

Ballet & Gymnastics

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“Artistic gymnastics teaches respect the rules of aesthetic behavior, creates the notion of the beauty of the body, has a taste for music.” Miroslav Tirsh (professor of the Prague University).

“Many people can’t fancy their life without art and sport! However, rhythmic gymnastics makes plenty of young girls happy and give them the way in the future!” – I thought when I invented new element to the exercise with the hoop.

First steps in the rhythmic gymnastics must be made in a very young age - in 3-5 years because child’s body has more chances to develop flexibility, coordination and speed of movement. Moreover, the top qualities in gymnastics is willpower, stamina, and plastics. As a rule, already in 14-16 years, many athletes have to leave to go to the gym or sporting ballet.

Mainly rhythmic gymnastics is that type of sport where creative persons are welcomed. That is not surprise that this impressive sport is not only hard work but also you must have a sense of beauty or be inspired by something to create new elements in your composition which will show your individuality. This creativity was given to the rhythmic gymnastics by the ballet and the existence of the rhythmic gymnastics is obliged to the ballet masters of the famous Mariinsky Theater.

Important place in the rhythmic gymnastics take such art forms as dance and music as in the ballet. Musical accompaniment develops an ear for music, sense of rhythm, coordination of movements with the music. Elements of dance enhance the overall outlook working, introduced to folk art, develop their love for the art of his people, the peoples of the world. They promote the coordination of movements, dance, rhythm, emancipation, emotion, improve motor qualities.

If you want to succeed in this sport you need to work a lot on your plastics and the work near the barre will help you to stand in balance and sharp turns. Before you need to warm up the muscles: running or to do the “americanka”. Once warmed every part of your body, you need to stretch. Now you’re heated, and plastic, you feel and own your body, it’s time to do your composition or choreography.

The richness, diversity and accessibility of exercises calisthenics, their effective impact on the body, spectacle attracted to different occupations involved in the contingent.

One of the main tasks of the rhythmic gymnastics is stretching (splits, flexibility of the body). There are several kinds of strings: right, left, transverse and vertical.

Stretching is very important for future gymnasts. Therefore, the element should be given much attention, especially the correctness of its execution. Before you do the elements of stretching or flexibility, you must be first "warmed up". A little jump, run, do squats, walk in the heels (like ducks) to make your muscles flexible and easier to stretch. Do nothing sharp, but smooth movements and springs on several occasions. If you want to get by in the ballet and gymnastics, you have to develop your body by doing different exercises:

1. If you have wall bars, you can stretch. Just throw your leg on the Swedish wall (the higher the better) and slowly press the supporting leg to the wall bars (springs). These exercises you have to do on the right and left leg.
2. Sitting on the buttocks make legs apart, raise two arms, the back is flat. Do the feet of the slopes (first to the right, and then to the left). This exercise is good to do with my mother (father) - sit down, opposite each other and make the slopes. Then, in the same position in a circular motion from right foot to the left (tummy as close as possible to the floor).
3. Sitting on the floor, make a lotus. Press your knees to the floor (can be springs). Perfectly when the knees are on the floor, then you can move on to more complex exercises.
4. Do exercises similar to the lotus. Lie on the stomach and legs behind the knees, a "zhabka" or "lotus on his belly". You must try to squeeze the priest to the floor.
5. Lying on the back, two legs are at the top (legs straight, elongated, and back - is exactly). Begin slowly cultivating legs (help you with your hands). Do little spring movements and strive to bring the legs to the floor.

Properly executed twine:

- right or left cord: you sit on the splits, shoulders and hips on one line, back flat, knees and toes are stretched;
- lateral cord: arise from the side and see if the legs are on the same line, knee and socks are stretched. If the lines are not (the corner instead of the line) - it is not a string, just legs apart.

If you want to reach a result in stretch, you should do these exercises every day (the muscles become more flexible). And, of course, the earlier start to engage, the better.

The perfect gymnasts must be flexible (not only the legs, but also the back). There are some exercises which will help you to develop your back's flexibility:

1. Standing on the knees do sag ago. Put the hands on the floor. Repeat exercise 10 - 15 times.

2. Lying on the stomach take the feet with the hands and do "basket". Pull the head to the buttocks.
3. Lie on the stomach and bend back the back. Feet must touch your head.
4. Exercise "boat". Lying on the stomach raise both arms and legs. Repeat this exercise 10 - 15 times. This is a good exercise for the swap back muscles.
5. To make your back more flexible you can use the Swedish wall. You can do gathers.

The work near the bar is important. There are plenty of types of choreography at the bar. The most popular is the classic choreography. Being engaged in choreography means to train all groups of muscles. There some exercises near the bar:

1. BATMAN - a group of motions of a running leg Batman. Quick strike of one foot on the other ankle.
2. BATMAN Tandem - exhibiting the feet on the toe.
3. BATMAN TANDEM ZHETE - kick to the height of 45°.
4. BATMAN TANDEM SUTENYU - poluprisedanie with exhibiting the feet on the toe.
5. BATMAN FUND - squatting on one, the other is bent (pressed) to the ankle.
6. GRAND BATMAN ZHETE - kick legs by 90° and above.
7. GRAND BATMAN ZHETE BALANSE - kick legs forward, back.
8. BATMAN DEVLOPPE - lifting his legs forward, side, back.
9. PIRUET - rotate.
10. PLIE - dancers squatted at the bench, bending your knees.
11. GRAND PLIE - bob.
12. DEMI PLIE - half squatting.
13. CHACE - jump to the promotion, the performance of which one leg is catching up with others, united in the fifth position in the top point of the jump.

After the exercises you must take a rest, calm your muscles. You can register for classes of relaxation massage to bring to tone back's and legs' muscles or just do the massage by yourself by learning some exercises to calm your muscles of legs. Massage of the lower extremities includes massage the toes, foot, ankle, knee, shin, thigh, hip, buttocks area.

Ballet - the highest “theater” form of choreographic art, in which it rises to the level of musical and theatrical performances. So, try to become that person, who will make the ballet, who will make the real art! Ballet - inspired plastic, the embodiment of thought in motion, the spiritual in a solid!

Plenty of people claim that the ballet is the synthesis of sports and art. They are not right. Ballet is the real art where the dancer strives to show the feelings and emotions by dancing. To dance well you must be strong. So the baller is the real sport art.

Ballet is a pleasure. It brings movements to the music, it charms us with the interpretation. Sport is very useful for you. Classes enhance health, promote physical development, are taught to behave and manage your own body, positively affect the development of intelligence, are disciplined for life.

All gymnasts want to make the movements perfect, to fascinate spectators. So the work is important. Remember that you can learn everything, just be will-strong! You should only believe in yourself! Success is 1 percent of the talent and 99 percent of the work. When I was little sports girl, I was trying to meet my targets in the sport, so I work a lot and even go for trainings with the temperature. I was crazy about the sport! Remember, the main thing is just to go! Love your sport because sport is an education when it is a favorite occupation. I wish you good luck!