**Gymnastic bodies pdf** 

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message) Rhythmic gymnasticsRhythmic gymnasticsRhythmic gymnasticsRhythmic gymnasticsContactNoMixed-sexNoTypeGymnastic gymnastic gymnasticsRhythmic gymnasticsRhythmi
from Greece in Sydney 2000 Rhythmic gymnastics is a sport in which gymnastics is a sport in which gymnastics is governed by the International
Gymnastics Federation (FIG), which first recognized it as a sport in 1963.[2] It became an Olympic sport in 1984, with an individual all-around event.[2][3] The group all-around competition was added to the Olympics in 1996.[2][8] at the international level, rhythmic gymnastics is a women-only sport. The most prestigious competitions, besides the
Olympic Games, are the World Championships, World Games, European Championships, European Games, the World Cup Series and the Grand Prix Series and the Grand Prix Series and the Grand Prix Series, balances, and rotations along with handling the apparatus.[3]
History Two-time Olympic Champion Evgenia Kanaeva (2008 Beijing and 2012 London) Rhythmic gymnastics grew out of the ideas of Jean-Georges Noverre (1727–1810), François Delsarte (1811–1871), and Rudolf Bode (1881–1970), who all believed in movement expression, where one used dance to express oneself and exercise various body parts.
Peter Henry Ling further developed this idea in his 19th-century Swedish system of free exercise, which promoted "aesthetic gymnastics", in which students expressed their feelings and emotions through body movement. This idea was extended by Catharine Beecher, who founded the Western Female Institute in Ohio, United States, in 1837. In
Beecher's gymnastics program, called "dance without dancing", the young women exercised to music, moving from simple calisthenics to more strenuous activities. In 1885, Genevieve Stebbins published her first book, The Delsarte System of Expression. She went on to develop "harmonic gymnastics", which enabled late nineteenth-century American
women to engage in physical culture and expression, especially in the realm of dance. Stebbins provided the means, rationale, and model for what could be accepted as the appropriate practices for middle and upper-class women. During the 1880s, Émile Jagues-Dalcroze of Switzerland developed eurhythmics, a form of physical training for musicians
and dancers. George Demeny of France created exercises to music that were designed to promote grace of movement, muscular flexibility, and good posture. All of these styles were combined around 1900 into the Swedish school of rhythmic gymnastics, which would later add dance elements from Finland. Around this time, Ernst Idla of Estonia
established a degree of difficulty for each movement. In 1929, Hinrich Medau founded The Medau School in Berlin to train gymnastics began in the 1940s in the Soviet Union. The FIG formally recognized this discipline in 1961, first as modern
gymnastics, then as rhythmic sportive gymnastics, and finally as rhythmic gymnastics. The first World Championships for individual rhythmic gymnastics was added to the 1984 Summer Olympics in Los Angeles, with an
individual all-around competition. However, many federations from the Eastern European countries were forced to boycott by the Soviet Union, in a way similar to the boycott forced on many nations by the United States of the 1980 Moscow Summer Olympics. Canadian Lori Fung was the first rhythmic gymnast to earn an Olympic gold medal. The
group competition was added to the 1996 Summer Olympics in Atlanta. The Spanish team won the first gold medal of the new competition with a team formed by Estela Giménez, Marta Baldó, Nuria Cabanillas, Lorena Guréndez, Estíbaliz Martínez and Tania Lamarca. The gymnast (L-R) Alina Kabaeva (bronze), Yulia Barsukova (gold) and Yulia
 Raskina (silver) at 2000 Sydney Olympics Rhythmic gymnastic toe shoes Olympic rhythmic gymnastics is typically restricted to female participants, although Japan has begun developing programs in which men can compete. In France, men are allowed to participants, although Japan has begun developing programs in which men can compete. In France, men are allowed to participants, although Japan has begun developing programs in which men can compete.
men's program has yet to be formally recognized by the FIG, however, and men cannot compete in the Olympic Games and other major international competitions on January 1 of their 16th year (For example, a gymnast born on 12-31-2008).
would be age eligible for the 2024 Olympics). Gymnasts in Russia and Europe typically start training at a very young age and those at their peak are typically in their late teens (15–19) or early twenties, but since 2004[citation needed] it is common to see gymnasts achieving their peak after reaching their twenties. Top rhythmic gymnasts must have
good balance, flexibility, coordination, and strength, and must possess psychological attributes such as the ability to compete under intense pressure, in which one mistake can cost them the title, and the discipline and work ethic to practice the same skills over and over again. Currently a gymnast can perform in the individual event or in the group
event. They perform routines in 12 x 12 meter areas, accompanied by music (recorded or played by music (recorded or played by music are consisted of five gymnasts, but originally six gymnasts or gymnasts, but originally six gymnasts, but originally six gymnasts or gymnasts, but originally six gymnasts, but originally six gymnasts or gymnasts, but originally six gymnasts or gymnasts, but originally six gymnasts or gymnasts.
