AUSTRALIAN GYMNAST

THE OFFICIAL MAGAZINE OF THE AUSTRALIAN AMATEUR GYMNASTIC UNION

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Vol. 6, No. 4 DECEMBER 1976 **Price $1.00**

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The Australian Gymnast

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FROM THE EDITOR:

WE NEED YOUR HELP!

The Olympic Special issue produced for sale at the Russian tour displays has placed the Australian Gymnast in a serious financial position because of the postponement of this tour. I urge all subscribers to support their own magazine by purchasing this special issue. Copies can be obtained from State News Editors or direct from me.

The New Zealand Games have had to be cancelled due to political pressure. It is indeed a shame that sport must suffer in these circumstances. However, on a brighter note, the Hawaii girls tour and the Junior boys tour of New Zealand are still on. It is anticipated that the experience our gymnasts gain from these tours will be most rewarding.

Next year, finance permitting, we will be back again to present our coverage of the Australian Gymnastic scene. The 1977 subscription rate has been increased to $5 with a 20% reduction applicable for bulk purchase (20 or more). Subscriptions are taken on a Calendar year basis only and finance is urgently needed. — It would be appreciated if readers would resubscribe as soon as possible.

In wishing all readers a Merry Xmas and a prosperous new year, I would like to thank the many contributors who have maintained an active interest in The Australian Gymnast.

Rod Sinclair

LIST OF NEW EDITORS

S.A.	Mr. Peter Sharpe, 34/328 Fullarton Road, Fullarton 5063	(79 3266)
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W.A.	Miss Julie Harrison, 20 Baal Street, Palmyra 6157	(39 3087)

DEADLINES for 1977 issues.

MARCH..... February 18th
JUNE.....May 27th
SEPTEMBER.....August 26th
DECEMBER..... November 15th

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Hampton, Victoria 3188.

Back issues can also be obtained for 1972, 1973, 1974 and 1975.

CONTENTS *Page*

An Interview with Kazuya Honda..... 4
A.A.G.U. News Items..... 6
Queensland Coaches Accreditation Scheme..... 8
More from Montreal..... 9
G.D.R. Sport..... 13
The Dive roll with full twist..... 14
Some more advanced skills..... 16
Bronze level compulsory exercises..... 17
Subiaco club feature..... 20
Around Australia..... 21

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From the A.A.G.U. President

RUSSIAN GYMNASTIC TOUR

It is with great regret that I advise that the Russian Tour has been postponed until 1977.

Despite a signed contract we have had a protracted negotiation with the U.S.S.R. Federation over finance and personnel to the point where the lead time running up to the Perth opening became critical and as we have not resolved the financial difficulties we had to advise a postponement.

The Perth and Melbourne displays are the cornerstone of a successful tour from a financial point of view and as we could not alter our programming the tour had to be postponed. There is a need for an absolute minimum of three weeks to promote the sale of more than two shows in Perth and we had passed that point.

The problem was that Korbut was unavailable because of a U.S.A. tour immediately after ours, and we in fact could not have Andrianov nor Kim because of a parallel Japanese tour.

The U.S.S.R. are very upset from a public relations point of view and so are we but we cannot afford a financial failure and this show of strength may lead to better negotiations with them in the future. My apologies for all your preparatory work. I sincerely regret having to take this decision and will advise you when our next series of negotiations are under way.

Jim Barry

AN INTERVIEW WITH KAZUYA HONDA

Photograph by Peter Meyers

Rod Where are you from?

Kazuya My home town is Shizuokaken in Japan which is midway between Tokyo and Nagoya.

Rod How old are you?

Kazuya I am 23 years of age.

Rod What was your main area of study?

Kazuya I studied Physical Education at Chukyo University in Nagoya. This University is one of the many famous Universities for gymnastics in Japan. Mr. Nakayama and Mr. Kasamatsu both belong to this University club.

Rod Why did you come to Australia?

Kazuya I was recommended to come here by one of my lecturers at the University. I also wanted to experience Australian conditions and learn their customs.

Rod Do you like Australia?

Kazuya Yes, I like this country. The people are very friendly and I have enjoyed my short stay.

Rod You must return to Japan to apply to migrate to Australia. When will you return?

Kazuya I hope to return in January 1977, so that I can start teaching at Clayton Technical School in February.

Rod What do you think of Australian gymnastics?

Kazuya Australia has a special problem in that there are not very many good gymnasts and they live so far apart. Gymnastics is not taught in the schools and the gymnasts must travel to clubs. In Japan the High Schools and Universities provide a good system for learning gymnastics. It is easy to get to a gym for training as all the school facilities are open after normal classes and there are many students training for gymnastics. The Physical Education teachers are also good coaches and there is not the problem of travel you have here.

Rod What you think of Australian gymnasts?

Kazuya When I first came to Australia and started training, I was very surprised. Australian gymnasts did not co-operate with each other. Some gymnasts have the potential to be very good but they do not train hard enough. Many do not learn by watching each other in training. I think Warrick Forbes will learn many things on his trip to Japan and can improve greatly.

Rod When you first came to Australia you decided to compete in the Victorian and Australian Championships. Why have you now retired?

Kazuya I had not competed for twelve months prior to coming to Australia due to injury. I was not fully prepared for these competitions as there was not enough time. I wanted to experience the conditions of Australian gymnasts and this is why I competed. I now want to coach and help Australian gymnasts competing at Olympic levels. When I go to Japan I must study the new compulsory exercises as well as any new techniques so that I can teach these when I return to Australia.

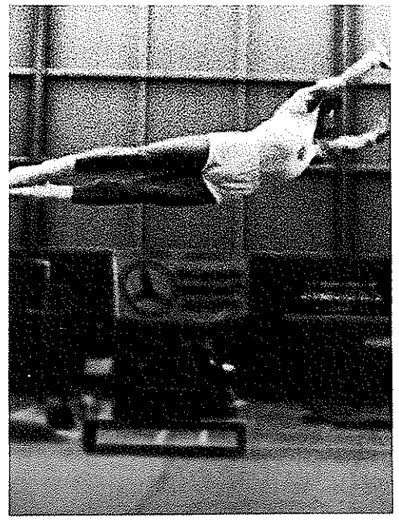
Rod In America there are many Japanese gymnastic coaches who are teaching at Universities and clubs. Their influence is undoubtedly helping to improve American gymnastics. Can we in Australia improve by just copying Japanese gymnastic methods? I feel it is important that we develop our own style and methods.

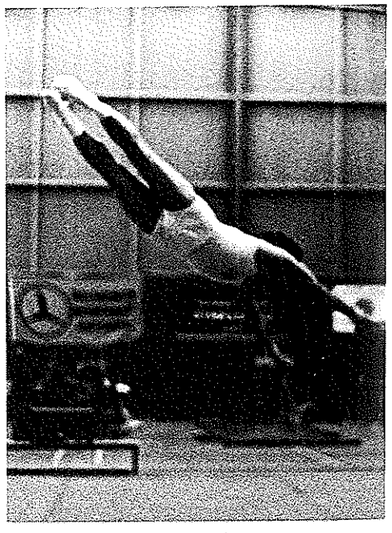
Kazuya Yes, this is true, but Australia can learn many things by following Japanese methods. This is why more young gymnasts should go to Japan to learn.

Rod Thank you Kazuya.

Kazuya Thank you Rod.

Kazuya Honda **Half turn to dive roll**





Photographs **P. Szyjko (S.A.)**

A.A.G.U. NEWS ITEMS

UNION OFFICE BEARERS 1976/77

President: James E. Barry
7 High Street, Glen Iris 3146.

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Women's Coaching Director: Mrs. Val Beitzel,
1/112 Nimmo Street, Middle Park 3206.

Men's Judging Director: Mr. Ray Page,
42 Newcastle Street, Rosewater 5013.

Women's Judging Director: Mrs. Elaine Martin,
19 Margaret Street, Camp Hill 4152.

N.B. — All A.A.G.U. mail should be directed to:
G.P.O. Box 1586, Brisbane.
Telegrams to: *AUSTGYM—BRISBANE*

Frances Thompson
A.A.G.U. Women's Technical Director

*Hawaiian Tour — The team selected to attend this competition is as follows ...

Marina Sulicich (SA)
Kim McMaster (SA)
Ann Hanlin (Qld)
Hilda Schimmel (Vic)
Kerry Bayliss (SA)
Sandra Jones (NSW)
Jackie Reid (Vic) (Reserve)

Manager-Coach — Ollie Maywald
Judge — Ena Duffield

Congratulations and best wishes to all concerned. The team departs on the 23rd December.

*More news from Wanita Lynch — she has been doing displays in Austria with gymnasts from Austria, Germany and Poland. She has mastered a Back sault on the beam, and at the time of writing was preparing to enter a two week training camp, which included Saunas, Swimming, Films and 7 hours training per day.

*Bronze Championships 1977.

These will be conducted in Newcastle, N.S.W. from May 12th-15th.

(See Bronze Compulsory exercises page 17)

Merry Xmas and happy new year to all!

MODERN RHYTHMIC SPORTIVE GYMNASTICS. S.A. COURSE

The Tour of Modern Gymnasts with the Russian Olympic Gymnastic Team, and the children performing Modern Gymnastics at the opening of the Montreal Olympics, has helped to bring this very popular overseas sport to the notice of the Australian public. We are pleased to announce that a course is to be run in Adelaide at the Methodist Ladies College Gymnasium, 89 Greenhill Road, Wayville, South Australia, from 29th January, 1977 to 2nd February, 1977. This will be the first accreditation course to be run in Australia, and it is to be sponsored by the S.A. Department of Tourism & Recreation.

We will have the services of Mrs. Emmy Bellwood from New Zealand, an expert in this field, accredited International Judge and physical education teacher. She will be assisted by the top performer from New Zealand who will be able to demonstrate the work.

We hope to have in addition, Mrs. Abod from Hungary, an official of the Federation of International Rhythmic Gymnastics Committee. Her attendance is still being negotiated, and will be an added benefit if it can be arranged.

