

## CHARACTERISTICS OF TYPES OF STREET GYMNASTICS AS MEANS OF YOUTH PHYSICAL ACTIVITY

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### Abstracts

**Relevance.** Nowadays in the youth environment street gymnastics are very popular. However, on the background of a wide practical popularity, the history of their development, experience and substantiation of the organization of their studies are not sufficiently scientifically studied. **The aim of the study is** – to study the features of modern types of street gymnastics content as innovative means of motor activity of youth and to identify aspects of improving their organization. **Methods of the research:** comparative analysis, generalization of literary and Internet sources, interview, accounting. **Result of the Study.** It is figured out that in nowadays youth environment the following types of street gymnastics as workout, parkour, freerun, acrostreet are the most popular. The title «street» is based on the fact that this gymnastics is implemented on the «open» air. Workout considered as a mix of gymnastics and weight training on a horizontal bar, parallel bars, horizontal ladders and other «street» design. For today in the «horizontal bar gymnastics» are distinguish the following styles: street workout, ghetto workout, yard gymnastics, gymbar, freestyle bar. Another direction of street gymnastics («acrobatic») include parkour, freerun, acrostreet. They are characterized as varieties of fast overcoming obstacles in the «street area» with the help of your body (running, jumping, acrobatic elements, tricks, etc.). The similarity to them has tricking – the synthesis of acrobatic, stunt tricks and elements of classical martial arts. It has been found that street gymnastics are highly traumatic and conducted, as a rule, within the framework of self-examination of young people. Therefore, there is need for broad educational activities on this issue among the participants of street motor cultures and experts in the field of physical culture and sports. **Conclusions.** The most popular types of street gymnastics are workout, parkour, freerun, acrostreet, tricking. They are rated as extreme motor activity with a high level of traumatism. Actual questions of further scientific researches are development of ways of prevention of injuries of street trainings.

**Key words:** workout, parkour, freerun, acrostreet, characteristics, injury prevention.

**Тетяна Гнітецька, Лідія Завацька, Олександра Голуб. Характеристика вуличних видів гімнастики як засобів фізичної активності молоді. Актуальність.** Нині в молодіжному середовищі високу популярність мають вуличні види гімнастики. Однак на тлі широкої практичної популярності історія їх розвитку, досвід та обґрунтування організації занять ними недостатньо вивчені. **Мета дослідження** – розкрити особливості змісту сучасних видів вуличної гімнастики як інноваційних засобів рухової активності молоді й визначити аспекти вдосконалення їх організації. **Методи дослідження** – компаративний аналіз, узагальнення літературних та інтернет-джерел, опитування, облікування. **Результати досліджень.** Установлено, що в сучасному молодіжному середовищі найбільш популярні такі види вуличної гімнастики, як воркаут, паркур, фріран, акростріт, трикінг. Назва «вулична» ґрунтується на тому, що ця гімнастика реалізується на «відкритому» повітрі. Воркаут розглядають як суміш гімнастичних і силових вправ на турніку, брусах, горизонтальних драбинах та інших «вуличних» конструкціях. Нині в «турніковій гімнастиці» розрізняють такі стилі: стріт воркаут, гетто воркаут, дворову гімнастику, джимбар, фрістайл-бар. До іншого напрямку вуличної гімнастики («акробатичного») відносять паркур, фріран, акростріт. Вони характеризуються як різновиди мистецтва володіння тілом у вуличних умовах, наприклад швидкого долавання перешкод «вуличної місцевості» (бігом зі стрибками, акробатичними елементами, трюками), тощо. Схожість до них має трикінг – синтез акробатичних, каскадерських трюків та елементів класичних бойових мистецтв. Установлено, що вуличні види гімнастики мають високу травматичність і проводяться, зазвичай, у рамках самотренування молоді. Тому на сьогодні актуальна широка просвітницька діяльність із цього питання серед учасників вуличних рухових культур і фахівців сфери фізичної культури та спорту. **Висновки.** Найбільш популярними видами вуличної гімнастики є воркаут, паркур, фріран, акростріт, трикінг. Їх оцінюють як екстремальну рухову діяльність із високим рівнем травматичності. Актуальним питанням подальших наукових досліджень є розробка способів попередження травматизму вуличних тренувань.