than the individual one, which is one minute and a half. In competitions, female participants typically wear leotards and rhythmic gymnastic toe shoes. Apparatus are sanctioned. Hoop and rope were the first apparatus used at World
Championships, followed later by ball, ribbon and clubs. For 2011, rope was dropped for senior national individual competition. In 2015. Rope appeared in junior national group competition in 2011–2012.[4] In 2017, rope appeared in senior group
competition. Freehand was an event for the four first World Championships before being dropped and only used in local competitions, usually for the youngest levels. Since 2011, senior individual gymnasts perform four different routines with a single apparatus and
one with mixed apparatus (for example, a routine with 5 hoops and a routine with 5 hoops and a routine with 5 hoops and a routine with 5 ribbons). For junior individual gymnasts, the FIG selects four out of the five possible apparatuses. Junior groups perform two different types of apparatus (for example, a routine with 5 hoops and a routine with 5 ribbons). As of 2017
rhythmic gymnastics equipment used in F.I.G. sanctioned events must come have the F.I.G. logo on the apparatus. Mónica Ferrández with a rope Rope It may be made of hemp or a synthetic material that retains the qualities of lightness and suppleness. Its length is in proportion to the size of the gymnast. When the middle of the rope is held down by
the feet, both ends should reach the gymnasts' armpits. One or two knots at each end are for keeping hold of the rope while doing the routine. At the ends (to the exclusion of all other parts of the rope) an anti-slip material, either coloured or neutral may cover a maximum of 10.0 cm (3.9 in). The rope must be colored, either all or partially. It may be
either of a uniform diameter or be progressively thicker in the center provided that this thickening is of the same material as the rope. The fundamental requirements of a rope routine include leaps and skipping. Other elements include swings, throws, circles, rotations and figures of eight. Since 2011, the FIG decided to nullify the use of rope in
senior individual rhythmic gymnastics competitions. Before 2013, jumps and leaps were the Compulsory Body Movement Groups (dominant in the exercise). Customization: Ropes can be color dyed. It is not common practice because the majority of the paints are water-based and can start coming off with sweat. Marta Bobo with a hoop Hoop A hoop
may be made of plastic or wood, provided that it retains its shape during the routine. The hoop is chosen based on the gymnast's size and should not extend beyond the hip bone when placed standing up on the floor. The interior diameter is from 51 to 90 cm and the hoop must weigh a minimum of 200g. Children and hope divisions, a minimum of 225 may be made of plastic or wood, provided that it retains its shape during the routine. The hoop is chosen based on the gymnast's size and should not extend beyond the hip bone when placed standing up on the floor. The interior diameter is from 51 to 90 cm and the hope divisions, a minimum of 225 may be made of plastic or wood, provided that it retains its shape during the routine.
grams.[5] The hoop may be of natural color or be partially or fully covered by one or several colors, and it may be covered with adhesive tape either of the same or different color as the hoop. Fundamental requirements of a hoop routine include rotation around the hand or body and rolling, as well as swings, circles, throws, and passes through and
over the hoop. Customization: Hoops are often customized using colored tapes to match the design of the leotards.[6] Margarita Mamun with a ball Ball It is made of either rubber or synthetic material (pliable plastic) provided it possesses the same elasticity as rubber. Senior and junior gymnasts is 18 to 20 cm in diameter and must have a minimum
weight of 400g. The ball can be of any color. The ball routine include throwing, bouncing or rolling. The gymnast must use both hands and work on the whole floor area whilst showing continuous flowing movement. The ball is to
emphasize the gymnasts flowing lines and body difficulty. Before 2013, flexibility and waves were the Compulsory Body Movement Groups (dominant in the exercise). Arancha Marty with clubs Clubs Senior and junior clubs must weight a minimum of 150 grams per club.
