

Department of Gymnastics

Students dominate Bangladesh national team

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Some form of gymnastics was practiced even before the time of our carrier records. Ancient stone records And picture indicate that balancing and tumbling were practiced in some from by the early people in China, Egypt, India and Persia. Records of early civilization in Greece show that gymnastics and a prominent place in the education of men. Gymnastics in those days referred to a variety of activities, which we do not now consider to be gymnastics; for example, wrestling, boxing archery etc. were called gymnastics. Even the literature records that Greek soldiers practiced hand balancing prior going in to battle. There are many accounts of acrobats performing various stunts, not only in ancient times in Greece, but also throughout other periods of history. Although the Greeks gave us the term "GYMNASTICS", many cen-

turies passed before the term was used strictly to identify those activities now called Gymnastics.

Germany was a major force in the development of modern gymnastics, producing many leaders who contributed greatly to the present of gymnastics. The first teacher of organized school gymnastics was Johan Basedow, 1723-1790. He believed that play and bodily exercises were important for normal growth and development of a child and offered a wide programmer of activities including gymnastics exercises. He developed a system of bodily exercises and arranged them according to difficulty and effect on body.

The first book on Gymnastics, "GYMNASTICS FOR YOUTH" was written by Johan Fredric Guts Mouths. Guts Mouths 1759-1839 served as a



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physical education teacher for fifty years and is considered to be the "Grandfather" of gymnastics. He taught such skills as rope climbing, balancing and a wide variety of stunts. While he believed that gymnastics had much to offer for both boy and girls, he felt that girls should engage in a less strenuous form of gymnastics.

Gerhard Viet 1963-1852, a strong believer in the values of gymnastics for student of all ages, is credited with developing many of the vaults, mounts and dismounts which are still practiced today. Frederic Ludwig John, 1778-1852, who invented the parallel bars and horizontal bar is recognized as the "FATHER" of gymnastics. He is also the founder of eventually to many cities in the United States and Europe. Adolph Spies 1810-1858 encouraged both the inclusion of gymnastics in the school subject in Switzerland. He devoted special attention to free exercise as a valuable event for young children.

Many other also contributed to the development of gymnastics. Francis Amorous 1770-1848, A Spanish army officer, served as national director of gymnastics in French. He was probably the first to use the trapeze and rings as a form of gymnastics. Franz Nachtegall 1777-1847, served as director of gymnastics for Denmark. He also directed the first recorded training school established to train



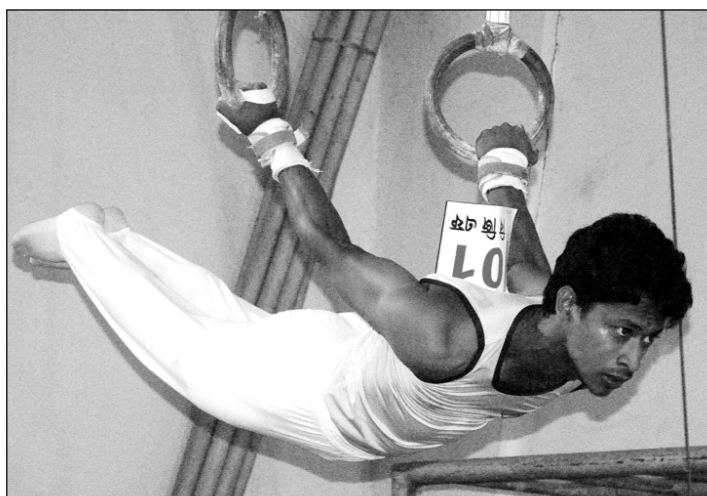
32th National Junior Age group (Boys & Girls) and Senior Gymnastics-2013 BKSP Champion team with Brig Gen Md Emadul Haque, ndc, psc, Director General, Bangladesh Krira Shikkha Protisthan

gymnastic teachers. Par Henrik ling (1776-1839), developed a therapeutic and corrective system of gymnastics. He believed that gymnastics should be based on a thorough knowledge of the effects of the various exercises on the human body and that gymnastics instructors should know the physiological and structural basis for each exercise they teach. Archibald Maclaren 1820-1848, served as director of military gymnastics for Great Britain in the 1860s. He believed that the popular games of England could not produce a well-developed body without the inclusion of gymnastics. In the eighteenth and nineteenth centuries, the importance of physical exercise begun to attract the attention of educationists in Denmark, Germany and Sweden and so once more, in various forms, gymnastics become popular. Physical fitness developed through gymnastics was considered by many people to be vital in military training.

