

## **Analytical vision for gymnastics wear in Egypt**

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### **An Introduction:**

Studying the history of any given sports activity is necessary and important, especially gymnastics. Gymnastics is an effective means of education and upbringing. Further, it is one of the factors of health keeping, besides its influence on developing man's characteristics. So Gymnastics is one of the sports that receive wide interest by peoples of the world, back in time and recently as well.

### **The Research Problem:**

There is a rarity in the Arabic scientific research and studies on gymnastics outfits and their components. The Egyptian market also lacks in local products with approved global standards. Then that was the search's problems:

- 1- What are the historical phases of gymnastics clothing through the ages?
- 2- What is the possibility of analyzing gymnastics clothing through the ages?
- 3- What is the possibility of analyzing the clothes of different types of contemporary gymnastics?
- 4- What are the clothing requirements for gymnastics according to age and gender?
- 5- What is the possibility of specifying standard specifications for gymnastics clothing?

### **Research Objectives:**

- 1- Shed light on the historical development of gymnastics clothing.
- 2- Characterization and analysis of gymnastics clothing through the nature and types of sports.
- 3- Determination of clothing for gymnastics according to age and gender.
- 4- Determining the standard specifications for gymnastics clothing.

### **Research importance:**

The research is concerned with the historical development of gymnastics clothing, and its contribution to the provision of clothing for this sport consistent with the nature of the physical activity.

### **The Research Method:**

The research follows the historical method.

### **The Definition of the Word "Gymnastics":**

The word gymnastics is derived from the Greek *gymnos or gymno* meaning "to exercise naked or semi-naked". Male athletes used to exercise unclothed or partly unclothed. Therefore, women were prohibited from attending their trainings or competitions.

As for the mathematical concept of gymnastics, it is "the kinetic readiness to perform the sports movements on the six Olympic devices, which are: (the horizontal bar, the parallel bars, the

rings, pommel horse, vault, and the floor mat) for women, they are four (balance beam, uneven bars, vault, and floor mat).

### **The History of Gymnastics Wears:**

If we traced the history of gymnastics clothes, we would find that it goes back to prehistoric times, we find this in the ancient antiquities that were found in the excavations of the Chinese, Indians and Egyptians. The Chinese were the first to start the jumping movements, then the ancient Egyptians. We notice these effects of clear images on rocks and stones dating back to 2100 BC.

### **Gymnastics Wear for the Greek:**

The ones who first coined the word gymnastics were the Greeks & the word gymnastics is derived from the Greek *gymnos* meaning “to exercise naked or semi-naked”. Sports competitions played a crucial role in the Olympic festivals like that of Olympia. This sport was also practiced in the ancient Greek schools, and they sanctified the human body and did not only care about the body, but also the soul and the mind, and their motto was the equilateral triangle, which indicates that education at that time should be distributed equally to the body, mind and soul

### **Gymnastics Wear for the Roman:**

The Romans paid special attention to physical training programs so as to stay strong for military purposes; as at that time they wanted to conquer the whole world. Historians recorded the invention of the wooden horse, one of the important devices in gymnastics. The Romans wore underwear while performing gymnastics.

### **Gymnastics Wear in Middle Ages:**

The passion of regular physical activity swept all the European countries and the moves of gymnastics grew more artistic. Since the concentration of clergymen on the spiritual aspect which was the reason for the spread of monasteries at that time, monastery life and austerity were considered of the characteristics of the ideal Christian during the Middle Ages, and thus all the features of physical sports had disappeared, including gymnastics.

### **Gymnastics Wear in the Renaissance:**

A great wave of passion for organized physical activity swept through all European countries and gymnastics movements became more artistic. Rousseau was one of the first pioneers who spread their new teachings of education with the importance of natural movements and organized games, and he also equated physical education to be as important as the rest of other sciences.

