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HISTORY OF THE EMERGENCY AND DEVELOPMENT OF GYMNASTICS

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Abstract

This article describes in detail the process of the emergence of gymnastics in ancient times, its development in the Middle Ages, its scientific formation in the modern era, and the role of modern gymnastics in the sports and health system.

Keywords: Gymnastics, history of gymnastics, physical culture, artistic gymnastics, rhythmic gymnastics, ancient gymnastics, modern gymnastics, Olympic Games, physical education, health-improving gymnastics

Introduction

The emergence of gymnastics dates back to the most ancient times of mankind. In primitive society, people were forced to hunt, use tools, perform actions requiring physical strength and agility as a source of livelihood. These natural actions later laid the foundation for the formation of a system of physical exercises.

Gymnastics developed as a separate system in ancient Greece. The word "gymnastics" comes from the Greek "gymnazo" - "to exercise naked", and at that time young people were engaged in physical exercises in special gymnasiums. The Greeks valued gymnastics as a means of harmonious development of the human body and spirit.

Early Periods: Gymnastics has its roots in ancient Greek and Roman culture. Ancient Greek gymnastics (6th century BC) was considered the foundation of sports. The term gymnastics comes from the Greek word "gymnasein", which

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means “to be naked”, because the ancient Greeks performed gymnastic exercises naked. They performed these exercises to keep young people healthy and to prepare for battle.

Ancient Roman Period: The development of gymnastics continued in Rome. They organized competitions and physical exercises, but compared to the Greeks, such exercises were considered sports. After the fall of the Roman Empire, the development of gymnastics stopped for a while.

Modern Times: By the end of the 18th century, new forms of gymnastics appeared in Europe. In the 18th and 19th centuries, the scientific foundations of gymnastics were created in Europe, especially in Germany and Switzerland. In 1811, the German educator Friedrich Ludwig Jahn developed the basic principles of gymnastics, and he is known as the "Father of Gymnastics". Jahn, with his system called "Turnen", introduced physical exercise as part of the educational process.

International development: In the late 19th and early 20th centuries, international gymnastics competitions began to be organized. The first modern Olympic Games in 1896 featured men's gymnastics competitions. The first women's gymnastics competitions were held in Amsterdam in 1928.

Modernization and development as a sport: In the 20th century, various types of gymnastics, such as artistic gymnastics, artistic gymnastics and acrobatics, developed further. Gymnastics' place in the Olympic Games was strengthened, and the sport attracted the attention of many famous athletes from around the world. Nowadays, there are many types of gymnastics, the most popular of which are artistic gymnastics, artistic gymnastics, trampoline gymnastics, and rhythmic gymnastics.

Today, gymnastics is developing in several directions. Including:

- Sports gymnastics
- Rhythmic gymnastics
- Acrobatics
- Health gymnastics

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• Professional-practical gymnastics

1. Sports gymnastics (Artistic gymnastics): This sport is organized separately for men and women. For men, there are parallel bars, vaults, vaults, exercises on the gymnastic platform, and for women, there are four types of gymnastic exercises: one of them is freestyle gymnastics.
2. Artistic gymnastics: A type of sport for women, which mainly includes four types of exercises: vaults, vaults, gymnastics, and a pair of vaults.
3. Rhythmic gymnastics: In rhythmic gymnastics competitions, athletes demonstrate flexibility and movement techniques to music. Each performance has a stunning aesthetic appearance and includes ballet elements. Equipment: Hoop, ribbon, ball, baton, and rope.
4. Artistic gymnastics: Artistic gymnastics requires the most complex physical exercises and has a unique height, excellent technique. Equipment: For women, poles, balance board, freestyle, vault; for men, rings, gymnastic hanging bars and other equipment.
5. Trampoline gymnastics: High jumps, acrobatic movements are performed on a trampoline. Athletes perform rotation and turning techniques on a trampoline and walk through the air. Equipment: Trampoline.
6. Acrobatic gymnastics: Acrobatic gymnastics involves performing acrobatic combinations in groups or pairs. Cooperation, balance, and strength are required. Equipment: Usually in special halls, using a wooden floorboard or mat.
7. Aerobic gymnastics: This direction involves high-intensity dynamic movements. Rhythm and endurance are required along with physical strength. Exercises: Performed in single, pair, and group forms.
8. Freestyle Gymnastics: Freestyle gymnastics is usually popular among young children and adolescents and includes various physical training exercises. Exercises: Running, jumping, twisting, turning and other free movements.
9. Children's Gymnastics: It is carried out with the aim of developing their mobility, strength and flexibility through exercises adapted to young children.

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Exercises: Consists of a system of interesting, simple exercises, in which athletes develop the ability to control the body.

10. Military Gymnastics: Military gymnastics was created mainly to improve the physical fitness of military personnel. Exercises: Running, jumping, overcoming obstacles, passing gymnastic suspensions.

11. Rehabilitation Gymnastics: Aimed at restoring physical health, developing strength and flexibility. Used during rehabilitation. Exercises: Based on gradual training and strengthening of the body.

Gymnastics has gone through a long and complex path of development in the history of mankind. Gymnastics, which began as natural movements in ancient times, has today become a scientifically based, perfect system of physical education. Its health-improving, educational and sports value is extremely high. In modern society, gymnastics is of particular importance not only as an important means of achieving sports achievements, but also as an important means of forming a healthy lifestyle. Therefore, the study and development of gymnastics remains one of the priority areas of physical education.

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