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## HISTORY OF TRICKING FOUNDATION AS AN EXTREME SPORT AND ITS DISTRIBUTION ASPECTS IN UKRAINE

Tetiana Hnitska<sup>1</sup>, Lidiia Zavatska<sup>2</sup>, Oleksandra Holub<sup>1</sup><sup>1</sup> LesyaUkrainka Eastern European National University, Lutsk, Ukraine, gtv110@ukr.net<sup>2</sup> International Economics and Humanities University named after Stepan Demianchuk, Rivne, Ukraine, lidiyazavatska@ukr.net<https://doi.org/10.29038/2220-7481-2017-03-29-33>

### Abstract

**Relevance.** Many people associate tricking with capoeira, acrostreet, eXtreme Martial Arts and Multi Level Moves. But, it's the single extreme sport, ideas of foundation and distribution of which in Ukraine are studied insufficiently. **The aim of the study** is – to study the peculiarities of the tricking foundation as an innovative kind of extreme sports and investigate the historical aspects of its foundation and distribution in Ukraine, in particular, in Volyn region. **Results of the Study.** Establishment of tricking took place at USA in 60<sup>th</sup> years of XX century. It's movement base was created by extreme sportsmen Ernie Reyes, Mike Chaturantabut, Daniel Sterling, Matt Emig and others. Establishment of tricking in Ukraine starts at 2009 and related to the All-Ukrainian youth association «Astorun» (head – Roman Konopatskyi, BilaTserkva). Today there more than 10 tricking teams in Ukraine, the most known are «VIATORES» (Lviv, 2013), «Nation Motion» (Cherkasy, 2014), «ASTIR» (Rivne, 2012), tricking schools in Mykolaiv, Kyiv, Kharkiv and others. At Volyn region tricking was established in 2010–2012 at traceurscommunit, and at 2012 was created sports organization «TWIST FREERUN FAMILY» (Lutsk). **Conclusions.** Tricking, after its establishment in 60<sup>th</sup> years of XX century in USA, today become very popular all over the world. In Ukraine tricking was founded in first 10<sup>th</sup> of XXI century and still is in developmental phase.

**Key words:** extreme sport, tricking, history, Ukraine, Volyn.

**Тетяна Гнітецька, Лідія Завацька, Олександра Голуб.** Історія зародження трикінгу як екстремального виду спорту та аспекти його поширення в Україні. **Актуальність.** Трикінг асоціюють із вуличною акробатикою, із капоєйрой, акрострітом, eXtreme Martial Arts та Multi Level Moves. Однак це самостійний вид екстремального спорту, питання зародження та поширення якого на території України вивчені недостатньо. **Мета дослідження** – вивчити особливості зародження трикінгу як інноваційного виду екстремального спорту й дослідити історичні аспекти його виникнення та поширення на Україні, зокрема й на Волині. **Результати дослідження.** Установлено, що зародження трикінгу відбулось у США в 60-х роках XX ст. Його рухову базу сформували екстремали Ерні Рейс (старший), Майкл Чатурантабут, Деніел Стерлінг, Мет Емінг та ін. Започаткування трикінгу на території України відносять до 2009 р. й пов'язують із Всеукраїнським молодіжним об'єднанням «Асторун» (голова – Роман Конопацький, м. Біла Церква). Нині в Україні функціонує понад 10 команд трикерів, найвідоміші з яких – «VIATORES» (м. Львів, 2013 р.), «Nation Motion» (м. Черкаси, 2014 р.), «ASTIR» (м. Рівне, 2012 р.), трикінг-школи в містах Миколаєві, Києві, Харкові та ін. У Волинській області трикінг започатковано у 2010–2012 рр. у середовищі трейсерів, у 2012 р. створено спортивну організацію «TWIST FREERUN FAMILY» (м. Луцьк) тощо. **Висновки.** Зародившись у США в 60-х р. XX ст., нині трикінг має високу популярність у світі. В Україні трикінг-рух започатковано в першому 10-літті XXI ст. Він перебуває в стані розвитку.

