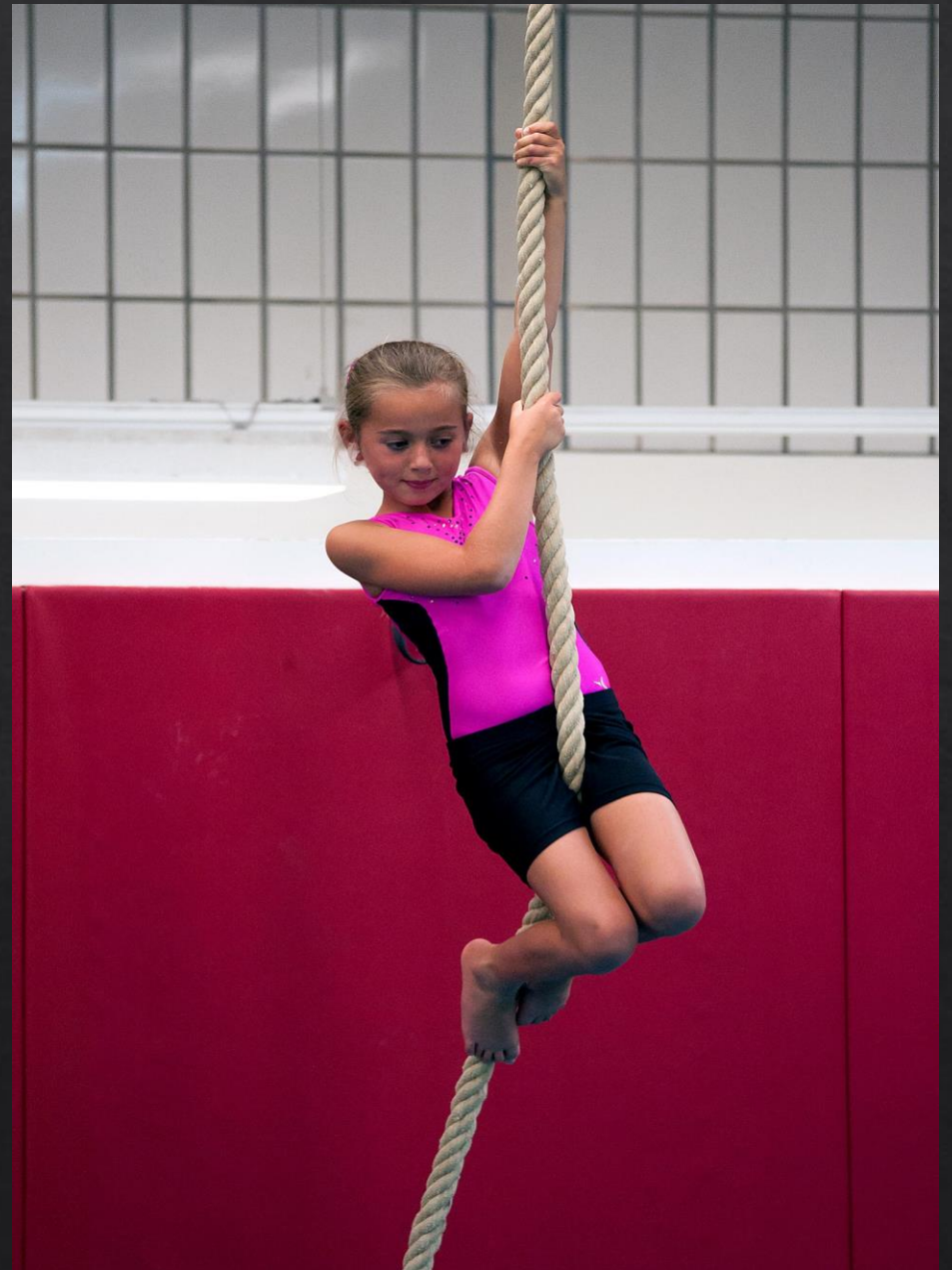
Simone Biles is an American artistic gymnast widely regarded as one of the greatest gymnasts of all time.



Kohei Uchimura is a retired Japanese artistic gymnast who is widely regarded as one of the greatest male gymnasts of all time.