Multi-piece clubs are the most popular clubs. The club is built along an internal rod, providing a base on which a handle made of polyolefin plastic is wrapped, providing an airspace between it and the internal rod. This airspace between it are also airspa
Multi-piece clubs are made in both a thin European style or larger bodied American style and in various lengths, generally ranging from 19 to 21 inches (480 to 530 millimetres). The handles and bodies are typically wrapped with decorative plastics and tapes. Clubs are thrown from alternate hands; each passes underneath the other clubs and is
caught in the opposite hand to the one from which it was thrown. At its simplest, each club rotates once per throw, the handle moving down and away from the throwing hand at first. However, double and triple spins are frequently performed, allowing the club to be thrown higher for more advanced patterns and to allow tricks such as 360s (channes)
to be performed underneath. Before 2013, balances were the Compulsory Body Movement Groups (dominant in the exercise). Viktoria Stadnik with a ribbon itself must be at least 35 g (1.2 oz), 4-6 cm (1.6-2.4") in width
and have a minimum length of 6m (20') for seniors and 5m (16.25') for juniors. The ribbon must be in one piece. The end that is attached to the stick is doubled for a maximum length of 5 cm is authorized. This extremity
may end in a strap, or have an eyelet (a small hole, edged with a buttonhole stitch or metal circle), to permit attachment such as thread, nylon cord, or a series of articulated rings. The attachment has a maximum length of 7 cm (2.8"), not counting the strap or metal ring at the
end of the stick where it will be fastened. Compulsory elements for the ribbon include flicks, circles, snakes and spirals, and throws. It requires a high degree of co-ordination to form the spirals and circles as any knots which may accidentally form in the ribbon are penalized. During a ribbon routine, large, smooth and flowing movements are looked
for. The ribbon may not stop moving or else points are taken off. Before 2013, pivots were the Compulsory Body Movement Groups (dominant in the exercise). Ribbon is also known as the hardest apparatus in Rhythmic gymnastics. Scoring system In rhythmic gymnastics, competitions exercises are evaluated by parameters which are reviewed every
four years, the system defining the FIG Code of Points. After each Olympic games, the scoring process is modified. Code of Points In the Code of Points In the Code of Points (2022–2024), the final score of a routine is the sum of the difficulty, execution, and artistry scores. Penalties incurred are deducted from the final score. The difficulty score is open-ended with no
maximum, while the execution and artistry scores have a starting value of 10 points. There are penalties which are applied by subtracting points from the final score for specific mistakes made by the gymnast. Difficulty consists of body difficulties (jumps, balances and rotations), dynamic elements with rotation (commonly known as risks), dance step
combinations (for individual gymnasts and groups), and apparatus difficulty score is evaluated during the routine without a predetermined difficulty sheet, unlike with previous Codes. Each difficulty component has an assigned value, which accumulate
throughout the routine, resulting in the final difficulty score. Execution is the degree to which the gymnast perfection. Scoring is not subjective. First, the unity and character of the composition, harmony with the music, body expression and the variety in the use of space and apparatus elements, among others
are evaluated; next, the technical handling of the apparatus (like catching the head with one hand and not two, not losing the apparatus, etc.) are evaluated. Errors or deviations from the perfect model of conduct accumulate and are
assigned specific penalty values, which are subtracted from the starting value (an execution score of 10 represents a perfect execution matching the model, without error). Finally, Penalties are taken by the time, line, and coordinator judges. Possible penalties include: The gymnast leaving the floor area The apparatus leaving the floor area The
exercise being longer or shorter than the acceptable length for individual, and 2'15" to 1'30" is the required length for individual, and 2'15" to 2'30" is the required length for group) Music not conforming to the exercise Verbal
communication between group gymnasts during the exercise Grabbing a new apparatus from the side of Points was published in 1970. Since then, rhythmics gymnastics has known 15 different codes (1970–1971, 1971–1972, 1973–1976, 1977–1980
1981–1984, 1985–1988, 1989–1992, 1993–1996, 1997–2000, 2001–2004, 2005–2008, 2009–2012, 2013–2016, 2017–2021, 2022–2024). Since 1984 and the first appearance at the Olympics, the Code of Points is renewed after each Olympics. In the decades of the 60s and 70s, scoring emphasized the artistic side, with little emphasis on difficulty. In the
80s new difficulty elements were introduced to give greater prominence to flexibility and risk releases, and to encourage originality with emerging new devices. In 1985 the score was composed of: Composition (Technical + Artistry) was scored on 5 points and Execution was scored on 5 points. In 1997, the Code of Points was significantly changed, by
dividing the score into Artistry (based on 5 for individuals or 6 points for groups), Technical (based on 5 points for individuals or 4 points for groups) and Execution (based on 5 points for individuals or 4 points for groups) are the perfect score being 10 points for groups). The perfect score being 10 points for groups are the perfect score being 10 points for groups. In the late 90s, there was an appearance of gymnasts whose exercise flexibility was used as
a main element (Yana Batyrchina or Alina Kabaeva for example), which motivated a major change in the Code in 2001-2004 Olympic cycle, one difficulty could be composed of 2-3 difficulties; 18 maximum during the 2005-2008 Olympic cycle) and reduced the value
of the artistic element, which was now combined with apparatus difficulty (also known as mastery) and risks. The final mark was then obtained by adding notes Difficulty (or Technical before 2005), Artistry and Execution, each with a maximum value of 10 points, so the final score would be a maximum of 30 points. During the Olympic cycle 2005–
2008, the final score would be a maximum of 20 points to join the average grade of Difficulty and Artistry. In 2009 the code was subjected to another important change. The final mark was obtained by adding notes Difficulty (12 difficulties with the body, masteries and risks), Artistry and Execution, each with a maximum value of 10 points, so the final
score would be a maximum of 30 points. In 2013, the code introduced the Dance steps combination and an Execution score taking into account both technical and artistic execution. The score then was on 20 points with 10 points for Execution
(technical and artistic penalties). The 2017 code was very similar, with a difficulty strictly limited and differences among the best gymnasts heavily determined by the execution. Therefore, in 2018, the Difficulty strictly limited and differences among the best gymnasts heavily determined by the execution.
