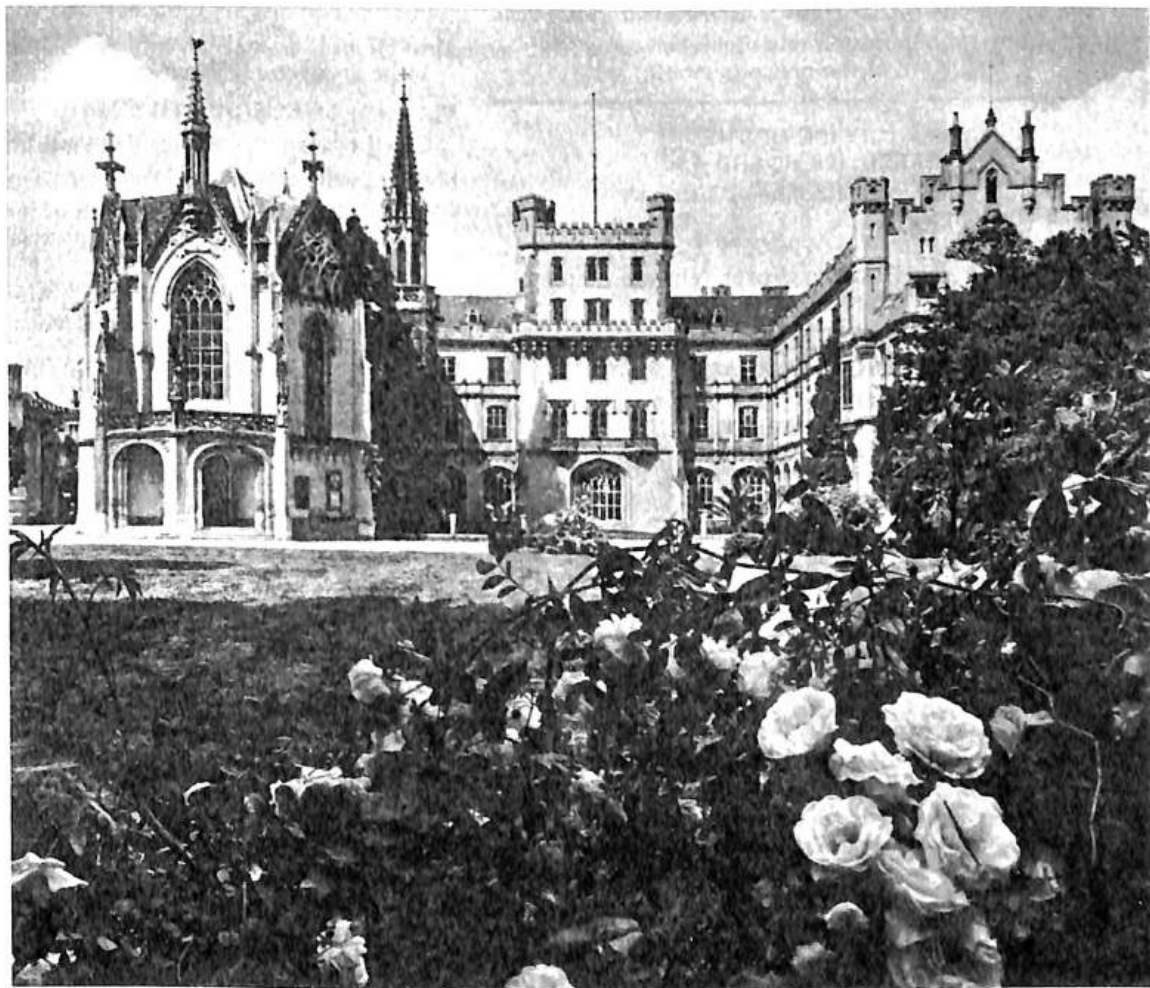


AMERICAN SOKOL

VOL. CI - NO. 4

APRIL 1980

PUBLICATION OF THE AMERICAN SOKOL
Educational and Physical Culture Organization



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S
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AMERICAN SOKOL

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EDITOR - JACKIE KOURIM

388 Shenstone Road Riverside, Ill. 60546

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**OFFICE OF THE
EXECUTIVE BOARD ASO.**

EllenJeanne Schnabl, Secretary

6426 W. Cermak Rd. Berwyn, Ill. 60402

Tel.: 795-6671

Meetings: 4th Tuesday, except July and August,
at ASO Office.

EXECUTIVE BOARD:

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LORRAINE ZDENEK

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WILLIAM MEYER, RICHARD VACHATA

Calendar of Events

APR. 10 - SOKOL HAVLICEK TYRS

Luncheon and Bunco Party

APR. 19 - SOKOL NEW YORK

Gymnastic Exhibition - Social follows

APR. 19 AND 20 - SOKOL SOUTH OMAHA

6th Annual Invitational Gymnastic Meet

APRIL 26 - SOKOL STICKNEY

Gymnastic Exhibition

MAY 3 - CENTRAL DISTRICT

Special Number Competition - at Pavak Center,
Berwyn, Ill.

MAY 3 - 4 - SOKOL WASHINGTON D.C.
Tennis Tournaments at Oxon Hill, Md.

MAY 4 - SOKOL WEST SUBURBAN
Gymnastic Exhibition

MAY 4 - SOKOL FUEGNER, L.I.

Annual Exhibition - Bohemian Hall

MAY 10 - SOKOL SLAVSKÝ

90th Anniversary Banquet

P.B.A. Manor, Berwyn

MAY 16 - SOKOL AND SOKOLICE MILWAUKEE

Graduation and Award Night

Pilgrim Park Jr. High School

MAY 17 and 18 - SOKOL ST. LOUIS

115th Anniversary Week-end Celebration

MAY 17 - SOKOL SOUTH OMAHA

Czech Festival - Gateway Shopping Center

MAY 18 - SOKOL WASHINGTON, D.C.

Wreath laying ceremony - Tomb of the
Unknown Soldier, followed by gymnastic
exhibition.

MAY 26 - CENTRAL DISTRICT - Memorial Day
Services - Bohemian National Cemetery

MAY 30 - SOKOL SOUTH OMAHA

"250" Club - Dinner and Dance

JUNE 7 AND 8 - SOKOL SOUTH OMAHA

1980 Ethnic Festival

JUNE 7 - CENTRAL DISTRICT - Victory Dance
at Sokol Brookfield

JUNE 8 - CENTRAL DISTRICT SLET

Riverside - Brookfield Stadium



**HAVE YOU
SENT IN YOUR
NEW ADDRESS?**

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION

6426 West Cermak Road

Berwyn, IL 60402

Sokol

Name

Old address

..... Zip

New Address

..... Zip

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CI

April - 1980 - Duben

Číslo - No. 4

With best wishes for continued success - - Sokol Masaryk Association, Montreal, Canada.

Sokol Slavsky is indeed proud to honor Sokol Americký magazine in its 100th year . . . Patricia Satek, Secretary.

To a wonderful Sokol Organization and its members. My congratulations. With wishes for another hundred year celebration. - - Marie Hladik, member of Sokol Berwyn for 67 years.