Mrs. Bellwood states that, "the most suitable participants will be people who have already coached some form of gymnastics or calisthenics. A particular aptitude for creative floor work and music is a great advantage". The participants should be able to take part in practical work themselves.

Regulation Equipment: This will be available for purchase or loan during the course.

Information: Participants in the course will be given printed material in the form of code of points and other information.

Contact S.A.A.G.A.
See Mr. John Galton for further details.
8 High St., Seacliff Park, 5074.

"AUSTRALIAN GYMNAST" AWARDS 1976

State of the Year
Victoria
Club of the Year
Broken Hill Y.M.C.A. (again)

Coach of the Year
Ollie Maywald

Photograph of the Year
Alan Burrows (March issue p.13 — Elvira Saadi)

Gymnast of the Year
Marina Sulicich

Most Improved Gymnast
Gary Pennefather

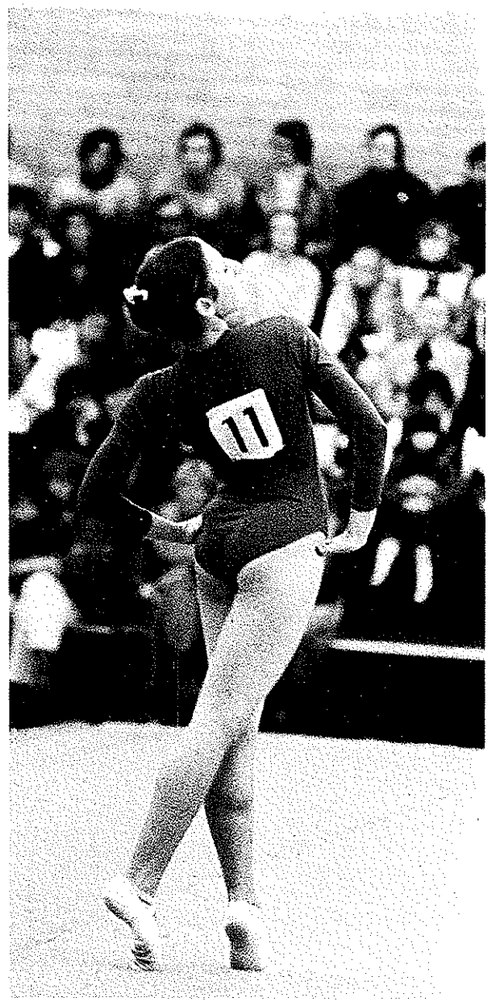
Most Subscribers
Queensland

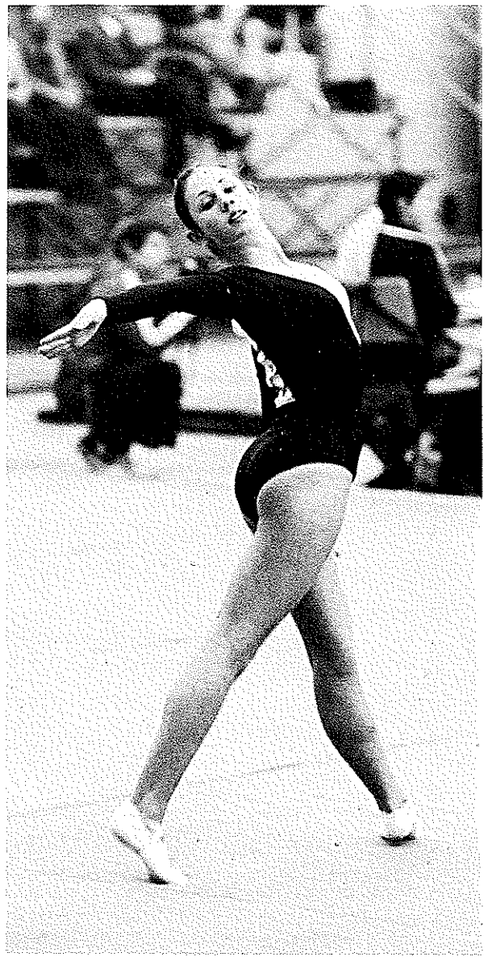
Article of the Year
"Be a Better Vaulter"
(Dr. Eric Hughes)

Magazine of the Year
Olympic Special Issue — Have you got your copy?

AUSTRALIAN CHAMPION

Dianne Knedlhans (Vic.)





Photographs courtesy of Peter Aylward (Vic.)

QUEENSLAND COACHES ACCREDITATION SCHEME

Introduction:

At the 1975 Australian Championships a meeting of coaches was held, at which E. Duffield and I were charged with the coordination of a course for a Coaches Award Scheme for women's Gymnastics within Queensland. At this stage a Committee was formed — E. Duffield, D. Martin & R. Edwards (Coordinators) P. Coombes (W.T.D.) P. Dowdell, T. Dowdell, A. Cooper, E. Martin (additional lecturers).

The Syllabus:

It was decided at the first meeting to hold a course in three Stages. Stage 1 (Assist. Coach), Stage 2 (Club Coach), Stage 3 (State Coach), the requirements being that a Club must be affiliated with the Q.A.G.A., the Assistant Coach must have at least 3 months experience coaching Levels 1-4 or above of the Q.A.G.A. Women's Award Scheme. Club Coach must be 16 years or over and capable of coaching gymnasts from Levels 5-8 of the Q.A.G.A. Women's Award Scheme and must have coaches for at least one year. State Coach must be capable of coaching at Bronze, Silver & Gold Level of the Q.A.G.A. Award Scheme.

The Plan was to commence with Stage 1 (Assistant Coach) with all coaches first taking this Stage. 5/2 hour lectures were held at Brisbane Girls Grammar School with a weekend Coaches Clinic held at Tallebudgera National Fitness Camp on 19th, 20th June, 1976 organised completely by A. Cooper and T. Dowdell, with the thoroughness we now associate with them. There were three lectures prior to the Clinic and 2 lectures after the Clinic with a Theory examination at the end of the course and practical tests held at two different stages during the course. Subjects which were covered were Aims and Objectives; Warm-up, Warm-down and Physical Preparation; Control of Groups; Safety & Spotting; Judging; Audiovisual Aids; First Aid; Anatomy; a Bibliography for gymnastics; Organisation, Planning and Control; Biomechanics; Safety in the Gym; Principals of Balance; Basic Progressions and the Q.A.G.A. Award Scheme Syllabus.

The Course:

The first lecture was held on 25th May, 1976 and much to our delight 54 coaches attended. The Introduction and outline of the Scheme was given by E. Duffield after which a brilliant lecture was given by Rod Edwards (Physical Education Lecturer at Kedron Park Teachers College) on Aims and Objectives thus getting the course off to a good start.

The next lecture was given by Peter Dowdell in which he thoroughly covered the justification and objectives of Warm-ups with complete lecture notes handed out to everyone.

At the weekend Clinic 10/1 hour lectures were held with notes covering all the lectures being handed out in booklet form at the beginning of the Clinic. At this stage, the course was felt to be so comprehensive, and the interest so high, it was decided that, if the coaches so wished they could take Stage 2 (Club Coach) in the practical examination. This involved taking a warm-up and controlling assistant coaches both in warm-up and on apparatus, and an oral examination to follow. The response was so great that there was not enough time to examine all of the coaches who wished to take the Stage 2, so it was arranged to have a test in Brisbane on July 25th for the other interested coaches. Thanks must go to Barry Martin, Coaching Director of the Gold Coast Gym Club, who somehow produced 30 gymnasts at 24 hours notice to enable us to run the testing while we were at the Clinic. Thanks also to the girls who turned up.

The next lecture was held in Brisbane on 28th June, 1976, this was our First Aid lecture given by Anne Cooper and assisted by Rod Edwards. This proved to be a great benefit to the coaches with Anne's ability to converse with all levels of knowledge and experience. The coaches were very enthusiastic and we all learnt how to "WACK" someone into a coma position. There was a practical session after the lecture which gave the coaches the opportunity to deal with a different situation and how to cope with it.

The last lecture was on Anatomy, again given by Anne Cooper. This was very well presented to enable the beginner coaches to gain a basic knowledge of the structure and workings of the body.

At this lecture, examination papers were given out with 50 questions covering all the lectures given during the course. The idea was for the coaches to revise all their lecture notes before the written examination the following week, 20 questions would be selected for the Theory paper.

And so to the Final Examination, with 43 sitting and 40 passing it was a tribute to the lecturers and to the study and response of the coaches. Thanks to the Brisbane Girls Grammar School, Tallebudgera National Fitness Camp, all the lecturers, the demonstrating gymnasts at the Clinic, who were put through all sorts of pressures and positions, BUT MOST OF ALL to all the coaches who took the course, whose response and attendance made it all worth while.

