

①

# German Demonstration 27-7-36

50 m class

1. March on - song
2. Change to run round track in threes  
 { Change to walking and rapid walking.  
 then to run.
3. Turn and open out on march.
4. Leap frog in lines, each mov. on whistle. Repeat opp. direction with
5. Over and under Relay
6. Tr. bend d. rhyk press 1-2 →  
 Kn. bend 3-4
7. (Knl - 1/2 g. S.) Tr. bend. S. - An  
 song to S
8. (H. Knl) Tr & Hd turn.
9. (Tr. Sup) Trav. round
10. Circles of threes. Jump over hands  
 in rhyk. in turns
11. Link arms in 2 large circles  
 pull - try to make them break.  
 Fall out man who break
12. Turn up in threes in lines. Sprint  
 for medicine balls.  
 back man a medicine ball
13. Open Ode - ball at foot <sup>(shot and pad)</sup>
14. (St - Aod) Chop. rhyk really  
 medicine ball <sup>(shot)</sup>
15. (St - aod) Tr. bend S. ball over  
 head
16. (St - aod) Windmill ex (like  
 india club ex)

- 17. (St. And) from underless shield  
throws over head
- 18. (St. And) underless - throw to  
partner. - <sup>start</sup> stop on whistle.
- 19. from hand at partner from  
overhead
- 20. throw 2 balls (shots) at each other
- 21. March off to put apparatus away

Apparatus work (Circle ~~shots~~  
on whistle)

- A Horse C. - || Table || Horse X.  
(N. sp. g. b.) (M. h. m. S. B.)
- (i) Two. Vanets
  - (ii) And "
  - (iii) Neck Roll (Table)
  - (iv) J. Somersault (Table)
  - (v) Slung Angle J Somersault (Table)

B PARALLEL BARS and HORIZ. BAR  
 Jumping Stands  
 (working in threes on signal)

C. Agility in stream (small team)  
 (Pow landing o - not comparable with  
 Danish standards)

D Javelin (20 men)  
 (i) (St) throw into wind →  
 repeat, advancing  
 (ii) several steps, throw on signal  
 (advancing)

- (c) Run & Throw in sequence
- (d) Run & Throw all together

E. SLING BALL

- (a) Throw in sequence (one line at a time)
- (b) Throws all at once (1 line)

F. CLASS BOXING (4 orders)

- (a) ~~Out~~ Done rhythmically toward of Command (counting)
- (b) Free practice in pairs

G. GAMES

- (a) A form of TWO'S THREE'S
- (b) Intercepting ball - large circle, medicine ball, several interceptors

H. HANDBALL (Gusto)

(Ball very light?) - full size field

Jugo Slavia Dem July 30

W.P.T. College

A. Series of free-st. ex. a  
- on Bar. All the time. no  
held posns. at all - not  
particularly good form. About 5 exs.

B. Followed by { deep trough lines  
(2 leaps) and back  
jump over hands  
(2 leaps) and  
and various other  
human supp. etc.

C. Medicine Ball (~~team~~) (lean,  
(a) Dodge Ball?)  
(b) Parallel Bar ex (team)

D. Dance .. .. .

E. Wrestling w/ daggers in  
hand. (Attack & Defense)

F. Exercise for small boys  
under 12 yrs.

G. Stick - Shing all with small  
tangling being struck  
Kind of dancing steps.

G. Indian Juncing  
a) Stick Small leather shield  
b) Small metal shield  
Sabres

H. Indian Game  
(Similar to tag - a Tom Taddler  
Ground)



Inland - 30/7/36

March, Salute

A. 8 men only. Rapid Marching

→ running w. free leg kick

→ change to sprint

2. ( ) Hand and Arm relax ex.

3. " Sh. relax

4. " Tr. roll (relax.)

5. " Hop on spot w. free leg.

(relax swing)

6. " Inf. leg. cinct. w. ball  
kn

7. " Ht. shaking

8. " (X. Leg. sit.) Ht. roll. w. Ht.

