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Self-Portrait — Alois (Kohout) Lecoque — 1948

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OFFICE OF THE EXECUTIVE BOARD ASO.

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

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JOHN SATEK
By-Laws Chairman - JOSEPH KOVAR

Calendar of Events

MAY 4 - SOKOL SLAVSKY
Card and Bunco Party
MAY 6 - WESTERN DISTRICT
T. J. Sokol of Crete - 100th Anniversary Dinner
MAY 12 - SOKOL SAN FRANCISCO
Dance
MAY 18 - SOKOL GREATER CLEVELAND
Fish Fry
MAY 18 - SOKOL MILWAUKEE
Exhibition and Awards

MAY 19 - NORTHEASTERN DISTRICT
Competition for little boys and girls
MAY 20 - SOKOL LOS ANGELES
Exhibition
JUNE 1, 2, 3 - SOUTHERN DISTRICT SLET
at Sokol Karel Havlicek Borovsky, Ennis, TX
JUN. 3 - SOKOL GREATER CLEVELAND
Summer Gymnastic Exhibition
Oddfellows Fresh Air Camp
JUNE 3 - SOKOL SLAVSKY
Picnic
JUNE 9 - SOKOL SAN FRANCISCO
Dance
JUNE 10 - SOKOL WASHINGTON, D.C.
Program in memory of Tyrš
JUNE 10 - CENTRAL DISTRICT SLET
at Riverside-Brookfield Stadium
JUNE 15 - SOKOL GREATER CLEVELAND
Fish Fry
JUNE 17 - SOKOL DETROIT
Summer Exhibition - Sokol Camp
JUNE 15, 16, 17 - WESTERN DISTRICT SLET
hosted by Sokol and Sokolice Crete
JUNE 21-24 - TORONTO SLET
JUNE 24 - SOKOL LOS ANGELES
Czechoslovak Day - Alpine Village
JULY 14 - SOKOL LOS ANGELES
Dancers - in Bartered Bride - San Diego Univ.
JULY 20 - SOKOL GREATER CLEVELAND
Fish Fry
JULY 28 - SOKOL LOS ANGELES
Dancers - Olympic Opening Program
AUG. 5 - SOKOL GREATER CLEVELAND
Sokol Picnic - Oddfellows Fresh Air Camp
AUG. 12 - SOKOL SAN FRANCISCO
Annual Picnic
AUG. 17 - SOKOL GREATER CLEVELAND
Fish Fry
SEPT. 22 - SOKOL SAN FRANCISCO
St. Wenceslaus Dance
OCT. 27 - SOKOL SAN FRANCISCO
Czechoslovak Republic Commemoration

1984 DIRECTORY CHANGES:

Add: under Eastern District:
Director of Women:
Audrey Benda
34 Brand St., Little Ferry, N.J. 07643
Central District: add new Educational Director:
Vaclav Zenisek
3142 S. Highland Ave., Berwyn, IL 60402
Central District: Sokol Milwaukee - new secretary
Thomas Boehm
10466 W. Woodward Ave., Wauwatosa, WI. 53222

AMERICAN SOKOL

VESTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CV

April - 1984 - Duben

Číslo - No. 4

ASO EXECUTIVE BOARD MEETING

Regular meeting of the American Sokol Organization Executive Board, was called to order by President Roy S. Zitny, on Tuesday, January 24, 1984, at 7:35 p.m. Pledge to the flag was given. District minutes received: Southern, October 27; Eastern, annual meeting, no date; Central, November 13th, annual; Northeastern, December 14th; Western, January 8th.

CORRESPONDENCE: From Houston, one full inch file of mail. Two letters from Northeastern District, one to Gary Masek and the other to Joseph Kovar. Constitution and by-laws of Sokolice South Omaha, made a few minor changes, want our approval, Sis. Betty Prener will check them out. Bro. Kovar's and Bro. Vytlačil's letters concerning the women's club at Sokol Fuegner in Chicago. Letter from Southern District Resolution Committee. From Western District, corrections on their semi-annual minutes. Crete, Nebraska, a change of date for their 100th anniversary celebration. Pacific District, invitation to their quarterly meeting, January 14th. Two letters from Sokol Milwaukee, one an invitation to their Jaternice and Roast Pork dinner, Feb. 12th and one a question about pins that were discussed at the Central District meeting. Sokol New York, asking permission to repeal an amendment to their by-laws, Bro. Fred Kala will answer the letter. Sokol Canada, calendar of events for the Slet. Christmas greetings from President Ronald Reagan. BOI's letter to the University of Illinois Chicago Campus regarding their athletic facilities. Letters from and to Jeanette Chambers from Sokol San Francisco concerning a Tuzex ad. Czechoslovak National Council of America - request for ad - also copy of the ad sent, invitation to their 33rd Annual Ball, January 28th, ratified a \$50.00 ad. Invitation to the XXVI Representative Ball, Czechoslovak Allied Organization in Chicago, February 4th. Marriott Hotels, Appreciation Awards Program. Other minutes and ads that might be of interest, plus two items of interest for the Slet concerning badges.

DIRECTOR OF WOMEN - Sis. Marie Ptacek: Letter from Bro. Brad Durham expressing appreciation that his article appeared in the Sokol gymnast. From Sokol USA stating that their camp in Barryville, New York is available for our 1984 American Sokol Organization Advanced Course to be held June 25 to July 7, 1984. Usual cost was quoted, but no actual quote was given to us. Sis. Sylvia Laznovsky requested parts of the 1985 senior calisthenics. We advised her that we prefer not

sending any portions out, but will wait until it is completed. Sis. Jolene Dalton sent Western District Slet guidelines, their school/course/clinic guidelines and Sokol South Omaha's Sokol Knowledge Quiz. Various newsletters and minutes were received. Tentative plans: Pacific District for an Instructors' Clinic to be held November 12 and 13, 1983, \$300.00. Final Report Form: Southern District for 4 units' assistance to purchase video equipment, \$2,000.00, approved. ASO Advanced 1984 Course: Approval by the Executive Board to have the school at Sokol Woodlands, Barryville, New York. Letter has been sent to Bro. Jerry Milan to get everything started. Will be held starting June 25 - two week course. Letters announcing the course, along with survey sheets, have been sent to all unit directors and district directors, to get an idea as to how many students would be interested in attending the course. Manual, still looking for an illustrator. 1985 ASO XVI SLET: Committee visited the University of Illinois Chicago Campus and had an extensive tour of the facilities. We sent a letter outlining our exact needs for the Slet. Have not received a reply as yet. Sis. Pistorius spoke to personnel at Downers Grove North which has 2 gyms available and will be empty in 1985. The Executive Board approved the proposed trophy designed by Bro. Kalat for teams. As per instructions, Bro. Kalat took a survey of juniors and young adults in the Central District. Of the 50 juniors polled, 88% preferred Bro. Kalat's idea for individual awards as well. Statement was made that poll not valid inasmuch as other districts not contacted; further comments made that the element of surprise would be lost. We will require officials' badges or some type of ID. Sis. Schnabl showed us a catalog "Badge-A-Mint". Recommendation was made to have promotional pins ready to sell or give away at the Canadian Slet which would be different from the official Slet pins. Discussion on music, Slet committee will be asked to start investigating and booking music for the Slet. 1984 October District Directors' Conference; will be held October 26, 27 and 28 at William Tell Inn. Bro. Satek will reserve a meeting room, hospitality suite from Central District and 6 to 8 rooms. Sokol West Suburban will be celebrating their 25th anniversary on October 27 at the William Tell Inn. Bro. Dick and Sis. Jacki Ptacek demonstrated the senior calisthenics, first three parts.

