

## Development of Artistic Gymnastics and its Types

*Sultanova Diana Bakhodir qizi*<sup>1</sup>

**Annotation:** Gymnastics is interesting, aesthetic and demanding. Women's rhythmic gymnastics is perhaps the most famous branch of this sport and one of the most popular in the Olympic Games. It is exciting, aesthetic, but very difficult discipline. Gymnastics has become more popular over the past decade and local councils and charities are doing more to support the sport's development. In this article, thoughts and comments are made about the types of rhythmic gymnastics and the characteristics and trends of its development history.

**Keywords:** Rhythmic gymnastics, balance, historical trends, periods of development, types, objects.

Rhythmic gymnastics is one of the most comprehensive exercise programs available for children because it combines a number of sports such as strength, flexibility, agility, balance, coordination and discipline into one sport. Exercise is one of the best ways to nurture your overall health and wellness. Many studies on this topic prove the importance of exercise for bone, muscle and cognitive health. It's not just about strengthening muscles and increasing flexibility. Gymnasts make healthy decisions, can make smart decisions to be confident and successful.

It is important to do gymnastics from a young age. It targets all muscle groups for overall strength and flexibility. In addition, it fights various metabolic and immune diseases by lowering blood pressure and releasing antioxidant enzymes in the body. There are 6 events for men in artistic gymnastics: *floor exercise; horizontal panel; parallel lines; a horse hoop exercises and vault.*

There are 4 events for women: *balance; exercise on the floor; parallel lines and a vault.* Five separate exercises are performed using five objects based on acrobatics: *a ball; ribbon; ring; clubs and jump ropes.* Less emphasis is placed on acrobatics and more on aesthetics. It is designed for men and women and works in groups. Acrobats in groups of 2, 3 and 4 perform exercises with the help of their partners' legs, arms, and heads.

Rhythmic gymnastics can be individual or group work. The emphasis is on fitness, flexibility and strength rather than acrobatics and balance. A team consists of a minimum of three gymnasts and a maximum of five - a maximum of four gymnasts compete against each other on each apparatus, the team score is calculated by adding the three highest scores known as the 5-4-3 format. The top 18 gymnasts from all events in the team event advance to the finals of each men's and women's individual event, with a maximum of two per country.

If we look at the history of rhythmic gymnastics in chronological order, it looks like this. Gymnastics is believed to have originated in the ancient Greeks as a combination of acrobatics and strength training. The ancient Greeks competed in sports such as boxing, jumping, running, and wrestling to earn their place in battle. The word "gymnastics" itself is derived from the Greek word "gymnazo", which means naked sports. German professor Johannes Gutsmuts is the creator of gymnastics. In the 1790s, he published textbooks that taught young people the gymnastic exercises they could perform at school. Friedrich Jan, a soldier whose army was defeated in the battle that followed Gutsmuts, figured out how to improve people's physical strength by doing gymnastics. It was Jean who opened the first outdoor gym in 1811. It had bars and rings. In the 1880s, gymnastics became an official sport and later the International Gymnastics Federation (FIG) was established. The first Summer Olympics were held in Athens in 1886, where men competed.

The competition was a little different from what we see today, but it consisted of beam, rings, high jump, pommel horse, roping, running and diving. Since 1928, women have been allowed to compete in the Summer Olympics. By the 1950s, many events were held between men and women during the Olympic Games. The women competed in events such as balance beam, parallel bars, vault and floor exercise. Men had more opportunities, they performed floor exercises and jumps, horizontal bar, uneven bars, pommel horse, rings.

Although gymnastics originated in Germany, the Soviet Union soon became a leader in the history of modern gymnastics, along with other Eastern European countries. Gymnasts performed extremely difficult exercises and were at the top of the Olympic competition from 1952-1992. Gymnastics became more popular in the 1970s, with two Olympic Games being televised during that decade. Gymnastics is also very popular in the USA. The USA Gymnastics Federation was founded. Romanian gymnast Nadia Comaneci won the first highest score at the 1976 Olympic Games in Montreal. Acrobatics (a floor exercise for women) was added to the Olympic Games in the mid-1980s.

American gymnast Mary Lou Retton became the first American woman to win the Olympic title. The US women's gymnastics team The Magnificent Seven (in terms of number of female athletes) won the US's first gold medal in the women's team event at the 1996 Olympics. Since 1997, the International Gymnastics Federation has specified that

<sup>1</sup> Faculty of physical education, Navoi State pedagogical institute, Republic of Uzbekistan

gymnasts must be 16 years old (previously 15 years old) in order to compete in competitions and adult sports. In 1999, USA Gymnastics added vaulting (men or women performing a series of somersaults) and trampoline.

At the beginning of the millennium, jumping from a trampoline became part of the Olympic Games. A year later, in 2001, the stall was replaced by horses. They believed it would be safer. At the 2004 Olympics, Carly Patterson became the Olympic champion. She was the first American woman to do so. In 2006, a new point system was created and the number of points could exceed 10.0.

During the competition, all athletes must follow the generally accepted rules established by the International Gymnastics Federation. In international competitions, a podium with a height of 80 to 110 cm is used. These devices are placed on the podium and stabilized in suitable nests with a margin from the edge of the podium at certain distances between them and in accordance with the Technical Regulations. If the gymnast's feet touch the floor when hanging on the high bar, or the hips touch the floor when hanging on the low bar, the steps can be raised by 5 cm or 10 cm.

The balance beam is 1.25 m high and 10 cm wide from the mat, and the gymnast performs somersaults, handholds and jumps. The carpeted floor is 12 square meters. It usually has foam padding and springs. Gymnasts use the entire mat to perform exercises to music. The bars are two wooden boards on a metal frame. The bars are placed at different heights and depending on the needs of the gymnast. The distance between them is 1.8 m. The store is located at the end of a 25-meter runway. Gymnasts run down the runway, jump onto the springboard, and then jump. The dress code for gymnasts is that there are no jewelry, piercings and other types of jewelry. Front and bandages and wrists are allowed. They must be securely fixed, in good condition and not spoil the aesthetics of the performance. The bandage should be beige. The carpeted floor is 12 square meters. It usually has foam padding and springs. Gymnasts use the entire mat to perform exercises to music. The high bar is 2.75 m above the ground in a metal frame. Gymnast swings on the bar, releases and grabs hands. The bars are two wooden boards on a metal frame. A gymnast uses parallel lines to demonstrate balance and swing skills. A horse has two handles. Gymnasts place their hands on the top of the apparatus and use force to perform various body movements.

The rings are 50 cm apart and 2.75 m above the mat. A gymnast holds rings and performs an exercise using core strength and body movement. Men should wear sleeveless shirts and floor-length pants. Women must wear a swimsuit or jumpsuit at all times. On some equipment, such as the horizontal bars, uneven bars, or rings, gymnasts wear special leather gloves to support the arm and protect the skin. Athletes use magnesium carbonate (chalk) to trap dust to keep their hands and feet dry.

**In conclusion**, to learn how to feel happy and stress-free, you need to exercise regularly. But improving cognitive and emotional state of mind requires a more intensive and consistent training program. Therefore, gymnastics is very useful. It helps to develop ethics, determination and improve communication skills. It also improves sleep quality, fights depression and promotes weight loss in the most effective way. As mentioned above, rhythmic gymnastics is not only a beautiful sport, but it helps a person to be physically, mentally and spiritually healthy.

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