

PREPARING YOUR ROLE ARTISTIC GYMNASTICS MALE GROUND

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Abstract

A requirement of modern high performance gymnastics is originality and originality in composition exercises movements and connections to equipment and especially the ground.

It is known that the formation of an artistic kept proper begins very early hours in the gym and continue throughout the career athlete perfecting his time.

Keywords: artistic training, artistic gymnastics, gymnasts junior sports performance.

Introduction

Currently gymnastics develops both male line continued growth in difficulty and complexity as well as the technical elements of composition exercises. Virtuosity in performing exercises is also a requirement that comes to create a balance between the technical quality and artistic exercises especially when constituting the ground.

It is known that this device just like women's gymnastics, acrobatic elements should combine harmoniously with the choreography.

If women's gymnastics, floor exercises in composition occurs in boys musical accompaniment his absence, which does not mean that they will not have a specific expression during exercise.

Artistic gymnastics is a sport known as fairness and aesthetic beauty. Athletes perform movements that you must enroll between different parameters of amplitude, speed, rhythm and tempo, degree of tension or relaxation, coordination, strictly observing the axes and planes.

Gymnasts are preparing several hours every day, wanting to present the original exercise competition with a high degree of

difficulty and technical complexity. Also virtuosity of movement, elegance perfect, you must impress the judges and viewers. To arrive here during training planning and training programs artistic applied to achieve beauty in motion.

“Beautiful in gymnastics”, is a phenomenon which is achieved by extensive multiple forms and moments. According to A. Dragnea in 1996: “ artistic training - are all means dance, music, stimulating creativity whose purpose is reflected in driving skills executed with a high degree of expressiveness able to send a message to the audience and jury of referees ” .

By V. Gregory in 2001: “ artistic gymnastics training is a special component and sports training complex, providing physical and psychological support to achieve a personal style movements in indices of technicality, plasticity, suggestibility and expressiveness required by specific ” sport.

By J. Hidi, in “Preparing artistic gymnastics performance - contributor: “ artistic preparation starts by forming broad base movement (maximum amplitude, precise steering, degree of tension and muscular relaxation, rhythm, coordination and specific dress), yet the first steps in preparing gymnasts do.“

Thus, the initial training of gymnasts, the program must contain, in addition to physical preparation and technical artistic training. Improve general database components of movement associated with facial gestures and eye language, lead to bodily expressiveness.

This stands out particularly in the exercise ground, the only device that boys use specific means of artistic training. Means used to prepare the male artistic gymnastics artistic apparatus refers to groups of exercises walking distance running, jumping, the latter being the most common.

Work objectives and tasks

Content male gymnastic exercises on the ground are primarily characterized by a great variety of movements, predominantly the acrobatic movements dynamic or static strength, mobility and balance harmoniously alternated and combined with dance steps, pirouettes, jumps artistic, free movement the arms, trunk, legs and choreographic elements.

Preparing athletes artistic and aesthetic development is a crucial kept in achieving good grades and start early so that when competing gymnast gets to be capable of performing a soil with expressiveness and virtuosity.

Objectives of the paper

The main objectives of the paper are:

- Presentation batteries choreographic exercises;
- Learn these exercises for children and youth;
- Training skill to control body segments;
- Learning artistic movements and their introduction into freely chosen ground exercises (pirouettes, jumps art).

Hypothesis paper

Introducing the great value exercises the exercises choreographed acrobatic elements, they will contribute to increasing the spectacular and so increase the note on this unit.

Also proposed to implement experiment aimed to demonstrate the possibility of forming an artistic and aesthetic kept children and juniors batteries through dance and movement exercises specific age groups.

Research Methods

In design work, depending on the scope and objectives formulated the following research methods we used

Observation method

We used this method to track athletes during training, in order to grasp the motion characteristics of each gymnast in part.

Also this method helped me in choosing subjects for the experiment. To maintain a high degree of objectivity have completed this method with a video.

Test Method

At the start of the experiment we conducted a series of tests both upon children and juniors. These initial tests consisted of measurements to track progress from where I started following that along to take another measurement.

We tested:

- Mobility Coxo - Femoral: - string side;
- Vertical rope;
- Mobility back - ruler method (lower bridge);
- Balance - free leg catching watershed lateral (junior);
- Turn on (children).

Final testing will be effective or ineffective exercises proposed for the experiment.

Study bibliographic material

We used this method especially for scientific substantiation of work. This allowed me a deeper theme and directed me in choosing appropriate exercises and movements as a category of children and juniors.

The experimental method

This method was fundamental methodological support in addressing the objectives of this work.

General characteristics, partial and particular content and appropriately processed results are the contents of a later chapter.

Means used in the experiment

Examples of exercises used in artistic training boys:

Drive variants:

- Sharp step is a small step foot and ankle stretched to make contact with the ground with the tip foot, then place the foot rolling;

- Run step is a small step in laying the ground running foot is the heel to top;

- Step change, step one foot before the other approaching near the front and back step with the first one. It runs two times: step forward with right and left near the back (1), step forward on right (2), step with your left foot and right foot near (1), step left foot forward (2).

