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What is a "Sokol"?
Sokol is falcon in Czech language,
it is our symbol of swiftness,
courage and strength.



*"Zdravé a krásné lidské tělo — souladné vypěstění celého člověka,
povahy ucelené, neoblomné, pravdymilovné a spravedlivé —
lidé silní, krásní a dobří — to je cíl sokolské výchovy."*

AMERICAN SOKOL

VĚSTNÍK AMERICKÉ OBCE SOKOLSKÉ

Ročník - Vol. CX

January — 1989 — Leden

Číslo - No. 1

To build, or not to build

Last year the Central District created a committee to investigate the possibilities of expanding the Sokol gymnastics program into other communities. Somehow, I was appointed chairperson of this committee. With no precedent to guide me, other than my previous experience of working with the community of our Sokol Naperville family, I was perplexed at first on how to begin.

Shortly after this appointment, I received a telephone call from a member regarding this committee. This member felt that because the problem of the units with buildings were so immense and so different from those units without buildings, that we should really be considered as two different governing bodies. He further felt that perhaps many of the meetings that the district had were no more than a history lesson and that the real challenges of each unit were not being addressed by those members who really had a future stake in the life of the gym program and the maintenance of the building. Unusual as this may sound, I listened intently without interrupting or arguing, because it was the first time anyone in this district had called me personally to give me an honest opinion on some of the many problems facing the Sokols today.

This member further suggested that the heart of our business was in giving the customer what they wanted, not what we thought they wanted, or what we thought was best for them, or what we remember our Sokol days to be, or what our ancestors said was best for us in the future. He felt that since our customers are paying for our services, we should provide the service we claimed we would provide.

I pondered this for a while and decided to field the expansion program during the next few weeks. I recorded some of the remarks from members.

"We don't need more Sokol units, we need more members at the existing units to share the work!"

"No one is interested in starting another not for profit Sokol. You're wasting your time!"

"The district officers are wearing too many hats now, don't bother them with more responsibilities!"

"We're meetinged out, we don't have time!"

"Sokol will never change, it has a fundamentalist attitude and is not willing to accept what it considers non-Sokol ideas."

"We are only interested in social functions and you will only cause problems."

Wait a minute! What happened to "Sokol is for the MASSES!" Where are the masses? Hey, where is your team spirit? What about all those great Sokol Slogans from all those great historical post cards! One for all and all for one! A sound mind in a sound body...

DO I SELL SOKOL ON ITS PAST, ITS PRESENT, or its future. I read about the past. It served a purpose in its time and place in history. Many yearn for the past, but in that yearning fail to see that the future is shaped by what we do today. Today is the only time frame we are actively involved in. Do not deceive yourself into believing that what was good enough for you, SHOULD be good enough for your children. History is thick with the failures of the good old days. Progress demands full attention. We build on yesterdays SUCCESSES and quickly discard that which has outlived its usefulness.

Remember the Model A car of 50 year ago? While the basic mechanical concept of the automobile has not undergone immense change (it still moves on four wheels), the mechanical efficiency and the outer design has gone through many changes. Would you invest your hard earned dollars in a fifty year old car or do you prefer to get the most for your money? What is the Sokol exterior like? While the basics of the Sokol System are still sound, what picture do people see? Can we learn to "fit" into today's society so that we can appeal again to the masses?

"All history and All nature is an eternal struggle, in which everything succumbs that does not establish its right to live. Either develop and flourish, or disappear and make room for those who are able to live." Dr. Miroslav Tyrš...

When Dr. Tyrš developed the Sokol system he obviously "borrowed" from the past... the ancient Greek system of a social order of physically fit and mentally alert citizens.

He must have taken this technology and made it "fit" into the Czechoslovak society of 1860. He made up the rules along the way through trial and error. When the Czech immigrants journeyed to America, they also had to make up, or redefine, the rules along the way. Somewhere, the best of them rose to the top, while others stayed behind out of choice or despair.

Dr. Tyrš's philosophy, the Sokol philosophy, is relevant today but we, You and me, have a responsibility to RESPOND to the needs of ALL our members and prospective members. This is what being an active Sokol unit is all about.

There is much to do, and more to learn.

An understanding of today's cultural habits is part of the plan for a successful expansion program. One source of general information comes from an education course textbook *Teaching Culture* chapter on "Why Do People Act as They do?".

"Many social scientists hold that a knowledge of 'codes of behavior' will help a student understand how people from different societies act. If we do what we do because of our values and if values are widely shared within a culture but substantially disparate among cultures, knowledge of the few basic tenets of a culture should greatly aid one in predicting the behavior of that culture-bearer".

The following *Nine Postulates of Life in the United States* was published by Francis L. K. Hsu in his book *The Study of Literate Civilizations* (1969). Hsu is an anthropologist who lived half his life in China and half his life in the U.S.A. The raw material for identification of postulates comes from personal experiences, both literary and popular prose, social science studies, and studies of crime and other forms of societal breakdown. In this study he attempts to reduce the basic working philosophy of Americans to a series of postulates and their corollaries.

Hsu's postulates and corollaries for the United States are further elaborated in another book *Americans and Chinese: Passage to Understanding* (Hsu, 1969).

HSU'S POSTULATES OF UNITED STATES CULTURE

POSTULATE I. An individual's most important concern is his self-interest: self-expression, self-development, self-gratification, and independence. This takes precedence over all group interests.

Corollary 1. After self-interest the individual's responsibility toward his wife and minor children (in that order) takes precedence over all else.

Corollary 1'. Parents must cultivate the friendship of their children and keep communication lines with them open.

Corollary 1". Parents should assist but not interfere with their children, especially when the youngsters have married or reached majority.

Corollary 2. The individual has little responsibility toward his parents and no responsibility toward other kinsmen.

Corollary 3 Upon reaching majority an individual is free to do anything, form or join any group, and go anywhere that is not illegal.

Corollary 4. An individual should seek the good life and pursue happiness.

Corollary 4'. The good life and happiness consist primarily of the maximization of bodily comforts, food, and sexual enjoyment. Pursuit of knowledge for its own sake and worship of God through eternal abstinence and asceticism are not favored. Health and sexual attractiveness must be defended at all costs.

Corollary 4". Altruism is examined for ulterior motives.

Corollary 5. Selection of a mate is the concern of the individual partner only, for marriage is for individual happiness.

