

Get fit with Swedish Gymnastics!

General warm-up and more...

WORKSHOP DESCRIPTION

Open warm-up according to Ling's method (Swedish Gymnastics), based on the take of J.D. Haasum (Boston, 1885). You'll enjoy a swift and gentle warm-up, and maybe take home some warm-up routine for yourself.



Anton B. Santesson, *Gymnastik för unga kvinnor och skolflickor* (Stockholm: Bonnier, 1866).

Nota bene: Female gymnasts were only allowed to train at the Royal Gymnastic Central Institute from 1864 onwards

Pehr Henrik Ling (1776-1839) is the father of Swedish Gymnastics, which was one of the best export of Sweden.



Pehr Henrik Ling travelled and studied abroad (7 years). He composed poems inspired by Romantism and mythology and learned fencing. Upon his return, he was appointed fencing master at the University of Upsalla (1805).



He founded the Royal Central Gymnastics Institute (Kungliga Gymnastiska Centralinstitutet, GCI) in 1813. From 1864 onwards, women were allowed in.





**EDUCATIONAL
GYMNASTIC**
Designed for youth,
with pedagogical and
physical goals

MILITARY GYMNASTIC
Designed for building
strength and combat
skills



Ling's
system

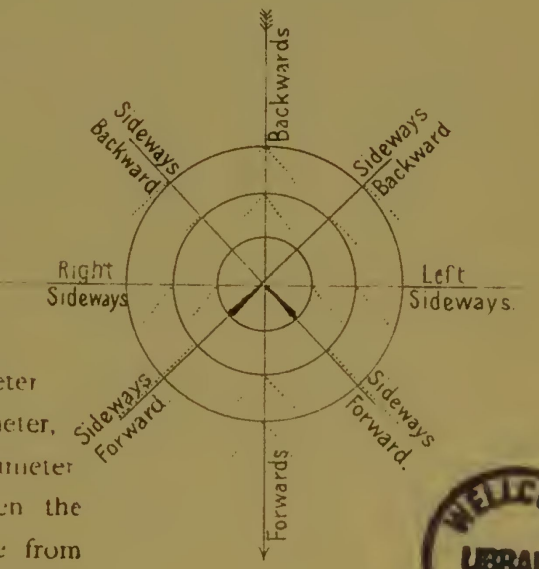


MEDICAL GYMNASTIC
Designed to cure or
alleviate illnesses and
physical suffering

AESTHETIC GYMNASTIC
Designed to express
the internal thoughts
and feelings through
the external body.



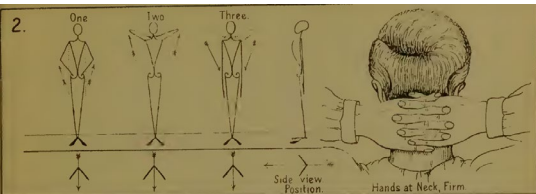
Footwork



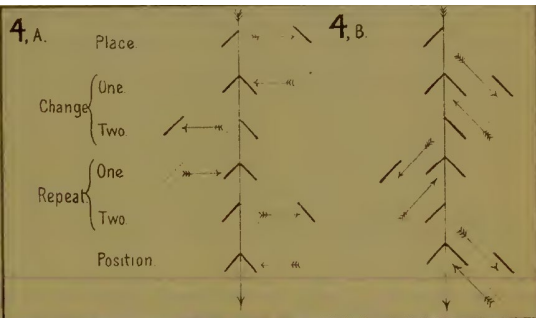
NOTE - Inner circle, one foot-length in diameter
Middle ,, two foot-lengths in diameter, side
Outer ,, three foot-lengths in diameter

The *first* gives the extent of the feet when the body is in position, the *second* the distance from heel to heel in ordinary stepping, and the *third* the heel-distance in the various large steps.

Gentle unlocking of the body joints

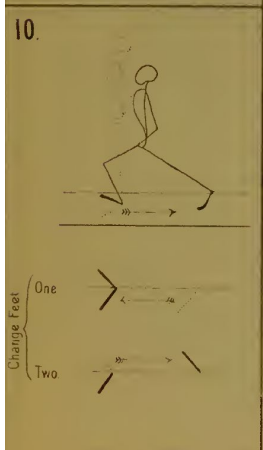
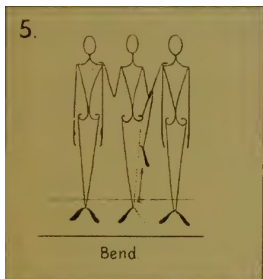
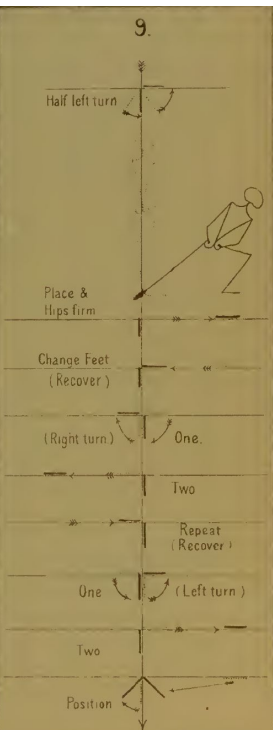


2. Rest of body rigid. Hips Firm. Head backwards bend and upwards raise¹ One, two. Repeat - One, two. Position.



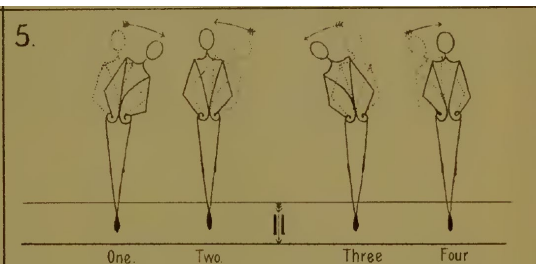
4. Hips—Firm. Trunk backwards and forwards bend—One, two, three, four. Repeat One, two, three, four. Position.