9. " (H<sub>3</sub> sit. on soft lg. sand  
Ht. shake)

10. (Baby) Arday
11. Throwing ex. L. hand from  
(relax at end of throw)
12. Relax Tr. press. d. over  
1st & below. Rego.
13. Fr. Min Board L (Am U)  
also w. bent kn.
14. (hump. D. long str.) Rhd.  
mess. d.
15. stop on spot w. feet by swing  
f
16. Working in pairs - Javelin  
throw ex. (Jaw. mors. finger  
grip - pull (the man hump)
17. — (used - T.F.) then swing for

18. Sprint in line

9. Index (Asd) Relax  
Fr. bend. d. w. Hn. behöbe.

B. 8 man - every other man  
- with pavelin

1. St. throw

2. 1 step throw

3. " " + Ch of step

4. 2 steps + Ch of step

5. 3 - - - - -

6. Ordinary run throw

OC. "Swinging" Gymnastics

D. Parallel Bars. E. Balance



In Camp.  
Sweden August 3<sup>rd</sup> 1936

Boys age 11 (16 boys)

1. (St.) And j. A. alt. Am. Camp. S. T. W.
- (2) (Ck. lit.) Alt. Lg. held with Am. ins. S  
an Tr. min.
- (b) (St. Sit.) Tr. press. d. sky d.
- (c) Bk. roll to St.
- (3) St. plac. w. Am. sketches.
- (4) (Knl. St. - V. Bd) Tr. bend. b. w. Am. sketches.
- (5) " " " " " " 1 And j.  $\rightarrow$  f. roll
- (6) (St. - And) Am. tray, w. wh. d. p. o.  $\rightarrow$   
Am. bend. u.  $\rightarrow$  Tr. press. d.
- (7) (St.) And j.

See 2 Beams

1. (a) (St.) U. circi. to Bal. Sup.  
(b) Inm. to Bk. Sit.  $\nabla$  spray off in procession  
thru. Sol. Sit.
2. In procession U. circi. to dr. sup.  $\rightarrow$   
thru. V. L. procession
3. Fall in in centre w. 2 lines - front of 2 beams

4. Cat spring up slop bench  $\rightarrow$  bal. walk o.  
along beam, run down sloping bench,  
 $\rightarrow$  bal walk along two parallel  
benches - (one for each bench)  $\rightarrow$   
and one boy a back of other  $\rightarrow$  running

applies:

NB. Handwalk along parallel benches.  
(as ~~old~~ bars)

5 Run up and sloping benches  $\rightarrow$

6. U. circle  $\rightarrow$  <sup>N. Spring</sup>  $\rightarrow$  d. b. end (high  
bars)  
7. An. <sup>N. Spring</sup>  $\rightarrow$  (beam)  $\rightarrow$  U. circle  
 $\rightarrow$   $\rightarrow$   $\rightarrow$  d. b. end.

8. (Old. En.)  $\rightarrow$  (Hv.) An.  $\rightarrow$   $\rightarrow$

(landing by Thro. of Asd. V. over beam or  
or swing off.)

8. (Sit - U. Rd) Rhyt Tr. press d. (-1-3)  $\rightarrow$   
St on bench  $\rightarrow$  (Sit - Asd) Rhyt Tr

9. (Sit - Asd - Rd + U Rd) Tr. bend. s.

10. Jump over bench to change sides.

11. (a) Knecht - An St T. J. Rhyt Tr. hwa.

b

12. (a) Handst in twolinio h maces  
to Bok all to Tr. hwa. " "

(c) Combat - "horse riding" (jockeysth)

13 (the) Mand → running

Part II

Handst (in shean), All v. done h shean  
Tr. springboard

1. Add N. (Bock - h shean)
2. Run. Hd. spring. (box top)
3. Run H. Jhu. V. (horse back)

Mand.

Sweeden. Age 15 years

1. Rhyd. Am. swing w. Hl. rais.  
Swp in (St. Am.S.)
2. Kn. bend. W. Am lower S.
3. (X-leg pit.) Hd. turn; Hd. roll, etc.
4. ( " " - long legs ) Am swings.  
u. N. 2 Hm beats on floor.
5. (St) St. place and, w. Am sheld
6. horse Am swings → Tr press d.
7. (St. And - Ackd) Tr hie w. 1  
Am. swing 2. (Hylk press.)
8. (St - U. Bat Kn. St. Rd to Kn St -  
1 legs) Tr. bend S.
9. Hylk u. de swings.
10. (St) Hl rais. w. 1 Am. rais. S.

Wall Bars

11. (Angle Hg) Kn. rais. hi, sheld u.  
Hlowen.
12. Spanning → Complimentary
13. Hl. Jr. Sup. walk up to Hndle  
→ to roll to Pk. Ly.

