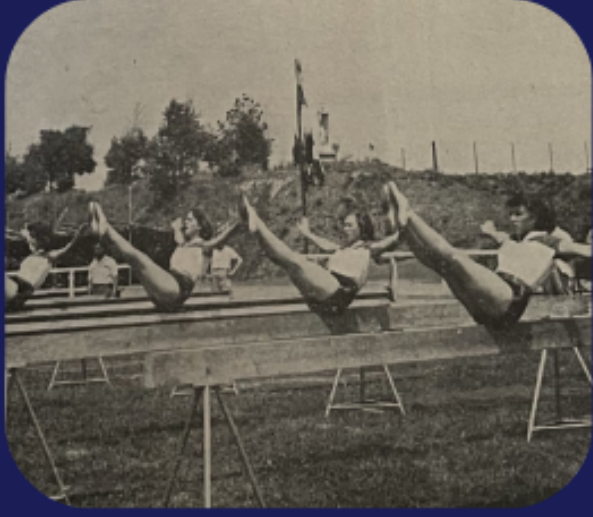


the different DISCIPLINES



Women Artistic Gymnastics

Women gymnastics has hugely evolved since 1873. Initially, it was about maintaining women healthy. However, from the 1950s, it became more sportive, with figures more and more choreographic and acrobatics.

Men Artistic Gymnastics

In France, men gymnastics has had three main goals: military, sanitary and for sport. Until the 1930s, gymnastics was used to train the soldiers. After World War I, it has become more educative, evolving, after World War II, toward art and sport dimensions. Before 1945, gymnastics was the sport with the most practitioners in France.



Rhythmic Gymnastics

Rhythmic Gymnastics appears in France in the 1950s under the name of "Modern gymnastics". The apparatus and the rules often change until 1967. It's only in 1975 that it is named "Rhythmic Sportive Gymnastics" (RGS) to become "Rhythmic Gymnastics" (RG) in 2002. It is an Olympic discipline since 1984.

Trampoline

Trampoline is originally taken from circus. In 1930, the American Georges Nissen invents and commercialize modern trampoline. It's only during the Sydney 2000 Olympic Games that individual trampoline appears. In France, the first trampoline is delivered to the INSEP in 1959. .



the different DISCIPLINES

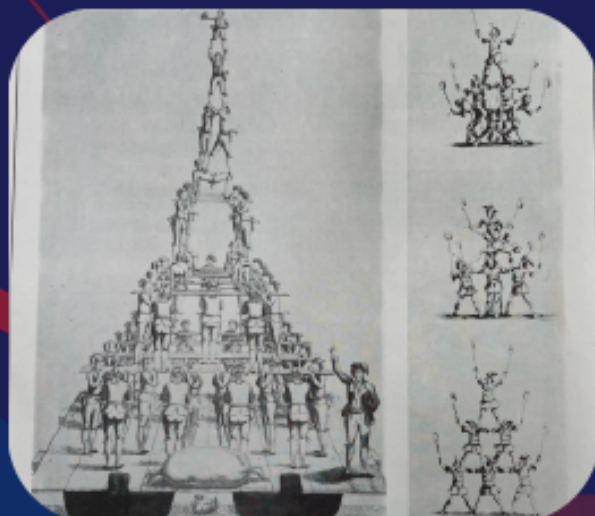


Tumbling

Tumbling appeared for the first time in the USA for the 1986 National Championships. The discipline is introduced for only one edition of the Olympic Games, in Los Angeles 1932. In France, Tumbling is introduced in the 1980s during a demo presented by Steve Elliott (USA) during the Acrotramp in Dinard (Britanny).

Aerobic

The doctor Kenneth Cooper creates in 1968 a laboratory for specific research for Aerobic Gymnastics in the USA. The exercises are inspired by the military practice, but performed with music and mixed with modern dance steps. In France, the discipline begins in the early 1980s.



Acrobatic Gymnastics

Acrobatic Gymnastics is a discipline with a strong link with circus, and it is often called "hand to hand". The modern version of the discipline, initially named "Acrosport", is created in the 1950s in Eastern Europe. In France, Acrobatic Gymnastics starts at the end of the 1970s.

TeamGym

TeamGym started in the Nordic countries and can refer to the movements which existed in gymnastics since the creation of the French Federation until the 1950s. During the first Olympic Games, jump was practiced by a team and chained, like nowadays in TeamGym. In France, the first competition took place in 1999.



Parkour

Parkour is the art of displacement invented by the *Yamakasi*. However, by defining like this, Parkour could also find its origins in France from 1930 in Georges Hébert's natural method. Its idea was to create courses where the goal was to move as fast as possible through the obstacles. The FIG has integrated Parkour in 2017.