

HISTORY OF AESTHETIC GROUP GYMNASTICS



Aesthetic group gymnastics is competitive sport that is over 100 years old. At first the sport was called women's group gymnastics, but at 1996 the English name for this sport became Aesthetic Group Gymnastics AGG. This name describes the sport perfectly.

In Finland have been organized AGG competitions and national championships since 1950's. In 2000 IFAGG has the first World Championships.

Women's group gymnastics was also one sport already in Antwerpen's Olympic Games in 1920



Women Group Gymnastics team of Finland in Antwerpen's Olympics in 1920.



Group Gymnastics (later called Aesthetic Group Gymnastics) in 1920 in Finland.

Group Gymnastics in 1936 in Finland.



*Women's Group Gymnastics (later Aesthetic Group Gymnastics) in 1952 in Finland.
Finnish Champions.*

Aesthetic Group Gymnastics has very long history and in 1996 Finland began to spread this sport to other countries by organizing the first international competitions in AGG. In 2000 was the first World Championships and in 2003 was founded the international Federation of AGG.

THE PHILOSOPHY OF THE AGG

Aesthetic Group Gymnastics is gymnastics sport that needs both skills and artistic appeal. In AGG music, the idea of the composition and expressiveness together with gymnastics skills form an aesthetic wholeness. AGG requires good physical and technical skills.

AGG Competition rules define the originality of this gymnastics sport. Aesthetic group gymnastics is based on stylized, natural total body movements where the hips form the basic movement centre. A movement performed with one part of the body reflects in the whole body.

The philosophy of the sport is founded on harmonious, rhythmic and dynamic movements performed with economic and natural use of strength. Harmonious movements flow naturally from one movement to the next as if they were created by the previous movement. All movements must be performed fluently. Execution must show amplitude, variety in the dynamics and variety in the speed.

AGG is traditionally sport for women, but now it is allowed also males to compete in AGG.

The ethics in every area of our activity is extremely important in this sport.

The healthy aspect of this sport are important and AGG competition rules requires these aspect to be followed and included to the programmes and training.

Healthy aspects has been also traditionally included to AGG over 100 years now. The AGG's Finnish grand old ladies between 1935 - 1960 has founded several sport Academies that are still today active and one important reason besides sport education was the health of the women!

AGG is top sport. In IFAGG we have mission: Skills, art and top sport!

AGG is sport that you can begin when you are under 5 years old. The first age category is for gymnasts 8 – 10. The gymnast in their best when they are adults' age between 18 – 30.