

# All About Gymnastics!

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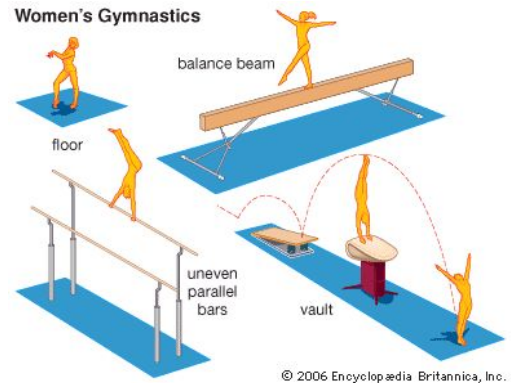
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## Welcome to the Gym

Gymnastics is a sport that has been around for approximately 3,000 years! It is a sport where male and female, even if they are young or old can take a part of. This is your chance to learn everything you need to know about it. In this book you will find the first german educator, and gymnast, who created gymnastics. Not only will you learn about the creator of gymnastics but you will also learn about the gymnastics events, some gymnastics requirements, and even all about the top three famous medalists at the World Artistic Gymnastics Championships! And if you are interested you can take a quick quiz at the end. Read on to learn about the wonders that this subject can hold!

## Gymnastics Events

Vault is an event where both men and women perform. All gymnasts vault on a board that is called a vaulting table. A vaulting table is a metal equipment with a padded and springy cover. Gymnasts sprint down a runway approximately 82 ft. But every gymnast starts at a different point on the runway depending on their height and strength.



The balance beam is an event where only female gymnasts perform on. The beam is a very thin object, about 500 cm long and 10 cm wide. Gymnasts try mastering skills on the beam such as, balance, and coordination. In the earlier years gymnasts used to compete on a beam made with basketball like material. However this type of beam was extremely slippery and hard to perform on, so it was eventually banned. So now we've found a way to make the beam less slippery and more grippier by using the materials leather or suede.

On the uneven bars, female gymnasts perform a timed routine on two parallel horizontal bars set at different heights. These bars are made out of **fiberglass** covered in a clear protective layer that is called wood **laminat**e, it prevents them from breaking. Long ago, the uneven bars were made out of wood, and that caused them to fracture very easily. The bars have been progressively moved apart, allowing gymnasts to perform swinging, circling, transitional, release moves, that may pass over, under, or between the two bars.

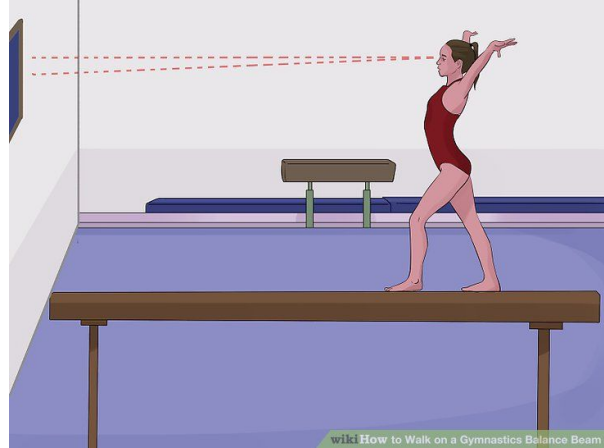
Last, floor is an event performed by both male and female gymnasts. Gymnasts perform a choreographed routine that is 90 seconds long. In the past, floor exercise was executed on the bare floor or mats, such as wrestling mats. But now the floor event occurs on a carpeted 12

meter by 12 meter square, usually **consisting** of hard foam, over a layer of plywood, which is supported by springs, generally called a spring floor. This provides a firm surface, to allow gymnasts to land softly.

Vault



Balance Beam



Uneven Bars



Floor Exercise



## Gymnastics Requirements

What you eat is a very important part of taking gymnastics. Try eating less junk food and more healthier things, like: salads, fruits, vegetables, eggs, etc. Foods marketed as health foods may be part of the following categories: natural foods, organic foods, whole foods and sometimes vegetarian foods, or dietary **supplements**. The reason



why eating healthy foods are good for you is because it helps you grow and stay fit. And while you're on the bars, balance beam, or anything, you're going to want to eat healthy foods to do more things.