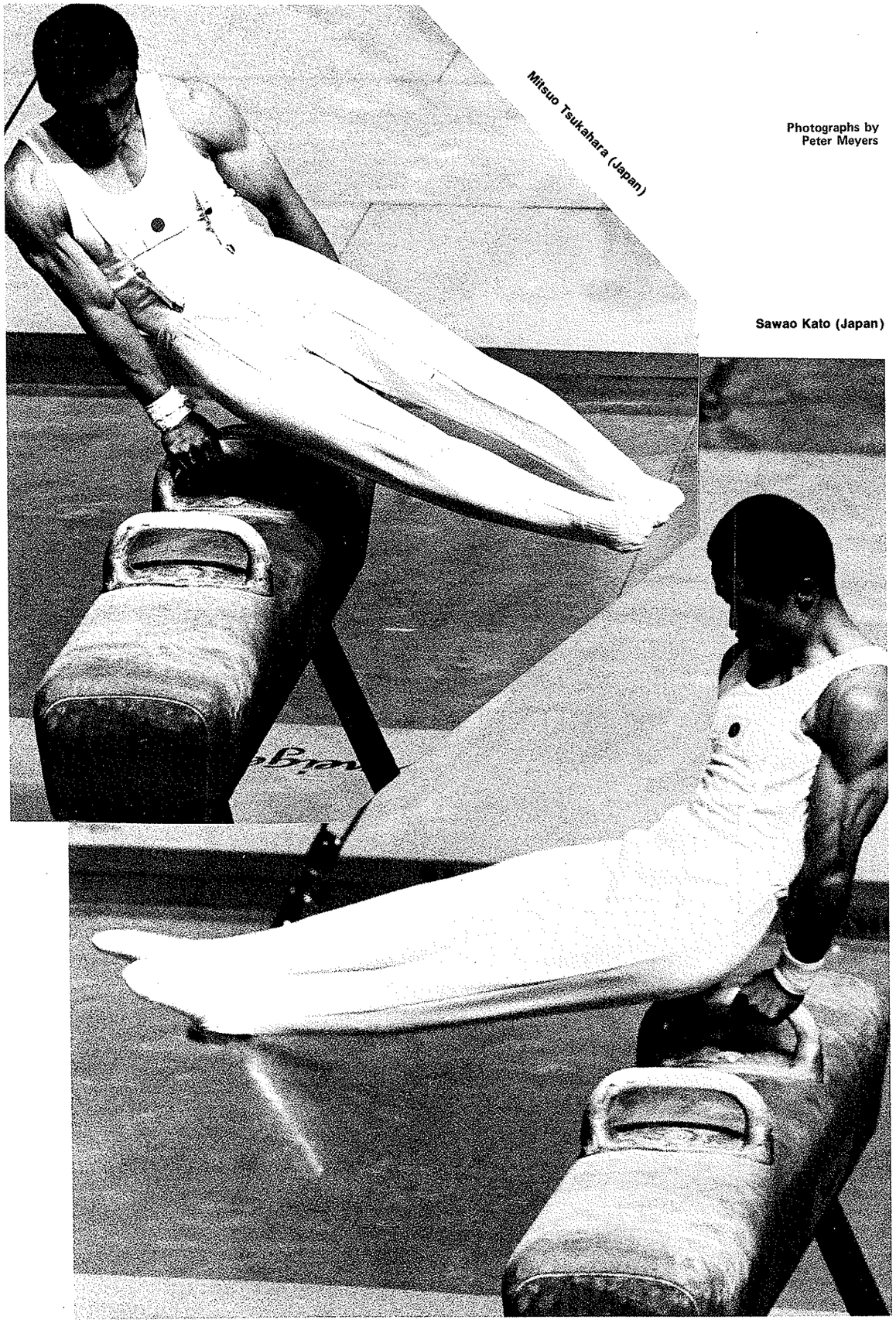
D. MARTIN
— Co organiser

MORE FROM MONTREAL

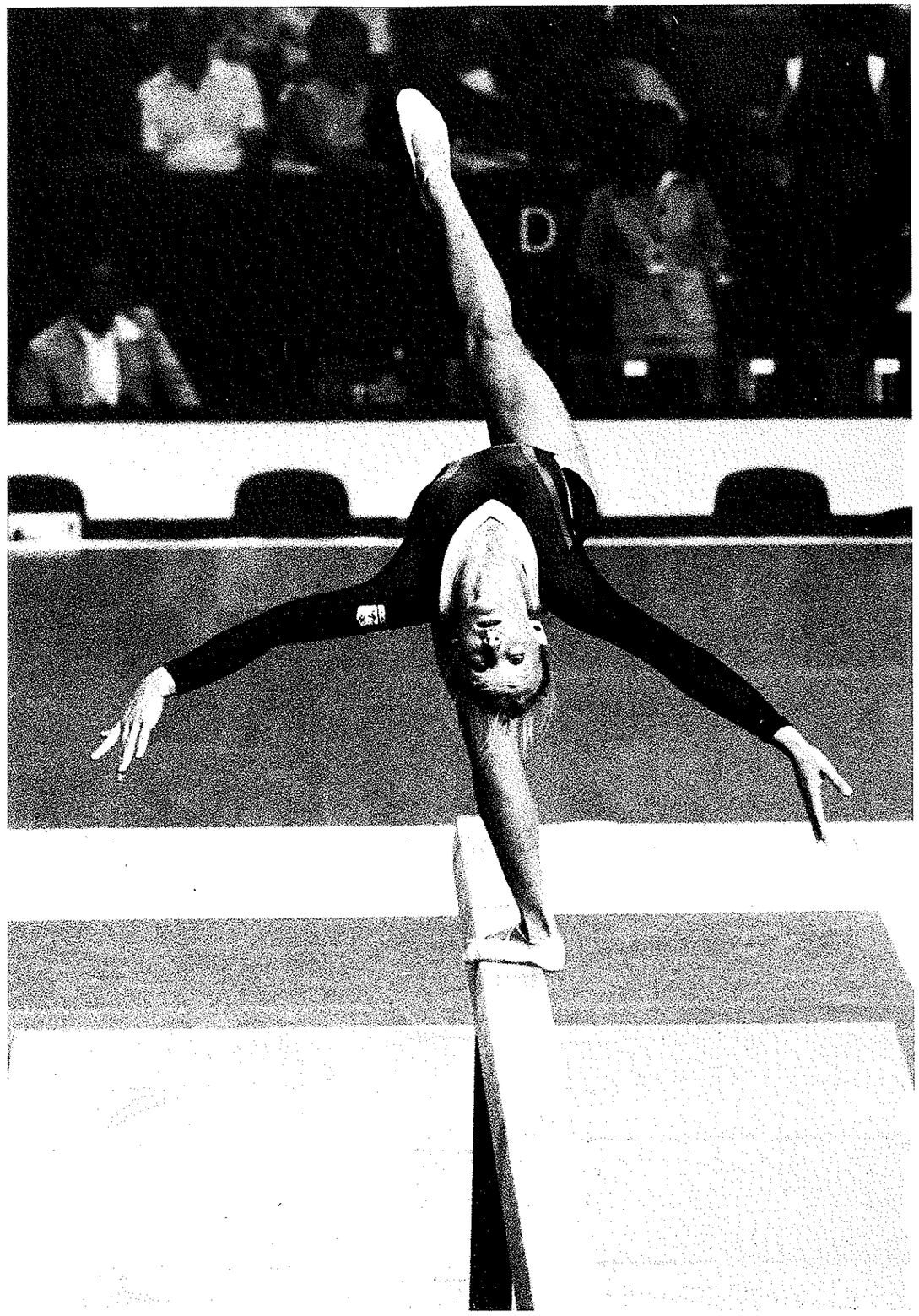
Sawao Kato (Japan) Photograph by Peter Meyers

Photographs by
Peter Meyers

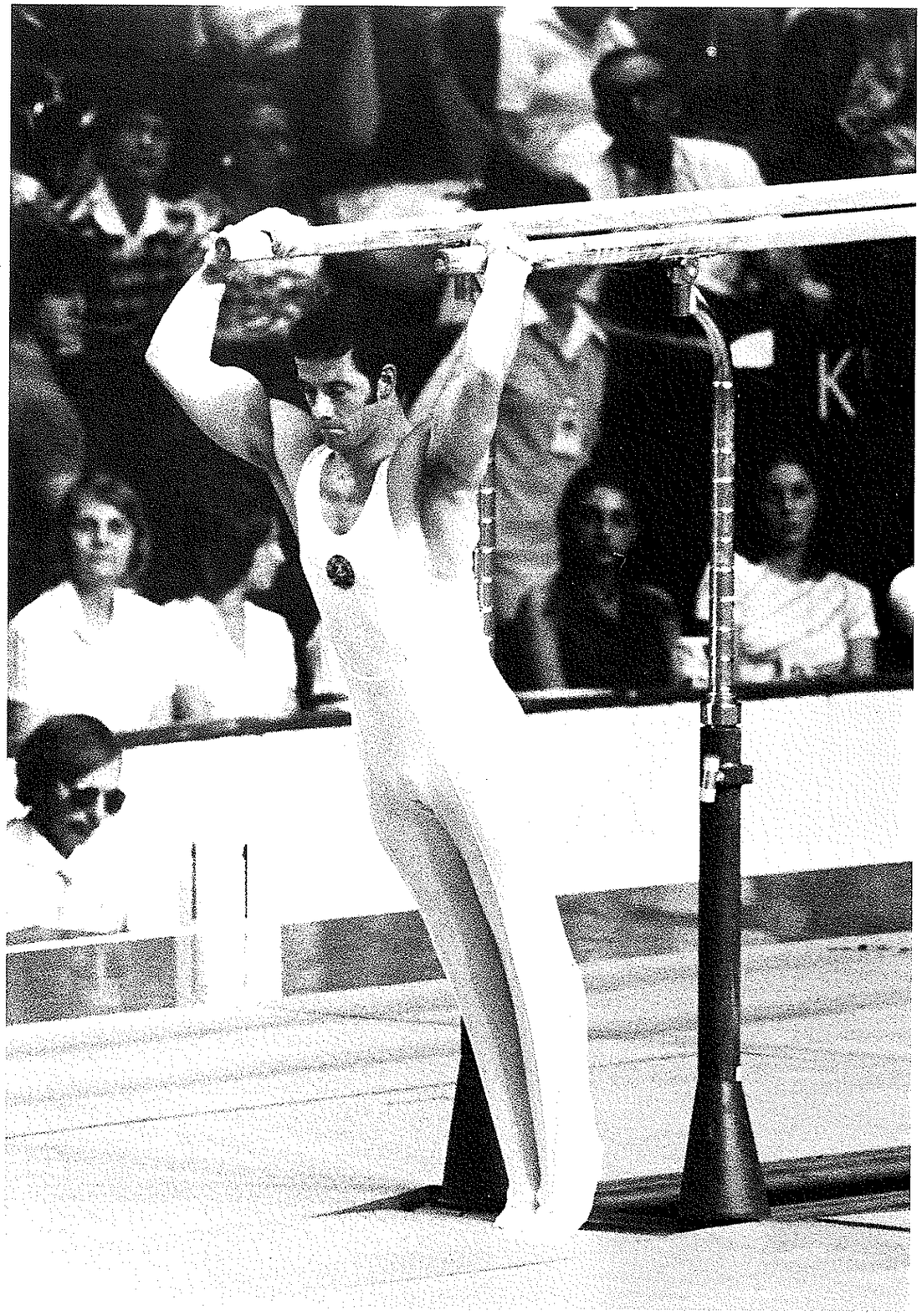
Mitsuo Tsukahara (Japan)



Sawao Kato (Japan)



Wanita Lynch (Australia)



Flexing Biceps!