Federation (FIG), the only official competitions in which rhythmic gymnastics events are contested globally are: the World Cup final and World Cup
Olympic Games were held in 2000, 2004, 2008, 2012 and 2016, and were also officially organized by the FIG.[8][9][10] Since 2019, Junior World Championships are held every two years. The nations which have earned at least one medal in official FIG competitions are:[11][12] Argentina[13] Austria[14] Azerbaijan[15] Belarus[15] Brazil[16]
 Bulgaria[15] Canada[17] China[18] Czechoslovakia[19] East Germany[20] Egypt[21] Estonia[22] Finland[23] France[24] Georgia[25] Germany[16] Kazakhstan[28] Latvia[29] Mexico[30] North Korea[31] Poland[23] France[24] Georgia[25] Germany[16] Kazakhstan[28] Latvia[29] Mexico[30] North Korea[31] Poland[23] France[24] Georgia[25] Germany[16] Kazakhstan[28] Latvia[29] Mexico[30] North Korea[31] Poland[23] France[24] Georgia[25] Germany[26] Egypt[21] Estonia[27] France[28] Latvia[28] Latvia[28] Latvia[28] Latvia[28] France[28] France[28] Estonia[28] Estonia[28]
Union[17] Spain[16] Switzerland[18] Ukraine[17] United States[33] Uzbekistan[28] West Germany[19] Major rhythmic gymnastics tournaments not officially organized by FIG include the European Championships (as well as its junior division), the European Games, the Grand Prix series and the competitions at the Summer Universidae.[34] Also
continental championships are held in the Americas and Asia, as well regional multi-sport events in which rhythmic gymnastics is part of the program, such as the Pan American Games and the Asian Games. Major defunct championships or competitions in which rhythmic gymnastics events were held include the European Cup Final, the European
Team Gymnastics Championships, the Goodwill Games, and the Four Continents Gymnastics has been dominated by Eastern European countries, especially the Soviet Union (Post-Soviet Republics of today) and
Bulgaria. The two countries were in rivalry with each other before the dissolution of the Soviet Union. Soviet Union in 1991, Soviet Union in 1991, Soviet Union Galina Shugurova Before the breakup of the Soviet Union in 1991, Soviet Union in 1991, Soviet Union in 1991, Soviet Union Galina Shugurova Before the breakup of the Soviet Union in 1991, Sovi
gymnast Ludmila Savinkova and in 1967 in Copenhagen, Denmark the first Group Championships was also won by the USSR. Other Soviet to win the Olympic Games in the 1988 Seoul Olympics. In 1991, The
Unified Team was formed and saw a competition of the two Soviet/Ukrainian gymnasts, Olexandra Tymoshenko and Oxana Skaldina at the 1992 Summer Olympics in Barcelona. Other notable Soviet gymnasts include: Tatiana Kravtchenko, Liubov Sereda, Alfia Nazmutdinova, Natalia Krachinnekova, Irina Devina, Elena Tomas, Irina Gabashvili, Inessa
Lisovskaya, Dalia Kutkaitė, Venera Zaripova, Galina Beloglazova, Anna Kotchneva and Tatiana Druchinina. Bulgaria has won 10 individual World
Titles with its star gymnasts Maria Gigova (3 time World AA Champion), Neshka Robeva and Kristina Guiourova, The 1980s marked the height of Bulgarian success known as the Golden Girls of Bulgarian success known as the Golden Girls of Bulgarian success known as the Holeya and Kristina Guiourova, Adriana Dunavska and Elizabeth Koleya
dominating the World Championships. Bianka Panova became the first rhythmic gymnast to make a clean sweep of all five individual events at a World Championship by attaining full marks. She also became the first rhythmic gymnast to make a clean sweep of all five individual events at a World Championship by attaining full marks. She also became the first rhythmic gymnast to make a clean sweep of all five individual events at a World Championship by attaining full marks.
of 8) at a World Championship, and received the trophy personally from the President of the International Olympic Committee at the time, Juan Antonio Samaranch. The early 1990s were marked by the full domination of Maria Petrova, 3 time World AA Champion and 3 time European AA Champion. Other notable gymnasts include Mila Marinova,
Dimitrinka Todorova and Diana Popova. The early 2000s marked the decline of individual rhythmic gymnasts of Bulgaria, though with still a few notable gymnasts including Teodora Alexandrova, Simona Peycheva and Sylvia Miteva. Boyanka Angelova, who gained popularity among the public, retired early due to injuries. Newer Bulgarian individual
      nnasts include Borvana Kaleyn. Eva Brezalieva and Stiliana Nikolova, Bulgaria is currently more engaged in group rhythmic gymnasts include Borvana Kaleyn. Eva Brezalieva and Stiliana Todorova, Tsyetelina Navdenova, Tsyetelina Stovanova, Lubomir
 Kazanova, Reneta Kamberova and Mihaela Maevska. However, Bulgaria is the current Olympic champion in all-around group gymnastics, having won gold at Tokyo 2020. Russia Alina Kabaeva After the breakup of the Soviet Union, Russia has been the dominant country in rhythmic gymnastics since the start of the late 1990s saw the rise of stars like
Amina Zaripova, Yanina Batyrchina and Alina Kabaeva. Oksana Kostina became Russia's first World Champion as an independent country. In the 2000 Summer Olympics in Sydney, went on to win gold in the 2004 Athens Olympics.
