83 - RHYTHMIC GYMNASTICS, ORIGINS, CHARACTERISTICS, ITS INTRODUCTION IN BRAZIL AND PRESENT.

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Is lost in the mists of time, the need of human physical feature fun activities, from dancing in the caverns. At the time of modernity, signed sports competitions with great motivating force in all continents. The communities have been served from sports to leisure and disclosure as a factor in the varied angles of interest: the character of the spectacle, the satisfaction of the legitimate feelings of personal statement, and even forces based on economic interest. How to achieve effectiveness in various aspects of large sports hall has been the main problem.

The instruments of evaluation of the work carried out by institutions such as schools, clubs and associations alike, have been aimed, in essence, the best range of performance indicators. In the context of this problem, it emphasizes the need for better instrumentality for achieving the objectives summarized in the best performance ever of the agents involved in the problem, such as material resources, instrumentality, norms, preparatory techniques of athletes and many other contributing factors. Projecting a little light reading of these components is the wish of this work.

It must be recognized that after the accommodation after the war, human society began to face problems of considerable magnitude, with the depletion of resources, on the other hand, quickly became obsolete. As aggravating environmental pollution due, in part, large industrial parks, this complicated picture, with a repressed social feeling of a possible nuclear holocaust.

It is true that the historical and socio-economic situation in Brazil, besides, of course influences the timing of certain sports influence the process of affirmation and development of Rhythmic Gymnastics. It must be noted, however, as an instrument leveraging the human feeling of competition.

It was clear therefore that, increasingly in the range of feelings rivalry is magnified with multiple components of psychological, where the pursuit of prominence in the social context pontificate of Brazil by then becoming a global village, united by ties of modern features of communication.

By this time of increasing communication and meetings between the various segments of society, the emulation manifested itself most emphatically in the process, when the Rhythmic Gymnastics, the chancellor as "sports" and you will meet in the dispute punctuated by a specific code of regulations. It then became more beautiful and exciting when, going beyond the boundaries of biological feature was shaped by inventive artistic hands for a performance of demonstrations and clashes of rhythm. The purpose of leisure has a secondary role, but not overlooked by the intrinsic characteristics of the sport, the various strands that made up the diverse composition of this Olympic sport.

The experience really was not new, considering that in relatively remote was executed as a system. Gymnastics activities were added to the daily life in a pleasant way. Of course, in the context of evolution and change in habits and customs mainly due to socioeconomic factors, the practice of general gymnastics and GR in particular, would suffer variations. The Rhythmic Gymnastics (RG), should help its practitioners to find new energy sources and to properly use their potential. Rhythmic Gymnastics is one of the most complete body language that humans can perform. Their huge range of exercises combined with the management of small appliances and they provide various visual effects like the ball, rope, bow, ribbon and clubs, like two bottles of plastic or PVC, accompanied by music tracks specially prepared for the series results in a context of beauty, plasticity and creativity.

The Rhythmic Gymnastics can harmonize and contextualize diverse artistic expressions and activities. Each contributes its share to the ineffable essence of art embodied in the idealized movements, senses and feelings transfigured into sublimation of the ego. The gymnast pursues truth and beauty in the performance of his choreography. The audience, in turn, enraptured with the sight of the beautiful, which is how they rank aesthetes, which delights the eye. The Platonic philosophers claimed to be the beauty the splendor of truth. The word brightness or clarity is repeated in the definition or description of the beauty made by the greatest figures of ancient thought.

Rhythmic Gymnastics is a recent activity, which appeared in the first half of the twentieth century in Central Europe. Regulated by the International Gymnastics Federation, based in Switzerland, in the sixties, quickly won audiences around the world. Mode integral role of the Olympic sports, is also achieving success in our country recently, Brazil won three gold medals in all tests at the Games Panamericamos on Guadalajara, and the brilliant performance of the individual gymnast Angelica Kvieczynski.

This mode is characterized as a motor activity which proposes the execution of body movements combined with the management of small appliances. Can be worked individually or in groups, allowing practitioners a variety of benefits: motor, affective, social and cognitive development.

In GR, the use of small appliances such as ball, rope, bow, ribbon and clubs, officials considered devices, is a prominent feature, but may also be practiced hands free. Moreover, the spirit of association is widely encouraged, because the series of exercises prepared to practice together, integrate and unite the practitioners, the uninhibited and contributing also to their social adjustment.

