



# HISTORY OF FOOT FITNESS

**“Part I: Classical & Golden Era” (Greece-1930)**

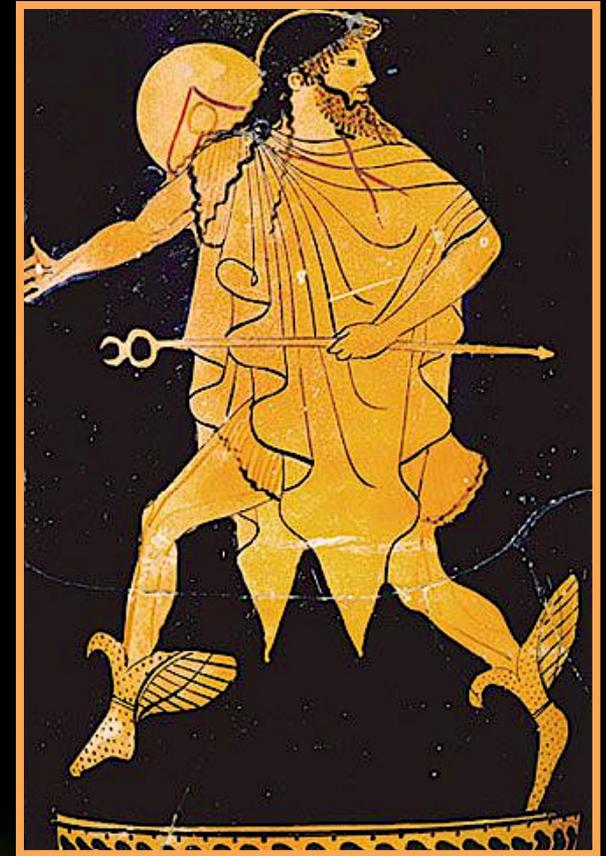
*Narrated by Ron Jones, MS*

**AVENGERS OF HEALTH!**

# “GREEK EDUCATION”

*Mens sana in corpore sano*

- Whole Person
- “A sound mind in a sound body”
- Up to 50% Physical
- Laws of Balance Mastery
- *Foot Emphasis in Balance*
- *Ball of Foot Strike*
- “Winged Foot” ≈ “Forward & Light”
- *Winged Foot Pad-Base of Fifth Ray?*



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# “GOLDEN ERA OF AMERICAN FITNESS”

- 1885-1920 (Orthopedic “Medical” Gymnastics Emphasis)
- German Influence “Turner Halls” (Jahn)
- Swedish Influence (Ling)



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# “CLASSICAL PHYSICAL EDUCATION”

## Primary Areas:

- ✓ *Restorative*
- ✓ Martial
- ✓ Pedagogy (Sport, Games, Play)

## Training Design:

- ✓ Variety
- ✓ Precision
- ✓ Progression

## Progressions:

- ✓ On Ground
- ✓ Off Ground
- ✓ Combative



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# “1895: STECHER-BALANCE BEAM”

274

GERMAN-AMERICAN GYMNASTICS

The best plan is to arrange the class around the boards in form of a square. All exercises must be executed left and right, and started, executed, and finished simultaneously by those exercising.

## GRADE I.

### Exercises in Stepping.

Standing facing the boards.

- 1 Step up forward and down backward by a followstep.
- 2 Step up forward and jump down backward.
- 3 Step up and down forward by a followstep.
- 4 Step up and jump down forward.
- 5 Step up and down forward.
- 6 Step over by a followstep.

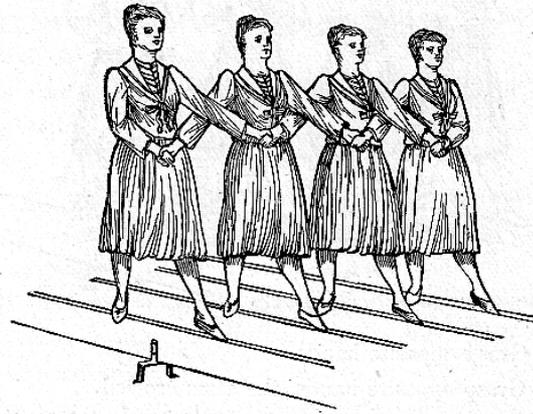


Fig. 257.