DIRECTOR OF MEN - Bro. Paul Lebloch: Bro. Lebloch concurred with all the information presented in Sis. Ptacek's report. Approval was given by the Executive Board to have \$500.00 set aside for Bro. Kalat to draw on for buying the materials for the trophies he is making.

Time was taken at this point in the meeting to discuss the law suit instituted by a member in Northeastern District, against the American Sokol Organization and the Executive Board of the ASO. After all points in this matter were discussed, we went through all the papers concerning the Houston matter. All members of the Executive Board will have to study this problem and a decision will be made at our February 28th meeting, a final decision.

MEMBERSHIP CHAIRMAN - Bro. Fred Kala: Several units still behind for the second quarter of 1983. Many missing for the third and fourth quarters. All these have been notified. Membership cannot be tallied because of the missing units. Commented on several items in district minutes concerning membership.

EDUCATIONAL CHAIRMAN - Bro. Stanley Barcal: Only three members showed up for meeting so they discussed pressing problems and adjourned. Sis. Schabowski will be given the original charter and see if it can be restored and framed before it deteriorates.

PUBLICITY - CZECH - Bro. Jerry Rabas: Took care of the ads for Christmas and New Year's revising them up to date.

PUBLICITY - ENGLISH - Sis. Vlasta Zitny: Investigated the "In Shape" promotion but found out that they wished to be paid for the ad. It was not a free venture as advertised.

FINANCIAL SECRETARY - Sis. Mildred Pinc: The financial reports for November and December, 1983 were prepared and copies were distributed to the Executive Board members. The books were audited for the 3rd quarter and found to be in order. Federal and state tax reports were filed. W-2 forms were prepared and distributed to employees. The Illinois Unemployment Compensation Report was filed. Pin orders and requests for membership and dues cards were filled. The new plaques were received. The charge will be \$55.00 each. Sokol Rip paid dues for the complete year. Ceska Sin requested the cost of membership pins. A 6 month certificate will mature, will check rates for renewing. The safety deposit box at Fidelity was closed out. Donations to the Future Sokol Leaders' Fund and the Library-Archives Fund, plus interest earned was read. Transfer of funds for the District Directors' Conference and 12 Merit Awards was completed.

TREASURER - Bro. Bob Barcal: Report not complete, will work on it tomorrow and present it at the next meeting. (Uniform division was incomplete at this time).

UNIFORM - OFFICE - II. VICE-PRESIDENT - Sis. Betty Prener: Inventory of the uniform division was taken December 30, 1983. The total value of our merchandise is \$8,321.29. Of this amount gymnastic slippers alone are \$1,200.00. Arrangements have been made for carrying cotton jersey shirts for the men. Deliveries will take 10-12 weeks. Bro. Joe Vrzalik informs us of a supplier of gymnastic equipment. This supplier will be contacted for further information and prices. Company is located in Baltimore. Have received increase in prices from two of our suppliers. One supplier is giving us a 5% discount for orders placed in one for \$350.00 or more. Would like to take advantage of

this offer. Therefore, recommend that the equity of the ASO, which is \$2,500.00 be increased to \$5,000.00 which may help the overall situation, approved. Rental of office space increased. On May 5th, Sis. Betty Prener will speak at Sokol Milwaukee, ASO will assume her expenses.

EDITORIAL - SECRETARY - Sis. Jackie M. Kourim: Preparing the February issue and working on the directory for the March issue. Still receiving volumes of correspondence, keeping up with it. Research projects have been put on hold for now. Notice will be put in the publication to state: "that all delegates to the convention in 1985 should be elected by January, 1985." Please take particular notice if your annual meetings are held in the spring of the year.

I. VICE-PRESIDENT - Bro. George Basta: Went down to Houston for the hearing and represented the American Sokol Organization. Brought back a very comprehensive report for the Executive Board. Presided at the meeting while the president was on long-distance phone call.

PRESIDENT - Bro. Roy Zitny: Attended Sokol Berwyn's Recognition dinner and Sokol Brookfield's installation dinner.

Meeting adjourned at 10:15 p.m. Refreshments served afterwards.

Respectfully submitted, Jackie M. Kourim, Secretary

PACIFIC DISTRICT ANNUAL MEETING

JANUARY 14, 1984

The 1984 Annual meeting of the Pacific District of ASO was called to order by President Louise Nekuda at 1:40 p.m. on Saturday, January 14, 1984 at Sokol Hall in Los Angeles, California. All units were represented with the exception of Sokol Seattle.

The meeting was opened with the pledge of allegiance to the American flag. Sis. Nekuda welcomed all the delegates and guests. The units represented were: San Francisco, Fresno and Los Angeles. No representation from Sokol Seattle. A moment of silence was given in memory of our dear departed members: Vilem Bursik, Frank Gayda, Karl Palas, Joseph Janousek and Bretislav Jelinek.

Minutes of the May 21st, 1983 meeting were accepted as read. Minutes from Sokol San Francisco, Sokol Fresno, and ASO were reviewed.

CORRESPONDENCE: Letter from ASO regarding Pacific District Appropriation Account. Reports from units. "Thank you" from ASO for hosting the Conference. (Sis. Nekuda thanked all members who did the driving to and from the airport and around Hollywood.) Invitation from Canada to the 1984 Slet. (It was decided not to take an ad, but to concentrate on the ASO Slet in 1985.) Letter read from Bro. Barcal, Educational Director. Christmas greeting from the Executive Board. Merit Award to Brigette Prochaska, \$200.00.

REPORT OF UNITS: San Francisco - Sis. Blanche Duffey: Sis. Duffey reported that they have 8 adults, 4 juniors and 4 children gyming regularly. The nacelnice resigned because she is attending school full time. Dances are held every month. They had a rummage sale in April and picnic at Cayote Point in August. There is a general lack of interest in Sokol work.

FRESNO - Sis. Florence Palas: Gym classes are being held every other Sunday. Sokol meetings are held regularly every month in members' homes. Cherri Riddle attended the instructors clinic in Los Angeles and instructors' course in Omaha. Children also attended camp in Dinkey Creek. Over 100 in attendance at July picnic. This was very good considering that the total membership is 82. Christmas party held for children and adults. Sokol Fresno is to participate in Fresno's Heritage Celebration.

LOS ANGELES - Bro. Jerry Spinka: Regular gym classes for all age groups. Czech play was a great success and will be enacted in San Diego. Moravské Hody and verejne were also good. Dancers performed in Alpine Village, Fallbrook and Long Beach Fair. St. Nicholas dance was very profitable.