Dostal jsem krásné sokolské "seals" a omlouvám se, že pozdě odpovídám. Je to jistě to nejlepší co Českoslováci přinesli Americe - - kromě pilných rukou - tuto Sokolskou myšlenku. - - Bro. Frank Havlik, Sokol New York, with his \$500.00 donation.

May you continue to publish for another 100 years - Helen Pavelka, Secy. of Sokol Corpus Christi.

The Southern District expresses their appreciation to you for printing the beautiful seals honoring the 100th anniversary of the Sokol publication.

Donation of \$25.00 celebrating 100th year of publication of the American Sokol Magazine. - - Slovak Gymnastic Union Sokol.

Purchase of Sokol Commemorative seals - - \$10.00 from S.P.J.S.T., Temple, Texas.

Thank you for your new seals - - With Greetings - - Lida Brodenova, Washington, D.C.



The beautiful seals of the Sokol insignia shall and will promote our high ideals among the citizens of our great nation, the glorious United States of America. - - Zdar Boh! - - Tibor T. Kovalovsky, Supreme Secretary of the Slovak Catholic Sokol.

Sorry this is late - just misplaced the letter and seals. Hope you will be able to celebrate another 100 years . . . Mary Halsted, Sokolice Detroit.

We enjoy reading the publication and as for myself, I read it from cover to cover - - Steve J. Mostenan, Rec. Secy., Sokol Racine.

Přeju mnoho zdaru v dlaších letech v činnosti Sokolské a vám všem mnoho zdraví. - - Marie Vitek, Cedar Rapids.

Enclosed please find check in the amount of \$100.00 for the seals celebrating your 100th year of publication of the American Sokol Magazine. - - Officers and Members of the Schenectady Sokols.

This publication has always been news-worthy, quite informative and enjoyable to read . . . Adrienne H. Filip, Corresp. Secy., Ústřední Vjbor, D.A. Sokol, Long Island City, New York.

Check enclosed in memory of George F. Herink, former editor of American Sokol. - - Rose Herink, Wife.

I'm happy to say I have done my share. I, too, am among the elderly, 87 years. I have many Sokol pins to show for my long membership. - - Marie Kucera, Lake Geneva, Wisconsin.

Best Wishes for the 100 year anniversary. Keep up the good work. - - Marie Nejedly, Cleveland.

Western District Meeting

January 14, 1980

Meeting was called to order with Pledge to the Flag by Pres. Bro. Pavoucek, and he welcomed all who attended the meeting. Minutes of the annual meeting, September 16, 1979 and of the November, 1979 meeting were approved as read.

CORRESPONDENCE: Quarterly reports for the 4th quarter were read from: Sokol Wilber; Sbor Libuse Sokolek Crete; Sokolice South Omaha; Sokol Caldwell, Kansas; Sokol South Omaha; Sokol Karel Jonas, Wilson, Kansas; Sokolice Renata Tyrsova, Cedar Rapids, Iowa; Sokol Minneapolis; Omaha Sokol Ladies and Sokol Gymnastic Association, Cedar Rapids, Iowa. From Sokol Slavsky regarding their 90th anniversary souvenir book. Invitation from Sokol Canada for their VI Slet, June 20-22, 1980. Invitation from Sokol Miami to their 10th anniversary dinner and dance night for Saturday, January 19, 1980. Letter read from ASO giving thanks to those officers of the past year for their dedication, time and efforts on behalf of Sokol and congratulated the newly elected officers.

BILLS: Bro. Ed Pavoucek, phone bill of \$4.62; \$30 for rent. Motion was made for bills to be paid, seconded, all in favor. Bro. Pavoucek asked if all the bills had been turned in from the Coach of Congress, all have been turned in. Bro. Pavoucek asked if the BOI had gotten together with regard to the Slet outline. They have met, but have only gotten half-way through. Will be meeting again February 2, 1980 at Sokol South Omaha.

Director of Women - Sis. Bo Drozda indicated that she had received a phone call from Cedar Rapids regarding the District Course after the 1980 Slet.

Sis. Pavoucek indicated that the Traveling and Instructors fund belongs to the District and can only be drawn upon if a District function.

Sis. Hamann indicated that there was to be a workshop in Terre Haute, Indiana regarding new USGF routines. A letter will be sent to all Units to see if they want to attend.

Public Relations, Organizational and Membership - Nothing new to report at this time.

Sokol South Omaha Slet Report - Bro. Dalton indicated that the deadline for units to have their informational material in is February 1st. Sis. Drozda asked how the pictures of the Executive Board came out, very good. Bro. Pavoucek thanked Sis. Paulette Masek for typing up the ASO by-laws.

1981 ASO Slet activities. No dates. Bro. Cahoy indicated that at one time were discussing routines for men. Should be able to use new ones and the new Olympic routines have come out for the 1984 Olympics. They have not been translated into English as yet, but should have the new routines out in order to encourage Chicago to use them.

Bro. Cahoy also indicated that there would be a new event for the advanced beginner and intermediate. It will be a compulsory called mushroom. It is what they are using internationally. Bro. Pavoucek asked if they would be available in the States. Bro. Cahoy indicated they just received a letter from a gentleman who is making them here in the States and they will cost approximately \$250.00. Bro. Cahoy indicated what they are used for.

NEW BUSINESS: Bro. Pavoucek said that he had had several phone conversations with the President of Sokol Caldwell during the past two months. Sokol Caldwell has asked that both Bro. and Sis. Pavoucek be present on March 9 for an installation of officers, initiating new members and basically try to create some interest in their unit. Motion made to attend the reorganization, seconded, all in favor. Bro. Benak asked if it would be a good time for the Director's of Men and Women to be present. At this time they are just trying to develop interest so that people will join. Reorganization of gymnasts will then eventually take place.

Sis. Masek gave the treasurer's report. Bro. Pavoucek thanked Bro. Rendla for the sign he made with all the officers on it. Motion was made and seconded to adjourn the meeting.

Respectfully submitted,

Barbara Seefus, Secretary

ASO Northeast District

The Annual Northeast District meeting on January 27, 1980, was called to order at 10:15 a.m. by Bro. Frank Kavan, President. The minutes of the December meeting were read and approved. The only correspondence received by the secretary was read, from Sokol Canada about the Slet.

The President's Report included the following: A registered letter from Bro. Chas. Bastl, Recording Secretary, Sokol Rip correspondence from Cedar Rapids, Iowa, reference to the National Convention. Bro. Kavan stated he prepared the agenda and had it printed and said he received his copy of the letter from the Northeast District sent to Mr. Charles Brown.

Sis. Pat Reis, Treasurer, read her report. Bro. Kavan, requested the unit Presidents to assign a member to the auditing committee. The committee will meet during the dinner recess to review the treasurer's records.

Bro. Joseph Kovar moved to change the order of the agenda so the meeting may continue without the District Men's and Women's Directors. Those present approved.

Sis. Yarmila Zboril presented the Sokol Detroit Ladies' Auxiliary 1979 report. The entire month-by-month activities were enumerated. Bro. Joseph Kovar complimented Sis. Zboril on her thoroughness. - He pointed out 1980 will be a significant year. 1980 will be the first time a District Slet will be held in Detroit. This year the Ladies' Auxiliary will be celebrating its 60th anniversary.