Standing crosswise to the boards.

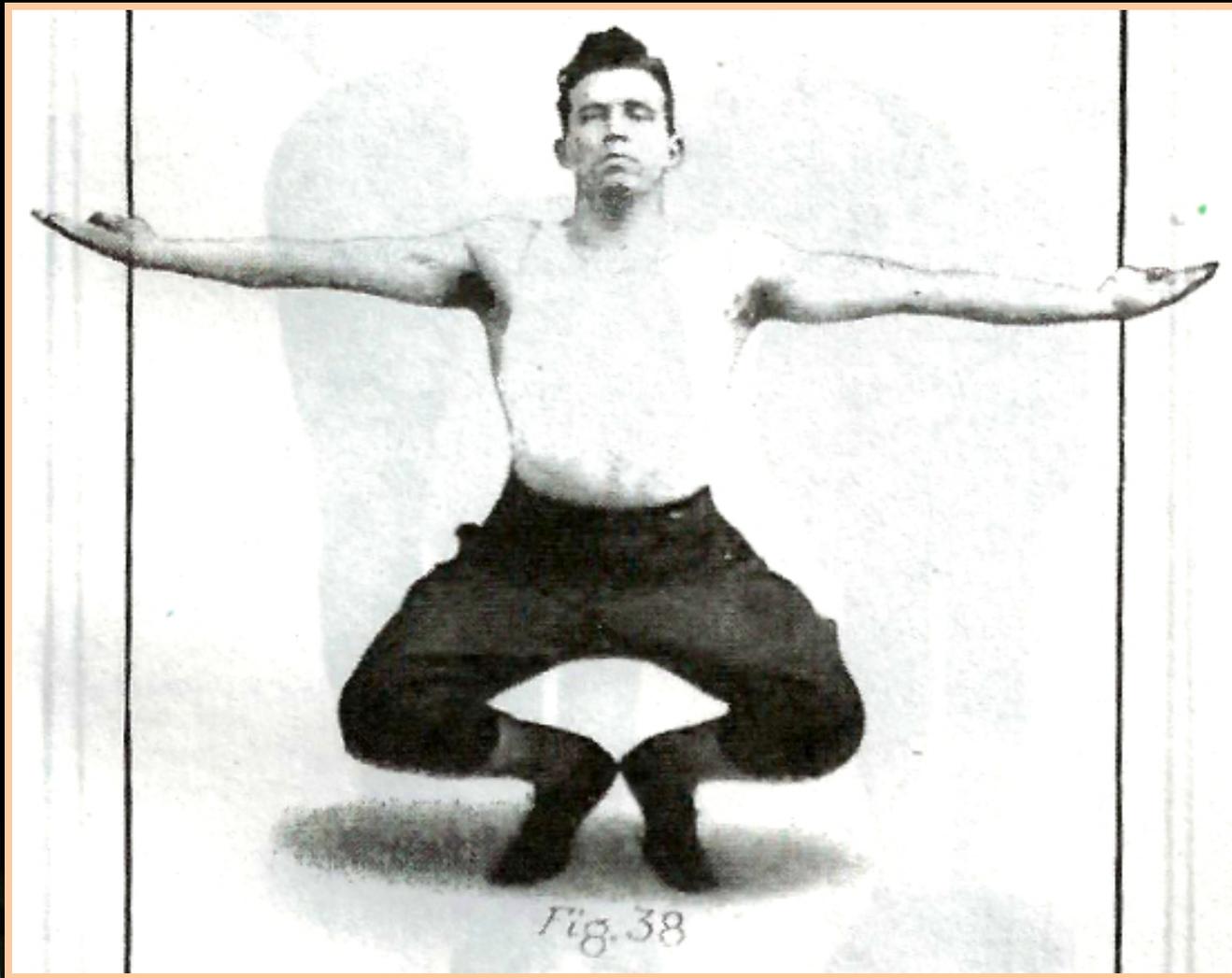
- 7 Step up sideways into the step position forward or backward (Fig. 257), and step or jump down on the same side.
- 8 As Exercise 7, stepping or jumping down on the other side.