Early Iterations

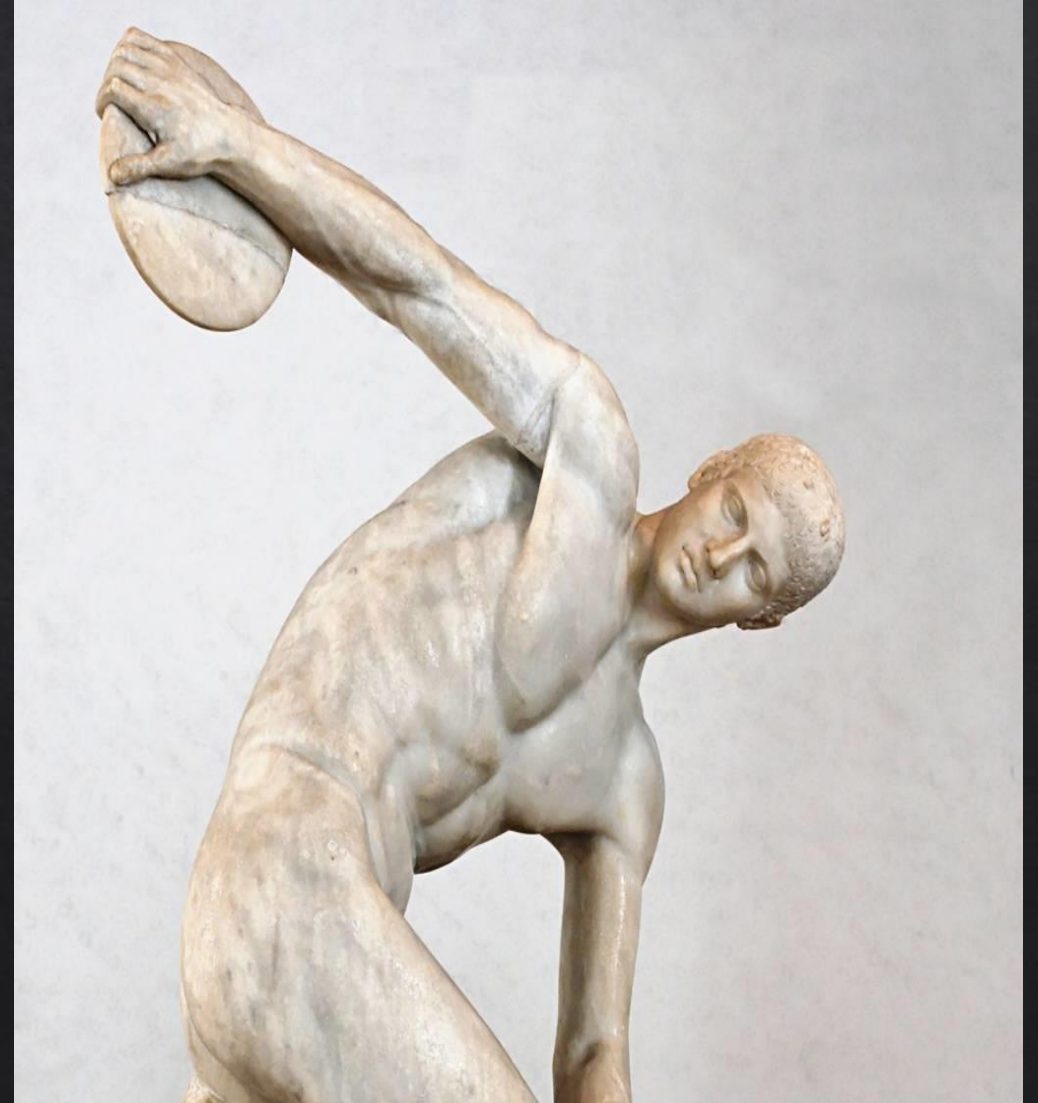
Gymnastics hasn't always included the **uneven bars** (dvovisinski razboj) or **balance beam** (greda za ravnotežu)—early iterations included feats like **rope climbing** (penjanje uz konopac) and **swinging clubs** (njihanje bučicama / indijskim palicama).



The origin of gymnastics

The sport has its origins in ancient Greece where young men underwent intense physical and mental training for warfare.

The word stems from the Greek word **gymnos**, or “**naked**,”—appropriate, since the youths trained in the nude, performing exercises, lifting weights, and racing one another.



The origin of gymnastics

For the Greeks, exercise and learning went hand in hand.

Fourth-century-B.C. Greek philosopher Aristotle wrote that “the education of the body must precede that of the mind.”