Bernd Jager (East Germany)

A TRANSCRIPT FROM THE EMBASSY OF THE GERMAN DEMOCRATIC REPUBLIC, CANBERRA

GDR — SPORT

The Olympic Games in Montreal 1976 finished with all people interested in sport looking forward to the next Olympiad in Moscow in 1980.

Recently the Australian media produced a number of comments on the sportswomen and — men from the German Democratic Republic (GDR) as well as on sports in the GDR. It seems therefore necessary to throw light on some actual facts.

The sports movement of the GDR draws on the rich experience and the long tradition of the German working class sports movement. Under the socialist conditions in the German Democratic Republic sport is based on all-round promotion and on the creative co-operation of athletes and voluntary helpers. Under socialist conditions sport exists for everyone.

In the German Democratic Republic the striving for physical fitness and skills, health, well-being and efficience are as much part of the human ideal as are using sports and games for the intellectual, moral and education of people.

The well-known and in the GDR highly regarded German poet Johannes R. Becher once said that "an athlete's way of life, his training, high demands on himself and his self discipline will considerably determine the life of a new generation which will fulfill the age-long dream of the unity of body and mind and of the beauty and the omnipotence of man". So article 18 of the GDR-Constitution reads: "Physical culture, sport and tourism, as elements of socialist culture, shall serve the universal physical and intellectual development of citizens." To support this the national budget of the GDR provided in 1971 was 131,097,000 marks and in 1974 was 184,805,000 marks for sport facilities. The vote for sport and recreation will be increased by 29-31% during 1976-1980 as the 9th Congress of the Socialist Unity Party announced in May 1976.

What is done to encourage sports in the GDR? Any citizen may become a member of the German Gymnastics and Sport Federation (DTSB). The payment of monthly dues of 1.30 marks for adults, 0.20 marks for children, 0.80 marks for apprentices, students, pensioners and housewives gives each member the right to participate in any sport he chooses as often as he wants, using the facilities and equipment of the DTSB free of further charge. Nationally-owned enterprizes, agricultural co-operatives and other institutions of the national economy support all requests by responsible organizations concerning sports events, meetings, conferences and seminars. Trips made by sports groups of the DOSB or other social organizations for the purpose of sports activities by train or bus cost only 25-50% of the full fare. Members are insured against accidents during sports activities in the same way as against accidents on the job. One fifth of air-time on TV is set aside for sports coverage. There are awards like "Sports Champion" or "Honoured Sports Champion". There are competitions for the best girl athlete or the strongest apprentice as well as opinion polls on the Athlete Of The Year. There are compulsory sports lessons once a week for every pupil and student. 60% of all school children took part in regular sports outside the compulsory lessons. The Children and Youth Spartakiads have the task of creating enthusiasm for sport among youngsters up to the age of 18. They are jointly organized by the DTSB, the Free German Youth, the Pioneer Organization and the Ministry of Education. They begin with elimination contests in classes, schools and vocational schools and proceed to district— then country— and finally to national Spartakiad competitons. In 1974, 4 million youngsters participated in the Spartakiad movement.

As competitive sport is in the long term only successful when it is based on a mass sport movement, in 1975 7 million citizens of the GDR participated in mass sport competitions (population 17 million). Did you know, by the way, that about 70% of all international sports competitions are held in socialist countries?

The DTSB combines 35 sport associations and has 2.6 million members in 8,000 clubs. Its activities are maintained by 300,000 elected officials, 191,000 sports instructors and 93,000 judges/referees.

Sports facilities at the beginning of 1974 were as follows

Stadiums	306	Sports fields (larger ones)	986
Exercise fields	6,101	Gymnasiums	3,735
Sports halls	224	Ski jumps	408
Indoor swimming pools	120	Boat houses and sheds	1,396
Other swimming pools	1,086	Ice skating rinks	13
Swimming stadiums	595		
Sports homes	1,420		

The most popular sports in the GDR are (with respective association members):

Soccer (540,000), angling/fishing (373,000), gymnastics (343,000), athletics (168,000), bowling (153,000) and handball (150,000).

Within its possibilities the GDR sports movement shares its experiences with athletes and coaches from other countries. So the DTSB exchanged in 1975 1,320 sports delegations with other countries, involving 17,152 athletes. A total of 1,100 coaches from 40 developing countries were trained at the College of Physical Culture in Leipzig. The GDR is a member of 82 international sports organisations and the DTSB has agreements on co-operation in the field of sport with Sweden, France, the Federal Republic of Germany, Finland, Japan, Algeria, Iraq, and the Supreme African Sports Council.

Any suggestions that GDR athletes are using any kind of drug to keep them fit for international competitions have been proven wrong time and again by medical tests. Every sports doctor can explain there is no drug in the world that can be safely administered to athletes without either damaging his health in the long run or which affects on the individual athlete are predictable. All good results of sportswomen and —men from the GDR eventuate from hard training, the used facilities, personal ambitions, patriotic awareness etc.

The first Olympic gold medal by GDR-athletes was won by Wolfgang Behrendt in bantam-weight boxing in Melbourne in 1956. Here is a list of medals won by the athletes from the GDR (summer & winter Olympic Games):

	Gold	Silver	Bronze	Total
1956	1	4	3	8
1960	5	10	7	22
1964	5	13	5	23
1968	10	11	9	30
1972	24	26	30	80
1976	47	30	32	109

The following has been extracted from an article on Australian Sport written by Dr. Allan Coles, head of the Department of Human Movement Studies, University of Queensland and former Chairman of The Australian Sports Institute Study Group.

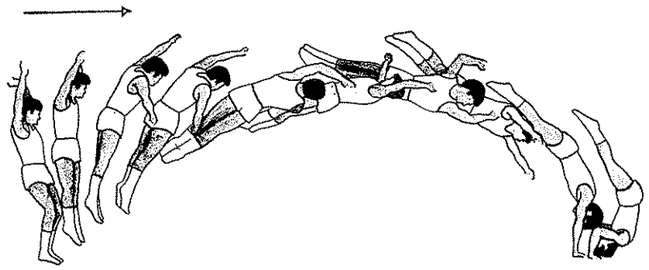
Excellence in sport and art

The recent spate of deplorably biased comment from Australian reporters, politicians and officials (but noticeably not athletes) about East European 'robots' must surely offend the much vaunted Australian sense of fairness and certainly highlights our lack of consistency with respect to excellence in our society. Is it seriously contended that after scientific analysis, potentially talented six-year-old children have been dragooned into sports schools ultimately to serve State propaganda purposes? Or that superbly developed athletes like Comaneci, Kim, Korbut, Andrianov, Tauber or Richter have not enjoyed their preparation, have not been exhilarated by their performance,s have not elevated us all with the poetry of their movement? Would we not have been proud to develop our athletes to that pitch of aesthetic excellence?

What do you think?

Editor

The Dive Roll with Full Twist



The dive roll with 1/1 twist has never been done in competition in Australia. I was quite confident that this C — Part which is not listed in the Code of Points would be shown at the 1976 National Championships by several gymnasts, especially since Don Robinson gave us all the incentive and inspiration for this movement at the National Clinic held on the Gold Coast. The dive roll 1/1 twist is a very valuable movement for any gymnast from the U16 upwards.

To make it easier for coaches and gymnasts to teach or learn, I will combine Don Robinson's method, the German method and my own method, and present them in the following part of this article.

MOVEMENT ORDER:—

Two or three running steps and dynamic jumps upwards, leaning forwards. At the same time as the jump, the arms swing upwards to shoulder height — the arm-swing initiates the 1/1 twist straight from the floor.

During the twist, the arms are tight on the chest and the head is turned in the twisting direction, but is still in a neutral position.

The gymnast has to have good body tension, being especially tight in the shoulders and hips during the twist.

After the twist is completed, the gymnast should land in a near handstand position and finish with a forward roll.

METHOD:—

Use as much supplementary equipment as you have available. Use vaulting boxes, sidehorse, normal mats, soft mats, beat boards, mini-trampoline and full size trampoline.

TEACHING:—

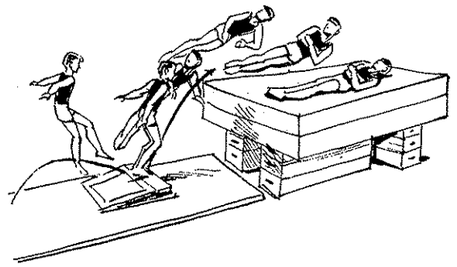
Step 1: Stand on mat or floor and execute jumps with 1/1 twist; or do the same on the trampoline.

Step 2: Same as 1, but from 2 or 4 steps run-up.

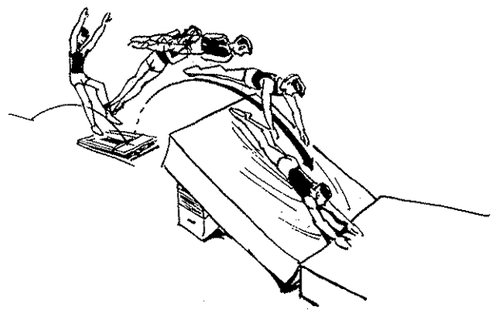
Step 3: Same as 2, but use a beat board or a mini-trampoline.

Step 4: Use 2 or 3 vaulting boxes or a full size trampoline and put a soft mat on top, put a beat board in front of it.
a) Run up, jump and land on your stomach on soft mat.
b) Jump with ½ turn to land on your back on soft mat.
c) Jump with 1/1 turn to land on stomach on soft mat —arms up.

STRAIGHT BODY AND GOOD BODY TENSION IS IMPORTANT HERE.