The above exercises may be executed successively on all boards; variations may be made by counting off the scholars



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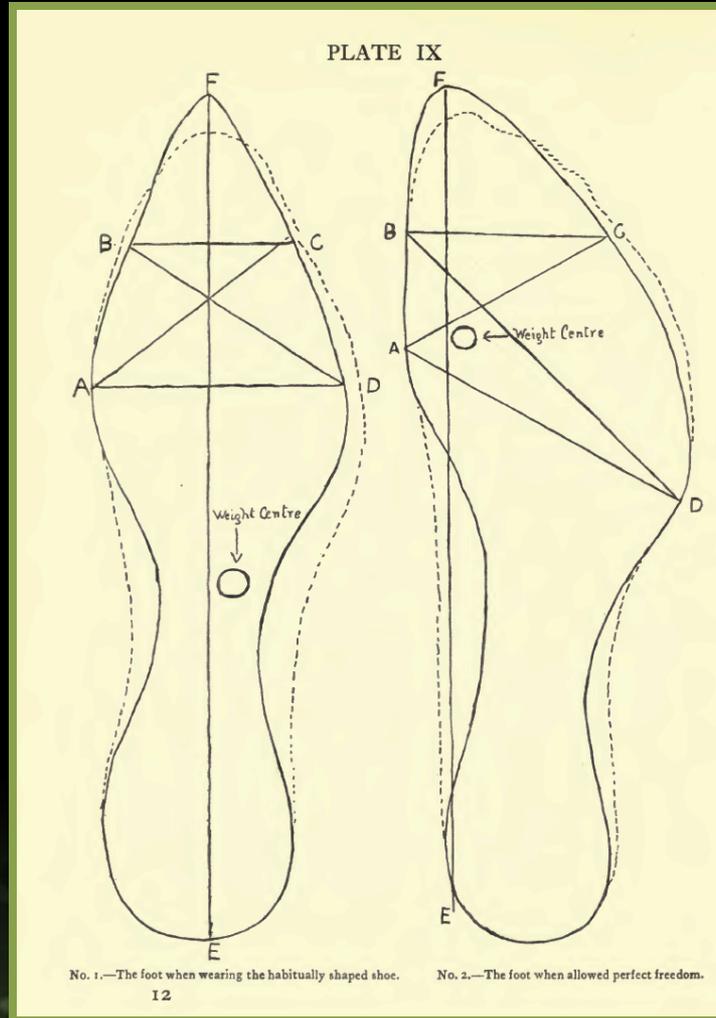
# “1919: KOEHLER/WEST POINT”