Obrazovanje tela mora prethoditi obrazovanju uma.



18th- and 19th-century Europe

Gymnastics, as we know it today, began in 18th- and 19th-century Europe.

There, as in ancient Greece, physical fitness was considered an integral part of citizenship and patriotism.



Friedrich Ludwig Jahn

Former Prussian soldier **Friedrich Ludwig Jahn**—who would later become known as the “**father of gymnastics**” (otac gimnastike).

After Prussia was invaded by France, Jahn saw the Germans’ defeat as a national humiliation. To uplift his countrymen and unite its youth, he turned to physical fitness.



Friedrich Ludwig Jahn

Jahn created a gymnastics system called **Turnen** and invented new equipment for his pupils, including the parallel and high bars, the balance beam, and the horse.

Jahn's Turnen system encompassed a variety of exercises and activities performed in **outdoor gymnasiums (otvorenim gimnastičkim poligonima)** known as "**Turnplatz.**" These exercises included calisthenics, strength training, running, jumping, and climbing.



How nationalism fueled the rise of gymnastics

In the early 1800s, Jahn's followers, known as **Turners**, bonded over moves similar to modern gymnastics in cities throughout Germany.

At Turner festivals, they exchanged ideas, competed in gymnastics, and discussed politics. And over the years, they brought their ideas about philosophy, education, and fitness to **the United States**.



How nationalism fueled the rise of gymnastics

Turners became an American political force. Some Turners became supporters of Abraham Lincoln.

Meanwhile, another European sect that worshiped physical fitness emerged in Prague in the mid-19th century. **THE SOKOL MOVEMENT** (Sokolski pokret) was made up of nationalists who thought that calisthenics could bring the Czech people together.



Gymnastics at the Olympics

By 1881, international interest in the sport had grown enough that the **International Gymnastics Federation** (**Međunarodna gimnastička federacija**) was formed.

During the first modern Olympic Games in 1896, Germany swept the medals, earning five golds, three silvers, and two bronzes. Greece followed with six medals, trailed by Switzerland's three.



Gymnastics at the Olympics

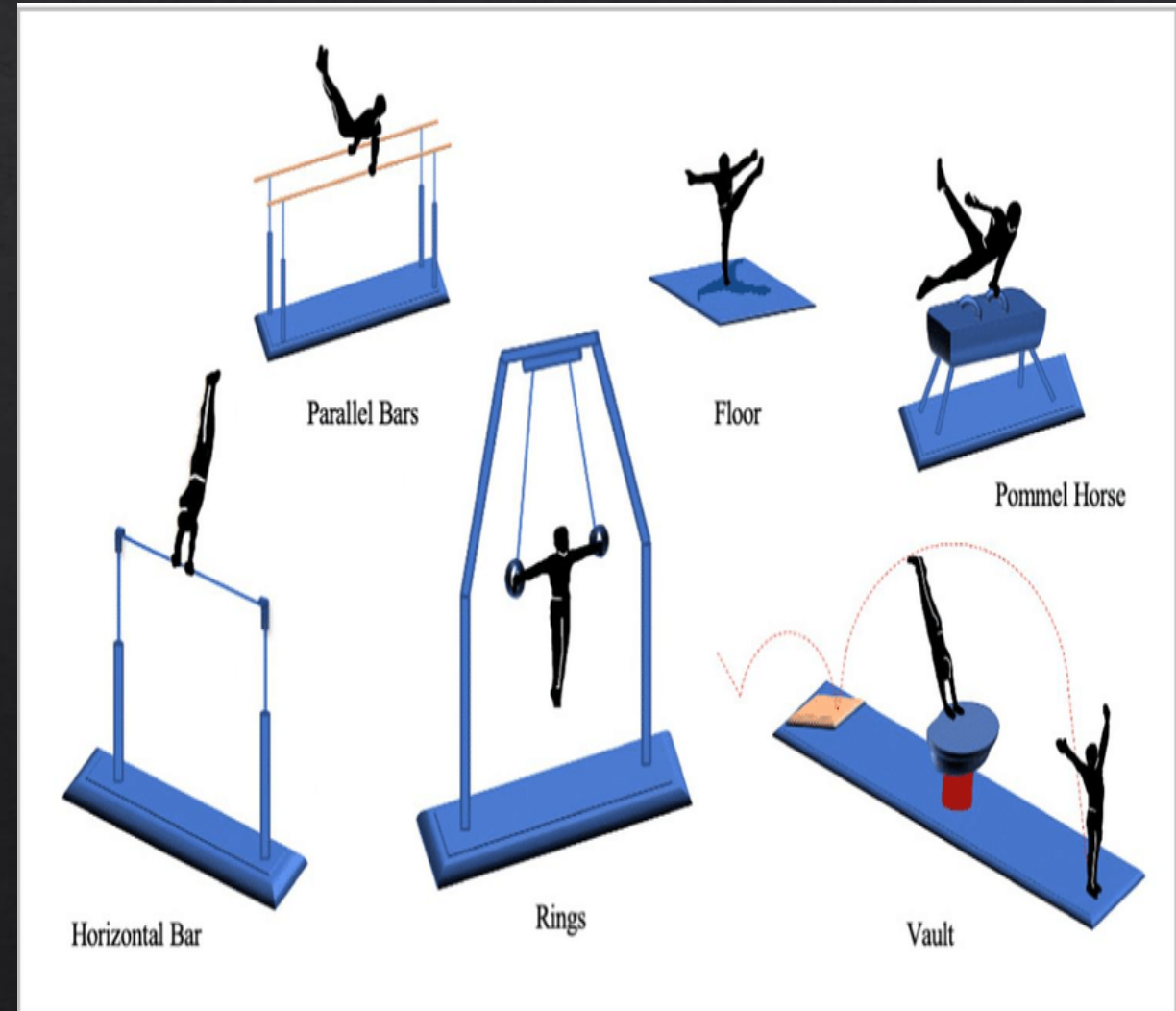
In the years that followed, gymnastics split into two divisions:
ARTISTIC GYMNASTICS (umetničku gimnastiku) **AND**
RHYTHMIC GYMNASTICS (ritmičku gimnastiku).