Step 5: Use vaulting box and soft mat in an angle on vaulting box, beat board in front of it.
Jump with 1/1 twist to land on stomach on soft mat. Arms are stretched up, ready to roll forward.

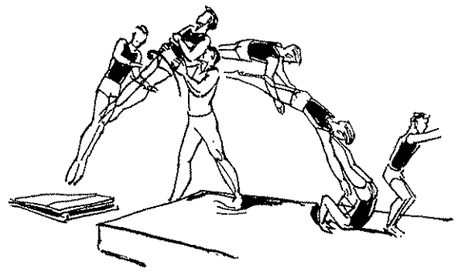


Step 6: Use sidehorse or vaulting box, rolled up mat or something similar on top of it and a springboard in front of it.
Run up and jump with 1/1 turn to land on stomach on top of mat and glide down to handstand forward roll.

Step 7: Two spotters hold a small mat from the sides. The gymnast runs up and jumps with 1/1 twist to land on stomach on the mat and handstand forward roll supported by the two spotters with the mat.

Step 8: Use a beat board, soft mat and a hand safety belt. Two spotters support the Gymnast by using the hand safety belt. To make sure that the Gymnast can execute a full twist with the belt on, he has to do the following:— with the belt around his stomach the ropes on both sides with the two spotters standing on both sides of him, he now does a full turn (walking around 1/1 turn) in the opposite direction he twists for his dive roll 1/1 twist, so that the ropes twist with him. Thus when he comes to perform the skill, the belt will untwist in the right direction.

IMPORTANT HERE AGAIN, IS STRAIGHT BODY AND THE BODY TENSION!



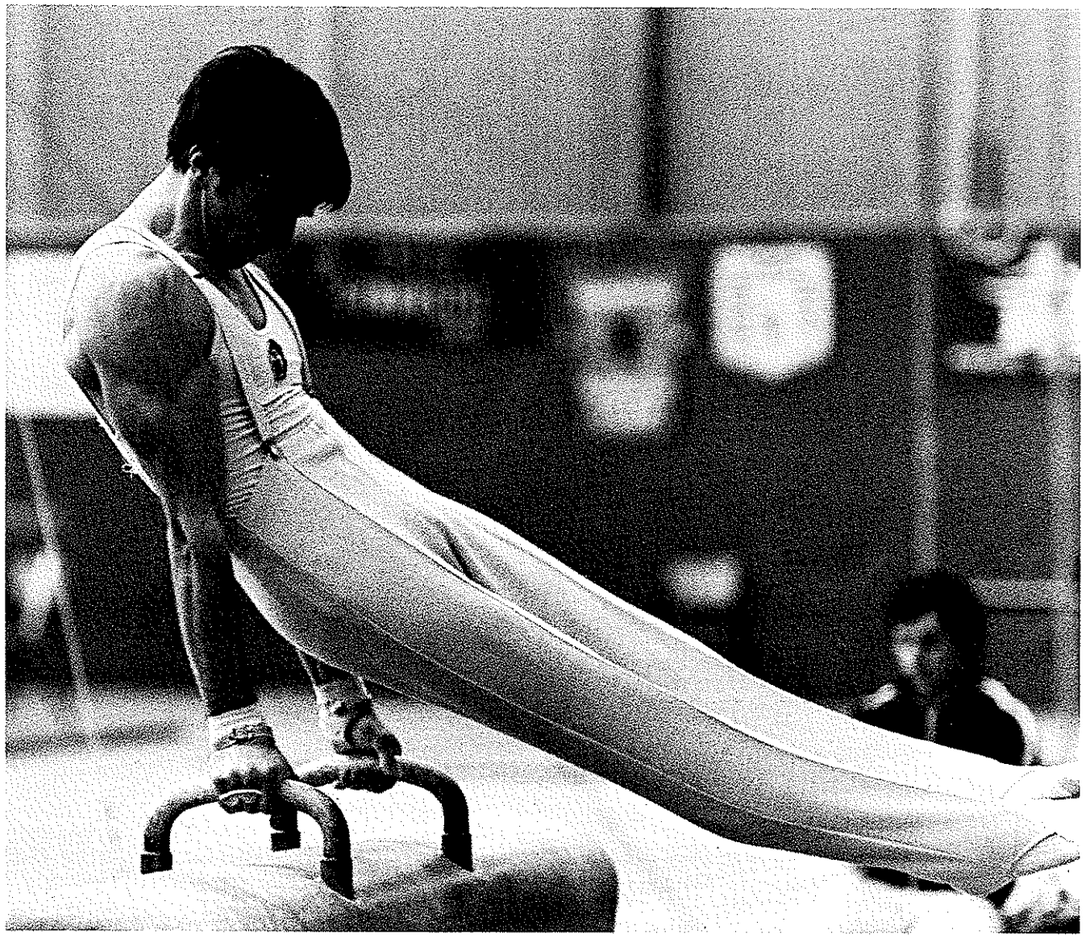
Step 9: Use a beat board and soft mat. The Coach stands in to pad the Gymnast. He supports the Gymnast on the chest and upper legs after the Gymnast has completed the 1/1 twist, and leads him into a handstand forward roll.

When the Coach feels the gymnast is mastering this stage he can gradually reduce his padding so that the gymnast can perform the skill with beat board and soft mat only.

Step 10: Same as 9, except without a beat board.
. . . We are now ready to put the dive roll 1/1 twist after:—
a) Handspring
b) Headspring
c) Front sault
d) Roundoff Arabian 1½ twisting dive roll etc.

I am looking forward to seeing this valuable, exciting movement at the next National Championships.

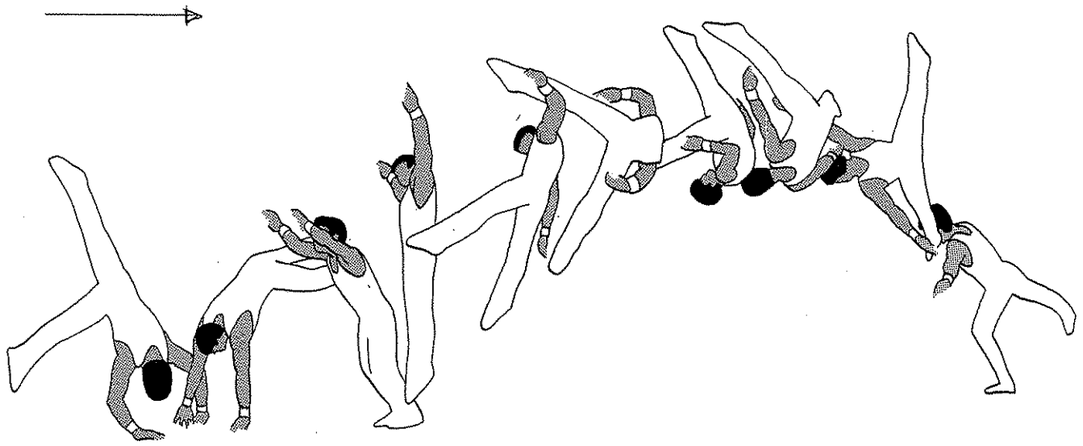
Helmut Geiblinger
(Assistant National Coaching Director N.S.W.)



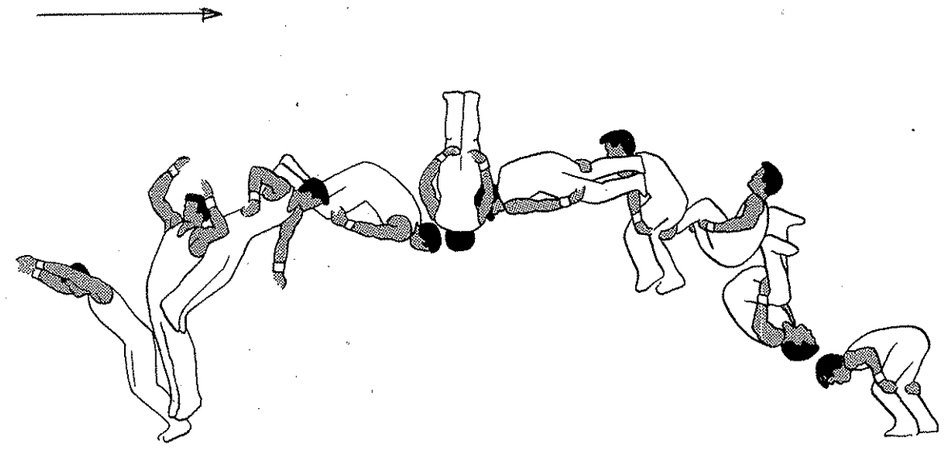
Warrick Forbes (W.A.)
Photograph by Peter Meyers

SOME MORE ADVANCED SKILLS — SEQUENCE DRAWINGS

These drawings have been kindly reproduced with the permission of Hans Georg Burandt a former member of the West German National University team.



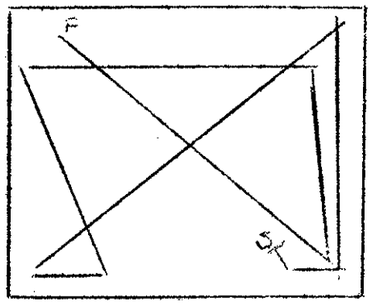
SIDE SALTO



FULL-IN DOUBLE BACK SALTO

Australian Amateur Gymnastic Union — Bronze Compulsory Floor, Text, 1977

MUSIC: Waltzing Matilda
Arranged by Dorothy M. Carroll
EXERCISE DURATION: 1 minute 17 seconds -1.00 -1.200 as per AAGU Master Tape.



(Arrow indicates direction of travel, not necessarily direction faced.)

INTRODUCTION:

Stand feet together, arms by sides. On the cue note for 1st. verse 'anticipate' the movement so that the next note corresponds with the landing of the left foot.

1st. VERSE:

'Once a jolly'
Pas de bas to the left (small spring to left onto left foot, immediately bring right foot close behind left and transfer weight with small steps on the spot, right, left); arms are raised slightly on the cue note then carried softly, left followed by right to parallel low oblique left; the head and trunk are turned slightly left.