Evgenia Kanaeva became the first individual rhythmic gymnast to win two gold medals in the Olympics and 2012 London Olympics while the competition favorite 3-times World champion Yana Kudryavtseva took
silver because of a drop in her clubs routine during the finals. Other notable gymnasts include Natalia Layrova, Zarina Gizikova, Laysan Utiasheva, Vera Sessina, Olga Kapranova, Yelena Posevina, Anna Gavrilenko, Margarita Aliychuk, Olga Belova, Daria Shkurikhina, Anastasia Maksimova, Tatiana Gorbunova, Vera Sessina, Olga Kapranova, Vera Sessina
Uliana Donskova, Yana Lukonina, Anastasia Nazarenko, Anastasia Bliznyuk, Ksenia Dudkina, Karolina Sevastyanova, Olga Ilina, Daria Kondakova, Daria Svatkovskaya, Yana Kudryavtseva, Aleksandra Soldatova, Dina Averina, Arina Averina, Irina Annenkova, Diana Kudryavtseva, Maria Tolkacheva, Aleksandra Soldatova, Dina Averina, Arina Averina, Irina Annenkova, Diana Kudryavtseva, Maria Tolkacheva, Aleksandra Soldatova, Dina Averina, Arina Averina, Irina Annenkova, Diana Kudryavtseva, Maria Tolkacheva, Diana Kudryavtseva, Diana Kudryavt
Borisova, Iuliia Bravikova, Anastasiia Tatareva, Daria Dubova, Vera Biryukova, Sofya Skomorokh, Daria Trubnikova and Lala Kramarenko. The Russian Group exercises held in the Olympics since it was included in the Olympic Games back in 1996 Summer Olympics. Ukraine Anna Bessonova Even as part of the USSR, a
number of Soviet gymnasts were trained in Ukrainian origin including the first World Champion Ludmila Savinkova and Liubov Sereda. Ukrainian gymnasts /with those representing the Unified Team & USSR but with Ukrainian origins/, then they
have won 2 gold and 6 bronze medals (Alexandra Timoshenko /gold & bronze/, Oksana Skaldina /bronze/, Oksana Oksana /bronze/, Oksana Oksana /bronze/, Oksana Oksana /bronze/, Oksana Oksana /bronze/, Oksana /bronze/, Oksana /bron
country, raising stars like Olexandra Tymoshenko and Oxana Skaldina. After the breakup of the Soviet Union, Ukraine continued its success in rhythmic gymnastics with Kateryna Serebrianska winning the Olympic bronze medalist), Olena
Vitrychenko (1996 Olympics bronze), Ganna Rizatdinova (2016 Olympics bronze), Tamara Yerofeeva, Natalia Godunko, Victoria Stadnik, Olena Dinytrash, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiia Mulmina, Anastasiya Voznyak, Kateryna Lutsenko, Olena Diachenko, Vlada Nikolchenko, Victoria Stadnik, Olena Dinytrash, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiia Mulmina, Anastasiya Voznyak, Kateryna Lutsenko, Victoria Stadnik, Olena Dinytrash, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiya Voznyak, Kateryna Lutsenko, Victoria Stadnik, Olena Dinytrash, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiya Voznyak, Kateryna Lutsenko, Victoria Stadnik, Olena Dinytrash, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiya Voznyak, Kateryna Lutsenko, Victoria Stadnik, Viktoriia Mazur, Valeriia Gudym, Yevgeniya Gomon, Oleksandra Gridasova, Anastasiya Voznyak, Kateryna Lutsenko, Victoria Stadnik, Victoria
Khrystyna Pohranychna and Viktoriia Onopriienko. Belarus Larisa Lukyanenko Belarus has had success in both individual and group rhythmic gymnastics after the breakup of the Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union. It is worth noting that the first Soviet Union is the fir
had continued success in the Olympic Games and has won two silver and two bronze medals in individuals respectively, with Yulia Raskina, Inna Zhukova, Liubov Charkashyna and Alina Harnasko. Other notable gymnasts include Larissa Loukianenko, Ksenia Sankovich, Svetlana Rudalova, Aliaksandra Narkevich, Tatiana Ogrizko, Zinaida Lunina,
Arina Charopa, Alina Tumilovich, Valeria Vatkina, Evgenia Pavlina, Maria Kadobina, Anastasia Ivankova, Hanna Bazhko, Elena Bolotina, Mariya Trubach, Katsiaryna Halkina, Julia Evchik, Alina Harnasko and Anastasiia Salos. The Belarusian Group has won two silver and a bronze medal in the Olympics. Other
Post-Soviet Republics Azerbaijan is now amongst the top countries for individual and group rhythmic gymnastics. The development of the Azerbaijan Gymnastics Federation in 2002.[35] In 2007, Mariana Vasileva who was a former Bulgarian rhythmic gymnast and a coach
in Levski club in Sofia came to Azerbaijan to coach Azerbaijan to coach Azerbaijan gymnasts. Since 2009, Vasileva has been appointed as head coach of the Azerbaijan Rhythmic Gymnastics Federation. Notable rhythmic gymnasts include 2011 World All-Around bronze medalist Aliya Garayeva, Anna Gurbanova, Dinara Gimatova, Zeynab Javadli, Lala Yusifova, Marina
Durunda, Zhala Piriyeva, Elif Zeynep Celep, Ayshan Bayramova and Zohra Aghamirova. Azerbaijan competes at the European Championships, even though it is geographically located at the crossroads of Eastern Europe and Western Asia. Azerbaijan hosted a number of large competitions, including 2005 World Rhythmic Gymnastics Championships,
2007 Rhythmic Gymnastics European Championships, 2019 World All-around bronze medalist Irina Gabashvili was of Georgian origin. Another
notable Georgian is the dynamic Salome Pazhava, doing well in the Continental Games and World Championships. Other Post-Soviet Republics, especially in Central Asia, have had considerable success in rhythmic gymnastics, including Kazakhstan and Uzbekistan. Notable Kazakhstan and Uzbekistan. Notable Kazakhstan and Uzbekistan.