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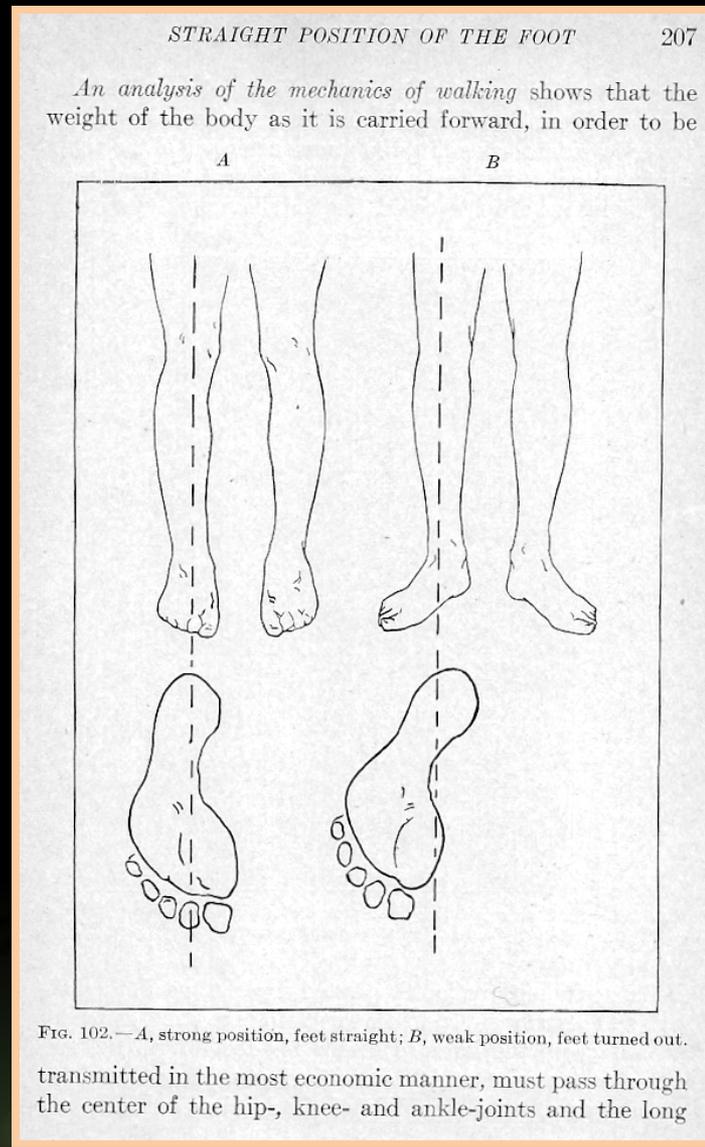
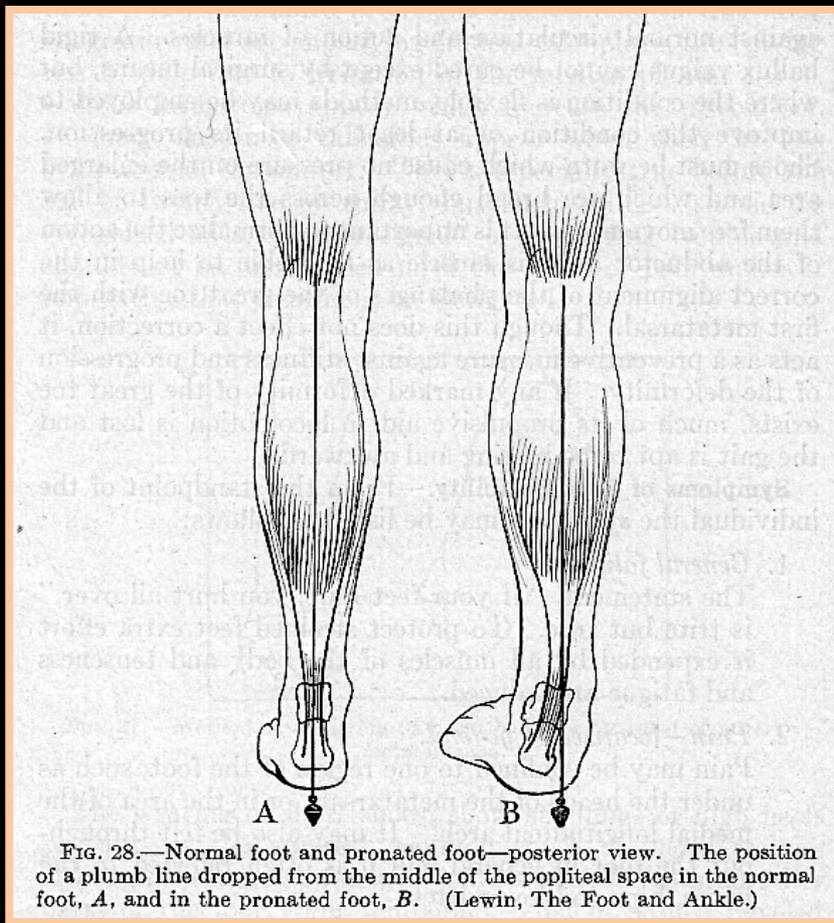
# 1922: DIANA WATTS