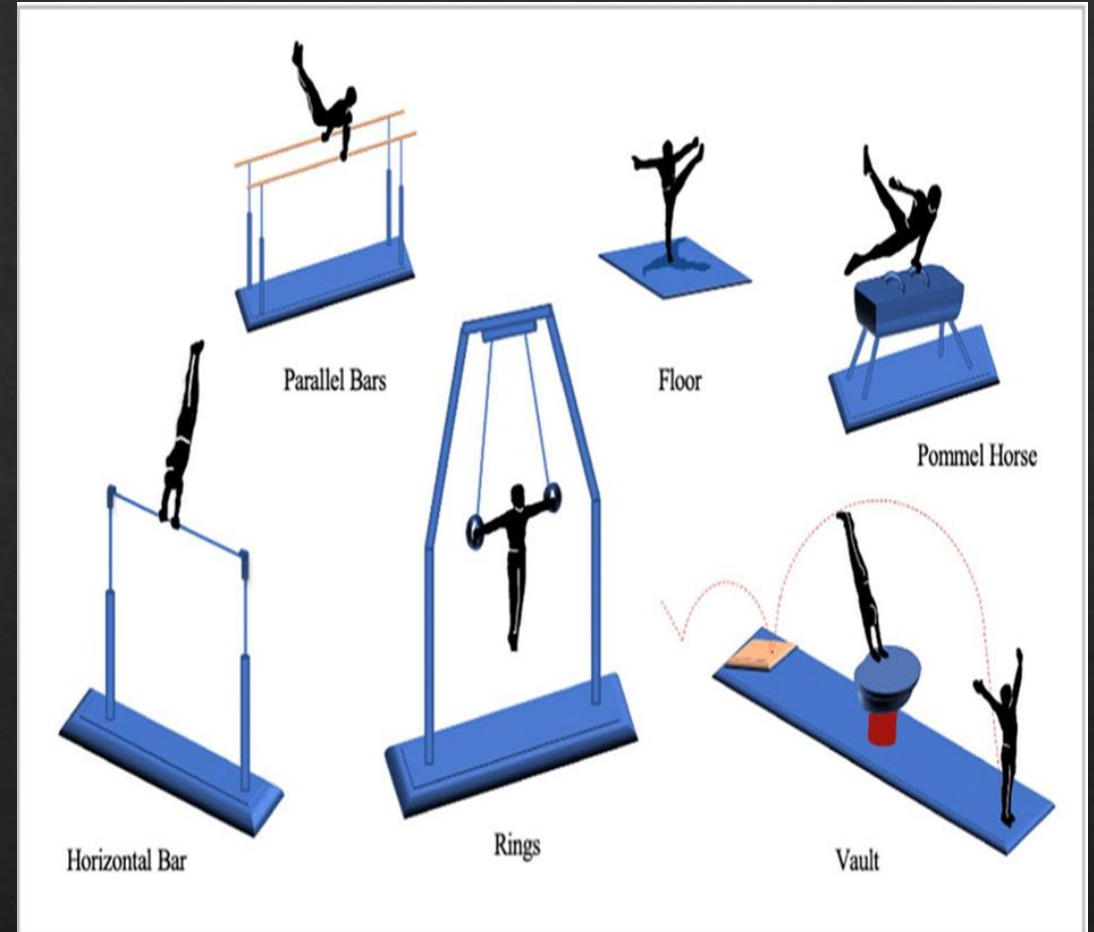
ARTISTIC GYMNASTICS

Artistic gymnastics is a **competitive sport (takmičarski sport)** that involves performing **routines (vežbe / rutine)** on various **apparatus (sprave)**, showcasing strength, flexibility, coordination, and grace.

Artistic gymnastics routines are performed **without any equipment (izvode se bez rekvizita)**.



The Vault (preskok),
Rings (karike),
Balance Beam (greda),
Floor Exercise (vežbe na tlu),
Uneven Bars (dvovisinski razboj),
Parallel Bars (razboj / paralelne grede),
and Pommel Horse (konj s hvataljkama) are all part of artistic gymnastics.



The Vault

In the vault event (disciplina preskoka), gymnasts sprint down a runway (zaletna staza), launch themselves off a springboard (odskočna daska) onto a stationary vaulting horse (nepokretni konj za preskok – za muškarce) or a vaulting table (sto za preskok – za žene), and perform acrobatic maneuvers in the air before landing on a padded mat (mekana strunjača).



The Vault

Judges evaluate the height, distance, form, and difficulty of the vault. There are typically two groups of judges:

D-score judges (Difficulty panel) — evaluate what the gymnast does.

E-score judges (Execution panel) — evaluate how well the gymnast performs.



The Rings

The rings event involves gymnasts performing a series of strength and **swing elements (elementi zamaha)** on a pair of **suspended rings (viseće karike)**.

Athletes must execute movements such as **swings (zamasi)**, **holds (izdržaji)**, and **strength-based maneuvers (elementi snage)** while maintaining a **stationary (statičan)** or **swinging (u zamahu)** position.



Balance Beam

The **balance beam** (**greda**) is a narrow, elevated beam approximately 10 centimeters wide and 5 meters long, set at a height of about 1.2 meters above the ground.

Routines on the balance beam typically include jumps, **leaps** (**iskoci**), **turns** (**okreti**), **acrobatic skills** (**akrobatske veštine**), and **intricate footwork** (**složeni rad nogu**), all executed with precision and confidence.



Floor Exercise

The floor exercise (parter) is a large mat measuring 12 meters by 12 meters, where gymnasts perform dynamic tumbling passes (akrobatske dijagonale), dance elements and choreography.