**Ключові слова:** воркаут, паркур, фріран, акростріт, характеристика, попередження травматизму.

**Татьяна Гнитецкая, Лидия Завадская, Александра Голуб. Характеристика уличных видов гимнастики как средств физической активности молодежи. Актуальность.** Сейчас в молодежной среде высокую

популярность имеют уличные виды гимнастики. Однако на фоне широкой практической популярности история их развития, опыт и обоснование организации занятий ими недостаточно научно изучены. **Цель исследования** – раскрыть особенности содержания современных видов уличной гимнастики как инновационных средств двигательной активности молодежи и определить аспекты совершенствования их организации. **Методы исследования** – компаративный анализ, обобщение литературных и интернет-источников, опрос, учетность. **Результаты исследований.** Установлено, что в современной молодежной среде наиболее популярны такие виды уличной гимнастики, как воркаут, паркур, фриран, акрострит, трикинг. Название «уличная» основывается на том, что эта гимнастика реализуется на «открытом» воздухе. Воркаут рассматривают как смесь гимнастических и силовых упражнений на турнике, брусьях, горизонтальных лестницах и других «уличных» конструкциях. Теперь в «турниковой гимнастике» различают следующие стили: стрит-воркаут, гетто-воркаут, дворовая гимнастика, джимбар, фристайл-бар. К другому направлению уличной гимнастики («акробатическому») относят паркур, фриран, акрострит. Они характеризуются как разновидности искусства владения телом в уличных условиях, например быстрого преодоления препятствий «уличной местности» (бегом с прыжками, акробатическими элементами, трюками) и т. п. Сходство с ним имеет трикинг-синтез акробатических, каскадерских трюков и элементов классических боевых искусств. Установлено, что уличные виды гимнастики имеют высокую травматичность и проводятся, как правило, в рамках самотренировки молодежи. Поэтому на сегодняшний день имеет актуальность широкая просветительская деятельность по этому вопросу среди участников уличных двигательных культур и специалистов сферы физической культуры и спорта. **Выводы.** Наиболее популярными видами уличной гимнастики является воркаут, паркур, фриран, акрострит, трикинг. Их оценивают как экстремальную двигательную деятельность с высоким уровнем травматичности. Актуальным вопросом дальнейших научных исследований является разработка путей предупреждения травматизма уличных тренировок.

**Ключевые слова:** воркаут, паркур, фриран, акрострит, характеристика, предупреждение травматизма.

**Introduction.** Today, our country takes over foreign and forms its own experience in organizing active leisure activities of the population. Increasingly, on the streets, you will meet people on skateboards and roller skates, there is growing interest in engaging in sports on «street» playgrounds and objects in park areas. In addition, youth continue to search for innovative means and forms of organization of sports leisure that could provide physical improvement, interesting and useful leisure. In particular, in recent years, extreme types of street motor activity («parkour», «freerun», «tricking», «workout», «gymbar», «bocking» and others) have become very popular in the youth environment. Thanks to the Internet, they quickly spread and gain more and more followers. However, analysis of information base [1–12] shows that on the background of the practical popularity of the types of street motor cultures, their history of origin and development, the experience of organization in our country and the substantiation of the methods of studies are not sufficiently scientifically studied.

**The aim of the study is** – to study the features of modern types of street gymnastics content as innovative means of motor activity of youth and to identify aspects of improving their organization.

**Methods of the research:** comparative analysis, generalization of literary and Internet sources, interview, accounting: taking pictures of objects and subjects of training, documented plans, schemes, projects, etc. The poll was conducted during the years 2014–2018 in the Volyn region (Ukraine) among activists of street motor cultures (57 people aged 12–35 years), among students of the faculty of physical culture, sports and health of Lesya Ukrainka Eastern European National University (Lutsk, 87 people) and among teachers of physical education of institutions of secondary education in Lutsk (11 people). The questions were related to the history and methods of street gymnastics study of the feasibility of introducing such knowledge into the training of specialists in physical culture and sports, etc. All respondents agreed to the survey.

**Results of the study.** Based on analysis of information sources, interviewing street sports leaders, has been established that in the modern youth environment the most popular types of street gymnastics are parkour, freerun, acrostreet, tricking, workout. The common thing is that they are implemented in the «open» air, but the objects of their activities are different.