Corollary 5'. Sex must be based on love.

Corollary 5". Marital affairs are matters for the marital partners alone. Parents should stay out.

Corollary 6. An individual must decide on his own career or occupation and advance on his own.

Corollary 6'. An individual is responsible for his own actions unless he is a minor or insane.

Corollary 7. Individual initiative, excellence, and creativity are highly desirable.

Corollary 7'. Individual ambition and competition are highly desirable virtues.

Corollary 7". To be content is to stagnate, to be uncreative, and to be unworthy.

POSTULATE II. The privacy of the individual is the individual's inalienable right. Intrusion into it by others is permitted only by his invitation.

Corollary 1. An individual's body is inviolate.

Corollary 2. An individual's property is inviolate.

Corollary 2'. Violation of property is to be punished severely.

Corollary 3. An individual's conscience is to be respected.

Corollary 3'. Conscientious objection to serving the country is possible.

Corollary 4. Sharing one's private life is a costly matter. Since all close relations contain limitations, it is often better to share one's personal life with strangers or paid servants (for example, analysts, psychiatrists, or counselors).

POSTULATE III. Because the government exists for the benefit of the individual and not vice versa, all forms of authority, including government, are suspect. But the government and its symbols should be responded. Patriotism is good.

Corollary 1. Sacrifice for the government is only justified during a national emergency.

Corollary 1'. An individual may be partially excused from this sacrifice if his conscience forbids it.

Corollary 2. The government should protect the individual, thereby justifying its existence.

Corollary 3. The government should not encroach upon the freedom and privacy of the individual.

Corollary 4. The government should be run by representatives chosen by and from among the people.

Corollary 4'. The people in government are the same as ordinary people.

GYMNAST

JANUARY 1989

Editor: Frank H. Michalek — 10 S. 020 Lorraine Dr., Hinsdale, Illinois 60521

WARM-UPS, FLEXIBILITY, AND EXERCISE

A. WARM-UP

A warm-up is a series of exercises aimed towards:

1. Limbering up the muscles.
2. Developing strength.
3. Gaining flexibility.

A warm-up at the start of the work-out decreases the possibility of tearing muscles, ligaments and tendons. These types of injuries occur when sudden demands are put on poorly toned muscles.

1. A whole body warm-up that raises muscle and blood temperatures can significantly improve athletic performance.
2. Wherever possible, a warm-up related to the skills to be learned is preferable so that a practice effect may be simultaneously achieved.
3. Warming up is important for preventing muscle soreness and injury.
4. Warming up procedures must be suited to the individual.
5. Warming up procedures must be suited to the athletic event.
6. A combination of intensity and duration must be achieved that results in temperature increases in the deep tissues without undue fatigue. Sweating is an indication of increased internal temperature.
7. Warming up appears to be most important in activities that directly involve strength, and indirectly in events that have a large element of power or acceleration of body weight.
8. Tissue temperature changes brought about by warming up probably persist for about forty-five to eighty minutes.

Hints for giving a good warm-up

1. Provide an area with no obstacles and large enough so that the gymnasts are able to stretch in all directions.
2. Begin and end with an exercise that involves the entire body. The jumping jack exercise is a good example because this exercise demands vigorous stretching and flexing, develops balance and co-ordination, and stimulates heart beat and breathing. It is an ideal combination exercise.
3. Exercise all body parts working down from the neck.

4. Check that each exercise is done properly.
5. Stress form — pointed toes, good posture.
6. Avoid bouncing (ballistic) exercises. A stretched position should be held.
7. Have a sufficient number of instructors available to assist, and correct positions if necessary.
8. Describe and/or demonstrate each exercise.
9. Speak in a loud clear voice.
10. Maintain a discipline. Gymnasts should be quiet and attentive at all times.
11. Keep a steady pace and make full use of the time period.
12. Vary the length and content of the warm-up according to the age group you are working with.

B. FLEXIBILITY

Flexibility is defined as the range of motion about a joint. The degrees of flexibility will vary due to the various characteristics of the muscles and tissues surrounding the joint. Increase in the flexibility of joints tends to decrease the injuries of those joints. Increased flexibility will also better athletic performance.

An increase in flexibility must accompany an increase in strength or else the range of motion may be considerably affected. There are many types of stretching exercises which are used to improve flexibility:

1. The **Ballistic Stretch**, in which the body momentum is utilized to force the muscle groups into as much extensibility as can be tolerated, has been used for many years. An example of this procedure is the "hurdler's seat", which employs a bobbing of the trunk toward the extended leg to stretch the hamstring. This type of stretching does increase flexibility, but may also induce muscle tears as a result of misjudging the stretch tolerance of the tissues or failing to control the force of body momentum. **Therefore, the use of the ballistic stretch should be discouraged.**
2. The **Gradual Stretch**, in which a position of extreme stretch on a given muscle group is slowly assumed and held for a period of time, is probably the most effective method of stretching. The range of motion in various body parts is improved if the athlete goes slightly beyond the point where he begins to feel the effect of the stretching exercise on the muscle in such training.
3. The **Contract-Relax Stretch** (proprioceptive

neuromuscular facilitation), in which the athlete works with a partner. First, one partner is stretched and then the other partner is stretched. One partner will stretch a body part through a range of motion, and then the same partner will have to resist the stretch. The count will go something like this: relax — 1, 2, 3, 4, 5, 6, 7, 8; resist — 1, 2, 3, 4, 5, 6, 7, 8; relax — 1, 2, 3, 4, 5, 6, 7, 8. It is very important to be careful when stretching someone else, in order to avoid injury by forcing a muscle beyond its range of motion.

Things to remember when working on flexibility

1. Flexibility can be limited by bone structure or by the soft tissues. When it is limited by the soft tissues, great improvements can be brought about by the proper stretching methods.
2. After improvements have been brought about, cessation of the exercise program is not immediately accompanied by regression of flexibility. The effects of a stretching program are relatively long lasting (at least eight weeks).
3. Stretching by jerking, bobbing, or bouncing methods (ballistic stretching) invokes the stretch reflexes, which actually oppose the desired stretching.
4. Stretching by static methods helps to relax the muscles to be stretched.
5. Static stretching methods have been shown to be as effective as the ballistic methods.
6. Static stretching is safer than ballistic methods because it does not impose sudden strains upon the tissues involved.
7. Ballistic stretching methods frequently cause soreness in muscles. Static stretching does not usually cause soreness.