History of Gymnastics in Bangladesh

Bangladesh Gymnastics Federation was formed in the year 1973 with late jonab M.A Zalil and Jonab Fazaley Elahi as its president and General Secretary respectively. Both of them were Gymnasts Championship in the year 1973 at Dhaka. It was only for the men gymnasts. In the year 1974, women championship was also organized. It was indeed a milestone for the development of women sports in Bangladesh. Since 1974, every year National Gymnastics Championships are conducted for both men and women and since 1980, the national championships for junior boys and girls are also organized. In the year 1978, first time, a lone gymnast Ahemdur Rahman Babloo, the present Vice president of Bangladesh federation, participated in common-

wealth games at Edmonton. In the year 1995, first time the junior boys gymnasts participate in international competition abroad at Tehran under qualified coaches Jonab Kazi Akram Ali as coach cum manager and Mr. Iqbal Hossain khan as a coach. In the year 1975, Bangladesh gymnastics men & women teams participated in the first SAARC Gymnastics Championship held in India and won two bronze medals. Bangladesh men team was declared third. Bangladesh



Government declares national awards for best sportsman/women in each sports discipline. The national awards in gymnastics were conferred on Mrs. Perven Laila Lucy, The present member of BGF. Bangladesh institute of sports (BKSP) has also played an important role in the promotion of gymnastics in Bangladesh.

History of BKSP

BKSP is a unique and only sports institute in Bangladesh. In 1974it started its maiden journey as BIS (Bangladesh institute of sports). In 1976, the project of the Institute started and by 1977 BIS was declared as a government organization under the ministry of youth and sports. Later, the nomenclature of BIS was modified in Bengali as Bangladesh Krira Shikkha protisthan. In 1983, through an ordinance, BKSP was declared as an autonomous and statutory organization under the ministry of youth and sports. The ten president of people's Republic of Bangladesh formally declared the institute open on 14th

April 1986. A board Governors of ten members, headed by the Minister in-charge of the Ministry of youth and sports, conducts policy guidelines of BKSP. A Brigadier General deputed from army is the Director General and Chief Executive of the Institute.

With its first intake in 1986, BKSP started functioning as a residential to achieve the following aims and objectives (as per the Ordinance)

1. To find cut promising sports from young boys and girls of the country and to provide adequate facilities and opportunities for their intensive training on scientific lines along with the scope of general education up to degree level.
2. To provide training of prospective coaches, referees and umpires with a view to producing coaches, referees and umpires of higher caliber.
3. To rise the technical competence of existing coaches, referees and umpires.
4. To impart proper coaching to all national teams before their participation in international competition.
5. To conduct certificate course for coaches, referees and umpires.
6. To serve as an information centre for matters connected with sports and games.
7. To publish books, periodicals, bulletins and up to date information on games and sports.
8. To do such other acts and things as may be connected with or incidental to the carrying out of the functions of the protistan for purpose of this Ordinance.

Gymnastics was introduced in BKSP in the year 1991. To Begin with, only boys were Admission. The Department. with effect from 1996 girl Gymnastics were Also Granted Admission .This Department even Though small ,yet has performed well both in the age group Completions As well as Completion Held at Senior level . The BKSP Gymnast Also had the Opportunity To visit Few Neighboring Countries to participate In Gymnastics Completions and have Performed well.

In The Name of BKSP Student Bangladesh National Team

| | | | | |
|---|--|-------------------------------|------|--|
| 1 | Amir ali Dulal Gomes | Tehran | 1997 | International junior Gymnastics championship |
| 2 | Amir ali Dulal Gomes .Md.Mamun –al –firoji | Allahabad(India) | 1997 | 1 st Saark gymnastics championship |
| 3 | MD.Zahirul islam,Md.moshfakur Rahman,MD Asddujjaman ,MD shamim (rana) | Malay sia | 1998 | Pre-commonwealth games |
| 4 | Mr.Dulal Gomes, MD. Zahirul islam.Md. Mamun –al –firoji,Hosna Banu,Md. Zahidur rahman, Sharmin sultana, (student of BKSP public school) | Patiala (India) | 1999 | 1 st south central Asian gymnastics championship |
| 5 | MD.Zahirul islam, Md. Tanver Ahmed, A.K.M Barkotulla, Mahmudul hasan milon , Habibur Rahman . Parul Akter Inset are Nadia . Ranta Banik. Ummeey kulsum(poly) | Allahabad (India) | 2005 | 2 nd south central Asian gymnastics championship |
| 6 | Md. Tanver Ahmed, A.K.M Barkotulla. Mahmudul hasan milon. Md.moshfakur Rahman. Ummeey kulsum(poly). . Ranta Banik. . Parul Akter. | Lakhnow(India) | 2006 | 3 rd Rajib Gandhi south central Asian gymnastics championship |
| 7 | Md.Abul kalam azad. Md. Tanver Ahmed, Mahmudul hasan milon. Parul Akter.Farzana Akter. Saddam Hossain. Atina Akter. Shathi akter | Kolkata (India) | 2010 | Indo bangle games |
| 8 | MD.Zahirul islam. Md. Tanver Ahmed. Md.moshfakur Rahman. . Atina Akter. Shathi akter. Present student are > Farzana Akter, Moshfika Akter | Mirpur Indoor Stasiun (Dhaka) | 2012 | 4 th Sultana kamal south central Asian gymnastics |