Executed in a quick tempo and phase of flight is changed step ran.

- Added step is like step change but always runs with the same leg before;

- Step by step gallop is like added, but runs the flight phase.

Jumping variants:

- Jump feet forward in the sagittal plane shear;
- Jump CABRIOLE kicking leg is detached on one leg, balancing each other foot forward during flight leg separation (impulse) foot strikes the balance in the calves.

Landing is on foot separation. The same can run sideways jump.

- Jump back 180 degrees to balance one foot before fouette;

Detachment from one leg, the other leg forward swing back 180 degrees during the flight, maintaining the maximum amplitude swing leg outstretched.

Landing is on foot separation.

- Jump turn 180 degrees and shear legs “cadet”.

Detachment balancing on one leg and the other leg forward. Phase of flight, turning 180 degrees of swing leg making another swing with maximum amplitude reached behind him in the foot before and the foot tapping detachment lower back, in flight both feet are flat. Landing leg is the swing.

Characteristic boys exercises is working with large segments. This implies ankle lock knee and elbow joints, which generates specific artistic expression of these years (after J. Hidi in artistic gymnastics training performance - collaborator).

On pommel horse covered rocking motion front (scissors) and circular (double circles and on), executed with great amplitude which claims coordination and control of very good support. Some movement in this device can be learned early, which demonstrates the availability of this product.

The training is gaining held artistic, expressive, amplitude, rhythm and harmony of movement. Teaching art in early childhood training is particularly important for fixing working style and attire. It is preferable that at this age to acquire a smaller volume of choreographic skills, but perfectly executed than many and complex elements performed incorrectly.

In conclusion we can say that: male gymnastics artistic training is a basic component of sports training without which there can result driving skills executed with a degree of expressiveness, difficulty, complexity and virtuosity.

Presentation means used and the battery of exercises used in choreographic experiment

Athlete in order to enhance performance, strives to improve movement skills using sports specific technique. The technique consists in performing sport specific movements or selectively, systematically and accurately.

During development branches of sport, technology has become so pure that it can be taught, or acquired, as a whole, can be reproduced and based on the learning can be improved further.

Technique is a specific style of sport branch concerned. By introducing a single color allows your own style training specific. Closest gymnastics is gymnastics exercise of the soil who has completed higher. After an earlier conception, exercise ground was a mosaic of very heavy acrobatic elements strictly separate from each other.

Now, based on rhythmic gymnastics influences on the composition of ground exercises including acrobatic elements are introduced so-called contact elements. Thus modern exercise ground today consists of specific elements of acrobatics and gymnastics link elements.

An exercise is considered harmonious and full of enthusiasm when preparing performance bond artistic elements acrobatic elements. When drawing exercises contest, the aim is to achieve the requirements in the exercise of rational distribution of heavy elements.

Technical and drafting exercises should always keep up with the continuous progress requirements, new technical and aesthetic requirements of the time. Only thus can become modern gym really.

Persevering in use schemes would limit the possibilities specialists, coaches and athletes. Because the technique of the sport is unrestricted, changing and progressive gymnastics is truly modern.

Next I will present some of the tools and elements used in forming the composition outfit gymnasts and combinations of exercises that are part of sports competition.

It is methodical description and explanation of technical, artistic movement groups classification of batteries used and description of exercises with and without dance ballet bar.

A. methodical description and explanation of the technical elements (art) contained in exercises off the ground:

- Fouette: - turn 180 degrees on top of the other leg swinging forward.

- Step by Ciseaux: jump shear;

- Fouette en l'air - jump fouette;

- Pirouettes passe before the turn 360 degrees.

B. Classification and description of groups of movements taken from rhythmic gymnastics:

a) group pivots;

b) jumping group;

c) Group swings

As you can see, some of the elements described above, such as: return fouette or jumping Cabrio and closed - open were taken from sports gymnastics. These artistic technical elements were learned by athletes to exercise combinations composition of freely chosen ground.

Regarding complexes ballet bar exercises on the ground and say that I insisted on correct body posture, back or shoulders pulled back and chin slightly raised.

In exercises where the arms moved with feet together, eyes and head movement and trajectory followed arms, creating a certain expressiveness of motion exercises.

Besides all these technical, artistic and complex choreographic exercises, gymnasts performed in parallel and exercises to increase range of motion coxo-femoral by ex. strings and bridges by performing both lumbar dorsal bed and staying away from and close.

All these means were used led to the formation of appropriate artistic kept that athletes are able to perform an exercise freely chosen ground with great accuracy both in terms of combinations artistic and technical elements of difficulty.

Conclusions

Following completion of the experiment and the interpretation of static indicators obtained have shown that exercise program choreography and artistic training kept its promise.

At the final test it was observed that the degree of mobility in the coxo-femoral joint and lumbar significantly increased both group performance and to the children.

The same can be said about balance, gymnasts with greater stability both in turn sideways or forward, as well as the implementation of other technical, artistic as pirouettes, jumps, balancing artistic or feet.

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