C. EXERCISES

Exercise work on increasing one or more of the following:

1. Flexibility
2. Strength
3. Endurance

When warming up, before starting your workout, one should start with a vigorous exercise (i.e. running or jumping) to get the body warm.

With the body warm, one can start on stretching all parts of the body. Generally, one starts from the top of the body and works down:

1. head-neck*
2. shoulders
3. arms
4. wrists*
5. back
6. trunk
7. hips
8. legs
9. ankles*

*most neglected parts of the body when stretching.

The basic types of exercises are:

1. Isotonics:
 - a. body movements only.
 - b. weight lifting.
2. Isometric or static.

A well balanced warm-up should include the following types of exercises:

1. Plyometrics — exercises that lengthen or stretch the muscles, i.e. bends, twists, rotations.
2. Miometrics — exercises that flex the muscles, i.e. sit-ups, push-ups.
3. Aerobics — exercises that increase pulse rate and breathing rate, i.e. running, jogging, skipping rope.

The apparatus can also be used to warm-up or stretch by doing very simple skills. For example: on the rings, simply hang or rear hang, swinging. On the parallel bars: again, simple swinging, or dips.

Other variations of exercises are:

1. Yoga — primarily stretching exercises which originated in the Far East.
2. Ballet — dance exercise which require body parts to move in isolation, i.e., plies, jumps, kicks.
3. Isometrics — exercises that require flexing without motion. These exercise do increase muscle tone, however, their value as strength conditioners is highly debatable.
4. Weight training — conditioning with weights to increase muscular strength.

A program of stretching exercises

1. **Neck stretching** — Stand with your feet shoulder width apart, hands on hips. Roll your head forward to head frontbow, and relax for a moment, then roll head backward to head rearbow. Repeat five times. Roll your head to the right to head sidebow, relax, and then roll your head to the left. Repeat five times. Circle your head to the right five times, and then to the left five times.
2. **Side stretching** — Stand with your feet shoulder width apart, arms in closearm, head up. Right uparm and sidebow to left as far as you can. Upright, and repeat to the right side. Repeat ten times for each side.
3. **Shoulder stretching** — Stand in front of a pommel horse or balance beam about waist high. Frontbow and place your hands on the apparatus, slowly stretch, forcing your armpits toward the floor. Relax and repeat twenty times.
4. **Back stretching** — Closeheel stand, closearm. Frontbow, and grasp your calves, gently pull your head to your knees and hold. Relax momentarily. Repeat twenty times.
5. **Straddle stand stretching** — Slowly spread your feet apart, finishing in a wide straddle stand position. Keep your toes pointed forward and your knees straight and your hips in line with your feet. Hold at your maximum stretch for thirty seconds.

6. **Back stretching** — Stand astride, uparm and gently rearbow as far as you can and return to the starting position. Repeat ten times.
7. **Upper body stretching** — Stand astride, bend sidearm, head up, hands in front of your chest. Twist your body to the right and then to the left. Do this ten times to each side.
8. **Ankle stretching** — Sit with your feet astride and slowly make big circles in each direction with your feet. Point your toes hard, and then flex them. Grasp one ankle in your hands and rotate first to one side and then the other.
9. **Shoulder stretching** — Stand astride holding a wand or a rope behind your back with your palms facing out. Slowly inlocate and dislocate your shoulders, keep your arms straight. As your flexibility increases, move your hands closer together.
10. **Straddle sit and stretch** — Straddle your legs as wide as possible and straight. Keeping your back as straight as you can bend forward over one leg and carefully and continuously circle over to the opposite leg, and back to an upright position. Continue circling in this manner twenty times in each direction.
11. **Wrist and finger stretching** — Reach forward with both hands keeping our arms straight. Close your hands and circle your wrists ten times in each direction. Open and close your hands twenty times.
12. **Shoulder stretching** — With your elbows bent, move your shoulders up and down, and back and forth twenty times.
13. **Back stretching** — Rear lying bentleg, close-arm. Slowly curl your knees over your head and try to touch the floor behind you. Return to the starting position and repeat ten times. Slowly curl up your knees over your head and try to touch the floor next to the right side of your head with both knees. Slowly lower down and repeat to the opposite side. Repeat the exercise ten times to each side.
14. **Side split stretching** — Keeping your legs as straight as possible and your chest up, slowly lower to your maximum split position with your right leg in front, and your left leg to the rear. Maintain this position for thirty seconds. Repeat to the opposite side.

Key points to remember while stretching

1. Never fool around with your partner while you are stretching them. Serious injury could result.
2. Never bounce while stretching (ballistic stretching).
3. Take your time and concentrate on what you are doing. Remember: mind over matter. If you don't have a mind it doesn't matter.

THE HANDSTAND

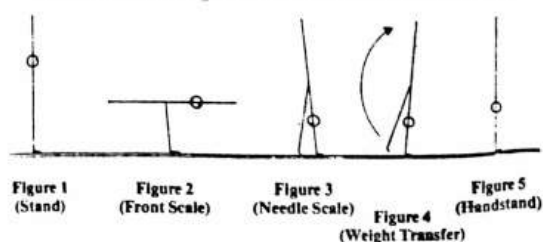
Dr. Gerald S. George

Director, USGF Biomechanical Task Force

At this point, we need to look at the figures presented in Illustration "C" for an understanding of how to maintain correct body shape while proceeding from an upright standing position to the handstand position. Notice that, except for the support leg, the straight-line body position is maintained throughout the entire movement sequence. The flexing or bending about the hip joint of the support leg is the only observable body shape change. In Figure 1, the performer starts with arms held high over the head and proceeds through a front scale (Figure 2) to a needle scale position (Figure 3). At this point, the body weight is shifted onto and over the hands so that the support leg can be raised overhead to line up with the other leg (Figure 4). As the legs come together forming a straight-line position of the total body, the entire weight of the performer is now centered directly between the hands (Figure 5). This handstand position has the exact same body shape as the Bar-Hang position except, of course, that the total body unit has been turned upside down.

Careful attention to straight-line body shape while proceeding to the handstand will help provide much greater consistency and carry over into many other gymnastic movements. Learning such basic skills as handsprings, walkovers, cartwheels, and round-offs, to mention just a few, will depend upon the performer's ability to properly kick up to a correct handstand position. So it makes sense to take the time and effort to master this technique in its entirety.