The Sokol Greater Cleveland report was given by Bro. Henry Srsen. As in the previous minutes the activities attempted were successful. The 1980 officers for Greater Cleveland are the same except for Secretary, which will be Bro. J. J. Venci.

Bro. Frank Kavan gave the Sokol Cleveland Cech-Havlicek report. There was no report from Sokol Rip. (A copy of Sokol Moravan's report is attached. It was received January 29, 1980 and is to be reviewed at the February meeting.)

The standing committees had no formal report, but the following information was presented: Krajansky Vybor - Bro. Voris said Martin Hrabak is the president. Organizational Director, Educational Director, Membership Chairman and Public Relations Director, no reports. Bro. Henry Srsen said that two years ago the Board decided the above duties would be handled by the Executive Board.

District Slet - Bro. Kovar and Sis. Zboril said the committee is working toward a successful Slet. Bro. Kovar questioned what units in the Cleveland area are having summer exhibitions. Bro. Srsen said Sokol Greater Cleveland has reserved the AMLA Recreation Center for June 1, 1980, for their exhibition. Sis. Pat Reis said Sokol Cleveland Cech-Havlicek might have a summer exhibition; they are not sure yet. She was concerned with the expense of transporting their class members to Detroit. Bro. Louis Teichman said the field at Sandy Bottom Lake will accommodate 250 gymnasts. All classes should intend full participation in Detroit. This was agreed on by those assembled.

XIII National Convention By-Laws Delegate - Bro. Jirousek reported no changes have been submitted through him. He requested a list of convention delegates from this district's units. He hopes to have a briefing session as to the procedure at an ASO Convention and the policies at same.

ASI - Bro. Jirousek reviewed the goals that were the cause of establishing the ASI committee. He pointed out these goals have been met. The committee is still functioning.

Sis. Bertha Cerny, Women's Director and Bro. Roger Martanovic, Men's Director gave the Board of Instructor's report. The class leaders and instructors were announced. The District BOI is holding quarterly meetings and have changed their annual meeting to September or October. Today's meeting for them is the second quarter meeting. Their complete reports with statistics on classes are attached.

Bro. Kavan appointed Bro. Jos. Kovar, Henry Srsen and Sis. Wilma Sevcik to serve as the nominating committee. Motion was made and seconded to renew our membership in the Lake Erie AAU, approved. Bro. Kavan gave his report as an active District President. Motion was made to recess and reconvene at 1:30 p.m., recessed at 11:55 a.m.

After an excellent lunch, the meeting reconvened at 1:40 p.m. Bro. Kavan thanked the committee that arranged for the meal, those who baked and those who assisted with the lunch. Sis. Reis reported the membership tally per unit with both the third and second quarter counts:

	2nd qtr.	3rd qtr.
Sokol Detroit Ladies' Auxiliary	247	244
Sokol Detroit	194	182
Sokol Moravan	21	21
Sokol Rip	15	--
Sokol Cleveland Cech-Havlicek	171	153
Sokol Greater Cleveland	488	522
TOTAL	1,136	1,122

Bro. Belavek reported the Auditing Committee found the information contained in the treasurer's report to be accurate. It was re-affirmed the 1980 Northeast District Slet is being hosted by the Sokols in the Detroit area and the 1981 Northeast District Slet will be hosted by Sokol Greater Cleveland. Bro. Kovar made a motion that Bohemian National Hall, home of Sokol Greater Cleveland, be the district meeting hall for 1980, approved.

Sis. Sevcik reported the nominating committee has prepared a full slate of officers. The following were nominated for: President, Bro. Lad Voris; 1st Vice-President, Bro. Joseph Kovar; 2nd Vice-President, Bro. Henry Srsen; 3rd Vice-President, Bro. Frank Kavan; Secretary, Sis. Karen Berg; Treasurer, Bro. Ed Wutsch; Educational Director, Sis. Elsie Khol; Men's Director, Bro. Roger Martanovic; Women's Director, Sis. Bertha Cerny. A motion was made to accept the nominating committee's report. No further nominations from the floor, a motion was made that nominations be closed, the secretary cast a unanimous ballot in favor of the nominees, both motions approved. Bro. Kavan declared the above brothers and sisters elected as officers for the coming year.

Sis. Cerny suggested Bro. Lou Teichman install the officers. Bro. Teichman asked those elected officers to stand in front of the meeting hall. He asked the 1979 officers to relinquish their jobs they hold and commanded the 1980 officers to further the Sokol cause and devote all their efforts to same.

Sis. Cerny made a motion to invite Sokol Canada to the Northeast District Slet.

Bro. Kavan announced the next meeting will be held February 27, 1980, at Bohemian National Hall. The XIII National Convention of the ASO will be held June 16-18, 1980, in Cedar Rapids, Iowa. The next annual meeting of the Northeast District will be January 25, 1981, at Sokol Detroit Cultural Center, Detroit, Mich.

Sis. Cerny pointed out the list of officers should be sent to ASO by February 1, 1980. She also asked about a Hospitality Suite at the 1980 ASO Convention, no decision yet.

Bro. Srsen suggested this body extend a greeting to Bro. Fred DeConti, who was unable to attend because of illness. Meeting was then adjourned.

J. J. Venci, Secretary

Happy Easter!

ASO Executive Board Meeting

Meeting of the American Sokol Organization Executive Board was called to order by the Vice-President, Sis. B. Prener, at 7:35 p.m. The Pledge of Allegiance to the Flag of the United States of America was given.

The following District minutes were received, distributed to members and discussed: Western - January 14, 1980; Eastern - Annual, September 23, 1979 (received 2-11-80); Southern - January 24, 1980.

At this point, Bro. Barcal asked to deviate from the agenda so he could give his **Educational Report** and be excused, granted. Received pictures from Sis. Provaznik with suggestions as to which are to appear in our new publication "100 Years of Sokol". Received 2 articles from Bro. V. Zizka: "A Bohemian Musician", a translation of biography of František Kmoch and "Our Physical Culture System", an article about the Workingmen's Gymnastic Union. Received a request from Bro. DiDomenico of Sokol New York for a film, which will be sent. Correction will be made in our publication that the Bartered Bride was written by Bedřich Smetana. All future articles will be screened by our committee. Received a sample copy of "Good Time Fitness for Kids" which was reviewed. Sis. Schnabl moved that it be purchased; seconded, passed. Mention was made that "Sokol and the Sokol Idea" supply is very low. Sis. Prener will check on prices with the Cicero-Berwyn Press, while Sis. Schnabl will contact the Haskett Printing of Omaha who last printed our booklet.