In particular, workout considered as a mix of gymnastics and weight training on a horizontal bar, parallel bars, horizontal ladders and other «street» designs or even without their use, implemented in the «open» air. A person who is engaged in workout is called – «workouter» [7]. For today in the «horizontal bar gymnastics» are distinguish the following styles: street workout, ghetto workout, yard gymnastics, gymbar, freestyle bar.

Ghetto workout is considered as a force direction of training in which dominated by static delays, which are not necessarily performed on horizontal bars. In street workout the main focus of strength training is given to technical training, which is held on special sports grounds [4].

Basic workout exercises are different kinds of hinges, balance elements, dynamic turns. In particular, the most common exercises with *static delays* are: «Horizon»/«Planch» (lateral, plane, on one hand); horizontal emphasis; «Crocodile» (2 hands / 1 hand); «Swallow»; front hing stand on hands (bent, straight, candle, legs cut); angle; emphasis on half inclined; «Flag» and others (Pic. 1.) Among the *dynamic exercises* is: «the exit of the angel»; «Prince's Exit»; power output for 1 hand/2 hands; «Spear»; «Officer/captain's exit»; lifting-overturn (slowly, feather, back grip, on one hand); power output for two hands and so on [4].

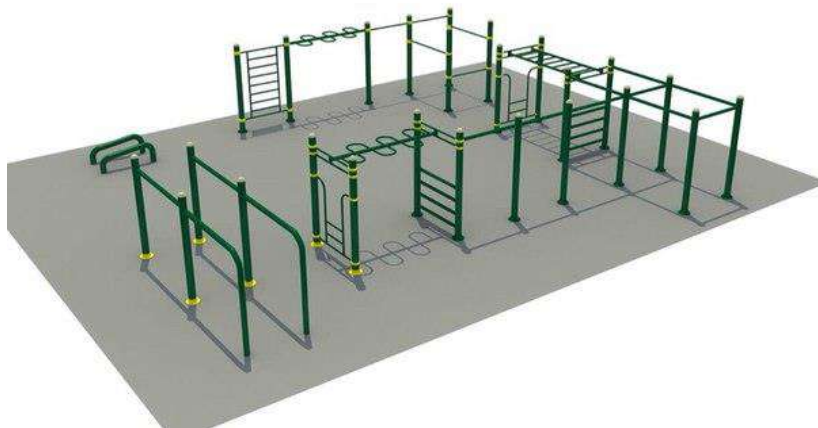


**Pic. 1.** *The most common static elements of street workout*

The venues for the street-workout have a certain standard. Figure 2 shows the classic street-workout platform, which includes:

1. Handles (circular, curved, annular).
2. Tournaments (classical, high, low, cascades).
3. Swedish wall.
4. Bars (narrow, wide).
5. Bars for muscle press training [4; 7].

Currently, the streets-workout movement is very popular around the world, including Ukraine, which is guided by the Worldwide NGO «Street workout», held festivals and World Championships, Championships in Europe, Asia, healthy lifestyle tours, etc.



**Pic. 2.** *The project of the classic street-workout platform*

**Street gymnastics** – a kind of street training, associated with the implementation of complex exercises on street bars (Pic. 3). Usually people who are engaged in street gymnastics are called horizontal bar man. It is believed that the term and «Horizontal bar man movement» was launched in 2009 by Voronezh Street Athlete Mikhail Baratov (Russia). A special feature of street gymnastics are «Colombian», «Spanish» exits, «Baratov's exit», «Besha's exit» and others [8].



Pic. 3. Examples of street gymnastics exercises on the bars

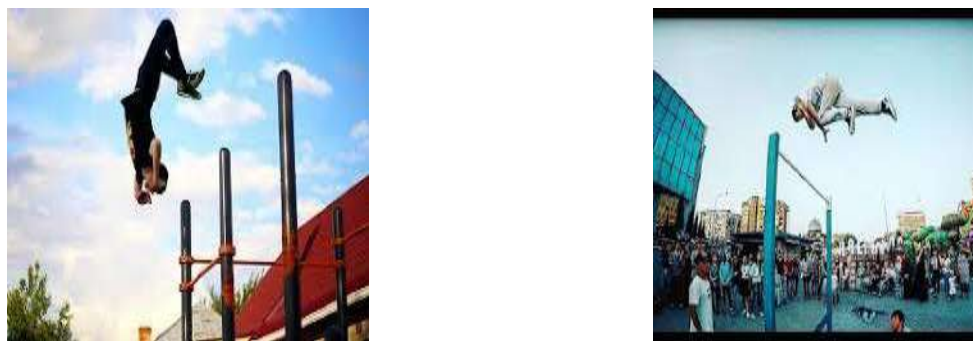
Within street horizontal bar gymnastic there is special kin called body horizontal bar man style. The aim of horizontal bar man is to perform as many feints and strength exercises as possible, but for body horizontal bar man- build up of muscle mass (accordingly, requires other exercises) [8].