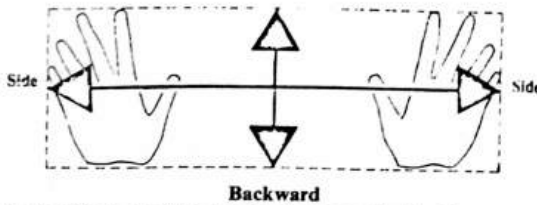
Illustration "C"
Correct technique for a kick to handstand



This final phase in the learning sequence, **balance**, is basically a matter of maintaining the weight of the body directly over and between the hands. Illustration "D" shows a top view of the performer's hand placement on the floor. It is interesting to observe that this hand placement provides a rectangular base of support. Essentially this means that, because a rectangular base is wide from side-to-side and narrow from front to back, the greatest difficulty in controlling balance will be in the forward and backward directions. And too, there is usually little or no difficulty in controlling balance in the side-to-side directions. With this basic concept in mind, we must focus our attention on learning to control even the slightest tendency on the body to

sway in the forward and backward directions while balancing in a handstand position.

**Top View Illustration "D" Forward
Correct hand placement for a handstand**



Balancing on the hands is essentially the same as balancing on the feet. To illustrate the point, consider the front scale position seen in Figure 2 of Illustration "C". If the performer were to "hold" this front scale position on balance, what would be used to control and maintain the weight of the body over the support foot? Even the very first attempt will reveal that in order to balance effectively, the **ankle**, on the support leg side is the single most important "control center" for balance. The muscles about this ankle are constantly working to check and counter-check the body weight so that balance is maintained over the support foot. The very same principle can be applied to balancing on the hands. Since handstand balancing requires that the hands serve as the base of support, the **wrists**, then become the "control centers" which constantly work to maintain the body on balance.

Illustration "E" compares two common techniques used in balancing a handstand. The first type seen in Figure 1 is generally referred to as **counterbalancing** and requires the use of both **wrists** and **shoulders** to control large body sway motions. This gross balancing technique is often observed in the beginning stages of learning. However, as the performer gains greater command of the act of balancing, body sway motions become less and less apparent (Figure 2). This second and more desirable technique is called **on-line balancing** and requires only the use of the **wrists** to control the fine or small body sway motions. Notice that the total body unit remains frozen in its straight-line position and only the wrists are used to maintain balance. One-line balancing should be the ultimate technique to master for all gymnastic performers.

**Illustration "E"
Two common techniques used in
balancing and handstand**

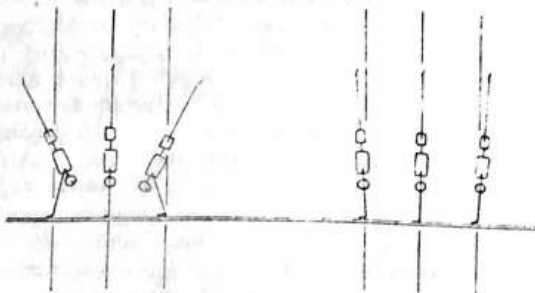


Figure 1—Counter Balancing Figure 2—On-Line Balancing

An effective method for training and strengthening all the muscles involved in maintaining both **correct body shape** and **on-line balancing** is presented in Illustration "F". Essentially it consists of having a helper or spotter tilt and hold the performer's body off-balance in both the forward and backward directions. The performer's task is to attempt to maintain the straight-line body shape position. Remember that the further performer's body is tilted away from a balanced position, the more difficult it becomes to maintain correct body shape. This simply means that, during the initial training sessions, allow the performer's body to tilt only to the extent that the straight-line body shape position can be maintained. As the performer's muscles become better trained and strengthened to withstand the added pressure, progressively greater degrees of the body tilt method can be practiced. In the final analysis, the performer should be able to maintain correct body shape while being tilted from a handstand balance position to a lying position on the floor in both the forward and backward directions!

**Illustration "F"
Body tilt method for handstand training**

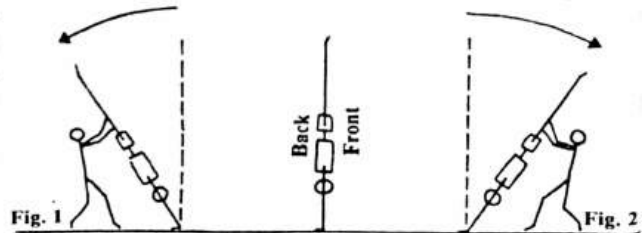


Figure 1—Strengthens & Trains Muscles on Backside of Body
Figure 2—Strengthens & Trains Muscles on Frontside of Body

Here are some of the more important points to remember in learning to perform a handstand correctly.

1. The Bar-Hang is an excellent method for learning to assume a very stretched, very straight and very long posture.
2. Practice correct body shape first and then work on learning to balance.
3. Maintain the straight-line body shape position while learning to kick to the handstand.
4. The basic objective in the act of balancing is to maintain the weight of the body directly over and between the hands.
5. Although learning to counterbalance is an important first step, remember that the ultimate technique is **on-line balancing**. Use of the wrists is the key.
6. Practice the body tilt method often to train and strengthen the muscles involved in maintaining a correct handstand position.

Since a gymnast spends a great deal of time upside down, it is a good idea to fully understand and master a correct handstand position. Your handstand is the cornerstone to your pyramid of gymnastic growth. Work hard to develop a good one.

The gymnasts' most common mistakes

Daniel J. Millman, Stanford University

Discussing proper mechanics, techniques, fundamentals, and basics can be a humorous pastime... if you have that kind of a sense of humor. For most of us, learning the-"correct way" to perform the innumerable movements in gymnastics a serious quest, with many obstacles and frustrations strewn in our path.

How many of us have attempted a movement over and over with little success — and our queries of "what am I doing wrong?" are met with empty but well meaning comments like, "Be more aggressive" or "Go for it again, but harder."

Complicating our quest for truth-in-movement are the seemingly infinite number of mechanical hobgoblins that pop up from nowhere and unceremoniously fling us from the apparatus.

Something needs to be said, then, to help allay the confusion about how to do gymnastics movements. At the outset, though, this writer should state that he makes no special claims at mastery or even expertise — what follows is simply a distillation of some thought and information gathered from many sources.