14. (Bk by) Hi. Lg. runs.

15. Heaves (Balance.)

(a) Rope climb w. overhead feet

(b) Arm hairs. Body rais.  
also Bent Arm hairs

(c) Upward crawling.

(d) Balance exercises

16. Two v. to sit - Down b. d. to sit  
(low beam.)

17. Two circles

17. Fall f. to (Bk by) Relay Race  
Four lines

18. (Fr. lin - Archd) Arm fling

17. (Dr. sup) Lg. thumb b. to Dr.

Sup → (Dr. sup) It place and

to jump

18.  Multi-salutes

19. One hand wreath.

20. Run March.



## Part II

1. Asd. V. (back)
2. Rev. Asd. V. (") (not in stream)
3. Run jump over box (4 lefts)
4. Dive over box (4 lefts) Horse  
to forward pull  
on to low box lengthwise.
5. Buck - low box - long box.  
~~Asd. V.~~ a to low box →  
H<sub>2</sub> Asd. V.

6 - Horse X wise - box lengthwise

(a) H<sub>2</sub> Asd. V.

(b) H<sub>2</sub> V. (H<sub>2</sub> V. & stream)

(c) H<sub>2</sub> Asd. V. to H<sub>2</sub> St. V. H<sub>2</sub>

walk along box

Final Box

(St. Asd) To turn W. 1 An. pass.

DB W. P<sub>2</sub> h<sub>2</sub> o

Marched off.



18

Foot angle very large

# Sweden - Men

NB

1. March into 4 lines
2. (St) Am rais s. y. → Tr bend
3. ~~(St) Am bend, all.~~
4. Am bend ~~holding~~ fol →

## Apparently like down

A Free St. - mainly hydraulically  
à la Buntch

B. (1) (H. Sit) Spar Bend <sup>(Hall bars)</sup> & success.

(2) (H. Sit) Hand thro. Spar. " "

(3) ~~Hand~~ Orlying

(4) Hand walk to wall bar  
down & success.

C. (1) High beam work (6 beam)

(ii) (H. Hg.) <sup>Royal</sup> beam bar.

Start. by swing & somersault

(iii) Upstart → Ast. v. over.

(iv) " → in 10x swing off

(v) " → " & Hollow back

(vi) " → H. b. → Hollow back  
somersault

D High Beam + Agility Mattress

- Balance exs  
(i)  $\frac{1}{2}$  h<sub>2</sub> St - Am. U.  $\rightarrow$  face V. over  
(ii) Hr. S. body ~~(f. S. body)~~  
(iii) " " "  $\rightarrow$  Hr. St  $\rightarrow$

Don't feel this.

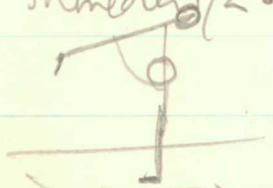
- (iv) Lie down on high beam  
etc

E Tru St. exs.

- (i) Fall to Tru St.  $\rightarrow$  Tru  
v. h x L y sit  $\rightarrow$   
To spread  $\rightarrow$  Be well  
to Tru St, etc.

- (ii) In succession. Red v.  
over partner.

- (iii) Jump to Tru St or partner  
shoulder (i success.)



(iii) Same form - Run. Handspring  
hands on shoulder -

Support in J. hump form

(iv) (H. S. Corp. Am. v. S. V.)

(v) (Baby - Sh. St.) <sup>in lines</sup> Lower  
d. & back spring

(vi) (J. hump - Am. V.) Am. way

d. b. & d. v.

vii) Marching. Running.

Part II

∧ \ - v. formation.

(1) Box (4 h/4) Handspring  
(shay/amo)

(2) Horse (2 h/4) Bal. hand.

(3) Jhu v. A. d. all (shear)

(4) Sheep.

(5) Jack.

(6) Ave & Roll.

(7) Holler back thru.

(8) (The St) Jhu. V.

(9) Hull → hus → hick hick

(10) hick → hys hys

(11) hick h. h.

(12) J. h.

