

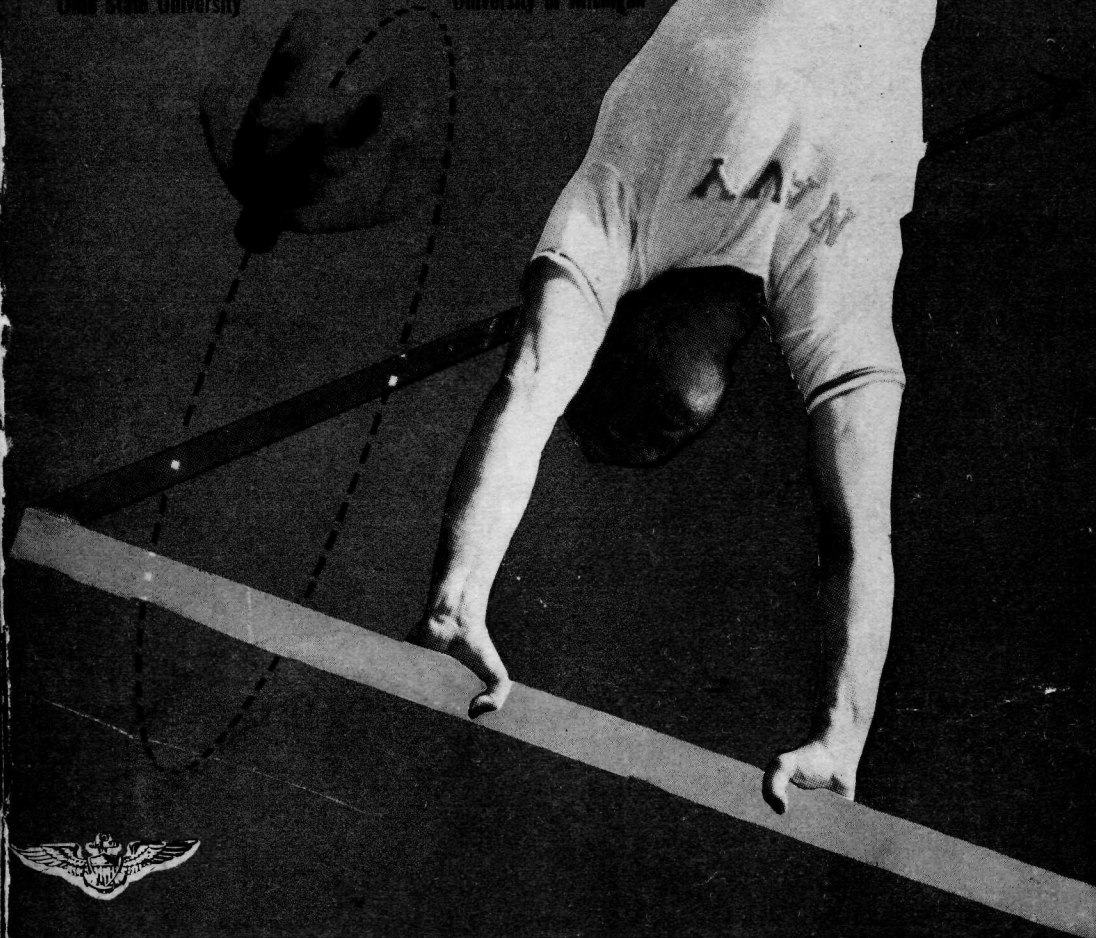
# Gymnastics and Tumbling

Revised  
by the  
V-Five Association (Committee)

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AVIATION TRAINING, OFFICE OF CHIEF OF NAVAL OPERATIONS, U. S. NAVY

# GYMNASTICS and TUMBLING

REVISED EDITION

## *From the Preface*

THE Naval Aviation V-5 Physical Training Manuals were prepared and published during World War II to provide the best standardized instruction in the sports selected to give the youths, training to be combat Naval pilots, the maximum physical and psychological benefits. It was the first time that intensive athletic training was used militarily, not only for conditioning and recreation, but to develop and intensify desired qualities, such as quick reaction, coordination, accurate timing, cool judgment, aggressiveness, and determination. It was, without question, the most rigorous mass program conducted in this country utilizing a large group of different sports. Each cadet was required to spend four to six hours a day in intense athletic training for eight months, the time diminishing in later months as other elements of flight and ground training were added. The results were highly successful as proven by the testimony of the high performance of this group of pilots, and the acclaim given them and the training methods by all who observed.