CORRESPONDENCE: Received a letter by Peter Vlcko, Czechoslovak National Council of America, Executive Committee, Chicago, to Sokol and Sokolice Detroit, stating that we should not support any events in Russia or Czechoslovakia and support our President and our government. Also received a letter from the Czechoslovak National Council asking that we not support the Moscow Olympics nor the Spartakiada in Czechoslovakia. Thanks to Sis. A. Basta for translating this letter, along with Bro. Rabas. After some discussion, it was stated by the Executive Board of the American Sokol Organization that: "ON BEHALF OF THE AMERICAN SOKOL ORGANIZATION, OUR REPRESENTATIVE IN THE U.S.G.F. VOTED TO SUPPORT THE UNITED STATES OF AMERICA GOVERNMENT TO BOYCOTT THE OLYMPIC GAMES IN MOSCOW. THE AMERICAN SOKOL ORGANIZATION, OFFICIALLY, HAS NEVER SUPPORTED ANY ACTIVITIES TO CONNECT IT WITH THE CZECHOSLOVAK SPARTAKIADY." Received announcement of the Chicagoland Building Association Dinner-Dance on Saturday, March 29, 1980. Sent to Sis. Jo Holasek, West, Texas, a supply of our 3-fold leaflets, sample of "Sokol and the Sokol Idea" and "Dr. Miroslav Tyrš." Sent the half-page ad to the SPJST for their 23rd convention. Copy of the Congressional Record of February 11th, received from Rep. Frank Annunzio, which contains remarks on the 115th Anniversary of the founding of the first American Sokol movement. Sent 10 Citations of Merit

to Sokol Caldwell as well as 10 "Sokol and the Sokol Idea" booklets. They have also acquired 13 new members who will be installed, along with new officers of the unit by Bro. Pavoucek on March 9th. Exchanged phone calls with Sis. Dagmar Fiala, Bro. Zitny, Bro. Capek, regarding our representation at the Pan-Slavic Convention in Baltimore, in August. It was decided to ask Bro. Don Otenasek to represent us and a letter was sent to him. Acknowledged letter from Sis. V. Laznovsky, Secretary of the Southern District - article on West-Fest received; sent 25 "Sokol and the Sokol Idea" books; gave prices on membership kits; would advise who would be attending their District Slet in Corpus Christi as soon as it would be known. Sent duplicate copies of form for District Directors who will be attending the Convention to Sis. Bo Drozda and Bro. P. Cahoy, Western District.

WOMEN'S DIRECTOR - Sis. M. Ptacek: Received Sokol Canada's calisthenics for children, map of sites, preliminary survey sheet. Requesting music for folk dance. Received report from the USGF. Spring meeting scheduled for February 25-26; headquarters may be moved; women's routines will be taught at Master Workshops; all athletes competing in their events must be registered. Received an annual report from Sis. B. Cerny of the Northeastern District. - Gave information on the number of gymnasts to the Southern District. Request that we subscribe to a new newsletter, "Modern Rhythmic Gymnastics"; cost of \$8.00 per year. Sis. Schnabl moved that we obtain a subscription; seconded, passed. Final Report Form: Western District for 4 who attended the USGF Congress in St. Louis, September 29 - October 1. Total \$741.10. Sis. Zdenek moved that it be paid; seconded, passed. Received suggestions for revisions of Tournament Rules from the Northeastern District. The BOI recommends that they start on Saturday afternoon at 1:00 p.m. and then meet all day Sunday, rather than start Friday evening. This will be one day less per diem and help the budget. Sis. Zdenek moved that this be approved; seconded, passed. Sis. Schnabl will notify Sokolice Renata Tyrsova to make those arrangements at the Stouffer's Five-Seasons Hotel.

DIRECTOR OF MEN - Bro. P. Lebloch: Read by Sis. M. Ptacek and in essence was about the same as her report. Bro. Milan and Bro. L. Laznovsky are meeting with the Fort Worth Convention Center people. The Southern District will be submitting a number of suggestions for the '81 Slet logo. Received letter and pictures from Bro. J. Loska, Pacific District, regarding their Slet and information on their activities.

EDITORIAL - Sis. J. Kourim: The March issue will be late because of schedules at the printing company. Stated that she was also late because of repairs needed for her typewriter. Sis. Schnabl moved that the \$36.50 bill be paid; seconded, passed. Will also include another collage-type page regarding seals donations. Sis. Schnabl will give her material from letters received.

PUBLICITY - CZECH - Bro. J. Rabas: Has placed information regarding the Central District's exhibitions into the Hlasatel as well as details about the Chicagoland Building Association's Dinner-Dance. It was decided that he will place our official stand on the

AMERICAN SOKOL

SOKOL GYMNAST

APRIL 1980

Editor - Edward Linhart - 1820 Ridgeland Ave., Berwyn, Ill. 60402

TENSION VERSUS ATTENTION

We are surrounded by TENSION - tension in our home, in school - on the job, on the home front, and certainly on the international scene. Logically and appropriately we all seek some form of release from tension, which has a remarkable ability and tendency to build up and intensify.

What should we do? The trend today seems to turn to television; however, we find that on the various television programs, tension is only magnified. Yet day in and day out, we switch from one tense situation to another, even though we are only switching from one television channel to another. But all is not hopeless.

Our Sokol offers a perfect alternative, and it all begins with the word "Attention", or more accurately, with the words "Class, Attention". If you or your friends haven't already joined one of our Sokol gym classes, why not do so, and be convinced of the tension-soothing and therapeutic abilities these words can initiate?

Exercise in itself is an extraordinary tension-releaser. Couple this with some good laughs, the companionship of good friends, and later a refreshing thirst quencher, and you have a perfect formula for reducing tension.

And this fun-filled solution to the tension problem can be achieved week after week by participating in our classes. No special qualifications are needed. Regardless of age or ability, join the group, hear the soothing sound of "Attention", and bid farewell to that ever annoying, and unhealthy word - "Tension".

Mary Ann Sulz -
Sokol St. Louis.