The **duration** of your sleep is also crucial, because when you're going to do gymnastics you're going to need a good night sleep. For example if you don't sleep for a long period of



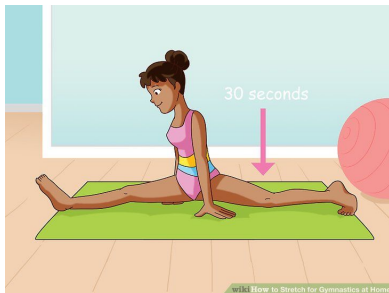
time you're going to wake up, and you will most likely not have a prepared mind, and without a prepared mind you won't have an important skill in gymnastics, **agility**. For example, when you wake up without having a good sleep, you could feel like your sick. Sleep plays an important role in your physical life. For example, sleep is involved in

healing and repair of your heart and blood vessels. Getting enough quality sleep can help protect your mental health. Gymnastics needs control, and to get control you're going to need a good sleep.

Stretching is a gymnastics requirement that is also very necessary. Why is it important? Well stretching keeps your muscles flexible, strong, and healthy. And as you might know, you always have to keep your body as healthy as possible. In gymnastics every single thing you do requires strength and flexibility, and if you take gymnastics you know that you always stretch before anything. Without stretching, your muscles are going to be very weak, and unable to perform most tricks in gymnastics or any activities. In gymnastics stretching is also known as conditioning.

### Gymnastics Stretching Moves

Splits



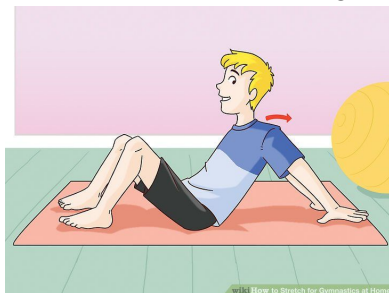
Lunges



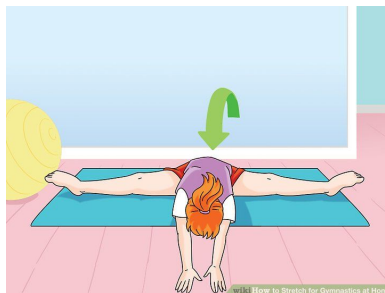
Toe Touches



Arms/Shoulders Stretching



Straddles



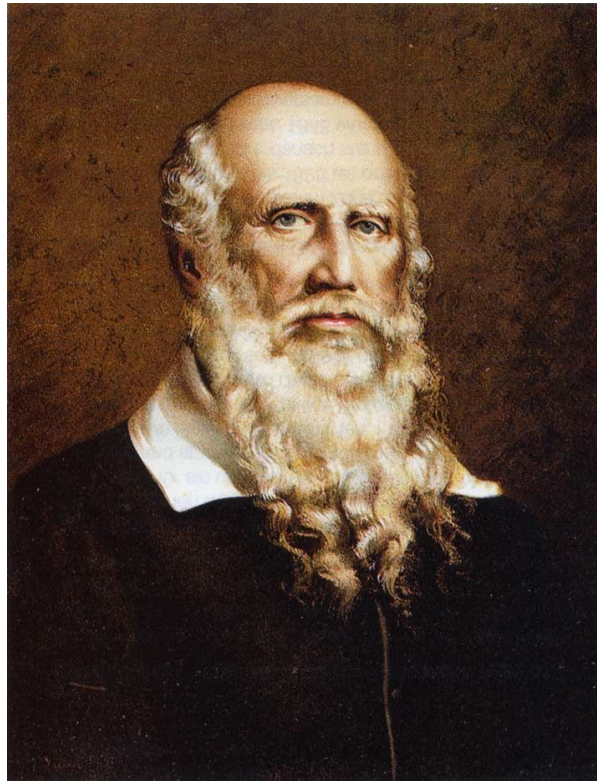
Chest Roll



## History of Gymnastics

Gymnastics was first introduced in early ancient Greek civilization to **facilitate** body development through a series of exercises that include: running, jumping, swimming, throwing, wrestling, and weightlifting. The Romans, after **conquering** Greece, developed the activities into a more formal sport, and they used the gymnasiums to physically prepare their **legions** for warfare.