Any information you gain, whether from reading or through personal coaching must be kept up to date. Techniques change so rapidly, that what you were told six months or a year ago may be out of date. The pictures you see of the Japanese (on rings for example) a year ago may not reflect new advances in swing.

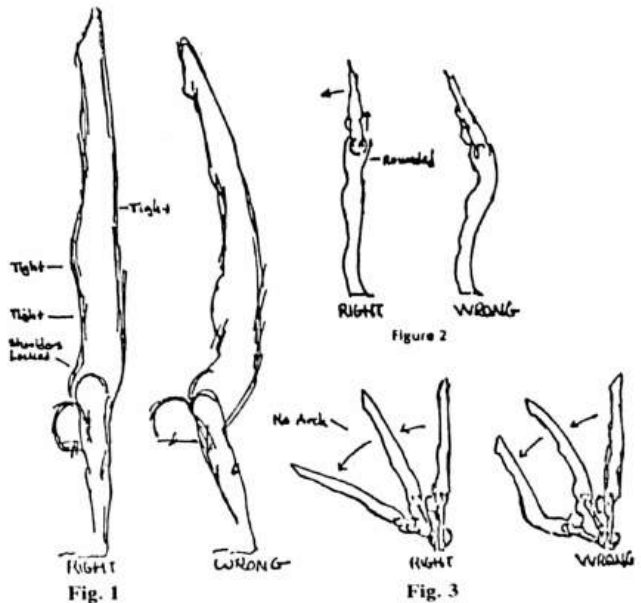
What I'd like to do then, as an antidote for the countless articles you read — one telling you how to do a front handspring, another telling you how to do a giant, or straddle cut, or double leg circles — none of which are interrelated with one another — is cover some basic variables that will help you in all your work, on all apparatus.

It is this writer's opinion that six or seven fundamental weaknesses account for about 95% of all mistakes. Before going into these basic weakness, I'd like to define a few terms which will contribute toward your understanding:

Gymnastics (Old Style): Man vs. Apparatus — a small war, with the winner emerging, bruised, bled, but somehow "victorious". Man vs. Nature — lighting most of nature's laws — trying to fight against gravity, struggling against momentum, inertia. Taking for granted that gymnastics means muscle strains, pulls, bruises, tips, exhaustion. A masochistic endeavor. Using muscles, but usually not knowing how to relax. Building the wrong muscles, using more strength in some areas than necessary. Rarely actually swinging — instead, shooting to shoulderstand on rings or bars then pressing the rest of the way quickly and calling it swing.

This is the way most of us work gymnastics, even on the elite levels... but a few individuals are beginning to do this.

Gymnastics (New Style): Man with Apparatus — Man With Nature. Trying to feel the physical laws and take advantage of them. Riding gravity, use inertia, RELAXING at the right moment and EXPLODING at the proper instant. Discovery of how to work "as one" with the apparatus — to ride, and flow with.



In order to do this properly, the gymnast seeks the easiest most efficient body line, concentrating on the appropriate range of motion in all his joints, so forces are concentrated in straight lines and smoothly curved ones, rather than dissipated through many crooked lines.

Result: less tiring, fewer rips, bruises — a better, freer feeling and the discovery of the real joy of gymnastics.

Listed below with some explanations, finally, are some of the most important basic areas in gymnastics. When these areas are properly mastered, you'll begin to do the new gymnastics — if not, these areas will grow hairy faces and fangs, and ride you roughly to the ground.

Suppleness: The most important area in gymnastics is shoulder extension (fig. 1) — the ability to hyper-extend the shoulder area, almost in locating slightly. All your work in or through the handstand position (handsprings, fronts, roundoffs, cartwheels, presses, shoots, pirouettes, etc.) will be done more consistently and elegantly after this extension is gained.

It's impossible to do a straight handstand (no arch) without this extension. It takes less strength to do a straight handstand, and dynamic forces are channelled more effectively. Some gymnasts are obviously tight in the shoulder area, and their

potential is extremely limited. Most elite gymnasts are still a bit underextended.

The two other important areas of suppleness are the hips (bending forward, legs straight) and the groin area (Japanese splits). Of course there are other important areas, but those listed above are absolutely necessary for elegant gymnastics.

Strength: The interaction between strength and suppleness is often underestimated. For example, it's not enough to be loose in the shoulder area — you must have sufficient shoulder strength to be able to pull your arms to the extended position and hold them there.

Insurance: Past, Present And Future

PATRICK O'CONNOR

Senior Vice President, City Securities Corp.

Upon review of the actual USGF accident medical expense coverage claims experience for the last two years, with this coverage intended to be strictly excess of any other valid and collectible medical insurance, questions arise regarding the nature of the primary medical insurance. The USGF has no idea what type of coverage an individual may have or what extend an individual's insurance may provide the primary support when a claim is made. Therefore, we thought it might be helpful to make some general suggestions regarding minimum levels of coverage specific to sports participation, allowing you to discover the cost and conditions of these suggestions.

The most important element of medical coverage in the country today is the form of provider, specifically traditional major medical programs, health maintenance organizations or preferred provider organizations. Traditional programs offer very few limitations regarding providers of care, such as the physicians, hospitals or other facilities, typically allowing unrestricted reaction to medical accident situations. Health maintenance organizations are usually comparable in benefits, but typically they are pre-paid and restricted to designated providers. Preferred provider organizations typically designate the preferred providers for cost containment purposes, providing relatively the same benefits, at a cost penalty and discretionary services are not rendered by a preferred provider. Regardless of your choice of program, you should be sure that your provider for accident medical circumstances can respond appropriately to an athlete in a sports injury situation. Many sports medicine/injury specialists exist, so be sure to confirm the acceptance of their services and charges under your particular coverage program.

Be sure to check the actual benefits as being a truly major medical program, by some combination of basic and comprehensive benefits, not just basic, nor just limited, scheduled benefits.

Regarding the ultimate limit of liability of the benefits plan, you might wish to confirm a minimum of a one million dollar limit, preferably on an annual policy basis, or an unlimited life-time benefit.

For cost containment purposes, many benefit programs have increased the deductibles and co-insurance percentages, which affect your ultimate personal cost of any accident and annual total expenses for all accidents. Obviously, the lower the deductible and co-insurance percentage, the better for you with the application of benefits and fewer dollars of claim expense to you, but the more you will have to pay in premium. At least you should confirm the ultimate cost of coverage and expenses to you in any and all accidents, as well as the availability of any optional combinations of cost and coverage/conditions.