SOKOL CANADA VI SLET

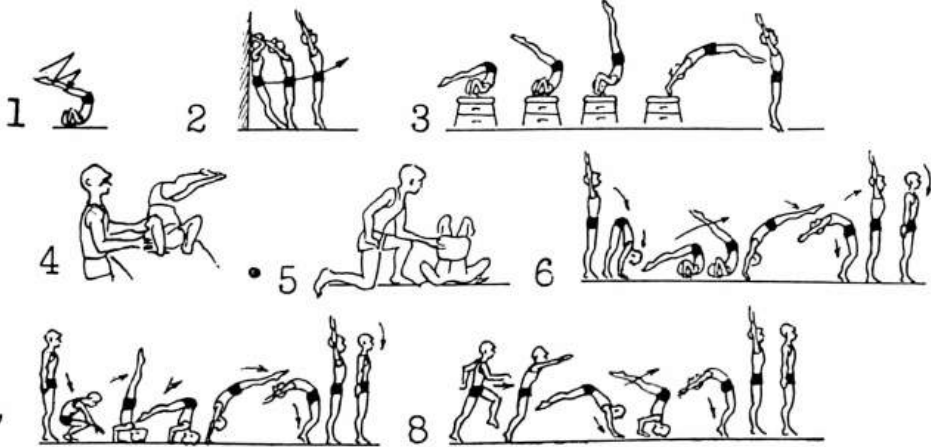
June 20 - 21, 1980

Toronto, Ontario, Canada

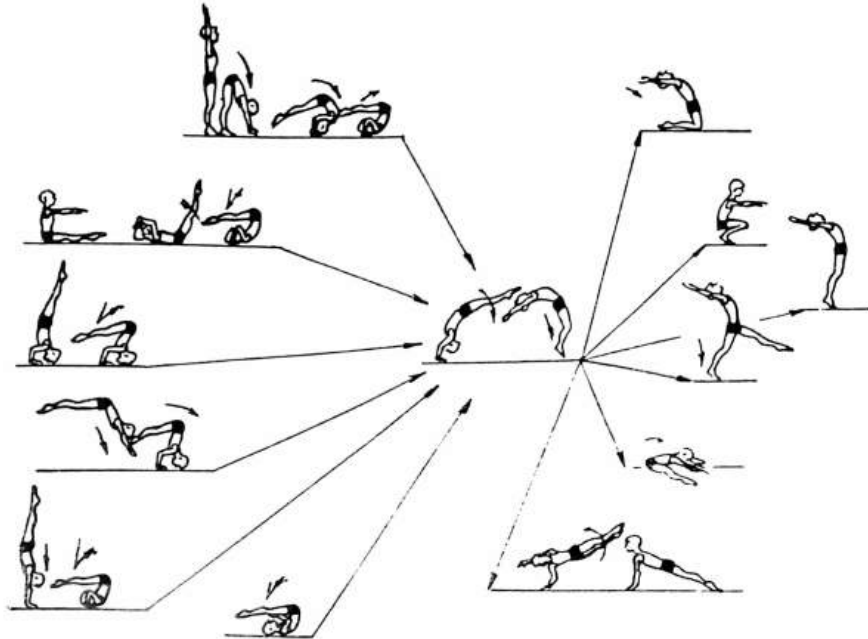
Kip Uprise

Illustrated on the page are elements for practicing the **kip uprise** (from the floor). All age groups can participate, as this is a basic exercise to be used on many apparatus routines.

1. Proper placement of body - shoulders and neck
2. Practice of push from wall
3. Practice from low bench
4. Spotter's assistance from shoulders
5. Spotter's assistance from hips
6. From a stand - fold roll - kip up
7. From a headstand - kip up
8. Dive - kip up from head.



The following routines with kip uprise in center, show various elements that can be added to improve the exercise.



SOKOL U.S.A. VOLLEYBALL

Announcement and entry forms have been received for a SOKOL U.S.A. NATIONAL INVITATIONAL VOLLEYBALL TOURNAMENT to be held May 24 and 25 at Sokol Woodlands, Barryville, New York. - Entry fees for Division A teams is \$30.00 and for Division B. teams \$15.00.

USGF News - (Women)

1980 WOMEN'S COMPULSORIES - MASTER WORKSHOP

Elements of the exercises will be shown at 3 Master Workshops. The same staff - authors, demonstrators and technical persons, will conduct 3 MASTER'S WORKSHOPS at the following locations and dates:

MIDWEST: May 30, 31, June 1 (Fri., Sat., Sun.) at Terre Haute, Indiana - Indiana State University.

EAST: June 4, 5, 6 (Wed., Thurs., Fri.) at Boston, Mass. - Tufts University.

WEST: June 8, 9, 10 (Sun., Mon., Tues.) at Los Angeles, Calif. - California State University.

Registration will be through OFFICIAL forms only, which will be published in the USGF News and in the AAHPER Newsletter. The workshops will be open to any person over 18 years of age, professionally involved in the sport. Applications will be accepted on a first come, first served basis. The number of active participants is limited to 300; observing participants limited to 700. - FEES: Active Participant (on floor work) \$80.00. Observing participant (in bleachers) \$40.00.

For further information write to: **Grete Treiber, Compulsories Chmn., Indiana State University.**

New Compulsories

June 1, 1980 is the release date for the New Compulsory Material. The Compulsory tapes, records, books, and films will be available through the USGF National Office in Tucson, Arizona and the NAGWS office in Washington, D.C.

The present CLASS III Compulsories will become CLASS IV and there will be four (4) levels of compulsories. The only change in the Class IV will be the VAULT. - It will be a layout squat. The Women's Committee will NOT sanction or monitor the new Class IV Division. This level is purely developmental and voluntary.

1980 COMPULSORY EXERCISE ELEMENTS AND /OR CONNECTIONS - (NON-SOKOL TERMINOLOGY USED)

CLASS IV (New)

See the present Class III exercises; exception: Vault will be LAYOUT SQUAT.

CLASS III

VAULT - Handspring.

BARS

1. Mount: Glide-single leg stoop in - kip catch HB
2. Short kip - hip circle FW - cast (HB)
3. Straddle sole circle BW - 180 deg. turn
4. Beat uprise
5. Stoop - sole circle FW (LB) disengage hands
6. Glide kip - cast - squat on (LB) - (Grasp HB) Jump
7. Dismount: Underswing (HB)

BEAM

1. Mount: Squat on (from side)
2. Body wave FW
3. Back walkover
4. Tuck jump
5. Stag split leap
6. 180 deg. turn
7. Front scale
8. Side Handstand
9. Straddle swing up to 3/4 handstand -
10. Dismount (to the side)

FLOOR EXERCISE

1. Split leap
2. Layout dive roll
3. Waltz turn with 360 deg.
4. Front walkover
5. Front Tinsica
6. Cartwheel to handstand to chest roll
7. Hop with 360 deg. turn
8. Handstand forward roll
9. Tuck jump
10. Straddle jump
11. Round off rebound - back extension roll - lunge

CLASS II

VAULT - 1/2 turn on, 1/2 turn off.

BARS

1. Mount: Glide - Double leg stoop in-kip, straddle cut (catch LB)
2. Glide - double leg stoop in-kip to rear support
3. Long kip
4. Beat - uprise
5. Straddle sole circle BW (HB) - 180 deg. turn - Long hang
6. Seat circle FW - catch HB
7. Dismount: Hip circle BW - Hecht (LB)

BEAM

1. Mount: Wolf into a 270 deg. turn in single leg squat position
2. Back walkover
3. Straight jump with 180 deg. turn
4. Stag split leap
5. Front scale
6. 360 deg. turn
7. Side handstand - 90 deg. pirouette - cross handstand
8. Dismount: Front salto from one foot take off with 180 deg. turn

FLOOR EXERCISE

1. Arabesque
2. Arabesque with 360 deg. turn
3. Tour jete
4. 360 degree turn
5. Aerial cartwheel
6. Tinsica
7. Cartwheel into side handstand - 90 deg. pirouette
8. Straight jump with 360 deg. turn
9. Front handspring
10. Side split leap
11. Round off back handspring
12. Dive back handspring - step out
13. Back walkover to handstand to split down

CLASS I**VAULT - Handspring Full Twist.****BARS**

1. Mount: Glide kip - cast
2. Clear hip circle BW - straddle on (LB)
3. Straddle sole circle - BW - 180 deg. turn (HB)
4. Drop glide - double leg stoop in
5. Straddle cut (catch HB)
6. Short kip - hip circle FW - cast
7. Stoop circle BW 180 deg. turn - beat - uprise (LB)
8. Swing over (LB) - swing FW
9. Dismount: Fly away with salto BW in tuck position