International Achievements (individual place)

| No | Name | Completions | place | year | Achievements |
|----|-------------------|--|-----------------|------|--------------|
| 1 | Md.Amir Ali | SAARC Gymnastics championship | India Allahabad | 1997 | Bronze Medal |
| 2 | Md.Saddam Hossain | indo-Bangladesh(indo bangla Gams) | india kokata | 2010 | Gold.Bronze |
| 3 | Parul akter | indo-Bangladesh(indo bangla Gams) | india kokata | 2010 | Gold. silver |
| 4 | Shati Akter | indo-Bangladesh(indo bangla Gams) | india kokata | 2010 | Gold |
| 4 | Tanvr Ahemed | indo-Bangladesh(indo bangla Gams) | india kokata | 2010 | Bronze |
| 5 | Shati Akter | Sultana Kamal (4 th Central south Asian gymnastic championship) | Dhaka | 2011 | Bronze |

At a glance of BKSP Gymnastics Department

| Son | Competition of national Gymnastics | Place of competition | Year of competition | Result of competition |
|-----|--|----------------------|---------------------|-------------------------------|
| 1 | 1 st National junior & (Boys & girls) Students of BKSP Public School. Not BKSP student. | Dhaka | 1990 | Runner-up |
| 2 | National junior & (Boys & girls) | Dhaka | 1991 | Champion |
| 3 | National junior & (Boys & girls) | Dinazpur | 1992 | Champion |
| 4 | National junior & (Boys & girls) | Dhaka | 1992 | Champion |
| 5 | National junior & (Boys & girls) | Dhaka | 1992 | Champion |
| 6 | National junior & (Boys & girls) | | 1993 | Champion |
| 7 | Bangladesh Games | Dhaka | 1994 | 1Gold 2 Silver |
| 8 | National junior & (Boys & girls) | Dhaka | 1995 | Champion |
| 9 | National junior & (Boys & girls) | Dhaka | 1997 | Champion Boys Runner-up girls |
| 10 | National junior & (Boys & girls) | Dhaka | 1999 | Champion |
| 11 | National junior & (Boys & girls) | Dhaka | 2000 | Champion |
| 12 | National junior & (Boys & girls) | Dhaka | 2001 | Champion |
| 13 | National junior & (Boys & girls) | Dhaka | 2002 | Champion |

BKSP GYMNASTICS

| | | | | |
|----|---|-------|------|-----------------------------------|
| 14 | National junior & (Boys & girls) | Dhaka | 2003 | Champion |
| 15 | National junior & (Boys & girls) | Dhaka | 2004 | Champion |
| 16 | National Senior & (Boys & girls) | Dhaka | 2008 | Champion |
| 17 | National Senior & (Boys & girls) | Dhaka | 2009 | Champion |
| 18 | National Senior & (Boys & girls) | Dhaka | 2010 | Champion |
| 19 | 32 nd Age level & National Senior & (Boys & girls) | Dhaka | 2013 | Senior girls & Age level Champion |
| 20 | Bangladesh Games | Dhaka | 2013 | 3 Gold 8 Silver 4 Bronze. |

A name of BKSP coaches & foreign Coachessssss

| CN | Name of BKSP Local coaches | Designation | | |
|----|----------------------------|--------------|--|--|
| 1 | Mr.Kazi Akram Ali | senior coach | | |
| 2 | Mrs.Nasreen Akter | Coach | | |
| 3 | Mrs.Marzina Begum | Coach | | |
| 4 | Mr. Abdur Rauf Chudhury | Coach | | |
| 5 | MR MD Mos fequr Rahman | Coach(TID) | | |

ssWorking Privies foreign n Coaches

| Cn | Name of foreign coaches | Country |
|----|--|----------|
| 1 | Prf. Nicolas furmenty (Rumanian Olympics team Coach) | Romani a |
| 2 | Bernice Dan(Olympic & World Champion(Gymnast) | Romani a |
| 3 | Mr.Lee Qing (Member of Chinese Gymnastics Technical committee) | China |
| 4 | Mr,Dr. Sharma (NIS Coach & Doctorate of Biomechanics) | India |