'swagman'
With ¼ turn right step right foot forward onto toes to pose' — left leg stretched behind low oblique; right arm opens to high oblique forward, left arm to stretched back lateral.

'camped'
Step forward onto bent left leg, raising bent right leg behind, foot pointed just off the floor; turning trunk slightly to right; arms right to low back oblique, left across body to curved low oblique.

'by a bill-'
Transfer weight back to right foot opening left leg low and left arm horizontal to left side, left leg continuing to sweep behind with 3/8 turn left to place left foot back and transfer weight with demi-plie' and

'-abong'
Straightening of legs, right foot pointed forward on floor; arms from lateral softly lowering slightly then raising laterally to high oblique; with slight twist of trunk to the right, head up and to right.

'Under the shade of a coolibah tree'
Back walkover with change of legs in splits positions to land on straight left leg, straight right leg lowers to point on floor behind; arms raise from the floor softly forward to high oblique head up.

'And he'
Bend right leg, foot beside left calf, knee turned out; lowering right arm to curved low in front of the body, head inclined and shoulders turning 1/8 to right, left arm lowering to lateral.

'sang as he'
Slide right foot to right with ¼ turn of trunk to right and hop on right foot with left leg stretched low oblique behind; right arm raises to forward high oblique, left lowers to low oblique behind, head to left.

'watched and'
Pas de bas 3/4 turning to right (spring forward on left foot with ¼ turn to right, bring right foot behind left foot and transfer weight, right, left, on the spot while completing the extra ½ turn); right arm curves at vertical, left arm sweeps down by side and up forward to curved vertical; head is inclined on the first step and raises with the elevation of the left arm.

'waited till his billy boiled'
Step right foot forward; step left forward and right, left lowering arms laterally; hop on left foot passing right foot forward, arms raising forward; place right foot forward and execute.

'You'll come a-waltzing Ma-'
Round-off, 2 back flips to land feet together and rebound; arms raised forward horizontal.

'-tilda with me'
Land on right foot and quickly step back on left foot commencing 3/8 turn to right, step right foot sideways and sweep straight left leg to point on floor behind completing the turn of the trunk; left arm to lateral, right sweeping down in front of body and up laterally to high oblique, then left arm horizontally in front of body curved, forearm raised towards right, head turned towards right hand.

Chorus: 'Waltzing Matilda'
Chasse', coupe', chasse' with ¼ turn (slide/step left foot to left, left arm lowering in front of body and raising to lateral, right arm lateral; spring to replace the left foot with the right with ¼ turn left, step left foot forward lowering arms laterally to vertical.) Jetsen tournant (spring from left foot swinging right leg high forward, ½ turn to land on right leg, left leg stretched high behind, trunk erect; arms raise forwards to curve vertical, then open to curved lateral on landing in demi-plie'.)

'Waltzing Matilda'
Chasse', coupe', chasse' with ½ turn left (left, right left); arms lowering laterally to vertical on last step. Rise on toes of left foot to pose' with right leg bent, knee forward, toes behind left knee; trunk twisting to left and head up as arms raise left back and up through lateral ('til') to lateral high oblique ('da'), right forward (on 'til', and hold for 'da').

'You'll come a-waltzing Matilda with me'
Run forwards 3 steps, right, left, right; arms lower to sides then raise forwards; take-off from both feet and flyspring to land on left foot, right leg stretched high forward; arms vertical. Three quick steps forward, right, left, right; lowering arms backwards and bending legs to place left knee on floor beside right foot, left foot pointed behind, trunk and head inclined forward, arms continuing softly forward to low oblique.

'And he sang'
Stand transferring weight back to left leg through demi-plie' and straightening of legs to point right foot forward; arms opening, left slightly down then out to curved lateral, right forward up to curved high oblique, trunk slightly twisted to left, head raised and to left.

'as he watched'
Rise on toes of left leg, place right foot behind left and 5/8 turn on toes of both feet; left shoulder lowers as left arm lowers to side and raises forward curved to vertical, right to curved vertical, head follows left hand.

'and waited till his bil-'
Straighten arms turning palms forward, lower arms forward to horizontal stepping right foot forward to bent leg arabesque, left leg raised high behind; left arm continuing down and back to parallel with left leg, head remains facing forward.

'-ly boiled'
Straighten trunk and right leg lowering left leg to close behind right, on toes; right arm lowers to curved vertical in front of body, left raises to high oblique behind.

'You'll come a-waltzing Matilda with me' (8 counts)
1. Tombe' (quick drop) forward onto bent right leg, left leg stretched low behind; left arm lowers slightly behind.
2. Coupe' — cut left foot forward to replace right, swishing right leg low forward; right arm raises to curved low forward oblique, left lowers to lateral.
3. Tombe' forward with ¼ turn onto bent right leg, left leg stretched low to left side; arms lateral.
4. Step left foot close behind right continuing turn slightly left.
5. Step right foot forward; raising arms forward slightly.
6. Step left foot forward, arms forward horizontal.
7. Draw right foot to beside left on toes bending left arm, elbow forward, fingers on right shoulder.
8. Bend right arm over left, elbow forward, fingers on left shoulder.

2nd. VERSE:

'Down came a jumbuck'
Place right foot forward slightly bending the knee; right arm opening to curved forwards in front of the body, left to lateral. Full turn to right on toes of stretched right leg, left leg raised and extended behind for the first ½, then bent forwards for the second ½; right arm opens to lateral then raises to curved vertical, left lateral then lowers to oblique lateral.

'To drink at the billabong'
Step forward onto slightly bent left leg; lowering left arm to vertical, softly lowering right arm laterally to vertical, head inclined slightly. Step right foot forward on toes and draw left foot to beside right; softly raising right arm forward to vertical, head up.

'Up jumped the swagman and grabbed him with glee'
Run forward, right, left; arms to lateral; chasse', coupe', chasse', right, left, right, with ¼ turn of trunk to left; arms lowering to sides and raising left backward and right forward to high lateral oblique. Spring from right foot to dive cartwheel sideways, landing left leg the right; arms lateral; coupe sideways to left foot and step right foot sideways on toes turning 5/8 to right, placing left toes beside right knee, left knee turned out arms lateral above horizontal, head left.

'And he sung as'
Small quick step forward off left foot. Step right foot forward and hop on spot, left leg bent, knee beside right knee; arms across to low parallel right, head right.

'as he stuffed that'
Step left foot forward and hop on spot, right leg bent, knee beside left knee, arms across to low parallel left, head left.

'jumbuck in his tuckerbag'
Two running steps forward, right, left; right arm opens to lateral and both lower to sides; stag leap, right knee bent forward then extended quickly, left leg stretched back; arms raised, left to horizontal forward, right to lateral; land on right leg, step forward left, right, and ¼ turn right to close left foot beside right; lower both arms to sides then raise to low lateral oblique on the turn.

'You'll come a-waltzing Matilda with me' (8 counts)
1. Small spring on spot on right foot simultaneously pointing left foot forward on floor; left arm lateral, right arm forward horizontal, head inclined to right.
2. Hold position.
3. Hop on right foot, simultaneously pointing left foot to side on floor; right arm lateral, left arm forward horizontal, head inclined to left.
4. Hold position.
5. Close left foot behind right and transfer weight to it as right leg bends sufficiently to point toes on floor, knee turned out; right arm to low ateral oblique.
6. Rock weight onto right foot, bending left knee outward, foot pointed on floor behind right; left arm to low lateral oblique. (5 & 6 'sailor's hornpipe' bit.)
7. Small demi-plie' with weight on both feet, right in front; arms curved low forward.
8. Snap to displace feet, right back, left forward, weight on straight right leg, left leg bent, toes pointed on floor; right arm to curved vertical with palm turned up, left curved forward horizontal, palm turned out.

Chorus: 'Waltzing Matilda'
Step left foot forward, bending slightly and stretching the legs, right leg behind foot pointed on floor; arms curve in front of chest then turn palms out and open arms to stretched back oblique, head up, back slightly arched.

'Waltzing Matilda'
Step right foot forward, bending legs and curving trunk forward, head down; arms lowering backwards through vertical; then straighten legs and trunk to point left foot behind; raising arms forward left followed by right, and twisting trunk to left, head up to left; continuing arms to high lateral oblique.

'You'll come a-waltzing Matilda with me'
Run forward, left, right, left; arms lowering right forward and left backward then raising forward; hop on left foot passing right foot forward and turning trunk to left, step on left foot and dive arab wheel forward to land on left foot; arms vertical. Step right foot forward; step left foot forward and retain weight on left foot bending the knee slightly and point stretched right leg forward; left arm lowers to forward low oblique, right arm vertical.

'And he sang as he stuffed that'
Two quick pas des bas 1½ turning to the right (½ turn right on left foot; quick spring forward onto right foot and 2 quick steps left, right, to complete the ½ turn; right arm circling down forward and up to vertical; quick spring backward on left foot and 2 quick steps right left completing the ½ turn; left arm circling down backwards and up to vertical.

'jumbuck in his tuckerbag'
Run forward right, left; arms lateral; hop on left foot passing right foot forward; arms high forward; place right foot forward, round-off back flip.

'You'll come a-waltzing Matilda with me'
To land on left leg, ¼ turn right; arms high lateral oblique, step right foot sideways and side cartwheel to land on left foot, ¼ turn right; arms vertical up; step right foot forward and forward walkover to land on left foot, right leg stretched high forward, arms vertical up. Step forward right, ½ turn to left on right foot, arms lateral and sweep left leg around behind transferring weight back to left leg, right foot pointed forward on floor; arms lower laterally to sides and raise forwards, crossed in front of body to curved high forwards, wrists crossed, head up. Transfer weight forward with small demi-plie and straightening of legs, left foot pointed behind; arms lowering and separating to forward oblique, palms up.

A.A.G.U. BRONZE COMPULSORY BEAM TEXT commencing 1977.