Although the gymnasiums were invented by the ancient Greeks, Germany's Friedrich Ludwig Jahn created an exercise that ultimately led to what is considered modern gymnastics. He was a German gymnastics **educator**, and **nationalist**. He was born in Lantoch in Brandenburg, Germany on 1778 and died on 1882 at age 74. His admirers know him as Turnvater Jahn, roughly meaning "father of gymnastics" Jahn.



Friedrich Ludwig Jahn

## Famous Gymnasts

The top female medalist at the World Artistic Gymnastics Championships is Svetlana Khorkina. Svetlana Khorkina was born on January 19, 1979. She is a retired russian artistic gymnast. She competed at the 1996 Summer Olympics, the 2000 Summer Olympics, and the 2004 Summer Olympics. She has won nine gold medals, eight silver, and three bronze medals in total she had won twenty medals. Svetlana Khorkina is one of the most successful female gymnasts of all time.

The next top female medalist at the World Artistic Gymnastics Championships is Gina Gogean. Gina Gogean is from Romania, and was born on September 9, 1978. She is a retired gymnast who competed **internationally** in the late 1980s and throughout the 1990s. While she was in the World Artistic Gymnastics Championships she has won a total of 15 medals. But during her career she won an impressive 30 medals at Olympic Games, world championships or **continental** championships.



Women team gold medals



\_\_\_World artistic Gymnastics\_\_\_  
Medals



Men team bronze medals

The third top medalist at the World Artistic Gymnastics Championships is Simone Biles. Simone Biles has set an American award for having the most gold medals in women's single Games. She was born in Columbus, Ohio US. and was born on March 14, 1997. She has already captured 10 gold medals, and the most gold medals at the World Artistic Gymnastics Championships.

## Quick Quiz

Have you been paying any attention to this book? Well even if you have, or haven't, this part of the book is where you can take a quick quiz, but this is definitely optional so you can skip this if you like! All of these questions can be found in this book. I hope you enjoy three fun/quick and easy questions!

Question #1: Who was the first top medalist at the World Artistic Gymnastics Championships?

- A. Svetlana Khorkina
- B. Taylor Swift
- C. Simone Biles

Question #2: Which one is an event in gymnastics?

- A. Wrestling
- B. Reading
- C. Floor

Question #3: Where was Friedrich Ludwig Jahn born?

- A. Brandenburg, Germany
- B. Munich, Germany
- C. Hamburg, Germany

## Answers to Quiz

Question #1: A. Svetlana Khorkina

Question #2: C. Floor

Question #3: A. Brandenburg, Germany

## Conclusion

One thing that I know for certain is that gymnastics is probably the best, and the most inclusive sport ever! So now you've learned all about the history of gymnastics, gymnastics events, some gymnastics requirements, some famous medalists at the World Artistic Gymnastics Championships, and even a quick quiz! So if you are thinking of taking any sports lessons try taking gymnastics, it's super fun and I personally love it!

## Glossary

**Duration** - (dur-a-shun) the time during which something continues.

**Agility** - (a-jil-i-tee) to move quickly and easily

**Facilitate** - (fa-sil-i-taet) make (an action or process) easy or easier

**Conquering** - (Con-cer-ing) overcome and take control of (a place or people) by use of military force

**Legions** - (lee-juns) a unit of 3,000-6,000 men in the ancient Roman army

**Educator** - (e-joo-cater) a person who provides instruction or education; teacher

**Nationalist** - (na-shun-a-list) a person who advocates political independence for a country

**Internationally** - (inter-na-shun-a-lee) in between or among different nations

**Continental** - (con-ti-nen-shul) pertaining to the 13 original colonies of the US.

**Supplements** - (sup-ple-ments) something that completes or enhances something else when added to it

**Fiberglass** - (fie-bur-glass) a reinforced plastic material composed of glass fibers embedded in a resin matrix

**Laminate** - (lam-i-nate) overlay (a flat surfaces, especially paper) with a layer of plastic or some other protective material

**Consisting** - (con-sis-ting) be composed or made up of.

## References

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<https://www.nhlbi.nih.gov/node/4605>

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