**Ключові слова:** екстремальний спорт, трикінг, історія, Україна, Волинь.

**Татьяна Гнитецкая, Лидия Завацкая, Александра Голуб.** История происхождения трикинга как экстремального вида спорта и аспекты его распространения в Украине. **Актуальность.** Трикинг ассоциируют с акробатикой, капоэйрой, акростритом, боевым искусством. Однако это отдельный вид экстремального спорта, происхождение и распространение которого на территории Украины изучены не в полной мере. **Цель исследования** – изучить особенности происхождения трикинга как инновационного вида экстремального спорта и исследовать исторические аспекты его появления и распространения в Украине, в частности на Волини. **Результаты исследования.** Установлено, что зарождение трикинга состоялось в Соединенных Штатах в 60-х годах XX в. Его двигательную базу сформировали экстремалы Эрни Рейс (старший), Майкл Чатурантабут, Даниэль Стерлинг, Мэтт Эмиг и др. Зарождение трикинга на территории Украины относят к 2009 г. и связывают с Всеукраинским молодежным объединением «Astorun» (руководитель – Роман Конопацкий, г. Белая Церковь). На сегодня в Украине действует более 10 команд трикеров, самые известные из них – «VIATORES» (Львов, 2013), «Нация движения» (г. Черкасы, 2014), «АСТИР» (г. Ровно, 2012), трикинг-школы в городах Николаев, Киев, Харьков и др. В Волинской области трикинг обоснован в 2010–2012 годах трейсерами, в 2012 г. создана спортивная организация «TWIST FREERUN FAMILY» (Луцк) и др. **Выводы.** Трикер возник в США в 60-х годах двадцатого века и на сегодня имеет высокую популярность в мире. В Украине трикинг-движение началось в первом 10-летии XXI в. и находится в состоянии развития.

**Ключевые слова:** экстремальный спорт, трикинг, история, Украина, Волинь.

**Introduction.** Every year in the world increase interest in extreme types of motor activity. In particular, in the youth environment, rollerblades, trials, parkour, workout, gimbar, crossfit, skateboarding, snowboarding and others are very popular. Along with that, extreme sportsmen continue to search and develop extraordinary forms and means of motor activity. One of these types of extreme is tricking (the full name is «martial arts tricking» (eng.). This is a modern kind of extreme sports and sports activity, which is the synthesis of elements of martial arts, acrobatic, stunt tricks and other sports disciplines to create a spectacular effect of turns in various planes, kicking in jumps with turns 360, 720 and more degrees (pic. 1 ). It is divided into 3 main styles: 1) stunts of martial arts (strokes); 2) acrobatic jumps; 3) pirouette. They can be performed individually or link and make combinations. People who doing tricking are called «trickers» [7]. When a tricker maintains a balance between all styles – it's called «true tricking», i.e. «pure tricking».

Tricking is often compared to street acrobatics, capoeira, acrostreet, eXtreme Martial Arts (XMA) and Multi Level Moves (MLM) [10]. However, it should be considered an independent form of extreme activity [3; 7; 13]. Today tricking are very popular in the world. At the same time, the issue of origin and its distribution in the territory of Ukraine is insufficiently studied.



**Pic. 1.** *Examples of Tricks*

**The aim of the study** – to study the peculiarities of the tricking foundation as an innovative kind of extreme sports and investigate the historical aspects of its foundation and distribution in Ukraine, in particular, in Volyn region.

**Methods of research:** analysis, generalization of literary and Internet sources, polls, accounting, etc.

**Research Results.** Analysis of information base [3; 7] shows that tricking basics establishment as a sport discipline occurred in the United States in the 60<sup>th</sup> of the XX century among athletes of martial arts, who, in order to diversify and create more spectacular show performances, began adding and demonstrate new, technically complex movements.