Sis. Louise Nekuda reported on the District President's Conference April 15 and 16th in Chicago. Everyone was very impressed with the renovation of the National office. The meetings were long but productive. All problems seem to stem from budget problems, due to inflation. Answers are being sought.

PACIFIC DISTRICT REPORT - Bro. Jiri Liska: Discussion of Tuzex advertising in Sokol publications. Bro. Liska felt this sort of advertising should be discouraged. Discussion on formation of Sokolettes. Conference report; Sokol Quiz inserted in by-laws. No sponsored trips to Czechoslovakia. Activities of folk dancers, there should be a record of dances on file. New diplomas. District directors' report; Children's camp at Dinkey Creek was very good but cold at time. Two instructor's clinics were held, in February and November. Report of District Director's conference. District competition to be held March 24 and 25th. Possibly another clinic. Family campout at Bass Lake on Labor Day weekend.

Coffee Break.

Report on Pacific District Camp at Dinkey Creek - Joe Yabl: Weather was not as good as previous years. It was cold and damp in the morning, consequently the program was moved up one hour. There was lots of good help. 60 children in attendance, total of 86 with adults. Due to construction of a new dam Dinkey Creek may not be available next year. A new camp must be investigated. Price will be higher. Bro. Yabl said he will not be able to conduct the camp next year because of a job transfer to Arizona and recommended Bro. Hrouda. Bro. Yabl thanked all who worked so hard toward a very successful camp. President Nekuda thanked both the Yabl's for their work. Motion, seconded and passed to present Joe Yabl with a placque of appreciation.

The financial report was given by Sis. Libby Pelc.

New Business - Elections: Sis. Duffey made a motion that the seat of the District remain in Los Angeles in Los Angeles in 1984 and move to San Francisco in

1985, approved. At this point Sis. Duffey chaired the meeting. Results of their election:

President - Louise Nekuda, Los Angeles
1st Vice-President - Blanche Duffey, San Francisco
2nd Vice-President - Mary Falls, Fresno
Treasurer - Libby Pelc, Los Angeles
Secretary - Florence Palas, Fresno
Director of Men - Jiri Liska, Los Angeles
Assistant Dir. of Men - George Hrouda, Los Angeles
Director of Women - Libby Pelc, Los Angeles
Assistant Dir. of Women - Cherri Riddle, Fresno
Educational Director - Jiri Liska, Los Angeles
By-laws Chairman - Jerry Spinka, Los Angeles

At this point Sis. Nekuda resumed her duties as President. Bro. Jiri Liska asked that Mary Falls make a reservation for Bass Lake for Labor Day. Bro. Liska has compiled an instruction book and made a motion for an allotment not to exceed \$20.00 to have the book copied. Motion seconded and passed. Bro. Yabl reported on the dance group. They will take part in the Olympic Festival; Fresno Fair in October; Smetana Festival in San Diego, April 7-8; Bartered Bride in Los Angeles in July. Approved to have Pacific District meeting in Fresno in October. Motion by Bro. Liska to have District Clinic and competition March 24-25. Bro. Pete Dusek will instruct, approved. Units will pay for tuition of the students. Discussion on units conducting a fund raising affair for the District. Travel is expensive and all units should contribute toward district expenses. Next meeting in San Francisco on April 28th. Meeting adjourned with singing of "Spějme Dál".

Respectfully submitted, Florence Palas, Secretary

Sokol Educator

LAST OF THE FRENCH IMPRESSIONISTS

Alois Kohout Lecoque, known as the last of the French Impressionists, was a Czechoslovak. He was a lover of beauty and throughout his long prolific life, he painted landscapes, towns, and still lifes. He had been trained to use objects and colors as aesthetic means to portray poetic beauty. He thought abstract art, Dadaism, Cubism, Symbolism, Surrealism to be freakish art expressions with which to astound the world. It was a fad and would not last, but it has lasted, and so has realistic art based upon great skill, self-expression and self-discipline.

Alois was born March 21, 1891, in Prague. He had no desire to follow in his father's footsteps and become an engineer in charge of waterworks. He wanted to be an artist! After six years of formal schooling, he went to Zagreb, Yugoslavia, to study art. His father was so pleased with his progress that he gave Alois permission to go to Paris for further study.

Kohout was happy living in the art colony that was known as "the hive". He became friends with Degas, Emile Bernard, Pierre Renoir, Midigliani, Utrillo, and many others who became famous. He attended classes

at the Academie Julian, under Professor Baschet. Living in France, he thought a French name would suit better, and changed it to Lecoque, the Czech word for rooster, having the same meaning. Renoir took a liking to Lecoque and encouraged him to be another French Impressionist.

In 1913, Lecoque exhibited at the Anglo-German Exhibition at the Crystal Palace in London. In 1914, he won a prize of 3,000 francs in gold, given by Architect Turek. It brought him the best publicity, and his fame as an artist spread. His paintings were much in demand, and financial returns so good that he could live extravagantly. When World War I broke out, he stopped entertaining so lavishly. He married, but it was not a happy marriage, and did not last.

In 1920, he left Prague for Algiers, where he remained in the fabulous Casbah, painting pictures. He travelled around North Africa for two years, and returned to his beloved Paris. He settled at Rue Jacob, and went to work in earnest. In two years he had enough paintings of Montmartre, Cathedral of Notre Dame and the river Seine, to exhibit. It took place at the Andree Galerie, and again he met with great success. Lecoque had the soul of a gypsy, and again he was anxious to move on. He went to the coast of Brittany and began painting there with renewed vigor. When he had enough paintings for another showing, he returned to Paris. The art critics were so enthusiastic over his work and praised it so highly that his friends urged him to remain in Paris and capitalize on his popularity. He may have done so if his dear friend, Emile Bernard, had not been in Venice, urging him to visit. He found a studio in Venice and went immediately to work. There were so many scenes to capture on canvas, the narrow Canal Streets, Rialto Bridge, the Grand Canal and the gondolas and gondoliers. In the evenings, Emile Bernard and other interesting characters joined Lecoque in discussions on poetry, art, women and world affairs. The paintings that Lecoque made were accepted for exhibit in the Biennale of Venice in 1926 and 1928. Lecoque returned to Prague, and for thirteen years lived there happily, painting and exhibiting. He said that it was the best and the most exciting time of his life. He went often to Paris to visit his artist friends. As much as he loved Paris, his love for Prague was greater. It was called "The Mother of Cities" because of its importance as a trading center, and a cultural center when King Charles IV founded the Charles University. There were always interesting scenes to paint along the Vltava with its river traffic, the famous Charles Bridge, the artistic architecture of its castles, cathedrals and churches. Lecoque exhibited in Prague, Ostrava and Bratislava. He remarried and had a son and was happy for a while.