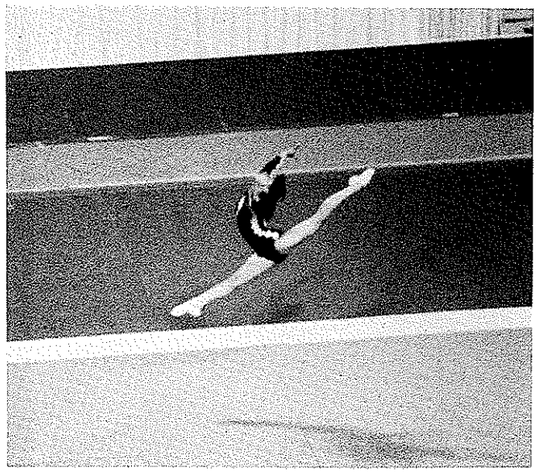
1. Mount: Run diagonally towards end of beam, and spring from left foot, momentarily placing right hand on beam to land on beam on right foot, then left foot placed just in front of right in crouch, arms high lateral oblique. Half turn in crouch, raising to a stand on the left leg, right leg stretched forward, foot pointed on beam, right arm high oblique, left arm low oblique, trunk twisted slightly to the left, head turned towards left hand.
2. Circling right forearm, transfer weight onto right leg and hop, left leg extended and raised behind, left arm remains low oblique. Step left foot forwards taking arms directly to lateral. Small quick scissor jump forwards, right leg then left, slight raising of the arms during the jump, then lower arms to supply cross forearms in front of the body, as stepping onto the left leg to raise right leg forwards into a lunge, left leg stretched behind, simultaneous opening of the arms, left forwards to high oblique, right back to low oblique — head inclined forwards.
3. With a straightening of trunk, draw left foot behind right to a stretched position the toes, arms vertical, head up. Bend to a semi squat to jump upwards, stretching and joining legs and ½ turn to land in crouch. Arms raise during jump and lower to low lateral oblique in crouch. Supply circle both arms parallel to right and up to vertical while straightening legs onto toes, continue arms down left to low in front of body and step forward onto left foot, continuously raise arms, left forward to curved vertical, right to lateral, right toes pointed behind on beam.
4. Step onto right foot (arms lateral), close left foot to just behind right and jump up raising straight left leg behind, arms high lateral oblique. Land on right foot. Step onto toe of left straight leg and raise right knee forward, arms vertical. As right leg straightens forward, quickly ½ bend supporting leg, left arm forward parallel to right leg, right arm back high oblique.
5. Step forward right, left, as arms move laterally in front of body to left. Step onto slightly bent right leg and 360° turn to the right, arms opening to lateral, left leg stretched behind and raised during the turn. Step back onto slightly bent left leg, raising straight right leg low forward, body twists to right as right arm curves behind the body and left arm curves in front of body. Straighten body and take arms to lateral as right foot steps forward.
6. Step forward onto left and take arms up to vertical and ½ turn right, quickly bend right knee and close right foot to left leg below knee, knee turned out. Immediately step forward onto right as arms lower laterally to low vertical, just behind hips, head and shoulders back. Step forward onto slightly bent left leg as body curves slightly forward and arms move forwards to horizontal forward. Raise bent right leg forward, then extend leg high forward as arms extend high forwards.
7. Step forward onto right and swing left leg then right leg up to join in handstand. Keeping arms as straight as possible, shoulders well forward and back arched, lower the pelvis to the beam with separation of legs raise straight legs forward to join in V sit with transference of hands to behind hips.
8. Bend left knee to touch toes of left foot on beam as left straight arm raises to forward high oblique, parallel to right leg. Lower right leg and ½ turn right to place right foot on beam in front of left. (Crouch position right arm forward down oblique, left arm back down oblique). As body straightens, step forward left, right, while circling right arm up back and down to raise forward to vertically up, while left arm circles down forward, up and lowers to lateral. As arms complete movement, bend left knee close to right knee raising left foot backwards. Mark position.
9. Step forward onto left and ¼ turn right. Close right foot to left on toes with a side body wave, first to the right side then left side. As right arm softly lowers right, left arm raises to high side oblique, then left moves down laterally and right up laterally as right leg raises high sideways, step into side cartwheel, landing left then right.
10. ¼ turn right, step forward left (arms lateral) step forward right through high lunge as arms lower back and down through vertical and forward up to vertical and ½ turn left on straight right leg. At finish of turn left straight leg is low forward. Take straight left leg down, back and up as arms lower forward down through vertical and out to lateral.
11. Step forward left, step forward onto right and as weight transfers to over right, arms move horizontally forward to cross in front, left leg behind, slightlybent, toes near beam. Step back onto left then right, and open arms to lateral, left straight leg forward, toes near beam.
12. Step forward left, right and bend both knees, twisting body to the right, left arm forward oblique up and right arm back oblique up. (lay head along left arm). Straighten body and step left foot forward, arms lateral, ½ turn right, weight on straight left leg. Right straight leg pointed forward, toes on beam. Right arm high lateral, left arm low side oblique, body slightly twisted to left. Head inclined to left.
13. Straighten body and take arms to lateral. (Optional preparation run).
    Dismount: Aerial Cartwheel to land facing end of beam.

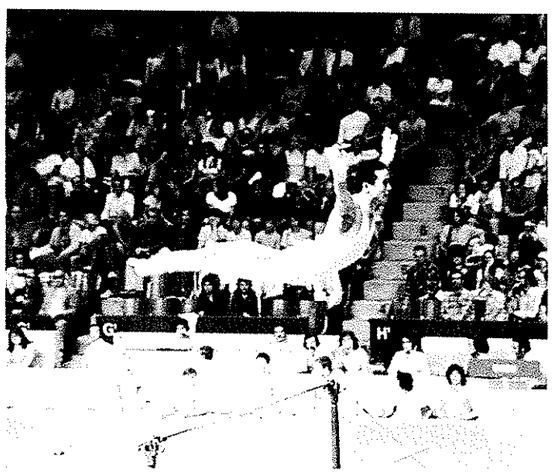
A.A.G.U. BRONZE COMPULSORY BARS commencing 1977.

From a stand behind the H.B. facing L.B.
1. Jump to glide on LB, stoop through to rear support on LB.
2. With reverse grip, rear support, seat circle forward to catch HB.
3. Short kip to HB.
4. Front hip circle on HB to front support.
5. Cast to long hang, hip circle backward on LB.
6. Hecht dismount from LB to land rearways.

A.A.G.U. BRONZE COMPULSORY VAULT commencing 1977.

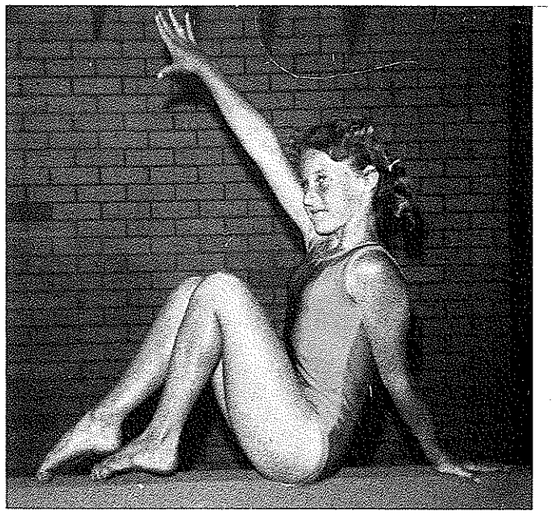
F.I.G. Vault no. 3 — HANDSPRING





SUBIACO POLICE AND CITIZENS YOUTH CLUB

Ready for Championships

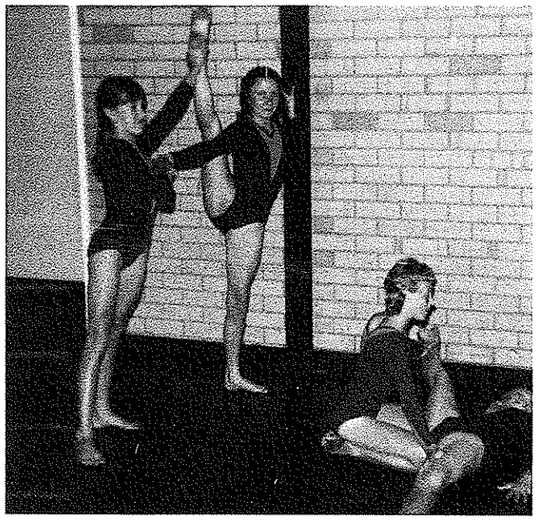


Joanne McCallum ('C'-Grade runner-up)

This club has been coached by Julie Harrison for two years. Numbers have increased from 50 to 150 and still on the increase. At present the club has members ranging from sub-juniors to 5 Bronze and 1 Silver. As in most clubs the higher level girls earn their additional training by assisting with beginners.

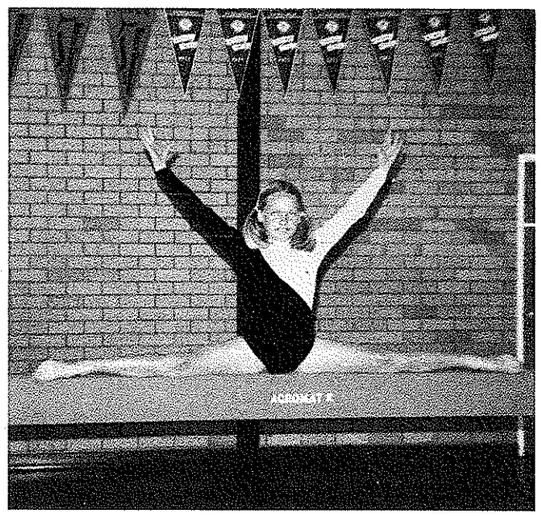
The club has a very active committee behind it. Their main effort for the year is a fete which is always most successful and this year we managed to raise $11,000.

We are fortunate to have two of the most co-operative constables supervising the club.



Warming Up!