Get that flex!

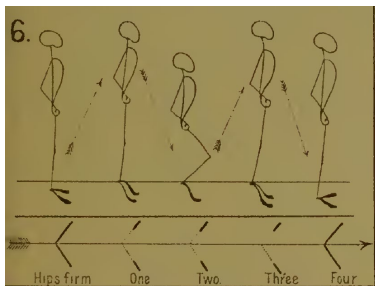


10. Hips Firm. Left foot forwards, sideways forwards, and sideways place—One, two; three, four; five, six. The same placings are to be repeated with the right foot.

Rocky ride



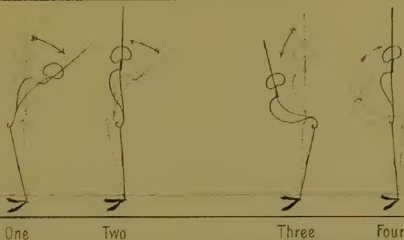
5. Feet close and hips Firm. Trunk to the left and right bend⁴ One, two, three, four. Repeat— One, two, three, four. Position.



6. Hips - Firm. Heels - Raise. Knees - Bend. Knees - Stretch. Heels - Sink. Repeat - One, two, three, four. Position.

My butt looks good

2.



One

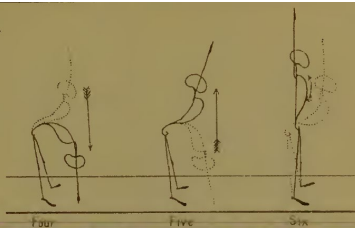
Two

Three

Four

2. Arms upwards stretch—One, two. Trunk backwards and forwards bend—One, two, three, four. Repeat—One, two, three, four. Arms downwards stretch (or Position)—One, two.

2.



Four

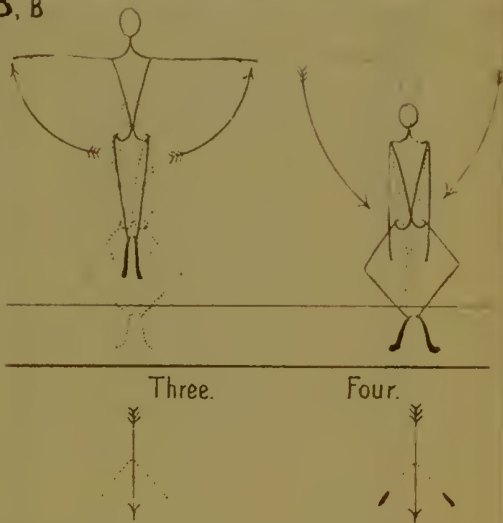
Five

Six

2. Feet sideways place and arms upwards stretch—One, two. Trunk backwards, forwards, and downwards bend—One, two, three, four. Upwards raise—One, two. Repeat—One, two, three, four, five, six. Position—One, two.

Fly away!

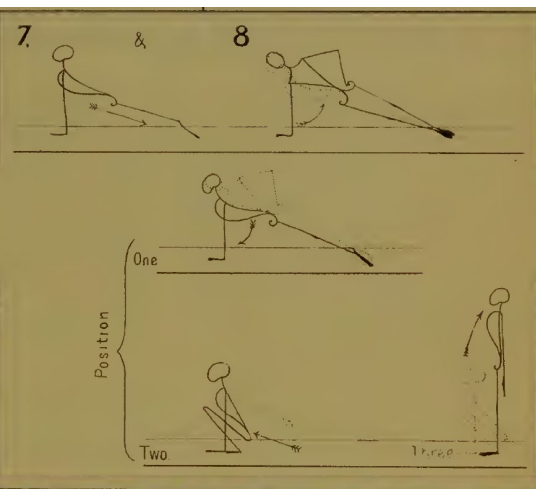
8, B



- Sa. Prepare to jump - One, two, three, four.
b. Throwing the arms sideways, upward jump - One, two, three-four,² five, six.

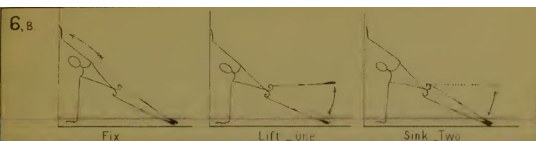
² Arms to hang behind the legs.

Grow some muscles



7. Crouching position hands—Place. Feet backwards—Place.¹ Repeat—One, two; One, two. Position—One, two, three.

8.* ²Right side falling position hip—Firm. Change sides—One, two. Repeat—One, two; One, two. Position—One, two, three.



Now we're talking



Sport, 1912 Olympic Games, Stockholm, Sweden, Gymnastics, (Swedish System, Team)



Want to know more?

The source used for this workshop

- [Swedish gymnastics. Pt I, A manual of free-standing movements for the use of schools without apparatus / compiled and arranged by J.D. Haasum \(London: Hachette, 1885\)](#)

About the Royal Gymnastics Central Institute

- [Essay by Jan Lindroth \(2006\)](#)

About Pehr Henrik Ling

- [Entry of the Svenskt biografiskt lexikon \(Lindroth, 2023\)](#)

A selection of secondary literature putting Swedish Gymnastics in context

- [Bazoge, Saint-Martin, Attali, 'Promoting the Swedish method of physical education throughout France for the benefit of public health \(1868-1954\)', Scand J Med Sci Sports 23/2 \(2013\)](#)
- [Pfister, 'Cultural confrontations: German Turnen, Swedish gymnastics and English sport – European diversity in physical activities from a historical perspective', Culture Sports Society 6 \(2010\)](#)

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