**Gimbarr** – Colombian national sport that involves performing on special supports or horizontal bars exercises with extreme manifestation of joint mobility (Pic.4). Columbians believe that gimbar became the forefather of many street sports kinds [5].



Pic. 4. Examples of gimbarrs exercises

**Freestyle Bar (Free-bar)** – the most up-to-date and most complex kind of street gymnastics (Pic.5). It can be characterized as dynamic complexes of previous workout directions, in which the creative connections of horizontal tricks, static delays, flights between the crossings are performed at the time of the musical track. Due to the factor of entertainment, the free-bar is compared with the freerun. Only the first one is executed on the system of horizontal bars, and the other – on street obstacles. Free-bar exercises require high strength endurance, agility, flexibility and more.



Pic. 5. Elements of freestyle bar

**Parkour** – is a motor activity related to traversing obstacles in natural environment through the use of running, vaulting, jumping, climbing, rolling, and other movements in order to travel from one point to another in the quickest and most efficient way possible without the use of equipment [6; 12]. Parkour combines gymnastics, athletics, bouldering (climbing the walls) and a special philosophy of world perception. A practitioner of parkour is called a »traceur« (from the French verb «tracer», which means – «the one who paves the way»). The philosophy of their activities is the position: «In life there are no limits, there are only obstacles». A lot of attention in Parkour is given to the practice of jump movements, which have the following types: «drop», »spring», «up from down jump», «blind», «gap jump», «accuracy», «running accuracy», »turn precision», «fly roll» (Pic.6).



**Pic. 6.** *Examples of parkours exercises*

**Freerun** – the separation of parkour in which are added a spectacular effect and commercialization of performances [4]. A practitioner of freerun is called a »freerunner«. In freerun, besides the parkour elements are practiced different acrobatic tricks : different types of flips, «wall spin», «kicks», «twists», «combo» – combination of tricks [12] (Pic.7).



**Pic. 7.** *Examples of freeruns elements*

**Acrostreet or street acrobatics** – informal sport that originated in England at the end of the 20th century – the beginning of the 21st century [1]. Many people partly associate acrostreet with parkour and freerun. Unlike ordinary parkour, acrostreet tricks include handstands, jumping from great heights, flip through obstacles and other, which are aimed at creating a spectacular effect as in freerun (Pic.8) [1].



**Pic. 8.** *Examples of acrostreets tricks*

**Tricking** – 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. People who doing tricking are called «trickers» [11] (Pic. 9).



**Pic.9.** Examples of trickings elements

Tricking is based on other types of motor and sports activities with which it has some similarities. In particular, people consider it one of the varieties of street acrobatics, because it is performed mainly on the «open» air, while others compare tricking with capoeira and acrostreets.. Specialists note that many types of kicks and acrobatic elements in tricking are borrowed from capoeira. However, the subject of action in a tricking is a set of independent movements of a person, without interaction with others, while in capoeira, on the contrary – everything is reduced to a «game» – interaction with a partner. In contradistinction to acrostreet, tricking has kicks that belong to the movements of martial arts and «flow» – a connection between the elements which gives them a dance form. [1; 11].

Analysis of information base shows that most experts compare tricking with eXtreme Martial Arts (XMA), considered as a combination of gymnastics, dance, acrobatics and different techniques and philosophies of martial arts. Its founder is the Thai stuntman Mike Chat. Also similar to tricking is another training program – Multi Level Moves, which literally translates as «multiple execution of uniform movements», Canadian air tricks performer Joe Ego. This program is aimed at the experimental study of the limits of the capabilities of the human body and appeared on various martial arts competitions at the end of the XX century - the beginning of the XXI century [11].