Over two thousand of the nation's leading physical educators and coaches of all sports participated in the planning and operation of this program as Reserve Officers, and most of them actually contributed in the preparation of these Manuals in their own specialty. While in some instances only one author did the final writing, it may in truth be said that the project was conceived and carried out as a group enterprise. The names of those officers who originally compiled and

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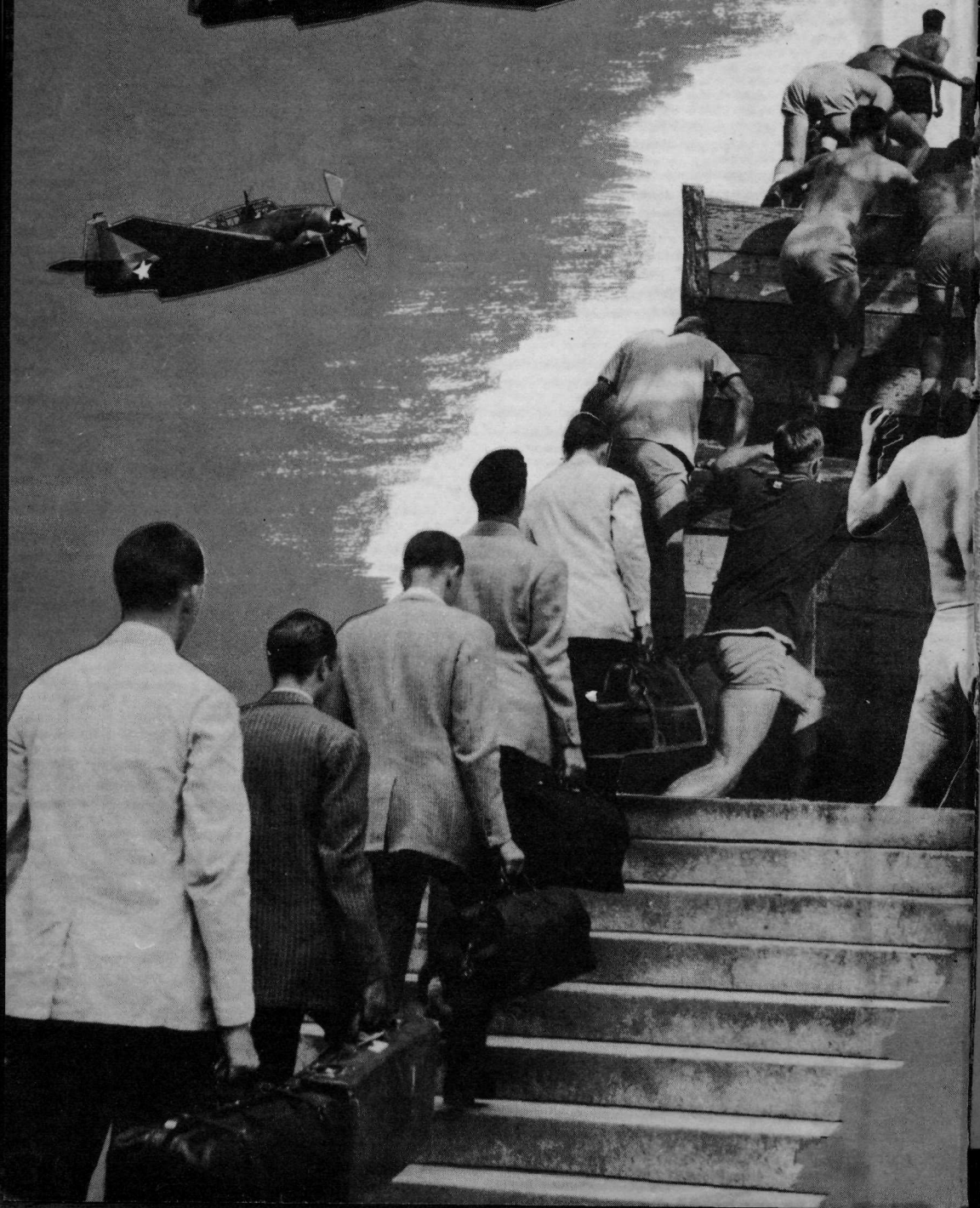
U. S. NAVAL INSTITUTE  
ANNAPOLIS, MARYLAND

GYMNASTICS AND  
TUMBLING



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OFFICE OF THE CHIEF OF NAVAL OPERATIONS  
UNITED STATES NAVY







GYMNASTICS AND TUMBLING

**T**HE UNITED STATES NAVAL INSTITUTE, publisher of the Naval Aviation Physical Training Manuals, is a nationwide organization of military and civilian members and affiliations. The Institute was founded, not for profit, but for the advancement of professional, literary, and scientific knowledge in the Navy and among military and civilian contemporaries.