## “The Renaissance Of The Greek Ideal”



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# “1929: LILY DREW-GYMNASTICS”



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# “1929: LILY DREW-PARTNER GAME”

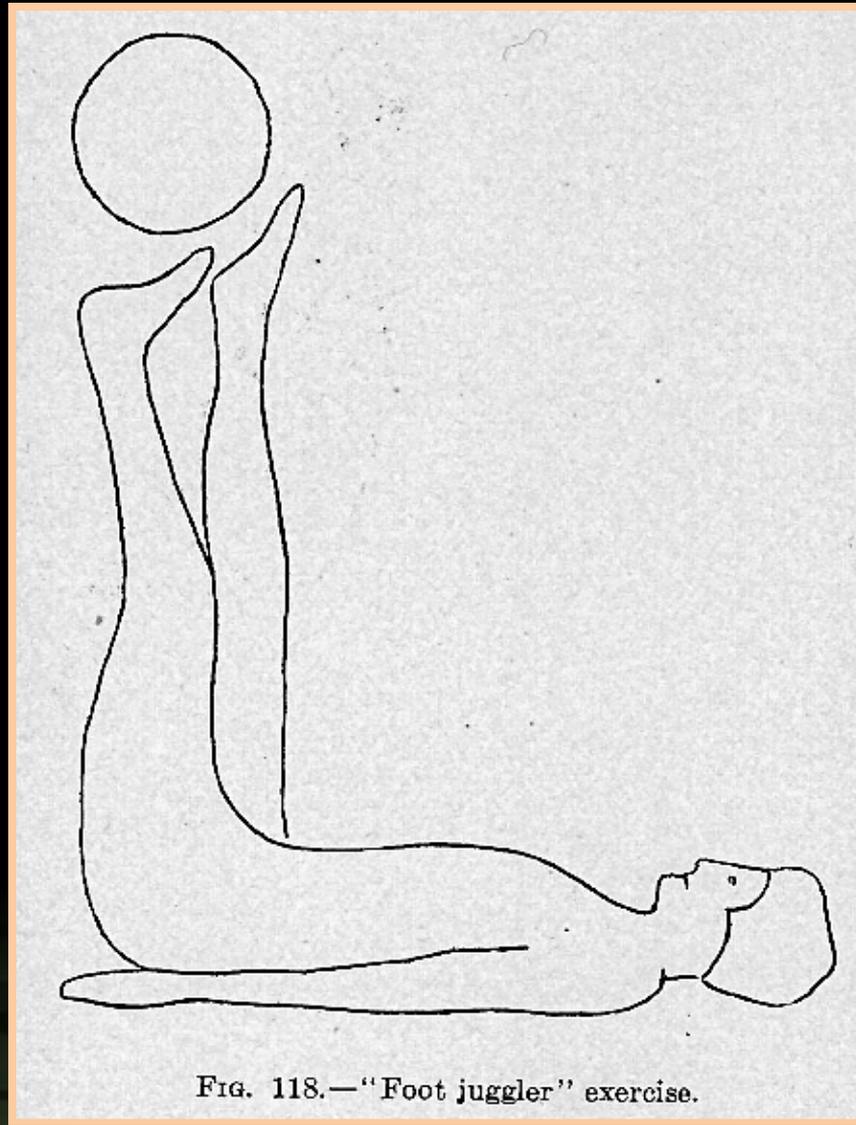
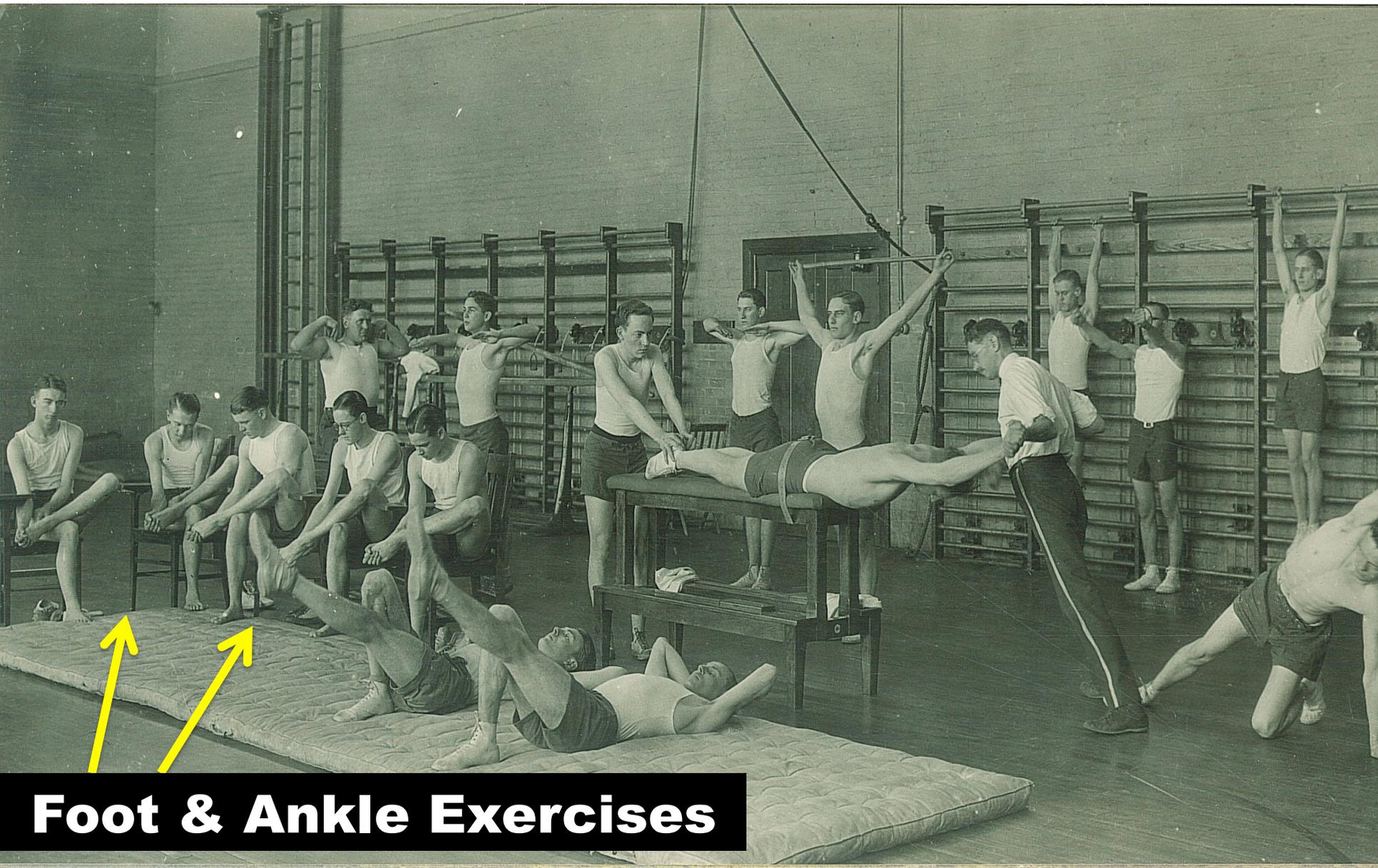


FIG. 118.—“Foot juggler” exercise.