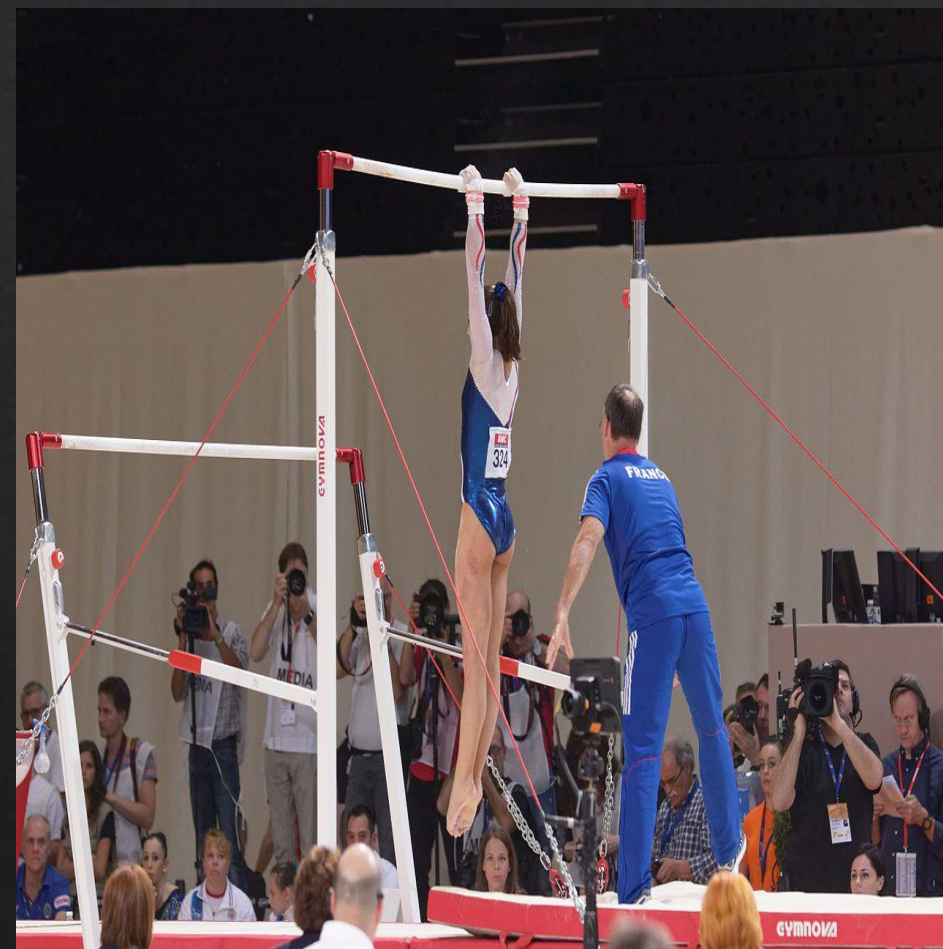
Gymnasts execute a series of acrobatic skills, including flips (salta), twists (uvrtaji), somersaults (koluti unazad/unapred) and aerial maneuvers (vazdušni elementi), combined with dance elements such as leaps, jumps, and turns.



Uneven Bars

The **uneven bars** (**dvovisinski razboj**) consist of two **horizontal bars** (**vodoravne prečke**) set at different heights, typically referred to as the **high bar** (**viša prečka**) and the **low bar** (**niža prečka**).

Gymnasts perform routines that involve **swinging** (**zamasi**), **releasing** (**puštanje prečke**), and **regrasping the bars** (**ponovno hvatanje prečke**), as well as **transitions** (**prelazi**) between the high and low bars.



The Parallel Bars

In the parallel bars event, gymnasts perform a series of dynamic movements on two horizontal bars that are parallel to each other.

They execute swings (zamasi), releases (puštanja prečke), and intricate handstands (složeni stoj na rukama), transitioning smoothly between the bars while demonstrating strength, precision and fluidity (tečnost) in their routine.



Pommel Horse

Gymnasts mount the pommel horse (**konj s hvataljkama**) by swinging their legs over the horse and positioning themselves in a **straddle (raširen položaj)** or **scissors position (makazasti položaj)**, with one leg on each side of the pommel.

Once mounted, gymnasts perform a series of **circular (kružni pokreti)** and **pendulum-like movements (njihajući pokreti)**, using their hands to support their weight on the pommels while swinging their legs in various directions.



RHYTHMIC GYMNASTICS

Rhythmic gymnastics is a discipline of gymnastics that combines elements of dance, ballet, and acrobatics with the use of **handheld apparatus** (rekviziti koji se drže u ruci) such as **ribbons** (trake), **hoops** (obruč), **balls** (lopte), **clubs** (čunjevi) and **ropes** (vijače).

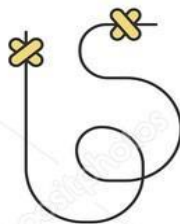




PERFORMANCE



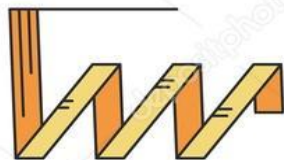
CLUBS



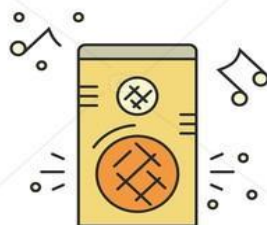
ROPE



BALL



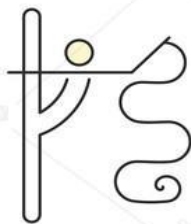
RIBBON



MUSIC



HOOP



GYMNAST



SPORTSWEAR

RHYTHMIC GYMNASTICS

Equipment

Only Performed by Women at the Olympic Level

Unlike artistic gymnastics, rhythmic gymnastics at the Olympic level is currently **a female-only sport**, though men do participate in non-Olympic competitions in some countries.