The Second World War broke out and Lecoque had to leave Prague. He had too often loudly voiced his opinion of Hitler. He fled to Yugoslavia and was safe there until the Nazis and Fascist armies arrived. He was captured by the Germans and imprisoned at Sarajevo. He had many close calls before the war ended. One time, he came close to being executed by the Gestapo, but the Director of Police intervened and saved his life because he liked Lecoque's paintings. One

morning, a partisan woman managed to smuggle a gun to him on the pretense of bringing him food. Through his fluent use of languages, cunning and fearlessness he was able to escape, with fellow partisans, and remain in a medieval tower until the Germans left. The partisans helped Lecoque aboard a naval vessel in the harbor of Split. He left the vessel when he reached the harbor of Bari in Southern Italy. An American truck convoy took him to Rome, where he was met and welcomed by the Czechoslovak legation. From 1945 to 1951, Lecoque, with an explosion of energy, painted canvas after canvas. His work was exhibited in Rome, Florence and Capri. He also managed to get two books published, and won fame as an actor. He took an important part in a film which the famous actress, Anna Magnani, starred. The picture made money and once again Lecoque could live like a lord in a villa on Capri. He had attractive exhibits in Milan and Naples, bringing acclaim and honors.

At a time when the future looked so bright, adversity struck. It had been Lecoque's misfortune to have been involved in an attempted assassination plot against Mussolini, and was not forgotten by some Fascist with influence in the Italian government. He was sent to a displaced persons camp. He could not go to Prague to live under the Communist, of whom he so strongly disapproved. He became a man without a country. Trying to get permission to immigrate to France, Sweden and Switzerland brought only disappointments. Finally, his luck changed and he was accepted as an immigrant to the United States.

He was sixty years old, but his strong desire to make a new life for himself prevailed. He settled in a Czech suburb of Chicago where he received help. Roderick A. Gorman, collector and translator of Czech poetry, became his friend, interpreter and biographer. Lecoque went to work at once to regain the wealth he had lost in Prague. He loved to paint buildings, but not high-rise buildings. He said that there was no character or beauty in the architecture of skyscrapers.

In 1955, Lecoque moved to Laguna Beach, California, and after several years of profitably exhibiting and selling had enough money to purchase a home in Hollywood. In 1960, he became an American citizen, and was very proud of it. There is an old saying in Czech which states that the more language a man knows, he is that much more of a man. Lecoque was that much more of a man, for he knew well French, German, Italian, Russian, Serbo-Croatian and Spanish.

In 1966, he was awarded the Gold Medal by the Societe des Artes, Sciences, Paris. He had five books published, and "Renoir, My Friend" written in French, translated into English, his best known book. His paintings are in many art museums and private collections. Jan Masaryk presented Lecoque's paintings, "Rooftops of Prague" to President Dwight D. Eisenhower.

Lecoque's last exhibition took place in the Andree Gallery, Costa Mesa, California. He died in March of 1981, at the age of ninety. He left more than 200 paintings in a solid, concrete gallery he had built behind his house. This was his legacy for future generations of Americans to enjoy. Then a son appeared who came all

SOKOL GYMNAST

APRIL 1984

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

NATURE OF PHYSICAL EDUCATION

PART II

EUROPEAN PROGRAMS. Germany was the pioneer country of modern times to develop a system of physical education. An early leader of this period was Friedrich Ludwig Jahn (1778-1852), known as the Father of German Gymnastics, who was motivated by patriotism and wanted to develop a strong Germany in order to avenge his country's defeat at the hands of France.

Other countries soon followed Germany's example. In Denmark, Sweden, and Finland, in particular, there emerged special systems of physical education. While the programs of these countries differed, they resembled one another in the fact that there was little provision for free play. They were principally gymnastic programs, with everybody performing the same thing in formation and in unison to a routine cadence or sequence. Switzerland uses gymnastic exercises also, but emphasizes rhythm in connection with them; this gives a strong beat or accent to one exercise of a series. In late years, Germany has been strongly influenced by this Swiss innovation.

The programs of these countries are substantially the same today, although additions and improvements have been made. These countries have no school and college competition in sports as we have in this country. Athletic competition for amateurs is sponsored mainly by athletic clubs similar to the New York Athletic Club or Los Angeles Athletic Club. Recently, however, some efforts were instituted to bring sports into the school curriculum.

Certain features that stand out in the programs of the different European countries have to a degree been incorporated into our own physical education programs. The German program was built around heavy gymnastic apparatus, such as the high bar, parallel bars, rings, and horses, which are still today a prominent part of gymnastics.

Sweden emphasized the medical side of gymnastics and subsequently developed a system of corrective exercises, noted especially for the held or fixed positions at various stages throughout the exercise. The leader in the development of this program was Per Henrik Ling (1776-1839), who promoted a program of activities which he called medical gymnastics. The same type of exercises have been used with great success in treating wounded soldiers.

Finland utilizes the conditioning exercises of its neighbors but also incorporates so-called mimetic drills into its program. Students simulate throwing javelins or weights without actually using any implements or equipment. This idea is now used in programs in this country to teach mass groups the proper techniques in such sports as bowling, golf, swimming, tennis, handball, and basketball.

Denmark developed a system of gymnastics particularly suited to the needs of its predominantly agricultural population. It is called "fundamental gymnastics." Examples of this type of activity may be found in the conditioning or warming up exercises, sometimes called "grass drills," used for football and other vigorous sports. Franz Nachtegall (1777-1847) provided early leadership for this program in Denmark. Other included Niels Bukh (1880-1950), who promoted a program called "primitive gymnastics," patterned somewhat after Ling's system in Sweden but differing from it in that activities were conducted in a continuous rhythmic fashion in lieu of the fixed and held positions of the Ling system. Bukh toured the United States in the early 1920's with a group of Danish gymnasts, and since then several gymnastic groups have visited this country from Denmark and Sweden.

England has long been a nation noted for its predilection to sports. Numerous English sports and the sporting tradition of England were transplanted to the American continent by the early colonists. To England goes the credit for developing the groundwork and enthusiasm for sports so common to its colonists and to countries all over the globe. The American people, in particular, have inherited and built on this special liking for sports.

In Bohemia, now the country of Czechoslovakia, **PHYSICAL CULTURE** was founded in 1842 by Rudolph Stefani. He conducted his teachings in a private gymnasium, the former *Ledebour Palace*. This was patronized only by the nobility and upper classes. On February 6, 1862, Sokol Praha gave birth and foundation to the Sokol movement as founded by Dr. Miroslav Tyrš. This was a movement to save and secure national patriotism and solidify the Czech, Moravian, and Slovak people. Gymnastics and mass Calisthenics were introduced and taught by scientific methods. This spread to all parts of the country making physical culture available to all.

HEADSTANDS

Illustrated on this page are movements and positions that can be practiced for executing a headstand. All classes are eligible for this work.