Jenny Roberts and Kim Paddon



Julie Miller

AROUND AUSTRALIA

Queensland Report

The Q.A.G.A. Annual General Meeting held in November saw the retirement from office of Bert and Iris Dowdell along with John DeNooy and Pat Coombes. The new Treasurer is Mrs. Margaret Pridham. The positions of secretary and Men's and Women's technical advisers are still to be filled. I would like to wish Bert and Iris Dowdell all the best in their retirement retreat at Caloundra.

A girls levels test for levels 5, 6 and 7 was conducted on the Gold Coast with 79 girls from 9 clubs competing. Congratulations to all the girls who achieved the pass standard.

The Valley Police club conducted their first annual championships with Trevor Dowdell and Debbie Connell emerging as the inaugural champs. Trevor came through as 'sweet as a rose' being presented with his bunch of flowers as first prize.

Elaine and Don Martin are expecting their first child in March 1977 — Would have to be a gymnast.

Good luck to Colin and Glen Miller and Paul Edelston who are off to Kiwi land in January with the touring Australian Junior team. And a very Merry Christmas to all.

— Jeff Cheales.

NEWS FROM THE WEST

● Our judges and coaches have been kept busy with 'C' and 'B' Grade Championships for women and State U/10 and U/12 Championships for boys.

'C' Grade Results

U/10	Desma Leighton	Northern Districts	68.40
	Jay Whittaker	Bunbury	66.45
	Caroline Scott	Lynwood	65.20
U/12	Tracey Johnson	Northern Districts	69.95
	Joanne McCallum	Subiaco P & C	67.65
	Sue Konarick	Scarborough YMCA	66.95
U/14	Sandra Mumme	Swan Girls	64.20
	Sue Lewis	Kensington P & C	63.60
	Debbie George	Scarborough YMCA	63.50
U/16	Sunny Prince	Scarborough YMCA	65.45
	Mary Dracup	Busselton	62.20
	Tracey Cook	Bedford	61.70

'B' Grade Results

U/10	Desma Leighton	Northern Districts
U/12	Tracey Johnson	Northern Districts
	Diane Geer	Morley P & C
	Jenny Roberts	Subiaco P & C
U/14	Kim Paddon	Subiaco P & C
	Megan Lewis	Subiaco P & C
	Donna Brown	Swan Girls
U/16	Karen Dancer	Swan Girls
	Karen Wales	Morely P & C
	Cathy-Lee Ryan	Swan Girls

● The W.A.A.G.A. had its Annual General Meeting in November. The following positions were filled:

President	Sgt R. Crane
Vice President	Mr B. Thompson
Vice President	Mrs M.J. Iddon
Secretary	Mrs I. Harrison
Treasurer	Mr P. King
Men's Technical Advisor	Mr B. Winfield
Women's Technical Advisor	Mrs C. Birch

● Congratulations to Suzette Johnson (Cork) and husband and Barry Winfield and wife on the arrival of their second child — in both cases a daughter.

● We extend our best wishes to all the members of the team for the New Zealand boys tour and the Hawaii girls tour.

● We wish everyone a Merry Christmas and a Happy New Year.

Julie Harrison

Victorian Viewpoint

● Kazuya Honda along with Susumo Kamatsuka (Shin) have generated tremendous interest in gymnastics in Victoria. At a recent clinic 96 boys from 21 clubs attended and all benefited from the knowledge of these two excellent P.E. teachers. Both are true gentlemen and a credit to their country and the sport. We are all hoping that Kazu's return to Japan will be a short one and he will be able to obtain his working permit to migrate to Australia.

● Congratulations to Murray and Del Chessell on the birth of their second child — Another gymnast in the making.

● The V.A.G.A. Annual General Meeting returned Alastair Low as President again. The executive remained basically the same, with the addition of Barry Nelson (Treasurer) taking over from Graham Heath. Graham has served the Association well in a number of roles (including President) and we thank him sincerely for his efforts.

● With our Senior men gearing up for action, we would like to issue a challenge match on the new compulsory exercises to S.A. in March of 1977. The terms of reference to be negotiated.

● Good luck to the girls and boys touring Hawaii and New Zealand respectively. Only good can come from these tours.

● In wishing everyone a Merry Christmas I would like to convey special thanks to Peter Meyers (photographer) for his magnificent work during the year and look forward to hearing from you all again next year.

Rod Sinclair

Highlights From S.A.

— A most successful coaches and gymnasts clinic held at Western Youth Centre with the invaluable assistance of Messrs. Honda and Kamatsuka.

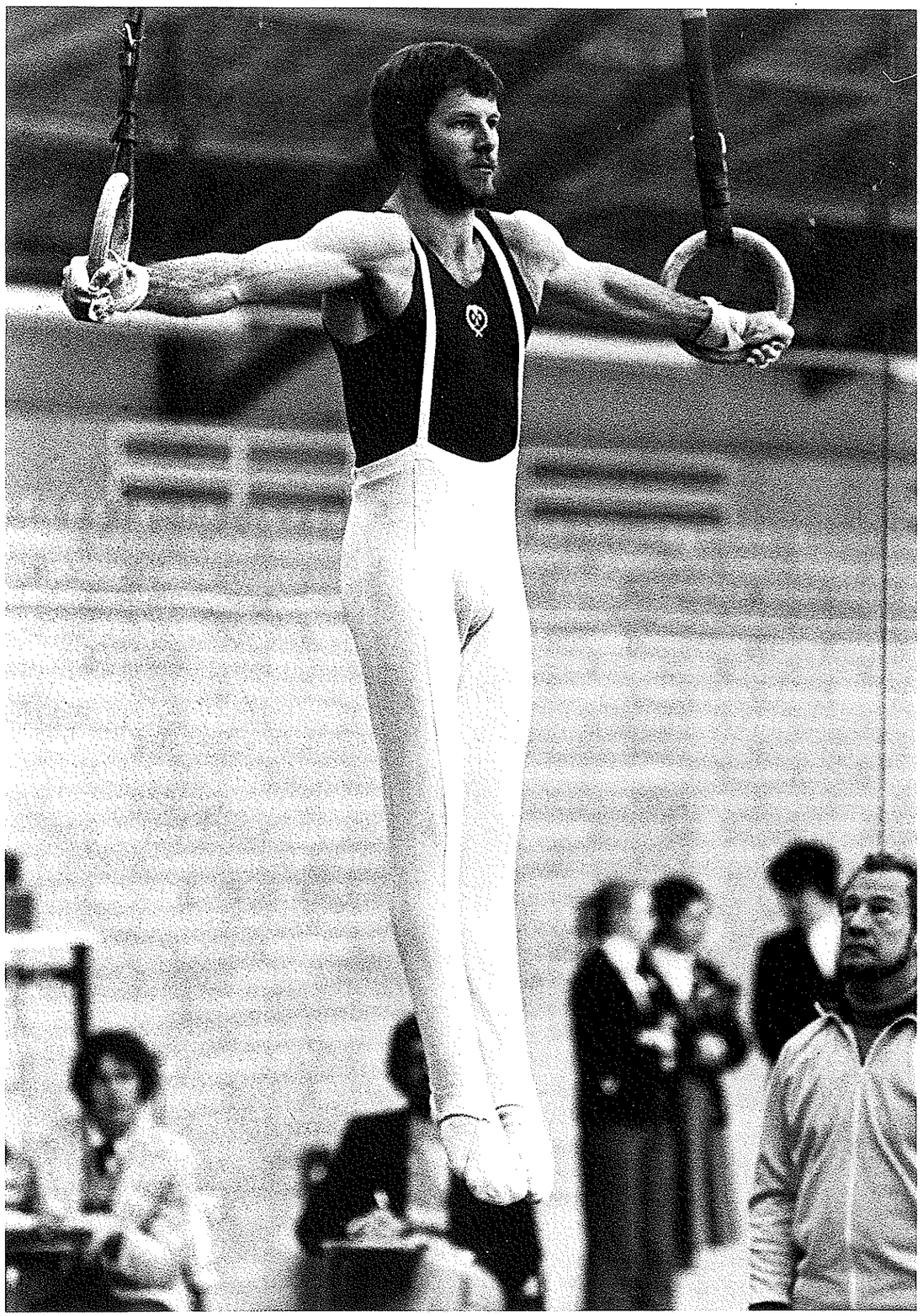
— Another display at Norwood Oval was excellently received.

— The S.A.A.G.A. Annual General meeting returned the same executive with one exception. Mike Swift (Seacliff Youth Centre) takes over from Roland Dohler as Treasurer.

— There has been a continued growth in members this year. There are now 550 competing gymnasts from 28 clubs registered with the Association. Many of these clubs however have long waiting lists due to the shortage of instructors.

Best wishes for the Christmas period and looking forward to an even more successful year in '77.

Peter Sharpe



Peter Sharpe (S.A.)

Well I've finally done it! I've put a picture of 'Sharpie' in the Australian Gymnast. I apologise to all the good gymnasts of Australia but it's good to see the S.A. News Editor demonstrating so much strength.

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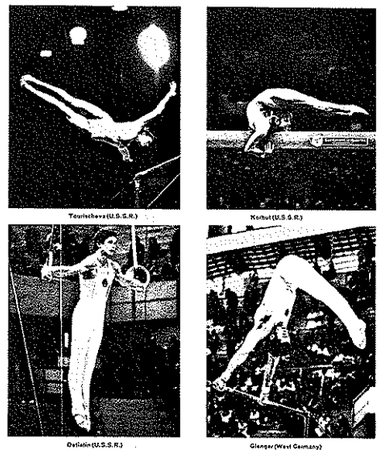

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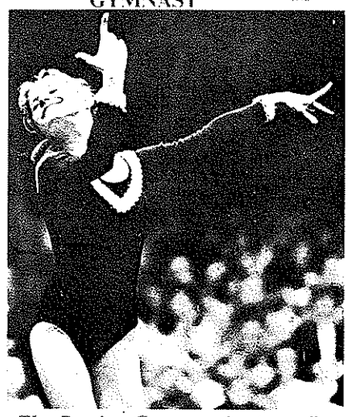

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