As a competitive sport, the Rhythmic Gymnastics has a highly expressive and artistic component, combined with a great technical rigor required by the skillful management of devices. This management is valued only when accompanied by the correct body movements, suitable for a soundtrack, so that body and constitute a unit apparatus.

The diversity of options - five traditional devices and an undetermined number of alternative devices, offers, particularly children, various types of visual attraction. The low cost and easy availability of these devices to place them, fix them and even carry them, makes the sport accessible to educational institutions, social clubs, sports associations and any other public or private entities.

The series of exercises typical of Rhythmic Gymnastics, a wide range of progressive difficulty levels, allow the practice with children and those less gifted physically, without the requirement of an ideal biotype that can depart from the large contingent of youth fitness. If there is no competitive purpose, such discrimination does not occur.

The Rhythmic Gymnastics also allows for participation in individual and group competitions or for simple presentations, which is undoubtedly important stimulus to the participation of practitioners. Another feature that can be observed in practically all teams GR is the minimal occurrence of accidents, if we compare their frequency with other modalities.

The rhythm, the flow and dynamics of the sport offer their practitioners, ample opportunities to develop agility, flexibility and beauty of movements, the choreography that shines born in the infinite capacity of human creation.

The role of music is particularized in Rhythmic Gymnastics. If the ruler is to "end" to this type it is "medium." The rhythm drives the rhythm of the movements - conductor and is not governed. In measurements of the compass and the enchantment of melody develop in perfect synchrony the movements of the choreography in a true artistic composition. The choice of music undergoes several determinants, not written, but in the adaptability of undeniable importance.

For many years, the musical accompaniment was done by a single musical instrument, usually the piano, the most universal of these. Currently, with the development of Rhythmic Gymnastics felt the need to change not only the technical implementation of the elements, but also in the music itself. The solemn cello or his cousin-brother of fabric more acute, the violin, the dramatic appeal of clarinets, harp on the deep and wild hot rhythms of percussion instruments, so the popular taste in the northeast, anything goes.

The experience of the construction of a series, at which time the technique produces a choreography, either individually or together, is quite laborious and at the same time rewarding, especially if the work is shared with the (s) gymnast (s) in a process interaction and sharing. The poetry I explain below, gives us a glimpse at this time:

It is important to instill in practitioners of Rhythmic Gymnastics a bit of Zen philosophy in which the behavioral similarity indicates full concentration and meditation, seeking sign of perfection. Preparing the show and running it as an almost sacred ritual, as happens in the Zen tea ceremony.

In the environment of the practice of rhythmic gymnastics, sports labor income, as indeed in any other job, requires a suitable environment as possible. This suitability must be observed convenience yield for a good team. Minimum elements are needed for safety and comfort. These depend on the physical environment and material conditions - location, facilities, vehicles, and others. The good physical environment are affecting issues such as - floor and ceiling and height adjustment, light, aeration, temperature, humidity and other aspects that influence the personal comfort of technicians and gymnasts. The physical integrity should be preserved and provided with measures relating to health and safety. Internal and external aspects, such as water and food on site, local displacements by unmanned. It is of paramount importance to the team's performance, the social environment that integrates and harmonizes the group's feelings of solidarity and mutual cooperation. It is the environment of mutual trust, of belief, of assistance in case of need. Creating a good social environment establishes trust between the gymnasts themselves and in relation to the technique, avoiding dissension on the team.

The realization of an ideal program of exercises aimed at reducing adipocytes or enjoy certain muscle group, you have to look at the nutritional problem, specifying the path aerobic and anaerobic pathways. It is true that this outbreak before prescribing appropriate exercise every gymnast has to be considered the basal metabolism, as well as psychosomatic influences on obesity or weight loss. The exercises will be found conjoined exercises generalized methodology considered in the exercise of the power consumption of each.

In Brazil, the Rhythmic Gymnastics is recent. Only in the middle of last century we had the first contact with her. Featuring two teachers who played an important part in spreading the GR with us:



The illustrious couple late Emil and Ilona Peuker and this author in the shipment of the Brazilian Rhythmic Gymnastics World Championship held in Holland

- Ilona Peuker, Hungarian by birth and naturalized Austrian, he settled in Brazil and was the chief exponent of this new activity in your competitive process, and created the famous Kingdom Gymnastics Group (GUG), which is very proud of this work the author having participated for six consecutive years.