PREPARATION

1. Proper positioning of hands and head
2. Assistant at side gives aid raising legs
3. Assistant at front gives aid in balancing
4. Walking up on stall bars
5. Balance against a wall

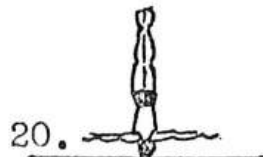
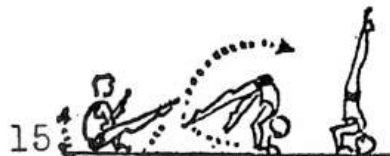
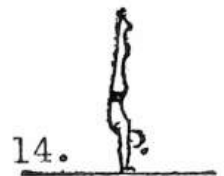
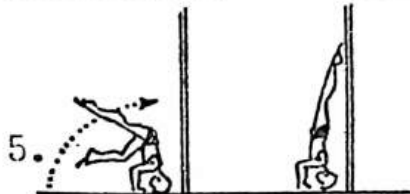
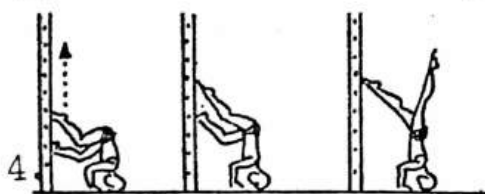
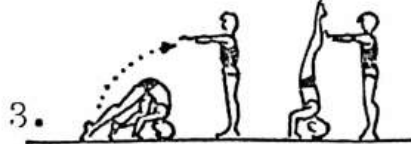
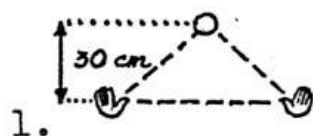
STARTING POSITIONS

6. From support squatting
7. From squat, L or R rearleg
8. From support kneeling
9. From support stradleg
10. From stand L or R rearleg
11. From a front support lying

12. From kneel roll onto stomach, press to headstand
13. From lie on back, roll to bent hip, thrust upward to headstand
14. From handstand drop into headstand
15. From support sitting stradleg, press to bent hip — to headstand
16. From rocking on stomach, press to headstand

BODY POSITIONS

17. Forearm headstand
18. Forearm headstand — palms cup under head
19. Headstand with arms extended sideward to floor
20. Headstand with arms at sidearm
21. Plange stand, arched body, forehead support
22. Bent leg headstand
23. Bent frontleg in headstand
24. Bent rearleg in headstand
25. Headstand with deep arch
26. Headstand with high frontleg & high rearleg (split)
27. Headstand with stradleg — (split sideward)



IMPROVING WORKOUT EFFICIENCY

Ray Gura, Coach — Great Lakes Gymnastic Club

In every training situation, there are some very real and practical limits that determine how much a gymnast, and/or coach can accomplish. Most of these limits are determined by factors that fall under one or more of the following four general categories:

- I) Time — How much actual workout time is available?
 - A. How many hours per workout.
 - B. How many workouts per week.
 - C. How many weeks per year (length of season).
- II) Equipment — How much equipment and space is available to use?
 - A. "Official" apparatus: FX, V, BB, UPB, PH, R, PB, HB. This refers to apparatus that meets competition specifications.
 - B. "Supplementary" equipment, such as: low beams, low bars, paralettes, weights, mushrooms, mirrors, etc. This refers to anything that can be used as an activity station.
 - C. Gymnast-to-equipment ratio.
- III) Coaches — What coaching and instruction is available?
 - A. Quantity (how many coaches).
 - B. Quality, knowledge and expertise of coaches.
 - C. Effectiveness; the coaches' ability to organize, communicate and motivate the athletes.
- IV) Gymnasts — What are the abilities and behaviors of the athletes?
 - A. Physical abilities: strength, flexibility, balance, speed, power, etc.
 - C. Level of motivation: hard-working, dedicated, lazy, etc.
 - C. Behaviors: lack of concentration, talkative, lack of effort, hard-working, goal-oriented, etc.

Of the four general categories listed above, three of them are very difficult to change:

Equipment: very expensive, and space is often limited.

Coaches: the only coaches available are those who are employed by our teams, or who live nearby.

Gymnasts: in some ways, we must accept our gymnasts as they are; their physical and psychological parameters are set.

However, the fourth category, **time**, is relatively easy to change. Therefore, some gymnasts and coaches simply believe that if they increase their training time, they will automatically improve their rate of progress and improvement. As a result, we find coaches and gymnasts who are willing to spend a great deal of time involved in training. It is not unusual to find gymnasts who feel that they must sacrifice social activities, schoolwork, family activities and other interests so that they can spend more time in the gym. In my opinion, this is a very simple-minded way of looking at the problem. I feel that there are many ways to increase the "efficiency" of the training time, without increasing the actual amount of hours spent in the gym. The more efficient the workout, the more learning, progress and skill acquisition that takes place.

Webster defines **efficiency** as: producing the desired result with a minimum of effort, expense, or waste." If

we look at our programs critically, with an eye on the efficient use of time and equipment, we may see that we (or our gymnasts) are spending too much time on any of the activities listed below:

- 1) Spotting simple skills over and over again.
- 2) Waiting in line for a turn on the equipment.
- 3) Adjusting the apparatus.
- 4) Getting "set" or into position to execute a specific skill.

Repeated spotting of simple skills

Problem — The coach must spot simple skills over and over again, thereby reducing his or her coaching efficiency.

Solution — Set-up mats or other physical aids, or adjust the apparatus so the athlete can perform the skill in safety without a spotter.

Examples — Simple tumbling skills such as front and back handsprings can be performed safely on an incline mat, or mats set up in a "stairway" fashion. This way, the gymnast is working with gravity, instead of against it. This method can be used very effectively on skills such as headsprings, kips, backward rolls, roundoffs, snapdowns.

Balance Beam skills that must be spotted over and over again to gain confidence. The gymnast could perform the skill with a minimum of spotting by following a gradual, slow, safe, progression from the floor to a low beam to a high beam. If the gymnast follows a slow, gradual progression, it reduces the need for repetitious spotting.

Pirouettes on the Horizontal Bar, Uneven Bars, and Parallel Bars, that are shaky and need a spot, can be performed with bars that are set just a few inches above the level of mats that are built-up underneath.

Waiting a turn on equipment

Problem — Not enough equipment (Uneven Bars, Balance Beams, Pommel Horses, Parallel Bars, etc.); as a result, the kids have to wait too long between turns.

Solution — Make their "waiting time" more efficient. Give them things to work on while they are waiting their turn.

Examples — Use supplementary equipment to develop strength while waiting, such as: ankle weights, paralettes, innertubes, etc.

Adjusting the equipment

Problem — The efficiency of the workout is low because a great deal of time is spent in adjusting the apparatus (usually girls' Uneven Bars or boys' Parallel Bars) to suit the needs of the gymnasts.

Solution — Structure the workout on frequently adjusted apparatus so families of skills that do not depend on the position of the equipment are worked at the same time, by all of the gymnasts.

Examples — If a group of girls is sharing one set of bars, and they have to adjust them for every turn, structure the workout so that they will all work "single bar skills" at the same time. This way, they would only have to move the bars during the bar-to-bar combination phase of their workout.