Two Types of Competition

Individual: One gymnast performs with one apparatus.



Group: A team of five gymnasts performs synchronized routines, often exchanging apparatus mid-performance.



Scoring Criteria

Routines are judged based on:

Difficulty (D-score): complexity of elements, leaps, balances, pivots, apparatus mastery.

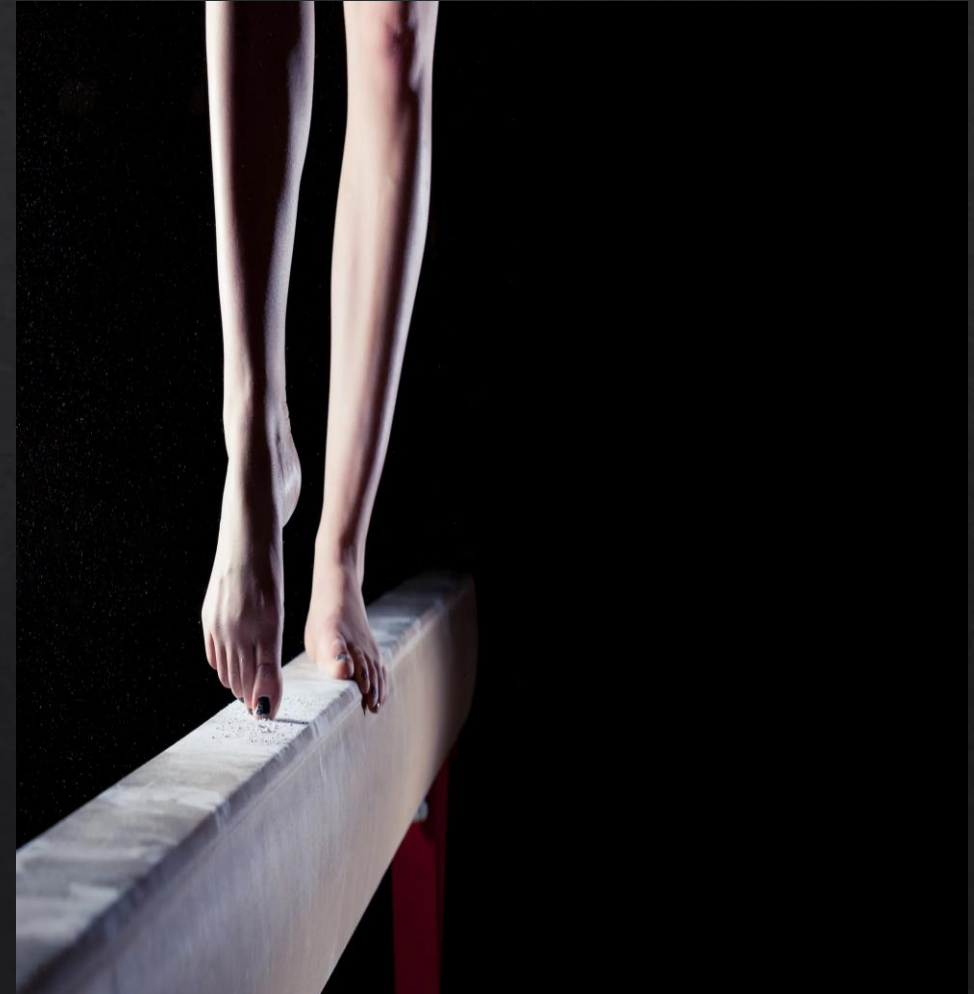
Execution (E-score): technique, form, errors.

Artistry: musical interpretation, originality, fluidity.



The Drawbacks of Gymnastics?

The discipline for which the sport is praised lends itself to **abusive training methods** (**nasilne metode treninga**), and the sport has been criticized for favoring extremely young participants.



Legacy

Gymnastics is no longer part of a broader political movement encouraging nationalism and social unity. But its popularity—and its role in national pride endures.

Thank you for your
attention!