Assymova and Sabina Ashirbayeva. In Uzbekistan, notable gymnasts include: Ulyana Trofimova, Djamila Rakhmatova, Elizaveta Nazarenkova, Anastasiya Serdyukova, Valeriya Davidova, Anora Davlyatova and Sabina Tashkenbaeva. In Baltic states, Irina Kikkas became the first Estonian rhythmic gymnast to qualify to an Olympic Games and Viktoria
Bogdanova became the first Estonian gymnast to win a medal at the Universiade. The Estonian Group has won its first medal at the European Championships in 2020. Spain Carmen Acedo Spain has a great tradition in rhythmic gymnastics. Some notable success in rhythmic gymnastics for Spain include Carolina Pascual, the silver medalist at the
1992 Barcelona Olympics, Carmen Acedo who won gold medal in clubs competition in World Championships in 1993, Rosabel Espinosa, 1991 European Junior All-around bronze medalist, Almudena Cid who is a four-time Olympian (1996, 2000, 2004 and 2008) and Carolina Rodriguez. Newer Spanish individual gymnasts include Natalia Garcia
Timofeeva, Sara Llana and Polina Berezina. Spain is more engaged in group rhythmic gymnastics and the Spanish Group became the first to win the Olympics in Atlanta. The Spanish Group was formed by Marta Baldó, Nuria Cabanillas, Estela Giménez, Lorena
Guréndez, Tania Lamarca and Estíbaliz Martínez. Spanish group also won the silver in the 2016 Summer Olympics. Italy Milena Baldassarri Like Spain, Italy is more engaged in Group rhythmic gymnastics; the Italian Group is 4 time Group World AA Champion and has won three medals (a silver and two bronze) at the Olympic Games. Famous group
gymnasts include Marta Pagnini, Elisa Santoni, Andreea Stefanescu, Romina Laurito, Anzhelika Savrayuk, Elisa Blanchi. Notable athletes include Samantha Ferrari who won a bronze medal in clubs at the 1991 World Championships, other notable individual gymnasts are Katia Pietrosanti, Susanna Marchesi, Julieta Cantaluppi, Federica Febbo,
 Veronica Bertolini, Alessia Russo, Alexandra Agiurgiuculese, Milena Baldassarri, Talisa Torretti and Sofia Raffaeli. Israel is a rising nation in rhythmic gymnastics had been brought to Israel by Russian immigrants in the early 1970s.[36]
The sport began its success in the 2000s with notable Israeli gymnasts including Irina Risenzon, Neta Rivkin who have placed in Top 10 in the Olympic Games finals. Other notable gymnasts include Katerina Pisetsky, Veronika Vitenberg, Rahel Vigdozchik, Victoria Veinberg Filanovsky, Linoy Ashram (the first Israeli rhythmic gymnast to win a medal
at the Olympic games and an All-around medal at the World Championships), Nicol Zelikman, Adi Asya Katz and Daria Atamanov. The Israeli Group has also begun to be amongst the leading Group rhythmic gymnasts in the World Championships. It has
so far peaked twice by placing 6th in the Olympic games in Rio 2016 and Tokyo 2020.[37][38] Other European nations Ute Lehmann Germany has had considerable success in the sport, especially from the late 1960s to the early 1990s, with World medalists Ute Lehmann, Carmen Rischer, Christiana Rosenberg, Bianca Dittrich and 1984 Olympic
medalist Regina Weber. The 1990s had notable gymnasts Magdalena Brzeska and Edita Schaufler, and in the 2000s with Lisa Ingildeeva, Laura Jung, Jana Berezko-Marggrander, Noemi Peschel, Lea Tkaltschewitsch, Margarita Kolosov and Darja Varfolomeev. In Czechoslovakia, the 1960s and 1970s marked the peak of Czechoslovak rhythmic
gymnastics' success with World medalists Hana Machatová-Bogušovská, Hana Sitnianská-Mičechová, Zuzana Záveská, Iveta Havlíčková and Daniela Bošanská. Other notable Czech gymnasts from the 2000s are Dominika Červenková, Monika Míčková and Anna Šebková. Romania has enjoyed more success in artistic gymnastics, but also had their