[To be continued]

UNITED STATES GYMNASTICS FEDERATION

SCHEDULE OF EVENTS

(Dates & Events subject to change or cancellation)

*-Tentative

MAY 1984		
4-6	Rhythmic Gymnastics National Championships (W)	Orangeburg, SC
4-5	Class I Eastern/Western Championships (W)	Eastern: Staten Island, NY Western: Tuscon, AZ
10-12	McDonald's Championships of the USA	Chicago, IL
18-20	Junior Olympic National Championships (W)	Los Angeles, CA
JUNE 1984		
1-3	1984 USGF Olympic Trials (M/W - Artistic)	Jacksonville, FL
16-17	1984 USGF Rhythmic Gymnastics, Olympic Trials	Atlantic City, NJ
22-24	Junior Olympic Boys Nationals	Albuquerque, NM
JULY 1984		
19-26	FIG Congress	Los Angeles, CA
28	OPENING CEREMONIES, 1984 Summer Olympic Games	Los Angeles, CA
29-August 5	Olympic Gymnastics Competition Men & Women - Artistic	Pauley Pavilion UCLA Campus
AUGUST 1984		
9-11	Olympic Gymnastics Competition Rhythmic Gymnastics	Pauley Pavilion UCLA Campus
15-22	RSG Continental Judges Course	*Colorado Springs, CO
SEPTEMBER 1984		
18-19	USGF Business Seminar	Indianapolis, IN
20-23	USGF Congress	Indianapolis, IN
*15-23	*Olympic Medalist Tour (5 Stops)	Washington, DC Houston, TX Penn State, PA Indianapolis, IN Chicago, IL
OCTOBER 1984		
1-21	RSG Training Camp	Colorado Springs, CO
25-28	Four Continents Championships in Rhythmic Gymnastics	Indianapolis, IN
NOVEMBER 1984		
3-8	1984 Ontario Cup (M/W)	Toronto, Canada
*16-17	*Mt. Rushmore Cup (Junior Boys and Girls)	Rapid City, SD

OLYMPIC - 1984

The June issue of the American Sokol publication will be known as the "Olympic Issue". Articles and pictures of Olympic nature will be presented. Sokol members who have participated in these

events, in the past, will be featured. Anyone having articles of interest and wish to have them published, must submit them to the Editor by May 1st, 1984.

DISTRICT - UNIT DIRECTORS

THE AMERICAN SOKOL BOARD OF INSTRUCTORS ANNOUNCES, THAT DUE TO SMALL RESPONSE, THE ADVANCED TEACHERS SOKOL INSTRUCTORS COURSE TO BE HELD AT SOKOL WOODLAND, BARRYVILLE, NEW YORK, AFTER THE SOKOL CANADA SLET HAS BEEN CANCELLED. PLEASE NOTIFY ALL INTERESTED STUDENTS.

the way from Czechoslovakia to California to contest the will. Regardless of the outcome, Lecoque will live on his paintings, books and yet unpublished autobiography. He will not be forgotten, but will be forever linked with Renoir, and known as the last of the French Impressionists.

Sis. Stella Tichy, Sokol Cechie, Chicago

ASO Financial Report

FEBRUARY 1984

RECEIPTS:

Dues	\$1,185.10
Convention Fund	1,198.00
Special Assessment	723.00
Dividends and Interest	395.52
Advertising in "American Sokol"	200.00
Subscription in "American Sokol"	28.00
Jewelry and Plaques	817.00
T. G. Masaryk dues	10.00
Christmas Seals	92.00
Educational Booklets	50.00
Sokol Ties	68.00
Membership Kits	60.00
U.P.S.	8.93
Postage	5.00
Miscellaneous	3.00
	<u>\$ 4,843.55</u>
ASO Uniform Division - Rent, salaries, etc.	615.82
TOTAL RECEIPTS	\$ 5,459.37

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office employees	\$ 637.90
FICA & FWT for January 1984	144.60
Rent, Janitor Services, Phone and Electric	776.68
Office Supplies	187.00
Subscriptions	72.00
Postage	47.70
UPS Charges	42.11
	<u>\$ 1,907.99</u>

BOARD OF INSTRUCTORS

Salaries	\$ 373.13
FICA & FWT for January 1984	60.36
Editor "Sokol Gymnast"	30.00
Additional copies "Sokol Gymnast"	29.00
UPS Charges and Phone	6.45
	<u>\$ 498.94</u>

EDUCATIONAL DEPARTMENT

Salaries	\$ 157.21
FICA January 1984	8.27
Office Supplies	5.67
UPS Charges	8.06
Repairs to typewriter	30.00
	<u>\$ 209.21</u>

SOKOL PUBLICATION

Printing "American Sokol"	\$1,535.96
Postage "American Sokol"	343.57
Editor "American Sokol"	100.00
Mailing List Changes, January and February, 1984	238.84
	<u>\$ 2,218.37</u>

MISCELLANEOUS

ASO Uniform Division - Salaries, FICA, FWT, Jan. 1984 and Phone	\$ 558.71
Future Sokol Leaders' Fund - Postage	.80
	<u>\$ 559.51</u>
TOTAL DISBURSEMENTS	\$ 5,394.02

Balance brought forward:	
Western National Bank of Cicero - Checking account	\$21,821.09
Receipts - February 1984	5,459.37
	<u>\$27,280.46</u>
Disbursements - February 1984	5,394.02
	<u>\$21,886.44</u>

FUTURE SOKOL LEADERS' FUND

February 1984

In memory of Sis. Frances Prostednik - Sokol Philadelphia	\$ 25.00
In memory of Bro. Louis and Sis. Christine Horak - Marion L. Kulaas, daughter	25.00
In memory of Bro. Dr. Vladimir Fleischer - Sokol Washington, D.C.	25.00
	<u>\$ 75.00</u>

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Americans by Choice

Senator Larry Pressler of South Dakota, a good friend of the ethnic groups, has presented a Resolution for the establishment of Ethnic American Day. With this legislation Ethnic Americans will have the recognition due all ethnic groups for their contribution to the country of their choice. For the first time there will be national recognition of the Ethnic Americans. This is a time of both pride and joy.

S.J. Res. 253. Joint resolution to authorize and request the President to designate September 16, 1984, as "Ethnic American Day"; to the Committee on the Judiciary.

Mr. Pressler. Mr. President, today I am introducing a resolution to designate September 16, 1984, as "Ethnic American Day." The designation of this day is intended to recognize the valuable contributions ethnic Americans have made to American life.

Throughout the long and distinguished history of our country, we have been shaped by the millions of immigrants who have reached our shores. They chose the United States of America. They chose to live in this land of freedom and opportunity. The United States today has a population with more than 100 ancestry groups. Their distinct heritage and cultures have all been important in the development of American Society.

Our ethnic Americans have all contributed valuable ideas, patriotic devotion, and diligent effort to the development of their country. Their accomplishments are readily apparent in the arts, sciences, medicine, agriculture, business, labor, and government. Without them, America as we know it could not exist.

The 1980 census identifies the foreign ancestry of more than 180 million Americans. This is approximately 83 percent of our population. These statistics verify that our Nation is, indeed, a melting pot of people from all parts of the world. A day in tribute to this great body of people, focusing on their rich ethnic heritage and love of America, can accomplish numerous goals. It would:

First, promote understanding between people of diverse ethnic backgrounds;

Second, foster an awareness and appreciation of the historical background of ethnic Americans;

Third, make Americans more aware of the significant contributions made to their country by the multitude of ethnic groups;

Fourth, promote a sense of pride among ethnic and natural-born Americans; and

Fifth, emphasize the uniqueness of America and her people - a land which people from all parts of the world love to call their home.

