



TYPES OF GYMNASTICS AND THEIR DESCRIPTIONS

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Abstract. The article discusses the training of sports gymnastics, its importance in human life, details the history and types of gymnastics.

Keywords: Sports, gymnastics, body, strength, upbringing, education, competition, wellness, preparation.

Gymnastics is a captivating sport that requires strength, flexibility, balance, and coordination. It's not just about athleticism; it's also about artistry and grace. From graceful routines on the balance beam to daring acrobatics on the vault, gymnastics showcases the incredible abilities of the human body. The primary aim of gymnastics is to develop physical fitness, including strength, flexibility, agility, and coordination. Additionally, it promotes mental discipline, self-confidence, and perseverance. Competitively, gymnastics involves performing routines with precision and artistry to impress judges and earn points [3].

The ancient origins of gymnastics can be traced back to ancient Greece, where the practice of physical fitness and training was deeply ingrained in the culture. The Greeks viewed physical fitness as an essential component of a well-rounded education, and gymnastics played a central role in their approach to physical development. The term "gymnastics" is derived from the Greek word "gymnazein," which means "to exercise naked." In ancient Greece, gymnasias were open-air facilities where individuals engaged in physical exercises, including running, jumping, wrestling, and various forms of calisthenics. These activities were not only aimed at enhancing physical strength and agility but also at promoting discipline, mental focus, and overall well-being. Gymnastics was also an integral part of military training in ancient Greece, as soldiers were required to maintain peak physical condition for combat readiness. Additionally, gymnastic exercises were considered essential for cultivating the virtues of courage, perseverance, and self-discipline. The ancient Olympic Games, which originated in Olympia, Greece, included gymnastic events such as running, jumping, discus throwing, and wrestling. These competitions showcased the athleticism and physical prowess of the participants and were highly revered in Greek society. The influence of ancient Greek gymnastics extended beyond physical fitness and athletic competition. It also encompassed aesthetic elements, as evidenced by the incorporation of dance, music, and artistic expression into certain forms of gymnastic exercises [1].

Ancient Greeks practiced various forms of gymnastics, including exercises on apparatus such as the vaulting horse, balance beam, and parallel bars. These exercises were designed to improve strength, flexibility, and overall fitness. Gymnastics continued to evolve over the centuries, with significant contributions from other cultures. In the 18th century, Johann Christoph Friedrich GutsMuths, a German educator, is considered a pioneer of modern gymnastics. He introduced a more systematic approach to physical education and emphasized the importance of exercise for both physical and mental development. The 19th century saw the development of organized gymnastics as a sport. Friedrich Ludwig Jahn, known as the "father of gymnastics," established the first gymnastics club in 1811 and promoted gymnastics as a means of fostering national unity and strength in Germany. In 1881, the International Gymnastics Federation (FIG) was founded, marking a significant milestone in the formalization of gymnastics as an international sport. The FIG governs various forms of competitive gymnastics, including artistic gymnastics, rhythmic gymnastics, trampoline gymnastics, and acrobatic gymnastics. Artistic gymnastics, characterized by impressive displays of strength, agility, and coordination on apparatus such as the vault, uneven bars, balance beam, and floor exercise, is one of the most well-known and popular forms of gymnastics. Rhythmic gymnastics involves graceful and expressive routines



with apparatus like the hoop, ball, clubs, and ribbon. Trampoline gymnastics focuses on acrobatic maneuvers performed on a trampoline, while acrobatic gymnastics emphasizes teamwork and spectacular acrobatic feats. Gymnastics has become a staple of the Olympic Games, with men's artistic gymnastics debuting in 1896 and women's artistic gymnastics being added in 1928. Rhythmic gymnastics joined the Olympic program in 1984, followed by trampoline gymnastics in 2000. Today, gymnastics continues to captivate audiences with its blend of athleticism, artistry, and precision, showcasing the incredible abilities of athletes from around the world [2].

Gymnastics has a rich history with various disciplines that have evolved over time. Here are some of the key gymnastics disciplines and how they have developed:

Artistic Gymnastics: Artistic gymnastics is perhaps the most well-known discipline and is characterized by performances on apparatus such as the floor, vault, uneven bars, and balance beam for women, and floor, pommel horse, rings, vault, parallel bars, and horizontal bar for men. The routines in artistic gymnastics combine strength, flexibility, balance, and agility. Over the years, artistic gymnastics has seen changes in scoring systems, routines, and the difficulty of skills performed.

Rhythmic Gymnastics: Rhythmic gymnastics is a discipline that combines elements of ballet, dance, and gymnastics with the use of apparatus such as the hoop, ball, clubs, ribbon, and rope. Routines in rhythmic gymnastics are performed to music and emphasize fluidity, grace, and flexibility. This discipline has evolved with changes in apparatus design, music choices, and routine requirements.

Acrobatic Gymnastics: Acrobatic gymnastics involves choreographed routines performed by pairs or groups of gymnasts. It emphasizes strength, balance, and teamwork, with athletes lifting and balancing each other in various acrobatic poses. Acrobatic gymnastics has evolved with the introduction of new skills and formations in routines.

Trampoline Gymnastics: Trampoline gymnastics involves performing acrobatic skills on a trampoline. Athletes perform routines consisting of flips, twists, and somersaults while maintaining height and control. Trampoline gymnastics has gained popularity as a separate discipline with its own competitions and world championships.

Aerobic Gymnastics: Aerobic gymnastics combines dynamic choreography with high-intensity cardio exercises. Athletes perform routines that include elements of dance, strength training, and flexibility while focusing on continuous movement and rhythm. This discipline has evolved with changes in music styles, choreography trends, and competition formats.

Parkour: While not traditionally considered a gymnastics discipline, parkour involves efficient movement through obstacles in urban or natural environments. Parkour athletes perform jumps, vaults, climbs, and other movements requiring strength, agility, and precision. Parkour has gained recognition as a sport that blends elements of gymnastics, martial arts, and urban athleticism.

These are just a few examples of the diverse gymnastics disciplines that have evolved over time, each with its own unique characteristics and requirements. The evolution of these disciplines has been influenced by changes in training methods, equipment technology, competition rules, and the creativity of athletes pushing the boundaries of what is possible in gymnastics.

In conclusion, Gymnastics is important for human life, because it helps to strengthen the health of a military person, to be agile, and is again considered a weapon of education of the future generation, young aspirants. Therefore, it is necessary that we consider it our most important tasks to learn, teach, develop, acquire curiosity in accordance with the demand of today's new time.



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