- Erica Saur, an advocate of Rhythmic Gymnastics in the educational field. Professor at the Federal University of Rio de Janeiro, which the author also had the privilege of being a student, encouraged the Rhythmic Gymnastics in schools, pointless competition.

Of course, other professionals have continued the pioneering work of two teachers cited above to the growth and spread of Rhythmic Gymnastics. We will discuss in summary form, the main phases of evolution of GR in our country and the most representative events that allowed us to reach the stage that we are living with their inclusion in the list of Olympic sports, from Los Angeles in 1984 - in time that the plan reserved to the author of the pioneering work of monitoring the Brazilian delegation, one of South America, as a technique

The first contacts with the Brazilians gave the GR in the years 1953 and 1954 when the Austrian professor Margaret Frohlich, formed by the Mozarteum in Salzburg, was invited by the State of Sao Paulo to teach some classes on this new activity gym began to catch on in Europe.

One of his students, Professor Eric Saur, began to apply new knowledge in the field with an emphasis on student, struggling even to the insertion of this new discipline in undergraduate courses in Physical Education. However, the main disseminator of GR in our country, was undoubtedly Ilona Peuker.

Possessing large baggage of knowledge not only in the then modern gymnastics, but also in artistic gymnastics, at which time it became Austrian technique of this type become even Olympic champion, Ms. Ilona opened a course of GR in the City of Rio de in January. The success was so great that she created with her students Kingdom Gymnastics Group (GUG).

As the main element of promotion and advertising of this new form of gymnastics, GUG initiated a series of presentations throughout Brazil, leading to the most remote corners, the talent and skills of our young gymnasts, brightening civic festivities and

sports.

Professor Ilona expressed satisfaction in their work in teaching Brazilian youth, and highlight the perfect interaction of these with the characteristics of GR, was the ability to perform body movements and richly varied rhythms, was the skill with the equipment or characteristic for ease in understanding the postulates of the sport.

In addition to the official apparatus, used in the choreography GUG other alternative devices which were very successful, as coconut shells, tambourines, reco-recos, tracks and some other instruments typical of Brazilian culture. The recognition of the excellent work carried out was by indicating the group to represent Brazil in various international events. Among these, one can highlight the Gymnaestrada Germany in 1975, presentations and friendly tournaments in Europe and the American Gym in Maracaibo - Venezuela in 1971, opening of the large gymnasium of Brasilia, the national tour with selections from Germany, Hungary and Switzerland, as well official competitions like Adult World Championship in Holland in 1973. The author had the honor to join the group of the Brazilian team in these important events.

The first official competitions in Brazil began in Rio de Janeiro, in the sixties, when the Carioca Gymnastics Federation entered into your calendar the first evidence of GR

THE RHYTHMIC GYMNASTICS TODAY

Contemporaneously with the release and resourcefulness of women's achievements in society, women began to take a more active in the sports scene, especially for the Olympic Games after the war. Specifically, the major motivation for the practice of GR are their intrinsic virtues which they closely welfare benefits resulting from organic choreographic beauty and success of the public acceptance of the sport.

In Brazil, the competitions occur in virtually all regions of the country the interclub championships and regional competitions have received a significant influx of entries. The large number of federations affiliated to the Brazilian Gymnastics Confederation confirms this assertion. Our participation in international events, whether in competition, technical courses, more advanced stages in the centers, particularly in Eastern Europe, or courses in their own country by international masters, are providing us with a significant reduction in the gap in technical and pedagogical separates the more advanced nations.

The achievements of Brazilian gymnasts in the last editions of the Panamerican Games . showed that the work done by the current Director of the Brazilian Gymnastics, techniques, gymnasts, judges and other members of the Technical Committees pointing to a bright future

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ABSTRACT

At the time of modernity, signed sports competitions with great motivating force in all continents. The communities have been served from sports to leisure and disclosure as a factor in the varied angles of interest: the character of the spectacle, the satisfaction of the legitimate feelings of personal statement, and even forces based on economic interest. How to achieve effectiveness in various aspects of large sports hall has been the main problem.

By this time of increasing communication and meetings between the various segments of society, the emulation manifested itself most emphatically in the process, when the Rhythmic Gymnastics, the chancellor as "sports" and you will meet in the dispute punctuated by a specific code of regulations. It then became more beautiful and exciting when, going beyond the boundaries of biological feature was shaped by inventive artistic hands for a performance of demonstrations and clashes of rhythm. The purpose of leisure has a secondary role, but not overlooked by the intrinsic characteristics of the sport, the various strands that made up the diverse composition of this Olympic sport.