We have before us the opportunity to simultaneously honor ethnic Americans and the country they have helped build. The immense contributions of these brave people stand as proof of the wisdom of our democratic system - a system that strives for equality, fraternity, human dignity, freedom, and the pursuit of happiness for all. Let us join together to establish, recognize, and

celebrate an "Ethnic American Day" on the third Sunday this September.

Mr. President, I ask unanimous consent that the text of my resolution and a table showing U.S. ancestry be printed at this point in the RECORD.

There being no objection, the material was ordered to be printed in the RECORD, as follows:

S.J. RES. 253

Whereas the United States of America is a haven for victims of religious and political persecution and for those who seek freedom and opportunity;

Whereas the United States of America has welcomed oppressed and deprived persons and granted them refuge and citizenship;

Whereas ethnic Americans love the United States of America and have shed their blood in defense of America and its freedoms;

Whereas ethnic Americans have made outstanding contributions in the fields of agriculture, labor, arts, science, medicine, business and government, and to the quality of life in these United States; and

Whereas designations of an "Ethnic American Day" would contribute to a greater appreciation of the rich ethnic heritage of this Nation and to the unity of all its people: Now, therefore, be it:

Resolved by the Senate and House of Representatives of the United States of America in Congress assembled, that the President is authorized and requested to designate September 16, 1984 as "Ethnic American Day" and to call upon the people of the United States to acknowledge and advance mutual understanding and friendship among all Americans regardless of their ethnicity.

Christmas in July

The Czechoslovak-American Festival, July 13, 14 and 15, 1984. *CZECH THIS OUT!* Sponsored by Sokol Detroit and the Sokol Detroit Ladies Auxiliary at the air conditioned Benjamin F. Yack Arena, Wyandotte, Michigan. This major event presents to the public the cultural heritage of CZECHOSLOVAKIA. The Czechs, Moravians, Slovaks and the Carpatho-Ruthenians will create an authentic ethnic atmosphere through the music, dance, food, costumes and folklore of a once free Czechoslovakia. This year, special emphasis will be given to Christmas customs and traditions in Czechoslovakia.

Continuous polka (invented by the Czechoslovaks), waltz and czardas music will be played for your dancing and listening pleasure by Karel Binovec Orchestra from Montreal, Canada (played at the '81 Knoxville World's Fair), Al Smeja & his Musicians, Swartz Creek, MI, Veseli Muzikanti (Happy Musicians) Brass Band, Troy, MI, and Andy Zelenak Orchestra, Sterling Hts., MI. Special entertainment highlights include hand-balancing and calisthenic routines by the Sokol Detroit gymnasts, and national folk dances by costumed dancers. Beautiful native costumes will be worn representing the four regions of Czechoslovakia.

Artifacts, garnet jewelry, and delicate Bohemian crystal will be displayed for viewing and purchase.

Authentic native-dressed dolls, beautifully decorated eggs, ethnic cookbooks, records, and books are also on sale. Featured food will include koláče (pastries), knedlíky (dumplings), zeli (sauerkraut), vepřové maso (pork) and more. The imported Pilsner beer and slivovice (plum brandy) are beyond description.

Another major and unique feature of the festival will be genealogical display of "ROOTS", a giant mural-map which pinpoints where nearly 1,500 local family names are connected to their point of origin in the various regions of Czechoslovakia.

Another special event, the SOKOL DETROIT HERITAGE RUN, will be held on Belle Isle on Saturday, July 7th. Distances are 10 km (6.2 miles) and 5 km (3.1 miles). T-shirts and certificates are to be presented to all participants. All profits generated by this year's run will be donated to the Statue of Liberty and Ellis Island Renovation Fund.

For more information about the 1984 Festival and Heritage Run, and our many fine on-going education and cultural programs, and internationally renown gymnastic and fitness programs, please write to the Sokol Cultural Center, attention: Bruce Janda, 23600 W. Warren Ave., Dearborn Heights, MI 48127. Sokol Detroit is a non-profit education, cultural and physical fitness organization found in Detroit in 1875.

Annual Joint Meeting of Sokol Detroit and Sokol Detroit Ladies Auxiliary

Excerpts from a talk delivered by Jan Waldauf, President, Czechoslovak Sokol Abroad.

Sokol founded in the sixties of the last century was part of a determined national revival movement whereby the Czech nation strove to retain its severely threatened national identity and to attain a right to self determination. Many of its founders represented the apex of the Czech nation in public affairs, politics, culture and science.

Among them were two men whose influence on Sokol was most penetrating, who gave it a unique character which differentiated Sokol from other societies of that time and enabled it not only to outlast the many changes which occurred in the nation and the world but to continuously grow both in numbers and importance. These two men, Dr. Miroslav Tyrš, and Jindřich Fügner, properly called the founders of Sokol recognized that the Czech nation was not sufficiently fit and prepared for the ensuing struggle for self-determination and eventual liberation; they decided to remedy this lack of preparedness through a new organization which would dedicate itself to a systematic all-embracing activity leading to physical and moral fitness and discipline of the nation.

Dr. Miroslav Tyrš, a thirty-year-old philosopher, conceived and gave Sokol its task and goal, established its direction, and laid the foundation for its enduring principles and ideals. He gave Sokol a scientific system of

physical education, based on logic, as well as a method leading to the attainment of its goals. His ideas and concepts were far ahead of her time; they are, in essence still fully relevant and applicable today and Tyrš, quite properly, ranks among the outstanding men of his time.

Jindřich Fügner, ten years older than Tyrš, a wealthy merchant of Prague, was a noble, broadly educated man of high uncompromising democratic principles. Although German by birth, he fully embraced the cause of the Czech nation and, in fact, became a Czech by conscious choice. Even though his premature death meant that he was active in Sokol for only a short period of three years, he influenced it profoundly. On the ideological level he complemented the physical and moral fitness ideals of Tyrš with concepts of equality and brotherhood thus assuring that Sokol would be firmly based on principles of democracy.

Tyrš and Fügner recognized physical education as a most effective means for the development of a healthy, strong and fit nation. However, physical fitness was to them only a tool which to attain the ultimate goal of bringing the Czech nation as an equal into the community of free, sovereign nations. Because of this they laid stress on complementing physical fitness with a spiritual and moral education; by adding the requirement of beauty and nobility of mind in a harmonious development of body and spirit, Sokol strives to develop a person as perfect as possible emulating the ancient Greek ideal.

Though Sokol gymnastics became popular in the Czech lands and became, in fact, the most successful sport for the Czechs internationally. From their first participation outside Austro-Hungarian borders at a meet of French gymnasts in 1889 held in Paris, Sokols made the Czech and later Czechoslovak name famous through their many victories. In 1897 Sokol became a member of the European Gymnastic Union, predecessor of the International Gymnastic Federation (FIG), and its teams participated with great success at European and World Championships and Olympic games.

But gymnastics, however popular, was not the only activity in Sokol. Already in the sixties of the last century, fencing was an integral part of Sokol physical education, as were track and field events, swimming, rowing, skating, sleighing and wrestling. Later bicycling and winter sports were added with skiing becoming especially widespread. Later still, ball games, in particular volleyball, handball and basketball, gained great popularity in Sokol as did outdoor activities such as camping and hiking. It may be worth noting that the founders of most sports activities, clubs and associations in the Czech lands were invariably also members of Sokol and that the founder of the Czech Scout movement (Junák), Prof. Svojsík was a leading member of Sokol.