### **Gymnastics Wear in Modern Times:**

This period witnessed a revival of the interest in sports activities and the encouragement on practicing them. They were further introduced to the academic modules at schools. As a natural result of the foregoing, gymnastics flourished, which contributed more to the development of this sport and the increase in its popularity which made some educators submit to it at that time. The first gymnastics federation was established in Germany in the year (1868 AD).

The garment that was worn while performing gymnastics exercises was the leotard (leotard). It was worn by dancers, gymnasts and acrobats. The first to design and wear it was Jules Leotard (1842-1870). It was called a leotard, which means a tight piece of clothing. As the name suggests, a dress is a piece of clothing that covers the torso with taut skin but leaves the legs exposed.

### Gymnastics Wear in Egypt:

Ancient Egypt is considered to be the first to set the first rules of gymnastics in 3000 B.C. This is what was shown by the archaeological inscriptions found in the headquarters of "Prince Becket" and it is clear from the inscriptions on the walls that the Egyptian woman was the first woman in humanity to practice gymnastics. With the development of gymnastics and its spread around the world and the spread of gymnastics federations around the world as well, the Egyptian Gymnastics Federation was established in 1936.

### The Importance of Gymnastics:

The importance of gymnastics can be defined as follows:

- **Developing the physical ability and skills.**

Through the practice of gymnastics, it is possible to develop all the physical aspects and their characteristics, especially strength, flexibility, elongation, speed and agility.

- **Developing the mental abilities.**

Gymnastics plays an important role in the nervous system development, as it requires the player to focus well during and before motor performance.

- **Developing the educational duties.**

Gymnastics educates youths with the socialist personality, the love of teamwork, its relationship with colleagues and coaches, and the spirit of mutual cooperation between them.

- **Taking care of health issues.**

During daily training, the health (respiratory system, circulatory system, and nervous system) can be maintained. And then resist the diseases that a person is exposed to during his life.

- **Developing sensibility.**

Where adherence to the system and maintaining it is a characteristic of the personality that can be developed through the practice of gymnastics.

### Types of Gymnastics:

It is divided into common professional six categories:

- **Artistic Gymnastics.**

This type uses some special devices, and it appears in the picture No. (1), one of the designs of artistic gymnastics leotards.

### Leotard description

**Material:** (Lycra & Tulle)

**Colors:** (black & pink)

**Cuts:** The leotard is a cut across the top of the chest area, the upper part is made of tulle, while the lower part is lycra matte material, and the two parts are decorated with motifs using thermal glue (iron adhesive).

- **Rhythmic Gymnastics (for females only).**

It is done to the melodies of music, and using some simple tools such as hoops, ribbons, wands, ropes and a ball. Picture No. (2) shows one of the designs of rhythmic gymnastics leotards.



شكل رقم (١)

صوره رقم (١)

**Leotard description****Material:** (Lycra & Tulle)**Colors:** (Beige, black, blue & its shades, yellow & its shades, orange & its shades, and green & its shades)**Cuts:** The leotard is similar to the shape of the dress, which is what is required in this type of material, and it is made of tulle and Lycra material, Italian matte black, is installed on it, and it has styles of different colors that have harmony and balance, which

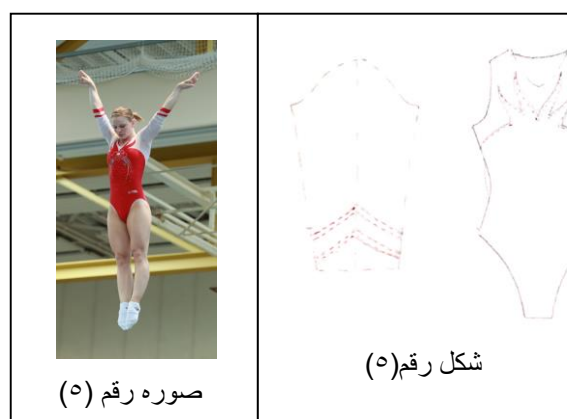
increases the beauty. Diamond lobes have been used in different sizes from small size to large size, whether in determining the colored cuts or as lines to make a decoration and the end of the leotard (the tail of the leotard).