share of producing talents (especially in the 1980s and 1990s), like Doina Stăiculescu, Irina Deleanu, Alexandra Piscupescu, Ana Luiza Filiorianu and Andreea Verdes. In Hungary, Maria Patocska became the first Hungarian rhythmic gymnast to win a medal at the World Championships. Other notable gymnasts include Viktória Fráter, Dóra Vass,
Fanni Pigniczki and Evelin Viktória Kocsis. Greece is primarily oriented towards Group exercises, especially successful during the 1996-2000 quad, but has also established in individuals notably with gymnasts Maria Pagalou, Evmorfia Dona, Eleni Andriola, Varvara Filiou, Eleni Kelaiditi and Panagiota Lytra. France has had considerable success in
Individual rhythmic gymnastics with Eva Serrano placing 5th at the 2000 Sydney Olympics; other French gymnasts include Delphine Ledoux, Kseniya Moustafaeva, Axelle Jovenin, Valérie Romenski, Hélène Karbanov and Maëlle Millet. The Group placed 9th in the All-Around competition at the 2017 World Championships and 6th in the 5 hoops final at
the 2018 World Championships. Asia and Americas Although European countries have been always dominant in this sport (only five individual gymnasts (Sun Duk Jo, Myong Sim Choi, Mitsuru Hiraguchi, Son Yeon-jae, Kaho
Minagawa) and three groups (Iapan, North Korea and China) from outside Europe have won multiple medals at the FIG World Cup series. Japan has a long tradition in rhythmic gymnastics. Since their first competition in 1971, the Japanese group has
never finished lower than 10th (except in 2003, 16th) at an AA World Championships. In 2019, they became World Champion with 5 balls for the first time. Japan had and still has notable gymnasts such as Mitsuru Hiraguchi, Erika Akiyama, Yukari Murata, Sakura Hayakawa, Kaho Minagawa, Sumire Kita and Chisaki Oiwa. Other countries in East Asia
have developed world class gymnasts, such as South Korea with Shin Soo-ji, Son Yeon-jae, and China with Pang Qiong, He Xiaomin, Zhou Xiaojing, Zhong Ling, Sun Dan, Xiao Yiming, Deng Senyue, Liu Jiahui, Shang Rong and Zhao Yating. North Korea has had success in group rhythmic gymnastics in the 1970s to the early 1990s and individual
rhythmic gymnastics with Sun Duk Jo and Myong Sim Choi. Although it has not gained as much following compared to its artistic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics counterpart, it is also a rising sport in the United States with some notable rhythmic gymnastics with so
Zetlin and Jasmine Kerber. Internationally successful current national team members include Nastasya Generalova, Laura Zeng, Camilla Feeley and Evita Griskenas. Other up-and-coming nations in the Western Hemisphere include Nastasya Generalova, Laura Zeng, Camilla Feeley and Evita Griskenas. Other up-and-coming nations in the Western Hemisphere include Nastasya Generalova, Laura Zeng, Camilla Feeley and Evita Griskenas.
competed for the USA), Alexandra Orlando, Patricia Bezzoubenko, Cynthia Valdez, Rut Castillo, Angélica Kvieczynski, Natália Gaudio and Bárbara Domingos. Men's Rhythmic gymnastics (Men's RG, MRG) is an artistic sport which is performed to music on a 13-by-
13-metre (43 ft × 43 ft) gymnastic spring floor. It is sometimes called synchronized tumbling, combining the dynamism of powerful acrobatics and perfection of synchronized tumbling, strength, and powerful acrobatics and perfection of synchronized tumbling, strength, and powerful acrobatics and perfection of synchronized tumbling, strength, and powerful acrobatics and skills as their female counterparts, such as hand/body/eye co-ordination, but tumbling, strength, and powerful acrobatics and perfection of synchronized tumbling, strength, and powerful acrobatics and skills as their female counterparts, such as hand/body/eye co-ordination, but tumbling, strength, and powerful acrobatics and perfection of synchronized tumbling acrobatics and skills as their female counterparts, such as hand/body/eye co-ordination, but tumbling acrobatics and perfection of synchronized tumbling acrobatics and skills as their female counterparts.