KEYWORDS: Rhythmic Gymnastics, evolution, current

GYMNASTIQUE RYTHMIQUE, ORIGINES, CARACTÉRISTIQUES, SON INTRODUCTION EN BRESIL ET LE PRÉSENT.

RÉSUMÉ

A l'époque de la modernité, signé compétitions sportives avec une grande force de motivation de tous les continents. Les communautés ont été servis par les sports de loisirs et de la communication comme un facteur dans les angles variés d'intérêt: le personnage du spectacle, la satisfaction des sentiments légitimes de statut personnel, et même les forces fondé sur l'intérêt économique. Comment atteindre l'efficacité dans divers aspects de la grande salle de sport a été le principal problème.

En cette époque de l'augmentation de la communication et les rencontres entre les différents segments de la société, l'émulation se manifeste plus énergiquement dans le processus, lorsque la gymnastique rythmique, le chancelier comme «sport» et vous pourrez rencontrer dans le différend ponctuée par un code spécifique de la réglementation. Il est alors devenu plus beau et plus excitant quand, allant au-delà des frontières de caractéristique biologique a été façonné par les mains inventives artistique pour une performance de manifestations et d'affrontements de rythme. Le but de loisir a un rôle secondaire, mais pas négligé par les caractéristiques intrinsèques du sport, les différents volets qui composent la composition diverse de ce sport olympique.

MOTS-CLÉS: gymnastique rythmique, l'évolution, en cours

GIMNASIA RÍTMICA, ORÍGENES, CARACTERÍSTICAS, SU INTRODUCCIÓN EN BRASIL Y EL PRESENTE.
RESUMEN

En el momento de la modernidad, firmado competiciones deportivas con gran fuerza motivadora en todos los continentes. Las comunidades se han servido del deporte con el ocio y la revelación como un factor en los ángulos variados de interés: el carácter del espectáculo, la satisfacción de los sentimientos legítimos de la declaración personal, e incluso las fuerzas sobre la base de intereses económicos. Cómo lograr la eficacia en los diversos aspectos de la gran sala de deportes ha sido el principal problema.

En este momento de incrementar la comunicación y reuniones entre los distintos segmentos de la sociedad, la emulación se manifestó con mayor énfasis en el proceso, cuando la gimnasia rítmica, el canciller como "deportes" y que se reunirá en el conflicto marcado por un código específico de normas. A continuación, se hizo más bella y emocionante cuando, más allá de los límites de la función biológica fue moldeada por las manos artísticas de la invención para una interpretación de las manifestaciones y los enfrentamientos del ritmo. El propósito de ocio tiene un papel secundario, pero no pasan por alto las características intrínsecas de este deporte, los distintos aspectos que componen la diversa composición de este deporte olímpico

PALABRAS CLAVE: Gimnasia Rítmica, la evolución actual

GINÁSTICA RÍTMICA, ORIGENS, CARACTERÍSTICAS, SUA INTRODUÇÃO NO BRASIL E ATUALIDADE.
RESUMO

Nos tempos da modernidade, as competições esportivas firmaram-se com grande força motivadora em todos os continentes. As comunidades têm se servido das práticas esportivas para seu lazer e como fator de divulgação sob os diversificados ângulos de interesse: o caráter de espetáculo; a satisfação dos legítimos sentimentos de afirmação pessoal e, inclusive, de forças fundamentadas no interesse econômico. Como alcançar a eficácia nas diversas vertentes da grande área esportiva tem sido o principal problema.

Nesse contexto histórico, de crescente comunicação e encontros entre os diversos segmentos da sociedade, a emulação manifestava-se mais enfaticamente no processo, quando a Ginástica Rítmica, chancelada como “desportiva”, propiciava os encontros em disputas pontuadas por um código específico de regulamentação. Tornou-se então mais bela e estimulante quando, ultrapassando as fronteiras de feição biológica, foi plasmada pelas inventivas mãos artísticas para um desempenho de confrontos de demonstrações e de ritmo. O objetivo de lazer passou a um plano secundário, mas não negligenciado pelas características intrínsecas da modalidade, nas diversas vertentes que formavam a diversificada composição desta modalidade olímpica.

PALAVRAS-CHAVE: Ginástica Rítmica, evolução, atualidade.