Regarding conditions of coverage, specifically exclusions or restrictions, confirm coverage for extra curricular activities, especially sports participation injuries for covered members of the family, as certain benefit programs are now excluding sports injuries.

Other conditions of coverage you may wish to explore are the specific application of benefits regarding substantial travel, transportation and repatriation benefits for very serious injuries while long distances from home. Check with your travel agent for trip cancellation or change coverage for penalties incurred by changing travel arrangements due to injury or illness.

Last, but not least, be sure to explore the nature of benefits for catastrophic injuries, whether on a "continuing care" or limited basis. Specifically, confirm the specifics of restorative, rehabilitative, retraining and special supplemental services and facilities benefits. Again, we hope these ideas are helpful as suggestions or questions, allowing you to confirm the best benefits for the most reasonable cost-by-cost benefit analysis.

**Make plans
for next year's
SLET
in Omaha, Nebraska
1989
NOW!!!**

Official Competition Apparel



1st and 2nd class boys: navy blue boxer — style shorts (no trim), Sokol "T" shirt, white ANKLE LENGTH socks (no trim), white gymnastic slippers.

Tots: red boxer-style shorts with white trim DOWN sides, Sokol "T" shirt, plain white socks, white gymnastic slippers or all white low top gym shoes.

1st and 2nd class girls: Red one piece short sleeved leotard, Sokol emblem (sewed one inch below center front seam line), NO SOCKS, white gymnastic slippers.



Junior Girl: Royal blue one piece sleeveless leotard, Sokol emblem (sewed one inch below center front seam line), red/white Sokol belt, white gymnastic slippers or white only footies (no trim). Belt may be removed for competition.

Junior Boy: Sokol body shirt, or pull on, with red piping and Sokol emblem sewed one inch below center front seam line, White shorts, White MID-CALF socks (no trim), White gymnastic slippers. **NEW THIS YEAR** — Junior boys may elect to wear long all white gymnastic pants for competition ONLY... All team members MUST be dressed alike, however. NOT AVAILABLE from Uniform Div.

Women and Men

Women (competition only), Royal Blue three quarter-length one piece leotard, black gymnastic slippers. (Leotard NOT available from Uniform Div.)

Women competition and/or calisthenics — White sleeveless blouse with red piping around armholes and neckline with small bow at front. Navy blue shorts with red/white Sokol belt attached, Black gymnastic slippers or footies (no trim).

Men: competition and calisthenics — White body shirt, or pull on, with red piping trim, Navy blue stretch gymnastic pants with red/white Sokol belt attached (may use suspenders in addition), black gymnastic slippers.

Dress Parade

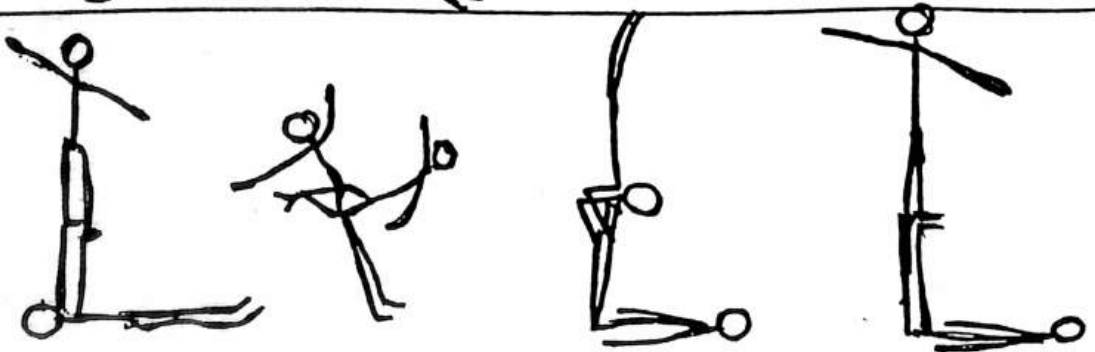
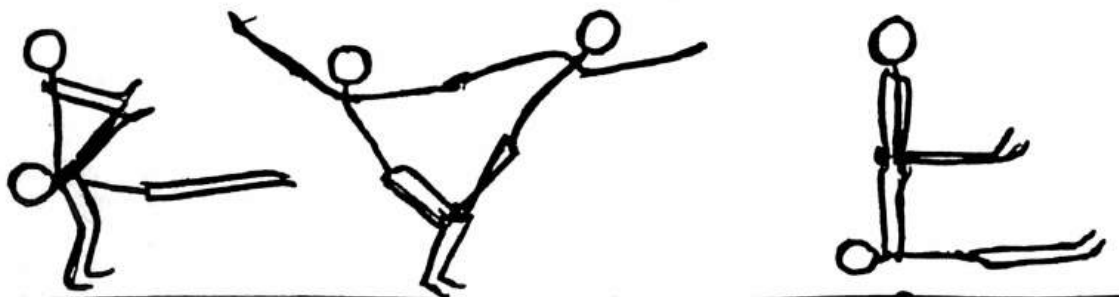
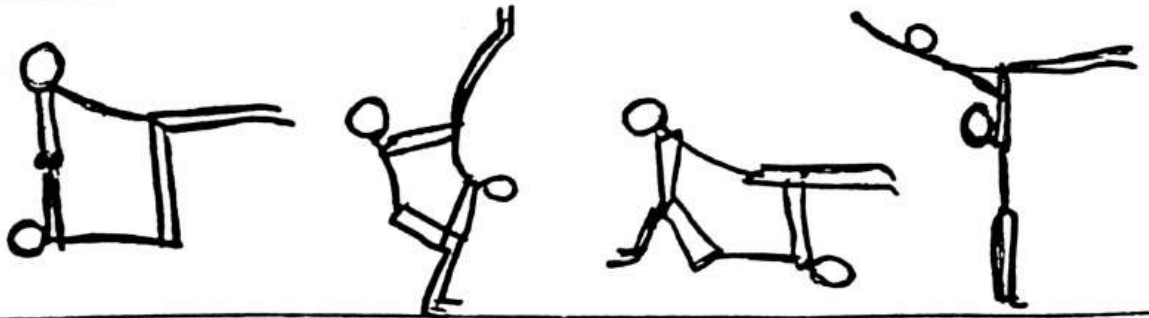
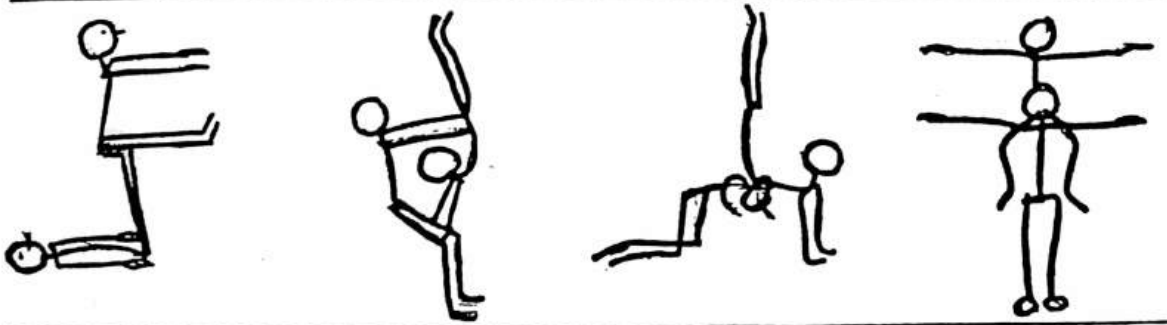
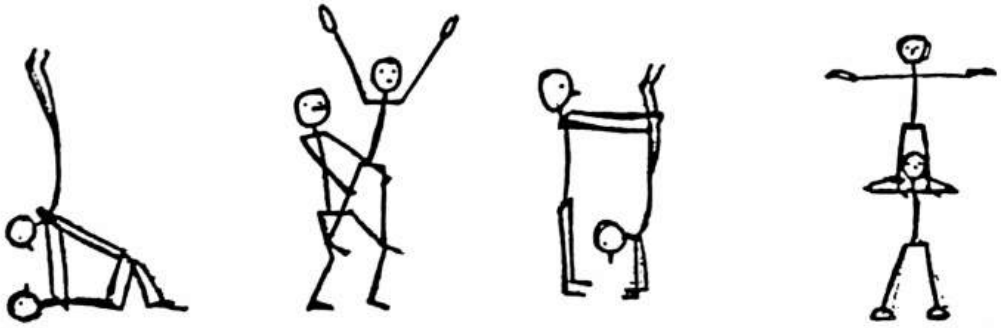
Women: Grey skirt, White pointed-collared blouse, Navy blue jacket with Sokol Crest on left, hat.