(13) hys over horse

(14) Horse box

H. h. (Shear)

(15) hys cart wheel

(16) hys horse

(17)

Camp  
Sveden Demonstration - Women 8/36

1<sup>st</sup> Demonstration - Girls age 11. (16 on leave)

Short explanation - talking in open air - very  
difficult and very ineffective light  
Bare feet - nice blue shoes

- A - 1. March w. song
2. Skipping various steps
3. Thread needle (wool cord & larks -)
4. (St - Ad - Ad) <sup>cept rope</sup> Tr. bends (shy)
5. 2 pairs - See Saw
6. Ropes away - various Ad & Trunk exercises  
(lateral) in (2 by 2) (Kul St - 1 by 1)  
(excellent relaxation)
7. (In hgt) various Dorsal exs.
8. (Bk by - 1 trunk) Tr. change
9. (St -) Tr. bend d. hind ground & prod -  
st. near to feet, knees bent & unroll (shy)
10. (St St) Tr. lower S. <sup>in place</sup> place the on  
<sup>in Off American</sup>
11. (Ad sit) | Am. end of forest &  
Am. S. & Am. F. (Bend) <sup>≠</sup>
12. Am. St. w. support (Support st on  
bend) <sup>Support</sup>
13. Steps to bend w. Off St - Jump over  
wing of
14. | ← | hungry to war
15. 3 run steps - 14. 1/2 run - 1 hgt. Off  
Am. run. v. (rel. music)
16. Run pass football & pass Relay.

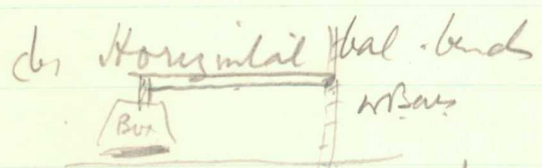


G.S. / S. hand n. Ad. m. + An. raris (S. Sabon) 1/2 H. place + pulchre  
 1/2 M. Rel. 1/2 d. → unroll. Same - stairs.

(2)

Beams (1/2 class) Ropes (1/2 class)  
 (at Ov. G. W) Am walks. (at Ordinary dining  
 with swing. w. 1 Am lower 8  
 Landings w. Kns.  
 together) on beam

Inclined Benches (1/2 class)  
 Run n. incl bench track along beam  
 w. 2 Kns. beds f. → dep. Hn. v. Hn.  
 → run for middle head (beam  
 shoulder high)



Cat crawl along bend - descent  
 for NB. by swing f. proper landing

Beams shoulder high  
 V. incl. to Bal. top → then to d. side  
 Relax to h. from 26" - head. —  
 then various Am moves → descent  
 thro. Hn. St.

E Beam - high high

Run Old Bk N  
 Far running in S. (Tissue) → mod  
 (b) " dancing step a pair

(3)

H. Vandling (Bond & spray board)

(a) Cal. → contsheds to places

(b) n h shear → handsprays  
of contsheds to places.

1. Anal

(a) Rhyt. H. plac. o. s. pp. An var. S.

(b) Tr. bend 1/2 d. unroll.

IB.

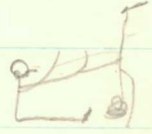
Very good class - neat & neat  
Rather different from our standards  
most attractive work.

Sweden - Eric's 15-16 years old

20 in class II

All done to music

- (1) Run w. opp. Kn. rais.
- (2) (S) dance Am. Swings
- (3) (S) - Am. Folk) Ad. thm.
- (4) horse Am Swings ± steps.
- (5) (H) (S) waltz tr. thms.
- (6) (F) (H) Beat flow in front val sides -  
slip in pass.
- (7) Waltz tr. thms.

(8) Hurdle pairs.   
 Dance slip (Dance)

B. Beam work (beginner)

- (1) (S) (S) waltz Am. waltz
- (2) Bal. waltz. beginner.

C. Individual Exercises (beginner)

- (a) Skipping 1 & 2 rope.
- (b) Bal. step (ind. Head steps & Hand step)
- (c) Beam - an. hand.

D. Lateral Drunk ex. free d-to-music

TR down

(2)  
E. Games (Rider)

F. Dance

G. Variety

(a) Boys - I roll a box,  
to Bendu in bear - run up  
to & the jacket off.

(c) Bend, bear & jump rope -

(a) Run dry back → run Hear  
V over rope.

17. Small

3 dep. f. & Hd. d. f. → Hd. sth u

E. Games (Relay)

F. Dance

G. Variety

(a) Boys - I roll a box,  
(b) Bend in line bear - run up  
to & the jump off.

(c) Bend, bear & jump rope -

(a) Run along back → run Heave  
V. over rope.