BEAM

1. Mount: Cross handstand - cartwheel out (from the end)
2. Back handspring
3. Tuck jump - with 180 deg. turn
4. Stag split leap

5. Front scale
6. 360 deg. turn
7. English handstand - 180 deg. pirouette - English handstand
8. Cartwheel into back slide salto in tuck position (land facing end)

FLOOR EXERCISE

1. Straddle leap
2. Round off - back handspring, step out 180 deg. turn - front handspring, step out, bodywave BW
3. Attitude with 360 deg. turn - front scale forward roll body wave FW
4. Side arabesque - cartwheel
5. Valdez to handstand
6. Tour jete
7. Back tinsica
8. Round off - back handspring - back salto in tuck position
9. Front walkover



Conditioning for Gymnastics

For years the value of resistance exercises, exercises requiring the athlete to work against or lift weights to condition the body for competitive sports has been gaining the favor of coaches and trainers who, two decades ago, would have shunned the practice. The reason? During the past decade, through the help of computerized biochemical research, resistance training, and in particular, Circuit Weight Training, has been shown to dramatically increase strength, flexibility and cardio-respiratory endurance.

Now, Universal Gym Equipment Company, originators of the first practical circuit weight training equipment, and programs, have developed a radically new, compact, low cost, total fitness machine, a machine capable of offering 33 resistance exercises while requiring less than one square foot of floorspace when not in use. This machine is Universal's Power-Pak.

Stronger Gymnasts Simplify Teaching

An outstanding feature of the Power-Pak is its light starting weight capability. Because youngsters can

begin their exercise regimen with as little as 30 lbs of resistance (quite an improvement over larger systems) gymnasts nine or ten years old can prepare their bodies for the demands you, as a coach will place on them, earlier and obtain a competitive edge sooner. This will greatly ease the burden presently borne by coaches charged with teaching strenuous maneuvers to children who, although filled with enthusiasm, don't always have the fundamental strength and flexibility to perform even the simplest front leaning rest or back breakfall competently and safely.

Circuit Weight Training on Power-Pak

A Circuit Weight Training session requires only 20 minutes per person, three days per week, (less for younger children.) In brief, a circuit is a series of exercises performed rapidly and in quick, programmed succession. The idea is to raise the pulse rate to an optimum training rate and maintain that pulse rate through the circuit. Exercise positions should be changed rapidly, allowing only a 15-second rest interval between exercises (once the routine is learned) during which time the user adjusts the resistance and/or their position prior to beginning the next exercise. Users must lift 60 to 70 percent of their maximum lifting capacity with each lifting stroke for a predetermined number of repetitions per exercise. More complete instructions accompany each Universal machine as do wall charts and progress charts.

What are the immediate benefits? Well, in the exercise shown above, a young girl is performing a reverse shoulder press - an exercise designed to strengthen the shoulder girdle, latissimus and tricep muscles (upper back and arms). This one exercise can vastly improve gymnastic ability in nearly every tumbling and apparatus maneuver.

Editors's Note: "We do not recommend any products or pieces of apparatus, but bring them to the attention of our Sokol Instructors for their own evaluation". e.c.l.

Moscow Olympics and Spartakiada in the Czech publications.

ORGANIZATIONAL - Sis. A. Basta: Presented by Bro. Basta. Final report form from the Northeastern District regarding attempted reactivation of Sokol Rip. Substantiating papers are in our files. Bro. Basta moved that the \$376.03 be paid; seconded, passed. Tentative report form received from the Western District regarding an organizational meeting in Caldwell, Kansas.

FINANCIAL SECRETARY - Sis. A. D. Sotka: Prepared the January, 1980 financial report and distributed same to board members. Has been receiving Statements of earnings, transferred matured certificates to passbook accounts until possibly after the Convention. Ordered 500 plain Sokol pins. Will take care of the servicing of the bookkeeping machine bill.

TREASURER - Bro. G. Basta: Stated that Selden, Fox and Associates, Ltd., CPA audited our books and found them to be in order. Mr. R. Selden will appear at our March meeting to discuss same. Presented the Uniform Division 1979 balance sheet as well as a sheet on the estimated cost of the 1980 Convention.

OFFICE, UNIFORM DIV., I. VICE-PRESIDENT - Sister B. Prener: Talked to the building manager regarding the repair of another spot in the ceiling. Mailed out new price list to active units. Records were audited and found to be in order. Was told that Art-Teen Sportswear will be going out of business, but will hold us through the September rush. Ordered new supply of stick pins. Reviewed Sokolice South Omaha's by-laws and resolutions and recommends their acceptance; passed. Bro. Zitny and Sis. Schnabl will sign a copy and return same to them. Attended the CSA 125th banquet and the educational committee meeting.

SECRETARY - Sis. E.J. Schnabl: Prepared the January minutes and distributed same to the Board members and then to the six district presidents. Handled correspondence as evidenced by the agenda: sent 50 by-laws books to Sokol Houston; dues and application cards to Sokol Milwaukee; 10 Citations of Merit to Sokol Caldwell: "Sokol and the Sokol Idea" to West, Texas and acknowledged Future Sokol Leaders' Fund as well as one \$500.00 donation for seals. Took care of some Uniform Division orders, some educational committee mail and attended the Board of Instructors' meeting and the Educational committee meeting. Prepared the new roster of officers and took same to the Cicero-Berwyn Press. Am waiting first proofs to which I have to add 5 units which came after the deadlines.

OLD BUSINESS: Western District by-laws and resolutions report from Sis. Zdenek, who approved them after finding them not conflicting with the American Sokol by-laws. It was so passed. The \$2,000 for a working fund for the 1981 Slet was sent to the Southern District. Letter from Sis. Pavoucek asking who will represent the ASO at the Western District Slet on Sunday, June 22nd. Bro. Basta moved that Bro. Zitny attend if it is possible; seconded, passed.

CONVENTION PREPARATIONS: All the delegates' names have not as yet been received. Had a phone call at home from Sis. Betty Petrzalek, President of Sokolice

Renata Tyrsova, to confirm a number of items. Question was brought up as to the amount of stationery required. Sis. Zdenek moved the 3,000 convention letterheads be printed by Cedar Rapids; seconded, passed. Sis. Schnabl will advise her by phone, urging a rush on the reservation cards from the hotel as we are already getting inquiries and so that our sisters and brothers can take advantage of lower air and train fares immediately.

There being no further business, Sis. Prener thanked the members present for their reports and attention. Meeting was adjourned at 10:15 p.m.

Respectfully submitted,

E.J. Schnabl, Secretary

SOKOL EDUCATOR

Charles University of Prague

The morning after the July 1972 Sokol Slet held in Vienna, Austria, two bus loads of us American Sokols started on a sight-seeing tour of Switzerland, Italy and Yugoslavia. As we drove along, Julius, a German student, the guide on our bus pointed out points of interest and added a bit of European history. "The first university in central Europe was the German University of Prague," he said. I waited till he finished and then I said, "Julius, I must contradict you, the first university was the Charles University of Prague, a Bohemian university, founded by King Charles IV of Bohemia." Everybody in the bus clapped for me. Julius acknowledged that I was correct.

