

# By:Proud C History of GYMNASTICS

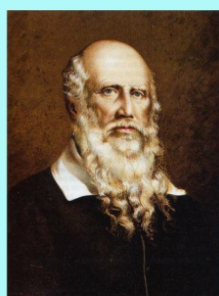
GYMNASTICS WAS CREATED IN THE EARLY 1800S. A MAN CALLED FRIEDRICH JAHN BUILT THE FIRST MODERN GYMNASTICS EQUIPMENT AND INVENTED MANY OF THE EXERCISES USED TODAY. SINCE THE 1960S TELEVISION COVERAGE OF NATIONAL AND OLYMPIC COMPETITION HAS MADE GYMNASTICS A POPULAR SPORT IN MANY COUNTRIES. TODAY GYMNASTICS IS ONE OF THE MOST POPULAR OLYMPIC SPORT. GYMNASTICS IS AN OLD SPORT AND THROUGHOUT THESE YEARS IT HAS GONE THROUGHOUT MANY CHANGES.



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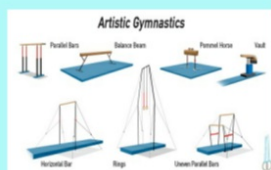


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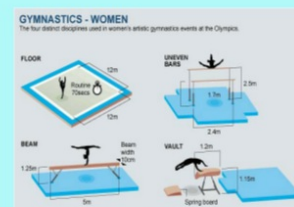
GYMNASTICS HAS BEEN AROUND FOR OVER 2000 YEARS. IN THE 1830S THE SPORT GYMNASTICS WAS INTRODUCED TO THE UNITED STATES. IN 1881 THE INTERNATIONAL GYMNASTICS FEDERATION WAS FOR NEED, LATER WAS RENAMED TO BEREHU OF EUROPEAN FEDERATION. IT WAS FORMED IN THE UNITED STATES IN 1883. THE FIRST LARGE-SCALE COMPETITION WAS IN 1896 OLYMPIC WAS HELD IN 1903 IN ANTWERP BELGIUM. THE FIRST MENS TEAM COMPETITION WAS ADDED AND HELD IN 1904 OLYMPICS ST. LOUIS. GYMNASTICS WAS ORGANIZED AND BECAME THE GOVERING BODY ON THIS SPORT IN THE U.S. IT STILL EXIST TODAY.

THE WOMEN GYMNASTICS EVENTS ARE UNEVEN BARS, VAULT, FLOOR AND BEAM.

THE MENS EVENTS ARE FLOORS, POMMEL HORSE, RINGS, VAULT, PARALLEL BARS AND HIGH BARS.



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