It was found that street gymnastics predominantly has Anglo-American or European roots. *Tricking* was founded in 60<sup>th</sup> years of XX century among American athletes in martial arts (founders – Ernie Reyes (USA) and others) [11]. *Parkour* – in France in the late 80's of the twentieth century (founder – David Belle, native of Normandy) [6]. *Freerun*, as the branch of parkour, was founded by French freerunner Sebastien Foucan in 90<sup>th</sup> years of XX century [12]. *Workout* also was originated in the 90 years of the twentieth century (in USA, founder – King Hannibal, native of Egypt). *Acrostreet* – in England, in the late 90's of the XX – the beginning of the XXI century. (thanks to Cyril Raffaelli, Daniel Ilabaca and freerunner's team «Team Evo») [1].

It has been established that Ukraine has joined the world movement of street training in the early twenty-first century. The first (since 2004) in the country began to appear workout association (founder – Denis Minin, 1980, Dnipro [7]). The official establishment of parkour in our country dates back to 2009 when the relevant federation of Ukraine was created (Parkour Federation of Ukraine, president of the federation – Oleksandr Chernobrovkin, Kiev [9]). Also in the same year, trickings was founded in Ukraine and it is associated with the All-Ukrainian Association «Astorun» (Bila Tserkva, the head of the association – Roman Konopatsky [9]). Today, all regions of the country are involved in the «street gymnastics» movement: all regional centers have teams of workouters, traceurs, trickers. The most famous of them - in Mykolaiv, Kiev, Kharkiv, Lviv, Cherkasy, Rivne [7; 10; 11].

**Discussion.** Street training is a useful hobby. Such training provide them with rapid growth of strength, coordination, flexibility, hardening of the body, improve the functioning of the cardiovascular and respiratory systems, improve moral-volitional and communicative qualities. However, almost all types of modern «street gymnastics» are highly traumatic. The danger of injury from the implementation of complex gymnastic tricks is reinforced by the fact that, as a rule, these trainings take place within the framework of

self-learning - the reproduction seen from each other or from the Internet without supervision and guidance of specialists. Consequences of inadequate knowledge, incorrect organization of work places, training techniques and non-compliance with their safety can lead to disability.

The analysis of the information base of street culture available to Internet network (since from it derive knowledge workouters, traceurs, freerunners, trickers and other members of street cultures) shows that it is quite large, but mostly journalistic that, in many cases, does not provide organizational and methodological aspects of prevention of injuries, overtraining people, etc.

Accordingly, we believe that the urgent need for the field of physical culture is the need for broad educational activities on this issue among the participants of street motor crops and relevant specialists. In particular, we consider it necessary to include in the programs of training of specialists in physical education and sports information on the content, methods of street gymnastics (for example – in the program of discipline «Gymnastics and methods of its training»), as well as in physical education programs for students and educational institutions at studying the gymnastics module, etc.

**Conclusions.** 1. It has been established that in today's youth environment the following types of street gymnastics are most popular: workout, parkour, freerun, acrostreet, tricking. The name «street» is based on the fact that this gymnastics is implemented in the «open» air. Workout is considered as a mix of gymnastic and strength exercises on bars, girders, horizontal ladders and other «street» designs. Currently, within the «bar gymnastics» distinguish the following styles: street workout, ghetto workout, yard gymnastics, gimbar, freestyle bar. Another direction of street gymnastics («acrobatic») include parkour, freerun, acrostreet. *They are characterized as types of body art in outdoor conditions, for example, the rapid overcoming of obstacles in the «street area» (running with jumps, acrobatic elements, tricks), etc. The similarity to them is tricking – a synthesis of acrobatic, stunt tricks and elements of classical martial arts.* 2. The problem of the scientific approach to the organization and methodology of street gymnastics is found: in particular, the problems of preventing injuries, adherence to the principles of age accessibility, graduality in the selection of means and magnitude of loads, etc. The necessity of corresponding educational activity among participants of street motor cultures and experts in sphere of physical culture is established. In particular, it is proposed to introduce the theme «Modern types of street gymnastics» in the course/module «Gymnastics» in institutions of higher and secondary education, etc. 3. Perspective direction within this problem is the further study on the development of these and other street cultures in the country, their teaching methods, etc.

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