Men: Grey trousers, White shirt, navy blue sport jacket with Sokol Crest on left, Sokol tie, and hat.

Ties, Hat, and Crest available through Uniform Div.

Please refer to the 1988-89 UNIFORM Dept. price list for order information.

TWO MAN PYRAMIDS



Corollary 5. People with great power are likely to have better ways of furthering their own self-interests. They are likely to act contrary to the general good.

Corollary 6. The people must watch the government and check it when it misbehaves or fails to deliver the goods.

Corollary 7. Broad charisma (popular appeal) is important for leaders in government. This means they must be responsive to the people's needs. Even actors, television personalities, and even professional athletes may become political "leaders."

POSTULATE IV. An individual's success in life depends upon his acceptance among his peers.

Corollary 1. An individual must combine with peers to further his self-interest.

Corollary 2. An individual must maintain his flexibility for vertical or horizontal mobility by not being involved too much with specific peers at any time.

Corollary 3. Being a member of exclusive clubs is the most important sign of the individual's success.

Corollary 3'. Nothing succeeds like success among one's peers.

POSTULATE V. An individual should believe or acknowledge God and should belong to an organized church or other religious institution. Religion is good. Any religion is better than no religion.

Corollary 1. Individuals who do not belong to churches are socially abnormal.

Corollary 1'. Individuals who deny the existence of God or who think churches are bad are suspect.

Corollary 2. There is only one God.

POSTULATE VI. Men and women are equal.

Corollary 1. There are developmental differences between the sexes.

Corollary 2. There are differing needs between the sexes.

Corollary 3. Men and women should receive the same formal education, occupational considerations, etc.

POSTULATE VII. All human beings are equal.

Corollary 1. Differences of race, class, national origin, religion, education, and natural attributes make people unequal, but with each generation these inequalities are reduced. Social inequality is temporary.

Corollary 2. Education will serve to make people more equal.

Corollary 3. Inequalities in occupational prestige and salaries are consistent with the value placed on individual initiative, and legitimate as long as individual opportunities for achievement are equal.

POSTULATE VIII. Progress is good and inevitable. An individual must improve himself (minimize his efforts and maximize his returns); the government must be more efficient to tackle new problems; institutions such as churches must modernize to make themselves more attractive.

Corollary 1. Education and its elaboration are absolutely good. Education is one of the two chief means for all kinds of progress.

Corollary 2. Wealth and its increase are absolutely good. Wealth is the other chief means for all kinds of progress.

Corollary 2'. Most or all problems can be solved by judicious monetary appropriations.

Corollary 2''. A great deal of any appropriation should go to research (physical, medical, industrial, psychological, and even sociological) which will bring about progress.

Corollary 3. Good and evil each are absolute. They cannot coexist. However, the world is temporarily divided between good and evil. Progress means the systematic extermination of evil by the good.

Corollary 4. Youth is good. The future is before the young. Old age is bad. Old people have no role in the scheme of things.

Corollary 4'. Opinions and wishes of children are to be taken more seriously than those of the elderly.

Corollary 4''. Crimes against children are more heinous than those against adults.

Corollary 5. The fight against evil requires the active participation of everyone.

POSTULATE IX. Being American is synonymous with being progressive, and America is the utmost symbol of progress.

Corollary 1. The United States has a mission to spread Americanism to all peoples of the world.

Corollary 2. Obstructions to the spread of Americanism are intolerable and must be destroyed (by war, if necessary) until the good prevails.

Corollary 3. Americans are willing to go a long way to help those who acknowledge the superiority of Americans and Americanism, so that they will become Americanized.

Corollary 3'. Americans have the power and know-how to build the world anew, where the weak will be protected.

Lynda Filipello

(The Sokol Expansion Program has not materialized yet. Please contact me if you want to be a spoke in this wheel.)