Not only Julius, but chauvinist German historians have incorrectly claimed the Prague University had been founded by a German Emperor. Its true that King Charles IV was emperor of Germany at the time, but he was a Bohemian King, descendent of the Premyslide dynasty. The Foundation Charter of Prague University was sealed by King Charles IV with the Golden Bull, April 7, 1348. It was founded as a university of the Bohemian Kingdom, on Bohemian land and financed by Bohemian funds. To buy the necessary furnishings and equipment a tax was levied upon the clergy of Prague, jointly with the Archbishop of Prague.

This medieval university's main teaching was theology, then considered the source of all knowledge. The first professors or masters as they were called were Dominican, Franciscan and Augustinean doctors of divinity. They lived in a monastery, in celibacy, had their meals in common and obeyed the rules of the Orders of Friars. Professors were brought into the university to teach law, medicine, liberal arts and philosophy. They were housed in private dwellings which they shared with students.

The collegium (colleges) were institutions that owned private estates, from which incomes were derived to finance some of the professors living and lecturing in the colleges. The first college called Collegium Caroli was founded in 1366. It housed twelve professors of the

Faculty of Arts and lecturers of divinity. It was also used as an assembly hall for graduation exercises and where the election of rectors took place. In the beginning years the German masters were superior in the sciences, but as the Czechs became more highly educated they surpassed the Germans.

King Charles IV, educated in France, made a mistake by patterning Prague University after the French way of constructing four sections, called nations. The students and professors were divided up among these nations, and this gave the Germans the majority vote. The Czechs had only one vote, which gave them little to say about the management of their own university. In 1409, King Wenceslaus righted this wrong by passing a degree which gave the Czechs three votes needed to outvote the Germans.

Many German professors and German students left the Prague University when new universities were established in Cracow, Vienna, Cologne and Heidelberg. This happened in the years of 1364 to 1392, but the loss of the Germans did not lower the rating of Prague University. It continued to be one of the foremost universities as highly rated as the Sorbonne in Paris, and Oxford in England. Bologne University, the oldest in Europe was founded in the eleventh century.

Beginning of the fifteenth century brought a great need for reform in both the Church and in Society. At first the University did not take sides for or against the Church. When their masters became involved, they could no longer stay out of it. In 1409, Jan Hus

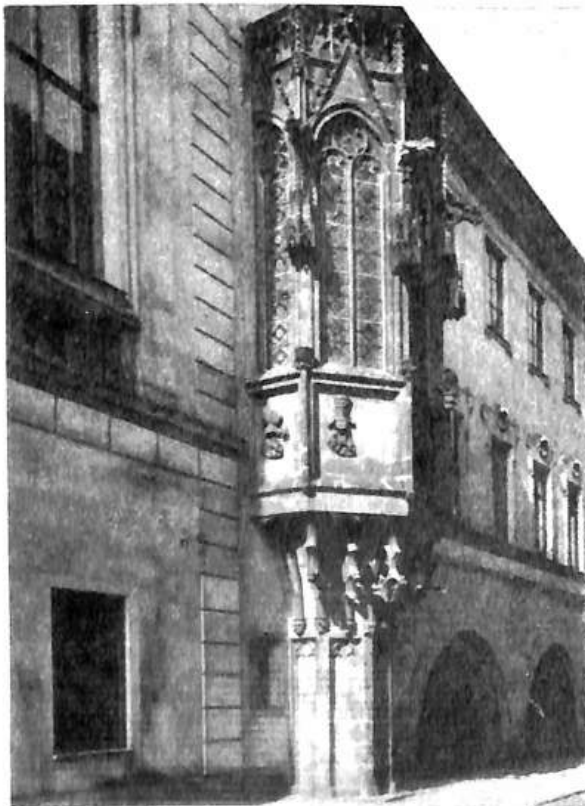


The Great Hall of the Carolinum

became the rector of the University, and he began to call attention to the immorality of the clerics, who sold indulgences and levied heavy taxes against the people. His friend, Jerome of Prague while studying at Oxford University in England, became acquainted with Wycliff's thoughts on the subject and brought to Hus controversial religious papers. Jan Hus did not accept all of Wycliff's ideas. He preached only for ideological reform and he never renounced his religion. He was burnt at the stake July 6, 1415, and Master Jerome in 1416.

The reformation years brought a decline to the Prague University. The Law College closed its doors and the Medical Faculty ceased to exist. Theological studies no longer took place and all that remained was the Faculty of Arts. The university buildings had been plundered and let fall into disrepair. It was not until the reign of Jiří (George) of Poděbrady that financial support was given, and the university could begin functioning again. - This was a time when New Learning, brought about by the German Reformation, was being introduced in European universities.

It was at the first half of the sixteenth century that courses were given at Prague University in classics, literature and mathematics. In 1530, the first Czech arithmetic book was published and in 1537, a donation from a wealthy man made it possible to establish a chair of the Greek language. During the second half of the century the university became a center of mathematical and astronomical studies. The Slovaks had no university under Hungarian rule and they considered Prague University as their university.



The Bay Chapel of the Caroline Hall

Working together with the Czechs and sharing in the development of the university, they found a true kinship of brotherhood.

It was during this period that the first steps were taken to extricate the university from Habsburg control and lead it toward secularization. In 1610, the abolition of the Masters took place and their compulsory way of life ended. The development of a modern university in a modern world was underway. The Law and Medical Faculties were reestablished, the Art Faculty revitalized and a new chair was founded for the study of Hebrew.

The Battle of White Mountain on November 8, 1620, brought victory to the Habsburgs and subjugation to the Czechs. Czech families fled the country and went abroad to live, as did John Amos Comenius. Control of Prague University was given to the Jesuit Society. Enlightened Absolutism dawned with the eighteenth century and the people voiced their disapproval of the fanatical practices of Jesuit teaching. The Empress Maria Theresa, a devout Catholic forced the Jesuits to stop teaching. With the Jesuits no longer in power, Joseph II, son of Maria Theresa, stopped the feudal privileges of the nobles, and reorganized the elementary schools and universities.

By a decree of 1784, the German language replaced the Czech as the language to be used in giving instructions at the university. There were many protests against this great injustice but they brought no response. The Czechs saved their nationality and culture by founding the Royal Bohemia Society of Sciences. Men like Jungman, the grammarian, Kollar, the poet, Palacky, the historian and Havlicek, the journalist, gained intellectual esteem. The Bohemian museum became a gathering place for the intelligentsia, a place for research and publications. Its archives held valuable journals and papers. The Sokol movement was established and became the national guard, training the Bohemian youths in gymnastic classes to be physically and mentally as near perfect as possible. The National Theatre was founded also giving the Czechs a feeling of pride, offering a stimulus on hearing Smetana's operas and Dvorak's symphonies.