Sokol also provided an impetus to physical education of women and already in 1869 Tyrš himself assisted with the establishment of a "Gymnastic Society of Women and Girls of Prague". In 1891 the first women's departments were established in Sokol; their first public performance took place in 1898 and in 1901 a total of 867 women performed with Indian clubs

for the first time at a Sokol Slet. In May, 1914, Sokol accepted full equality of women; since that time they played an increasingly important role in all Sokol activities, including their successful participation at international gymnastic competitions, various sports activities, camping, etc.

A significant and most positive part was played by Sokol in the relationship between Czechs and Slovaks. The Sokol idea penetrated immediately into Slovakia, at that time still part of Hungary. When Hungarian authorities denied repeated requests for permission to establish Sokol in Slovakia, several prominent Slovaks at least were able to join Sokol secretly in Budapest, capital of Hungary, where a Czech Sokol unit was allowed in 1896.

Following World War I, in the newly established Czechoslovak Republic, 180 Sokol units were established in Slovakia, organized in six districts, with more than 50,000 members. Sokol contributed significantly to the creation of a strong bond between Czechs and Slovaks thus fulfilling the expectation of Milan R. Stefanik who said: "Following the liberation it will be an important task for Sokol to work hard at erasing all traces of foreign domination and to give to the Slovak character the same strength it provided for their Czech brothers.

From its beginning Sokol stood above party politics - its only political motivation and goal was service for the nation leading to its liberation. It fulfilled this service in a magnificent manner during World War I when Sokol provided the base, organizational structure and leadership in the establishment of Czechoslovak legions and made by far the greatest contribution to the establishment of a free, independent and democratic Republic of Czechoslovakia. This was attested to by President Masaryk when he said that "besides the traditions of Hus and the Taborites, it was the Sokol idea which led us, and the Sokol discipline and order which the individual knew, to which they submitted and which became their second nature".

On October 28, 1918 when the Czechoslovak Republic was proclaimed, Sokol served as a national army, securing the takeover of power and guarding the newly-gained freedom. Sokol President, Dr. Josef Scheiner became the first Commander-in Chief of the Home Army, the Sokol Director of Men, Dr. Jindrich Vanicek became Commander of National Guards; the oath of the first units of the newly formed Czechoslovak army was made on the Sokol flag. In addition to National Guards, Sokol volunteers formed four army regiments, called Freedom Guards, which carried out important operational tasks of occupying border regions of the new Republic, especially in Slovakia; when Hungarian Communists invaded Slovakia in the summer of 1919, they fought several battles with them, finally driving them out.

For its faithful adherence to the Czechoslovak Republic and to democratic principles, Sokol had to pay a terrible price in human sacrifice during World War II. The fateful events followed in quick succession after the Munich Dictate in September, 1938, when Czechoslovakia's border regions were ceded to Germany. In December, 1938, Sokol was dissolved in Slo-

vakia, its assets there turned over to the Fascist Hlinka Guards, the occupation of the remainder of Czechoslovakia followed on March 15, 1939. The Nazi occupiers immediately commenced a cruel persecution of Sokol. Most members of the Sokol central executive (COS) and of all districts as well as several larger units were arrested and sent to Concentration camps. In April, 1941 Sokol was dissolved, its assets confiscated. More than 12,000 Sokol members were jailed, tortured or executed. Despite this terrible toll, Sokols continued their resistance both at home and abroad. They fought on battlefields in France, in the Middle East, in Russia and in the Royal Air Force, in England where they even established Sokol units. In Slovakia they took part in the Slovak National Uprising in August, 1944, many in leading command posts. In the Czech lands Sokol resistance was directed at first by the "Sokol Revolutionary Council" headed by the COS Director of Men Dr. Pechlat and, following his execution by the Germans, by the "Organization Jindra" whose members performed many acts of heroism, especially following the assassination of Hitler's infamous "Hangman", SS Chief Reinhard Heydrich. Just in the final days of war, during the Prague uprising in May 1945, more than 700 Sokol members gave their lives for their country.

From the foregoing it could be deduced that Sokol activity and influence was concentrated on, or even limited to, physical education and nationalistic activities. Such deduction, however, would not be correct since Sokol influenced all spheres of the Nation's life. It was, for example, felt intensively in cultural endeavors. Thus Sokol created many well-known people in music, creative arts and literature.

In their normal day-to-day activity Sokol units organized for their members, and the community at large, lectures, concerts, recital contests, exhibitions, live and puppet plays, contests in creative arts; an integral part of Sokol slets were year-long nation-wide contests in many cultural activities leading to finals in Prague during Slet days, as well as large-scale performances, known as "Slet Scenes". Sokol had its own publishing house publishing general-interest books and magazines in addition to those devoted to Sokol and physical education.

Change of Address for American Sokol

AMERICAN SOKOL ORGANIZATION
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If we don't, we're too serious.
If we stick close to the office,
We should be out hustling material.
If we go out,
We should be on the job in the office.
If we don't print contributions,
We don't appreciate genius.
And if we do,
The paper is filled with junk.
If we edit the other fellow's article,
We're too critical.
And if we don't,
We're asleep on the job.
If we clip items from other papers,
We're too lazy.
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To present an outline of the full scope of Sokol activity it would be necessary to enumerate still many more things, such as the details of the physical education system and method developed by Tyrs, the development, activities and influence of the All-Slav Sokol Federation, Sokol's influence on physical education programs in schools and the army of Czechoslovakia, the fact that both successive Presidents of the Republic Masaryk and Benes were active Sokol members, that the designation "Sokol" was considered for the monetary unit of the country instead of the eventually adopted "koruna" (crown). It would be also most instructive and informative to present an analysis of the basis concepts of the Sokol idea, and, of course, the development and importance of Sokol slets which became national festivals without equal anywhere in the world.

Sokol, founded in Prague on February 16, 1862, had an initial membership of 75. Following the example of Prague, Sokol units followed quickly in other cities and towns. The Sokol idea spread also to other Slavic nations and within a few years Sokol units were established by the Slovenes, Poles, Croatians, Serbs; in 1865

the first Sokol unit came into being in the United States of America.

Within ten years, by 1872, in the Czech lands alone there were 120 Sokol units with a total membership exceeding 11,000.

As Sokol grew its organizational structure developed as well - members belonged to a local unit, units in a specific region formed Districts, all districts were united in the Czech, later Czechoslovak Sokol Community - COS.

85 years after its founding, in 1947, the last year of free Sokol activity in Czechoslovakia, Sokol had 52 districts with 3,686 local units; 1,294 of them had their own Sokol hall, 2,200 units had their own sports field. The membership comprised 328,000 men, 241,000 women, 57,000 junior boys, 76,000 junior girls, 134,000 boys and 169,000 girls for a total of 1,005,000. Since Czechoslovakia's population at that time was around 13 million, every 13th resident of the country belonged to Sokol. These figures, projected in the U.S. context would mean that Sokol would have 18 million members in the United States. [To be continued]

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