17. Small

3 steps f. & Hd. d. f. → Hold stick u

Women Sweden → (30+ beams)

A. (1) March Run (Music)  
(2) Free st. exs due to music

B. Beam work (6 beams)

(a) Various balance exs.

(b) Bal. ex in pairs (to music)



(c) Bal. ex. in threes

(d) Indiv. balance (to music)

C. Heaven on Beam

(a) (Or. Kn.) Trav. s. d. of B. some

(b) (Bach mp) J. d. ex. to H<sub>2</sub> B. H<sub>2</sub>

(feel supported in 1/2 kne) Am.

end is support (.)

D. March Run (to music)

E. Free-st. Dorsal (to music)  
lateral tr. exs

F. Circle fountain - long diff. ad - lateral  
Dorsal exs, incl (H<sub>2</sub> H<sub>2</sub>) H<sub>2</sub> pairs



G. <sup>(D)</sup> Joining same ~~lands~~ in Wheel formation.

H. Vaneling. (2 teams)

Box Horse & Gray Board

(a Run Jace).

Swedish Demonstration - Stadium 8/8/30

600 women. (blue lines)

1st March round track

(b) In the hand towards royal box - open  
ml to 0.0. - covering football field

A. First series to music.

(a) ~~Am. song~~ (m) 3 series standing  
(b) K. Reg. set) Hall etc.

Examples

(c) --- Am sketch  
(d) (1/2 Sid) Am. end cross  
(e) Hypo at. St. etc  
(f) (St) All Am. now for, de  
(g)

B Run off.

NB '20 minutes' only - all free st

musical background.

600 men. (white)

To command. Leads standing  
on platform in front:

A Series of free - st lines.

- most lines "in line", but some  
to. High song.

(2)

Exs. not linked - each one done  
to a separate h. of comment  
Exs. on the whole <sup>part</sup> sample but  
operation.

Full Madras. Ind. was as  
~~As a~~ deep dug; & Carthel not  
spectacular. B. Role to Dr. Suf.  
alt. here work

No apparatus work. 20 min.

Demonstration - Inland - Thurs. 6/8/56

Stadium

Large party of dancers and teams in light blue, very pretty sight. Started to Commence at 6.30 - actually started at 7.30 - rather trying wait for girls.

Synops

Worked on to rhythmic clapping of large audience.

96.1 ~~100~~ - 12 x 12 square.

A. Full stress to music.

(i) many exs. resembled the "strong gymnastic")

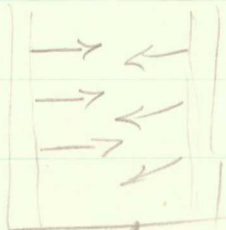
(ii) Considerable change of rhythm

B. 8 Circles:

Exercise of running steps same ex:

type - dance type

from 8 circles to



Approaching each other w. movs. of a hinging type - very soft -> light - run movs. etc - barefooted



(2)

Music rather sad & haunting.

2-10 1/2 || Dir. of gymnastics very short - 25 mins  
in apparatus.

Gymnasts march off as dancers march  
on - a very colorful sight in  
national costumes. About 170  
dancers & all

Two under 2  
pairs.



Spotlights?

Small under 2.



Olympic fire  
burning brightly  
behind.

For description of dances - see  
page 21 of programme

Hungarian Demoshalov 9/8/36 Camp.

Mardi's song.

2A. All st. exs

Adaptation of swimming gymn  
Bukh - all continuous  
Very close formation - more swimming  
gym than Bukh.

B Parade.

See 2 (Working in pairs) formation

A (a) Shoulder stretching

(b) Hand st.

(c) 1/2 St. w. sup.

d. — on back of partner (Ch. Sup)

B. Sup 1/2 Kneel / other (1 St. Sup) Tr. pass

d → Tr. bend b.

C. Hand st. in knees of partner

D. (Bk by - Kneel) other getting  
on knees - w. bend b. to meet (v.?)

E. (1 St. Rest.) 3 double Arm ends →  
Tr. bend s.

F (Gr. 1/2 Sup) Leg. runs (?)

G (Bk. Leg. Ra) Shoulder stand on  
partner's feet (a good move)



H. Jool on & Back somersault - (.)

I. (Asd onto Kns. <sup>of pommel</sup> + up to Hndlt -

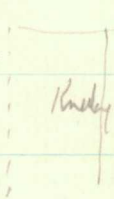
(.)