February 1882, it was decided by Emperor Francis Joseph to pacify the Czechs by dividing the old Charles-Ferdinand University into two universities, one German, one Czech, each one bearing the same name, but to operate independent of each other. This was not changed until the Czechoslovak republic was created on October 28, 1918, and the Czechs regained their university. In 1920, a special clause was put into the government laws stating that the Czech University is the continuation of the ancient Charles University of Prague. Contrary to the reasoning of many Czechs, the German university was allowed to continue. It had to be forced to return to the Czechs, the university's seals, ancient insignia and documents.

Two former professors of the university, Thomas G. Masaryk who taught philosophy and Edward Benes who taught sociology influenced students to see that monarchies are obsolete and that a democratic form of government can best serve the people. The university

welcomed with joy the new republic. The law of 1873 remained in force and the university continued to operate without changes except that women were admitted as students in the Law Faculty. They had been accepted prior to this time at the faculties of Medicine and Philosophy.

In 1923, the Philosophical Faculty was moved into its new building in Brehova Street where also was housed the Institute of the History of Art. New buildings were erected, as money became available. Part of the Communist propaganda has been that Thomas G. Masaryk did not give sufficient support to the university from the state treasury. This is very understandable as the requirements of the majority of people had to come first. Slovakia was in need of roads, especially in mountainous areas, and elementary schools. They had fared very badly under Hungarian rule.

It is not possible in this short story to give the full history of the Caroline University of Prague. It has outlasted the reign of the Bohemian Kings, Reformation years, The Thirty Years' War, the Masaryk-Benes Years, the Hitler Years, when the university was closed for the first time in its long history, reopened after Czechoslovakia became a satellite of Russia.

The university, now a part of the Czechoslovak Socialist Republic, teaches Marxist philosophy, and has become a training ground for a new intelligentsia.



Hall, university library in Clementinum

Its academic freedom impaired, it is used as a tool to make communists out of students who came from the Middle East, Africa, India and Indonesia.

All the students at Caroline University do not accept Marxist philosophy. I know two young men who are not communists at heart and have received degrees from the university. Years ago, their mother explained to me, "I come from a family of Prague University graduates. Both my mother and father have doctor degrees and my husband and I have our second degrees. We are caught here. We cannot do anything about it. We had to join the Communist party to get our sons educated."

That is one way of carrying on from ancestor to ancestor the doctrines, the traditions of this centuries old university and survive as educated, cultured people.

Sis. Stella Tichy,
Sokol Cechie, Chicago.

ASO FINANCIAL REPORT

February 1980

RECEIPTS:

Dues	\$ 514.25
Sokol Thomas G. Masaryk Dues	50.00
Convention Fund	646.00
Special Assessment	889.00
Dividends and Interest	216.91
Resale of Jewelry	158.10
Educational Pamphlets	11.25
Membership Kits	372.00
Song Books	3.00
UPS Charges	13.41
Film Rental	35.00
Seal Donations	569.00
Donation - WFLA	3,125.00
Miscellaneous	1.00
	<hr/>
	\$6,603.92
ASO Uniform Division - Payment toward Advances	465.45
TOTAL RECEIPTS	<hr/>
	\$7,069.37

DISBURSEMENTS:

Administrative

Salaries	\$659.10
FICA & FWT for Jan. 1980	113.82
Rental, Janitor Service, Phone, Electric	371.69
Office Supplies and Equipment	104.53
UPS Charges and Postage	38.83
Service Contracts	150.00
	<hr/>
	\$1,437.97

Board of Instructors

Salaries	\$341.92
FICA & FWT for Ja. 1980	55.04
Editor "Sokol Gymnast"	30.00
Additional Copies "Sokol Gymnast"	29.00
Subscriptions	8.00
Postage	20.55
	<hr/>
	\$ 484.51

Educational Department

Salaries	\$ 19.80
FICA for January 1980	1.48
UPS Charges and Postage	22.63
Books	5.96
	<hr/>
	\$ 49.87

Sokol Publication

Printing "American Sokol"	\$1,079.94
Editor "American Sokol"	100.00
Postage "American Sokol"	169.98
Repairs to Typewriter	35.60
	<hr/>
	\$1,385.52

Miscellaneous

ASO Uniform Division - Salaries, FICA, Phone	\$ 465.95
Future Sokol Leaders Fund - Postage	.15
Special Appropriations - Western District ASO	794.10
Northeastern District ASO	376.03
	<hr/>
	\$1,636.23

TOTAL DISBURSEMENTS

\$1,636.23

\$4,994.10

Balance brought forward:

Western National Bank of Cicero - Checking Account	\$11,546.42
Receipts - February 1980	7,069.37
	<hr/>
	18,615.79

Disbursements - February 1980

4,994.10

\$13,621.69

FUTURE SOKOL LEADERS FUND

February 1980

In memory of Sis. Mae Hnilo - Sokol Stickney	\$35.00
Bill and Vi Vrba	5.00
	<hr/>
	\$40.00

Donations are tax exempt

In Memoriam

Sad News from Sokol New York

Three days before last Christmas, Sokol New York paid its last respects to one of the stalwarts of Sokol New York, Sister Marie Lier, 85. Not long afterward, on January 29, 1980, an outstanding instructor of our unit, Bro. Stanley Wild, age 91, passed away after a very long illness.

Born into a famous Sokol family, Sis. Marie Lier became a member in 1913. She was an excellent gymnast in her younger days, participating in many Slets, especially at the 1921 and 1925 Chicago Slets, where she was a member of the winning team of Sokol New York. Later she served as president of New York Sokolky, its vice-president and later, when brothers



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and sisters merged into one unit, she was elected a financial secretary. In this function she kept in touch with all our members, especially those who moved far away. She was a true sister to all of us, whether we lived in New York or worked on a ship between Japan and San Francisco. Many members kept regular correspondence with her and she in turn, informed us about the life of these distant members. She never missed a single Sokol affair. How fortunate we were that on our 110th anniversary dinner, Bro. Roy Zitny, President of ASO, presented her with a memorial plaque.

Bro. Stanley Wild was a typical example of a Sokol instructor. He never missed a class, demanded discipline and in return prepared our gymnasts for the most successful exhibitions. He became famous especially with his special numbers of senior women and junior girls. Many of the best numbers he composed himself. And yet his road to success was a difficult one. Bro. Wild was born in Nusle, Praha in 1888. A confectioner by trade, he came to New York in 1907

but somehow did not join Sokol New York until 1919 when his doctor told him that he had only 2 years to live. Working long hours, not eating properly, his health was indeed in bad shape. As soon as he joined Sokol classes, his health improved to such an extent that he was able to join the Board of Instructors, first as an instructor of juniors. When he reached retirement age, he was elected financial secretary of men and kept his books and data in perfect order. He said many times that he owed his life to Sokol and in return, Sokol New York was very proud of him and last year awarded him a Meritorious Citation.

All members of Sokol New York deeply regret the departure of these two great Sokols, realizing that there is no one to take their place.

Sestro Marie, bratře Stanislave: Sokol New York vám slibuje, že na vás nezapomeneme a že si po vás ponese ve svých srdcích světlou památku.

Nazdar!

Vladislav Slavík, Starosta

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