

History of Men's Gymnastics

Have you heard about the sport that has some of the highest flying tricks you ever seen? Well its men's gymnastics, men's gymnastics is the second most popular form of gymnastics. This type of gymnastics is the oldest type of gymnastics, dating back to the very early Olympic games. Male gymnasts competed in six different events: Floor Exercise, Pommel Horse, Parallel Bars, Rings, Vault, and High Bar. Male gymnastics has grown a lot since the first Olympic games when gymnastics has taken place. Male gymnasts has shown amazing displays of strength on one of the most energy draining events, rings.

Gymnastics was originated in ancient Greece, where it was used by soldiers to get ready for war. The skills and strength a gymnast needs was what soldiers did as a warm up for war. They thought that the running, jumping, tumbling, mounting, and dismounting Pommel Horses were all thought to be great assets that they needed on the battlefield. Other than warriors, gymnasts were practicing to go the Olympics. The first Olympic championships took place in 1896 in Athens. German gymnasts were the first dominant country of gymnastics. They won 9 out of the 15 medals that they gave out. After the first Olympics the Worlds were made, in 1903 the first World competition took place in Antwerp, Belgium. When gymnastics had started the U.S was gaining great gymnasts. Though the Soviet Union was not there to compete, China was there to try to beat the U.S. Legendary gymnasts Tim Daggett, and Bart Conner led the way with nearly perfect routines to win the gold. Some of the aspects you need to have in Gymnastics is strength, air sense, balance, power, and a work ethic that makes you try your hardest to get new skills.

In this paper you have learned about the first national championships for gymnastics and what gymnasts need to have, to be great. In the modern age one of the best gymnasts is Kōhei Uchimura from Japan. He has won three world championships and has dominated the playing field. Gymnastics has evolved a lot since the very first championships, they have improved equipment to make the sport safer, like the vault. In 2001 they changed the vault from the pommel horse with no handles to a curved front. So many gymnasts kept hurting themselves on vault, especially one scenario someone had to stop competing because he ran into the hard flat vault. Now that you have learned about the history of men's gymnastics I recommend you to go on safari and look at all of the amazing things gymnasts can do.