**T**HE INSTITUTE has assumed the responsibility of keeping the Naval Aviation Physical Training Manuals revised and up-to-date in every respect for use by the military services in event of national emergency. Maintenance of high standards of physical fitness in the youth of our nation is considered a prerequisite to national preparedness. With this in mind every effort has been made to insure revisions, through the V-Five Association of America, that are compatible with civilian educational interests.

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*The Naval Aviation Physical Training Manuals*

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# GYMNASTICS AND TUMBLING

*Revised Edition*

PREPARED BY THE  
V-FIVE ASSOCIATION OF AMERICA

*First Edition*

PREPARED BY OFFICERS OF THE  
AVIATION TRAINING DIVISION  
OFFICE OF THE CHIEF OF NAVAL OPERATIONS  
UNITED STATES NAVY



*Annapolis, Maryland*

UNITED STATES NAVAL INSTITUTE

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# Preface

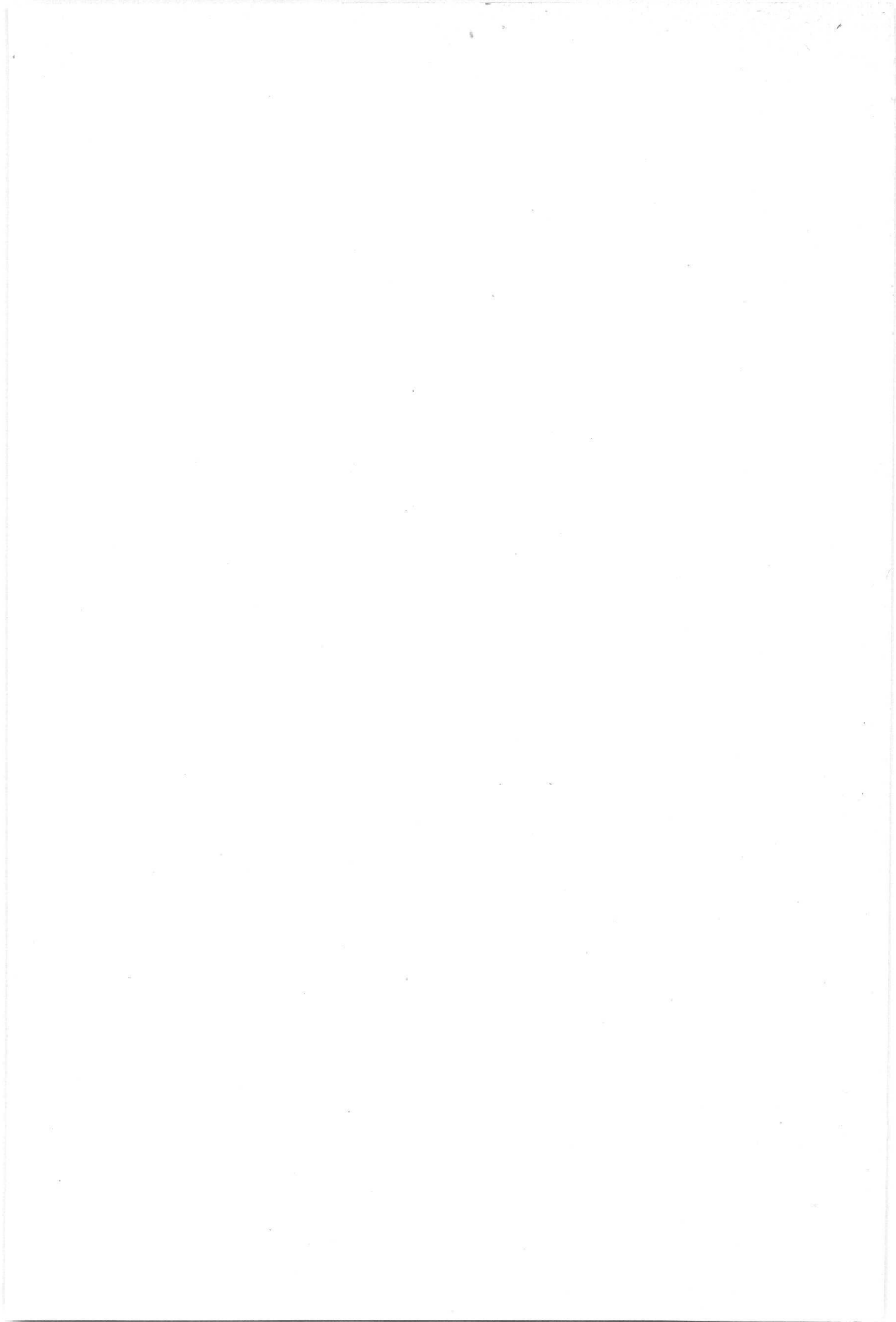
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These books have found a wide usage in the civilian field of instruction in sports and have been adopted as text books and coaching manuals throughout the country. The Navy, recognizing the valuable service the manuals perform, authorized the V-Five Association, a peace time non-profit organization, whose nucleus is the above group of officers, to revise the books. The revisions are aimed to make the volumes fully up-to-date, with added material to treat with new techniques and emphasis, and to adapt the experience and lessons learned for instruction in proper gradations at the college and high school level.

