

COMPETITIVE BOYS

EXEMPLIFYING STRENGTH AND DYNAMIC ABILITY

Men's Artistic Gymnastics is a sport that exemplifies strength and dynamic ability. Many of the participants in men's gymnastics experience the thrill of defying gravity, and performing skills that would seem impossible to the average individual

Gymnastics is immediately appealing to young boys as a great activity to channel energy and fearlessness. It is a sport that begins with the development of balance and strength and continues from this point to develop the complete range of physical demands that many other sports only partially develop. It is a balance of artistry with the raw force of strength, power, speed, agility and coordination. Most male gymnasts begin at an early age, but will continue on in the sport into their late 20's at the international level.

Men's gymnastics is a part of the Artistic Gymnastics World Championships which take place every two years for Team Championships, and every other year for individual apparatus championships. It is also a sport included in the Olympic Games.

There are six events that are competed in this Gymnastics discipline:

- Floor Exercise
- Pommel Horse
- Rings
- Vault
- Parallel Bars
- Horizontal Bar

