



Welcome to our Workshop

- Initiative by The Gymnastics Association of Hong Kong, China
- FIG – “We are Gymnastics”
- Gymnastics for All Committee





- **New GfA Committee from 1 January 2022**
- **Rogério Valerio, President**
- **Tatsuo Araki, Vice President**
- **Margaret Sikkens Ahlquist, Former President**
- **www.gymnastics.sport**



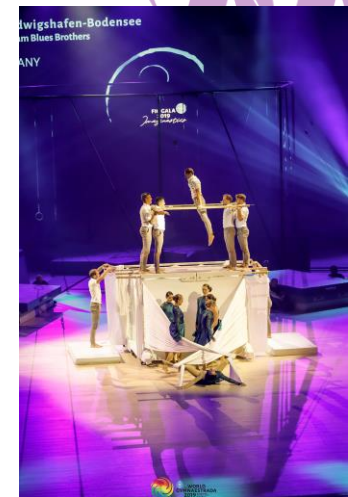


- **What is Gymnastics for All? Different from the other disciplines?**
- **History**
 - Let us go back 4000 years
 - What happened 1881?
- **GfA, the base of all disciplines**
 - You start with gymnastics and learn all Gymnastics Movement Patterns
- **An activity for everyone (for All)**
 - The FIG does not advocate, support or practice any form of discrimination on any grounds such as **race, skin colour, ethnic, gender, sexual orientation, language, religion, political or other opinion, national or social origin, property, birth, disability, physical attributes, athletic ability or any other reason**; the Federation does not permit any violation of human rights amongst its members.





- Fun, Fitness, Fundamentals and Friendship
- You can do gymnastics from “cradle to grave” (Forever)
- Recreational, performances or competition (contest)
- National influence. There is no right or wrong.



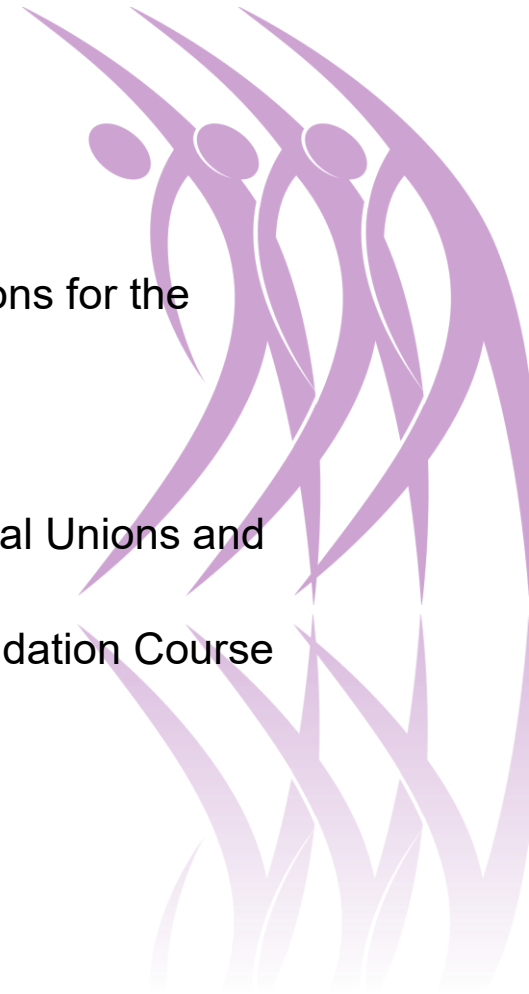


- **Gymnastics activities suitable for all ages and abilities**
- **Children and youth**
 - Performance/Competition
- <https://www.youtube.com/watch?v=Rr21aKY9tbs>
- <https://www.youtube.com/watch?v=0gswfky3O78>
- **Adults and seniors**
- **All abilities**
 - Disability Gymnastics
 - Para Gymnastics
- <https://www.youtube.com/watch?v=4OaJZNDM7ag>
- <https://www.bbc.com/sport/get-inspired/39872130>





- **Use internet to be inspired**
- **www.gymnastics.sport**
 - “Disciplines” and learn more about the activities
 - “Rules” and find the Gymnastics for All Manual with regulations for the international GfA Events
 - “YouTube” FIG Channel (Gymnastics for All)
 - <https://www.youtube.com/watch?v=eaCYa4JtN-8>
 - “About the FIG” and find name and websites to all Continental Unions and National Federations.
 - “Education” and learn about the FIG Academy and our Foundation Course





- **FIG GfA Education**



- **Foundations of Gymnastics Course**
- **Join GfA Activities**
- **Seminars & Workshops**

- <https://www.gymnastics.sport/site/news/displaynews.php?idNews=3347>

2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
GYMNASTICS FOR ALL - "Foundations of Gymnastics" Courses														
NAM	SWE	SEN	CZE	COL	RSA	BAR	RSA	PUR	RSA	DOM	MEX	BAR		NCA
	DEN <i>exp</i>	TTO	GUA		TTO		POR	NEP	TTO		RSA	EGY		
		UZB <i>exp</i>	RSA		MEX						CHI			



Foundations of Gymnastics



FIG Academy Programs





- **FIG GfA official activities**

- **World Gymnaestrada**

- <https://www.youtube.com/watch?v=ksmtmONkMEU>

- **World Gym for Life Challenge**

- <https://www.youtube.com/watch?v=h7Ap>

- **GfA Colloquium**



4th WORLD
GYM FOR LIFE
CHALLENGE
LISBON 2025





- **Continental activities**

- Asian Gymnaestrada
- Other continents



- **National and local level**

- National Festival / Gymnaestrada
- City / Club level
- Other countries



Be active, do Gymnastics!