It is increasingly evident that participation in a well rounded physical training and sports program integrated with academic and spiritual elements is highly desirable in a youth's training. Different sports can be increasingly effective in developing many splendid qualities, and contribute to the well-being of the individual and the nation. It is hoped this V-5 Sports Series will continue to contribute to the general welfare of our youth.

T. J. Hamilton  
Rear Admiral, USN (Ret.)  
Director of Athletics  
University of Pittsburgh



# Introduction to First Edition

GYMNASTICS AND TUMBLING is included in the Naval Aviation Physical Training Program because of the strength and skills that are developed through participation in this sport. These include improvement of upper body strength, and training in quick and correct decision and action. Since there is no other activity to develop fully upper body strength, agility and balance this sport occupies a prominent place in the Naval Aviation Physical Training Program.

The objectives of the Naval Aviation Gymnastic and Tumbling Program to be achieved through tumbling (falling), vaulting, climbing, balancing, and apparatus stunts (supporting and hanging) are:

1. To give training in the native sense of balance.
2. To equip the future pilot with strength and skill to extricate himself effectively from emergency situations requiring climbing, vaulting, tumbling and balance.
3. To develop daring and courage.
4. To accustom the cadet to being upside down for extended periods.
5. To teach falling and landing without injury.

The material presented in this manual is to guide officers in teaching the sport to cadets in the Naval Aviation Physical Training Program. Even the inexperienced officer may do a commendable job in gymnastics if he studies and follows the manual and the lesson program thoroughly.

The gymnastic and tumbling lessons throughout the Naval Aviation Physical Program have been planned progressively. All phases of the program should be conducted as closely as possible to stipulated lesson plans. These lesson plans have been compiled to insure the desired outcomes; namely, the teaching of required minimum core activities which are divided into two main categories. These two categories are first, core all-out effort (strength) achievement and, second, core skills in tumbling, climbing, balancing, vaulting, hanging, supporting and trampoline.\*

\* The trampoline is not included prior to the Pre-Flight School Program.



# Introduction to Revised Edition

The basic material contained in this manual is considered by the committee to be as sound today as it was at the time it was written. Hence, few changes have been made in the body of the book.

The stunt and performance records, pages 323 to 337, have been brought up-to-date. When properly used they will serve as an added incentive to students.

A new method of conducting an intramural gymnastic program, now in use at Florida State University, has been added on page 321. Both the plan and the events are appropriate for similar competition in Junior or Senior high schools.

Finally, the committee has offered some suggestions for adapting the Naval Aviation teaching syllabus for use in Junior and Senior high schools, page 360. The committee wishes to express its appreciation to the U. S. Naval Reserve Officers who so generously assisted with the compilation of the first edition, especially Lieutenant Commanders Marshall L. Brown, Joseph Giallombardo, Frank B. Harr and Charles J. Keeney.

The Revision Committee

H. D. P.

J. M. H.

N. C. L.

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