**• Acrobatic Gymnastics.**

It is done on the tones of music as well, and its movements depend on strength, balance and coordination, in which a group of studied movements is made that create a form that appears in picture No. (3). one of the designs of the acrobatic gymnastics leotard.

**Leotard description****Material:** (Lycra & Tulle)**Colors:** (beige & blue & green & pink & gold)**Cuts:** The leotard without sleeves. The outer shape is similar to the shape of the dress, which is what is required in this type of tulle, and it is made of tulle and pieces of Italian Lycra material are installed on it, and then the cloth was painted in different colors and in random shapes, and the diamonds are randomly distributed on parts of the decorations.**• Aerobics Gymnastics.**

It is done to the melodies of music, but without using any of the tools. Rather, it is a sporty dance movement and does not depend on high jumping. It may be done individually, bilaterally, triple or more than that. Picture No. (4) shows one of the designs of acrobatic gymnastics leotards.

**Leotard description****Material:** (Lycra & Tulle)**Colors:** (white & blue & red & fuchsia & black).**Cuts:** The leotard is similar to the artistic gymnastics leotard, which is a complete leotard

made of white Italian Lycra fabric without sleeves and decorated with bright Italian Lycra fabric of different colors.

- **Trampoline Gymnastics.**

Jumping gymnastics or zone gymnastics is a sport in which the contestant performs acrobatic movements during successive jumps for high distances in the air on a device called a bounce-jumping device or a zone. Picture No. (٥) shows one of the designs of an acrobatic gymnastics leotard.

### Leotard description

**Material:** (Lycra)

**Colors:** (red & white)

**Cuts:** The leotard is a cut across the top of the chest area, the upper part is made of white glossy Italian lycra, while the lower part is matte red lycra, from which decorations come out on the upper part, and this decoration is installed either on the lancer machine or the zigzag.

- **General Gymnastics.**

It is not governed by specific rules, and it takes place in major celebrations as a kind of artistic performances. Picture No. (٦) shows one of the designs of acrobatic gymnastics leotards.

### Leotard description

**Material:** (Byte & Lycra & Tulle)

**Colors** (black & fuchsia & silver)

**Cuts:** Leotards are similar to show dresses, as this game is not governed by specific rules, and takes place in major celebrations as a kind of artistic performances.

It is a dress (French cut) of raw material fuchsia and silver and on the back is attached layers of shiny tulle with ruffles and the sleeve is not connected to the body of the leotard, but is a separate piece that reaches the level of the muscle and is attached to the top of a piece of tulle with ruffles.

### Gymnastics Schools:

Several trainers and scientists emerged all over the world and participated in the progress and development of the trainings of gymnastics and the invention of its different apparatuses. They are accredited with the establishment of different schools of training in different parts of the world in modern times, such as the Swedish, Danish, Soviet, etc.

### The Most important designers:

The most important manufacturers of Gymnastics outfits worldwide were subjected to studies like:

- **GK Gymnastic**
- **Alpha Factor**
- **Moreau**
- **Quatro Gymnastics**
- **Milano Leotards**





### A summary of the research Findings:

- 1- Knowing the historical phases of gymnastics as a sport throughout all ages.
- 2- Paying attention to gymnastics as a sport throughout ages due to its paramount importance in strengthening muscles and body flexibility.
- 3- Gymnastics outfits differ according to the kind of gymnastics played.
- 4- Gymnastic wear designers are keen on producing gymnastics wear due to the importance and prevalence of this sport.

### The Recommendations:

- 1- Paying attention to the choice of the materials of the Gymnastics outfits and the suitable design given their influence on the player's movement.
- 2- Paying more attention to the study of sportswear in the departments of clothes design at Arts Faculties.

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