are the main focus, as well as apparatus handling, flexibility and movements called "Toshu" ("freehand"). There are an increasing number of gymnasts, compete fiercely. As of 2016, it is estimated there are about 2,000 participants in Japan alone. Some
of the outstanding rhythmic gymnasts have made most of their physical abilities for their second careers and become performers in the field of entertainment such as the world-famous circus Cirque du Soleil.[39][citation needed] History Men's rhythmic gymnastics in Japan was originally created by adopting elements from Swedish, Danish, and
German gymnastics. It has been taught and performed for many years with the aim of improving physical strength and health as early as the 1940s. Originally, both boys and girls used to perform this type of gymnastics, which is called "Dantai Toshu Taisou", literally "group freehand gymnastics". In 1967, the name "Shintaisou" ("new gymnastics") and performed for many years with the aim of improving physical strength and health as early as the 1940s. Originally, both boys and girls used to perform this type of gymnastics.
was adopted as a translation of "Modern Gymnastics," which used to be done in Northern and Central Europe. On the other hand, rhythmic gymnastics for women has also been called "Shintaisou" in Japan since it was first imported to the country. Currently, MRG and women's rhythmic gymnastics are both under the umbrella of Japan Gymnastics
Association and major competitions are often held at the same venue. Men's RG consists of two types of events of 6 people (freehand or no apparatus) and individual events are performed on a spring floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts to do various kinds of tumbling floor, allowing gymnasts allowed floor f
during their performance. Individuals For individuals For individual performances, a gymnast manipulates one or two pieces of apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, stick, clubs, rope) to demonstrate their skill at apparatus (double rings, rope) to demonstrate their skill at apparatus (double rings, rope) to demonstrate their skill at apparatus (double rings, rope) to demonstrate their skill at apparatus (d
movement. The permitted time for individual events is between 1 minute 25 seconds to 1 minute 33 seconds. During a competition, each individual gymnast performs four separate routines, one for each apparatus. Points are based a 20-point scale measures composition (difficulty) based on technical value, variety, harmony
between music and movements, and originality, while the execution of performance is a maximum of 10 points. The individual scores of all four routines for each gymnast are then added up to decide the all-around winner. Groups Group performance includes non-acrobatic movements called "Toshu" (handstands, flexibility exercises, balance, etc.),
and rotational movements (tumbling and lifts). Group performances are done without using any apparatus. The permitted time for group events is between 2 minutes 45 seconds to 3 minutes. Points are awarded based a 20-point scale that measures difficulty and execution of the routine. Composition/difficulty of performance is scored out of a
maximum of 10 points, based on technical value (such as difficulty of tumbling elements and movements, and originality, with deductions for lack of required elements or stepping out of bounds, and so on. Execution of performance is scored
out of a maximum of 10 points, based on quality of execution, accuracy of performance and synchronization, with deductions taken for mistakes or lack of movements in unison, etc. Some of the group routine videos went viral on the Internet, including Ibara High School's two routines in 2013 and 2016 and Aomori University's routine in 2009, which
was dedicated to their deceased teammate. Many other MRG videos are also available on YouTube. Internationalization On November 27-29, 2003, Japan hosted the Men's RG World Championship drew ten countries from two continents: Japan, Korea, China, Malaysia, Singapore, Australia, Canada, United States, Russia,
Ukraine and more. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine and more. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine, United States and more. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine, United States and more. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine, United States and More. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine, United States and More. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Korea, Russia, Singapore, Ukraine, United States and More. The 2005 World Championship included Australia, Canada, China, Japan, Malaysia, Canada, China, Japan, Malaysia, Canada, China, China, Japan, Malaysia, Canada, China, 
choreographer Daniel Ezralow (Spiderman, Cirque du Soleil) to create a one-hour contemporary performance, "Flying Bodies, Soaring Spirits," that featured all 27 Aomori men's rhythmic gymnasts outfitted in Miyake's signature costumes. Held July 18, 2013 at Yoyogi National Stadium in Tokyo, the show drew an audience of 2,600. "Flying Bodies'
was also captured in a 78-minute documentary by director Hiroyuki Nakano that follows the coaches, gymnasts and creative team for the three months leading up to the performance at the 2016 Summer Olympics closing ceremony. Spanish men's rhythmic gymnastics
There are, particularly in Europe, some male rhythmic gymnasts who train and perform in the same FIG rules as for women's rhythmic gymnastics. Spain is a pioneer country in the field, the Spanish federation having approved at national level a separate category for individual men
since 2009 and mixed groups since 2020.[41] Examples of rhythmic gymnasts include Rubén Orihuela (Spain), Ismael Del Valle (Spain), Ismael Del Valle
to develop international tournaments and very few countries help men to start rhythmic gymnastics African Rhythmic Gymnastics Championships Commonwealth Rhythmic Gymnastics Championship European Team
Gymnastics Championships FIG World Cup Four Continents Gymnastics at the European Games Gymnastics at the European Games Gymnastics at the Mediterranean Games Gymnastics at the Commonwealth Games Gymnastics at the Commonwealth Games Gymnastics at the Commonwealth Games Gymnastics at the European Games Gymnastics at the Commonwealth Games Gymnastics at the Commonwealth Games Gymnastics at the European Games Gymnastics at the E
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