The decisive contribution to the tricking establishment was made by Ernie Reyes, a martial arts master, actor, producer [3]. Born on February 12, 1947, in Salinas, California, USA, he graduated from the University of San Jose, California State. Founder and leader of the West Coast Action Team. Starred in more than 8 films, including *Dragon Battle*, *The Last Dragon*, and others. And also such innovators as Mike Chaturantabut, Daniel Sterling, Matt Emig, Marc Canonizado, Chris Devera, Steve Terada, AnisCheurfa, Manny Brown, David Douglas, Charmichael Simon, Chris Cassamassa, Hosung Pak, Anthony Atkins, John Valera. It is they who have formed a motor base that is still used by current trickers.

At the beginning of the XXI century with the development of the Internet network tricking began to cover the whole world. People started to create sites on this topic and forums where interested people able to exchanged their knowledge and achievements. The first site about tricking was *Bilang.com*, which is still functioning. Later the site *Trickstutorials.com* appeared, its forum is now considered the center of the world tricking community. With the development of *YouTube.com*, the trickers are able to share videos, in this connection, the popularity of the tricking grew even more [7].

In this period becomes popular the creation of «teams» which consisting of friends – a group of trickers. In particular, the popular team «Loopkicks», founded in 1999 in San Francisco, made a significant contribution to the development of the movement[11].

Quite actively this movement develops by various «kickboxing» organizations that are willing to add tricking and its analogues into their programs. The most popular such organizations are WKA, WAKO, WTKA, WPKA, WOF [10].

Today, the most famous international trick-festivals are:

– Red Bull Throwdown. At this festival, there are 16 leading trickers from Russia, France, Amsterdam and other countries to get the title of the best tricker in the world [12].

– Hooked – European Tricking Championship.

– Pacific Jam – an international festival that gathers more than 100 professionals and amateurs trickers from Russia, China and Korea. Both single and team battles [4; 5].

However, tricking is developing rapidly not only as a spontaneous and informal movement, but also as a sport. In many countries of the world a significant number of tournaments are being held, competition rules are being developed, schools are opened and so on.

Competitions are usually held in two disciplines: battle and freestyle forms. In the battles, the rivals alternately demonstrate combinations made of strikes by hands, legs, including jumps and acrobatic tricks. As the winner announced the athlete which demonstrated more complex and technically accurately completed combination. Competitions are held in a personal and team standings for 3–5 people.

In freestyle forms, athletes demonstrate 1–1,5 minutes arbitrary forms of tricks with musical accompaniment. In determining the winner, the following criteria are taken into account: martial arts technique correctness implementation, clarity of movements, acrobatic elements complexity, the execution technique, equilibrium, speed, emotional saturation and the artistry. To the world-famous trickers belong Reda Oumouzoune, Wingen, Roger Gomes, Vivien Youlou, Max Depra, Chris Afonso, Vellu Saarela, Redj eMassin, Tristan Besombes, Sandro, Bailey Payne, Faycal Acloque, Nick Vail, Julie Gibert, Robert de Niro, Kevin Cetout, Lorentz Lükem, Andy D and others [9].

Thanks to the Internet, tricking became known in our country as well. The official start of its in Ukraine is 2009 and associated with the All-Ukrainian youth association «ASTORUN» (Bila Tserkva, Kyiv region). This youth public organization has been functioning since 2009 (officially registered in 2013) and unites unique and alternative development directions of youth and children, promotes their development, etc. In particular, the organization distributes and develops parkours, freerun, workout, tricking, hip-hop, long boarding, bmxing, skateboarding. The head of the Organization is Konopatsky Roman, the asset is Babych Vitaliy, Serbin Mykhailo, Rachok Denys [2].

Today in Ukraine there are more than 10 tricker teams, the most famous of them:

– «VIATORES» – established in 2013, Lviv team unites sportsmen of the following disciplines: parkour, freerun, street acrobatics, tricking. Actively perform at festivals, competitions all over Ukraine.