Calendar of Events

JAN. 13-15 — Central District's Progressive Skills Clinic

JAN. 28 — St. Louis Barn Dance
Travel Fund Benefit

JAN. 28 — Česká Sň's Exhibition

FEB. 5 — Detroit — Winter Gymnasticale

FEB. 21 — Stickney — Pancake breakfast

FEB. 18 — Sokol South Omaha Annual Večerek

(Continued on page 136)

ASO FINANCIAL REPORT

NOVEMBER, 1988

RECEIPTS:

Dues	\$ 4,486.00
Convention Fund	250.00
Special Assessment - Central District	125.00
T. G. Masaryk Dues	20.00
Dividends & Interest	195.07
Resale of Jewelry	329.00
Advertising "American Sokol"	150.00
Educational Booklets	25.00
U.P.S.	2.20
Postage	4.20
Miscellaneous	1,539.00
	\$ 7,125.47
Transfer of funds from Savings to Checking Account	6,000.00
	\$13,125.47
A.S.O. Uniform Division - Rent, salaries, etc. - September, 1988	999.01
October, 1988	793.19
	\$14,917.67

DISBURSEMENTS:

ADMINISTRATIVE

Salaries - Office Employees	\$ 875.14
Salaries - Membership	20.25
F.I.C.A. & F.W.T. for October, 1988	182.52
Rent, Janitor Services & supplies, Phone, Electric	1,033.02
Office Supplies	80.76
Postage	23.35
Advertising	87.50
Repairs to Copier	36.21
Miscellaneous - Refreshments - Exec. Board	26.62
	\$ 2,365.37

BOARD OF INSTRUCTORS

Salaries	\$ 526.84
F.I.C.A. & F.W.T. for October, 1988	100.14
Editor "Sokol Gymnast" - Nov., 1988	30.00
Add'l. copies "Sokol Gymnast", Oct., 1988	58.00
Subscription to "Executive Fitness"	30.00
Phone	3.33
Videos & Tapes	106.84
Impolene Tubing	183.64
District Directors Conference	4,837.56
	\$ 5,876.35

EDUCATIONAL DEPARTMENT

Salary	\$ 62.87
F.I.C.A. for October, 1988	12.16
Honorary Members Dinner - Music Certificate framing	200.00
Dist. Educational Dir. Conference - Refreshments	190.00
	94.42

SOKOL PUBLICATION

Editor "American Sokol" - Nov., 1988	\$ 125.00
Printing "American Sokol" - Oct., 1988	1,010.04
Postage "American Sokol" - Oct., 1988	669.12
Delivery of "American Sokol" to P.O. - August, September, October, 1988	15.00
Salaries - Computer - Mailing Publication	146.25
	\$ 559.45

MISCELLANEOUS

A.S.O. Uniform Division - Salaries, F.I.C.A. Oct., 1988, F.W.T., Oct., 1988 & phone	\$ 577.67
Special Appropriations - Cenral District Western District	780.00
	593.70
XVII A.S.O. Slet - Seals, Maps, Postage and Services of Gutman	3,070.12
Future Sokol Leaders Fund - Postage	.50
	\$ 5,022.49
Total Disbursements	\$15,789.07

Balance brought forward:

Affiliated Bank/Western National - Checking Acct.	\$ 1,654.26
Receipts - November, 1988	14,917.67
	\$16,571.93
Disbursements - November, 1988	15,789.07
	\$ 782.86

**COPY FOR PUBLICATION
must be received by the 10th
of the previous month**

Farewell to Brother Frank Capek

Sokol Little Ferry said farewell to Brother Frank Capek and his wife last night.

He was presented with a plaque, inscribed with words of appreciation for his many years as our instructor. He was also presented with a poem, of which a copy is enclosed, signed by members.

He is now disabled, and can walk only with crutches, and he and wife Rose will be moving to Florida on the 26th of this month.

As part of the celebration, we had a large cake baked, with our best wishes indicated on top, as well as champagne toasts.

EXPRESSING OUR APPRECIATION

*Frank, we are certainly glad,
That you are present here,
At this, the final Sokol Men's meeting,
Of this year.*

*Since you'll be moving to Florida,
The end of December,
We hereby express our sincere thanks,
For you to remember.*

*It was our very good fortune,
When our paths did cross,
Florida's gain, will definitely be,
Sokol Little Ferry's loss!*

*For several thousands, of our gymnasts,
You were an inspiration,
Your role as our gym instructor,
Was over 30 years in duration.*

*Your whole hearted efforts,
culminating into a real success story,
Were motivated by LOVE OF SOKOL,
And not by material gain nor glory!*

*For those many years, of Sokol Devotion,
Our sincere THANK YOU,
A very happy autumn of life, is our wish,
For you and Rose too!*

*Brother Jerry Komarek
(On Behalf Of The Entire Organization)*

His new address will be:

Frank Capek,
35 Wynnfield Drive, Palm Coast, Florida 32051.

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MAR. 4 — Brookfield's Exhibition at R/B
 MAR. 11 — Tabor's Exhibition
 MAR. 12 — Naperville & West Suburban's
 Combined Exhibition at Hinsdale South
 MAR. 18 — Stickney's Exhibition
 MAR. 19 — Slavsky's Exhibition
 APR. 1 — Western District Children Competition
 APR. 7 — Slavsky Bunco & Card Party at
 Mid America
 APR. 15 — Berwyn Exhibition
 APR. 16 — Baltimore CSA Spring Dance
 APR. 22 — Central District's Special Number
 Competition at R/B
 APR. 29-30 — South Omaha's Mini-Slet
 APR. 30 — Greater Cleveland's Exhibition at
 Cleveland State University's Woodling Gymnasium

MAY 20 — Central District Boys and Girls
 Gymnastic Competitions at Naperville Central
 MAY 20 — N.E. District Boys and Girls
 Competitions SGC, Cleveland, Ohio
 MAY 21 — St. Louis' Exhibition
 JUNE 4 — Northeast District Slet,
 Sandy Bottom Lake, Mi.
 JUNE 20-24, 1989 — AMERICAN SOKOL
 NATIONAL SLET, OMAHA, NEBRASKA
FUTURE EVENTS
 MAY 5, 1990 — Sokol Slavsky 100th Anniversary.
 William Tell Restaurant, Countryside
 APRIL 1990 — AMERICAN SOKOL NATIONAL
 CONVENTION, SOUTHERN DISTRICT
 HOSTS
 MAY 1990 — 125th ANNIVERSARY SOKOL
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