J. Loose Am swings → various Bal. exc.

K. Series of exc. involving Dr. Sp.

L. Contortions; Headst; Headsp; all a rhyth. & other exc.

M. Darching (very slow rhyth.)

N.  Jump over back & other ths.

(1) Roll on back dive over partner's open legs.

(2) Headsp; over back

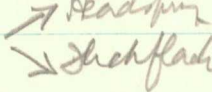
↔ headsp; on ground

O. Various tricks of a humorous character. (cf.

(1) Pass a man over head. ←

(2) Jump the blanket - man goes over w. slight air ths. Hndlt.

(3) Hurdle jump - over 2 men

(4) Red V. over 2 men → 

(5) Charo Race

## Section 2<sup>3</sup>

Each man w. a shot. (all in rhythm)

1. Swing of ft
2. ————— → thru & catch
3. Repeat opp. hand & change over
4. Put from, thru direct to w. rebound.
5. Pass from ft. to the, back to
6. Pass behind back & catch — all ft.
7. — ditto ————— → (Put from) Put to

## Section 3. (Team of 6. Swing Gymnastic)

Some excellent individual work demanding considerable suppleness, flexibility & control. (St.) Stick & back

## Section 4 Vanding - Spray Board Table

Austria - Dem. Camp 9/8/36

A. Feet on the lines of Landhofen  
Stücher. (using sticks.)

B. Boxhorses.

various bands is. Several - held  
(no definite form & Landhofen's bands)

Relay Races using sections of boxes

C Games from

- (i) Dodge Ball (1 man in middle -  
using box for pop to defend himself)
- (ii) Apple - bank to Paris 11.4. spring over the sea

D. Volley to human support

E. Pyramids

Sennstahin - Germany, Sunday 9/

Sädrun  
Men (short shoes)

Women (blue tunic)

TB (1) Ages & physiques varied considerably  
(2) Almost an hour delay whilst the  
marathon runners came in

Men (about 2000)

- A. Full of gymnastics - very good rhythm -  
~~Stalled~~ (a) <sup>feature between groups of 10</sup> 3 sec. finish in 10 sec -  
(b) Several ex in 10 sec. (ex. of day  
finish in 10 sec.)  
(c) (10 sec.) 10 sec. 10 sec. 10 sec. (end of  
several ex. 2 find as 10 sec)  
(d) Several ex of a 10 sec. 10 sec.  
(e) ~~Several ex in 10 sec.~~  
(f) Repeat (a) & above.

Has an off to side - some in on

B Women (later by men)

- (a) Swing gymnastics. (all to music)  
a short series of ex. the day  
Short interch. 10 sec of music before  
each series.  
(b) Kuhl. Swing gymnastics  
(raily 10 sec)  
(c) Dances. Steps a spot and an.

trunk legs (2)

(d) H. Set - Various Abdominal Exercises, w. An  
swing (very vigorously performed)

C. Large jumps of women (Stiffly)

Steps from 2 sides to 0.0

Several stepping exercises in series  
coupled with ordinary exercises,  
many rope as piece of apparatus.

Rope being FORWARDED all the time

D. Several hundred women - Indian  
Clubs.

Swing of gymnastics ~~work~~ work clubs

much more "body work" than here used to

be in club swing, otherwise must do same  
exercises, <sup>joined</sup> at times the clubs are  
held in the two hands for various "trunk"  
exercises.

E. Group work new boys

YOUTHS - hundreds - run on to  
field to clear places with cry of joy  
d he made ~~that~~ looked like



1906 winners of exercises

Unmarked women

idea full of ACTIVITY

(a) rows of all types

(b) marching groups

(c) rhythmic

(d) Marching troupe

(e) Volley Ball with

(f) Human support bands

(g) Horizontal bar

(h) Parallels

(i) Rings

(j) Horses

(k) Tables

(l) Jumping stands

Young Men

On whole all fall in in team places

F. Hundreds of women in white work large no. of flags. Making in large circles - simple dance steps -

G. Form up in two large solid squares facing towards center, led by flag - march through each other



4  
Mass Singing - flows a multitude  
of solid square, advance  
fl. in solid square →  
thin and march off wind back  
each contingent led by flag  
bearers

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CARNEGIE HISTORICAL COLLECTION

German Demonstrations  
Programme

27-7-36