– «Nation Motion», abbreviated «NaMo» – established in 2014, Cherkasy. The team is involved in parkour, freerun and tricking development. Athletes promote the idea of a healthy lifestyle, as well as participate in social projects related to the collection of funds for seriously ill children.

– «ASTIR» – established in 2012. Team tasks: development of parkour, tricking and freerun in Rivne and other cities; conducting of joint trainings and sections organization; holding various tournaments; creating the right conditions for training.

– «West Free Bro» – established in 2012. The team brings together trickers, freerunners, traceurs and street acrobats from different cities of Ukraine. Team leaders are organizing festivals, meetings and competitions.

– There are also tricker schools and special gyms in such cities as Mykolaiv, Kyiv, Kharkiv and others.

The study on this issue in Volyn region shows, that establishment of the tricking movement was initiated at the same time as in other regions of the country (2010–2012) among the traceurs community (those who do parkour and freerun). In 2012, the leaders of the Lutsk tricking created «TWIST FREERUN FAMILY» NGO (abbreviated as «TWIST») (fig. 2), which aims are to promote healthy lifestyles and develop street sports, including tricking. The founder of the organization and leader of the Lutsk team «TWIST» is DmytroTkachuk (1993, student of secondary school № 25 in Lutsk, later he studied and graduated from the Faculty of Computer Science and Information Technologies of the Lutsk National Technical University).

Today, the team has about 30 trickers and other street sportsmen. Its activists are: Dmytro Tkachuk (born in 1993, LNTU alumni), DmytroPashchuk (born in 1998, current student of LNTU), PavloLukianchuk (current student of LNTU), Roman Vazhatko, Vitaliy Chak (1997, current student of EENU), Volodymyr Haiduchyuk (born in 1994, EENU alumni). The age of Lutsk trickers on average is 16–20 years, the youngest participant is 12 years old, the oldest is 35 years old. The team has its own site, and other.



Fig. 2. Participants of the «TWIST FREERUN FAMILY» team (Lutsk)

The team's activities are supported by local authorities. Since 2015, TWIST, together with ArmaWork and Capoeira Rabo de Arraia, is organizing an annual «Open Training» sports festival aimed to promote healthy lifestyles and popularize street sports. Also, with the support of the authorities, the festival «MAGIC CITY», which collects athletes from freerun, break-dance, parkour, streetball, tricking, street acrobatics from various cities of Ukraine (in particular, from Rivne, Lviv, Odessa, Zaporizhzhia etc.). Performances are held mainly in the style of «Battle» [1].

**Conclusions.** 1. Establishment of tricking took place at USA in 60<sup>th</sup> years of XX century. Its motor basewas for medbyextreme sportsmen Ernie Rhys Sr., Mike Chaturantabut, Daniel Sterling, Matt Emig, Marc Canonizado and others. Animportant contributionto the development of the movementdone bypopula rtricking-team «Loopkicks», foundedin 1999 in San Francisco. 2. It wasestablis hed thatthe beginning of the tricking on the territory of Ukraine is attributedto 2009 and isassociated withtheAll-Ukrainiany outhassociation «Astorun» (head – Roman Konopatsky, Bila Tserkva). Today, morethan 10 teams of trickers functionin Ukraine, the most famous of themare «VIATORES» (Lviv, 2013), «Nation Motion» (Cherkasy, 2014), «ASTIR» (Rivne, 2012)), tricking schoolsin Mykolaiv, Kyiv, Kharkiv andothers. 3. In theVolyn region tricking startedin 2010–2012 (at the sametimeas in othe rregions of the country) among the traceurs community (thosew howere interestedin parkour and freeran). In 2012, the sport organization «TWIST FREERUN FAMILY» was founded in Lutsk with theaim to promotehealthy lifestyle and developstreet sports, includingtricking.4. In Ukraine, tricking as sport is in development phase. The number of high-class trickers in the country is not much. 5. This publication only partly highlights the tricking history in Ukraine and requires further research.

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