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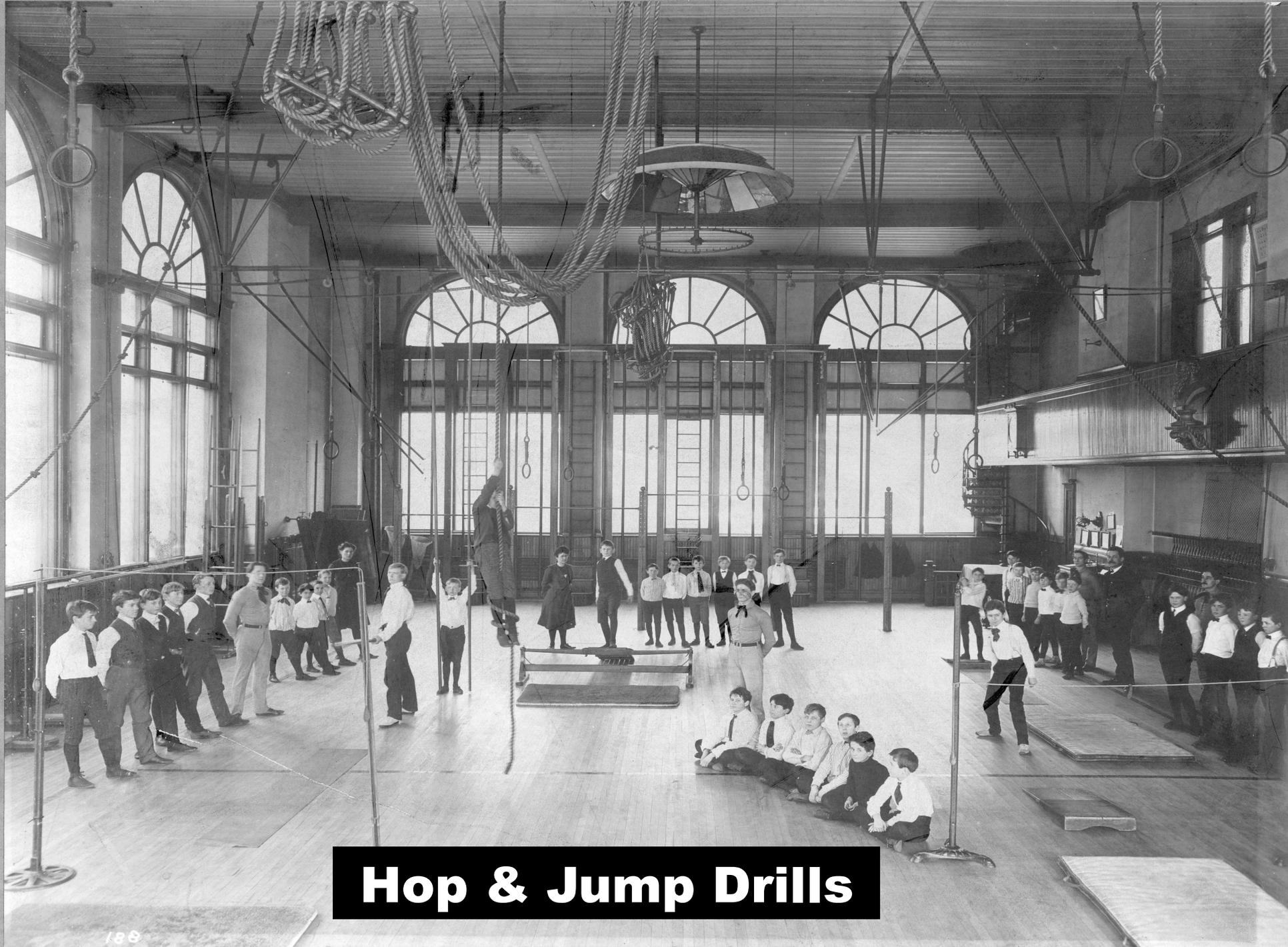


# Foot & Ankle Exercises



**Flexible Shoes**

671 31



**Hop & Jump Drills**

\*Educated Feet Archive Clip (1926)

# EDUCATED FEET

For Correct Posture

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