

training in skill and agility, certain exercises may be practiced at increased or reduced speeds rather than at optimum tempo.

Accompaniment

Various forms of accompaniment are suitable for rhythmic gymnastics. Among these are the piano, phonograph recordings, and percussion instruments such as the drum and tom-tom. The piano, with a skillful accompanist is the most desirable. Satisfactory results can be obtained, however, through the use of recording or percussion instruments.

In the selection of music

- a. Good collections of musical materials are available for the piano. (See bibliography for suggestions)
- b. Commercial recordings are numerous and acceptable.
- c. There is a growing practice of making one's own recordings from original material.

In the use of accompaniment the teacher is cautioned to (1) avoid undue stress of accent in measure and phrase, and (2) avoid using the same selection again and again for the same movement.

Anyone with ordinary sense of rhythm can use percussion instruments successfully and technique can be developed to a high degree. Excellent results are obtained if the accompanist swings into the movement as she beats the instrument. The teacher inexperienced in percussion technique should start by using a single drum, which provides basic rhythm, but no melody. As skill develops, several drums tuned differently may be used, as well as gongs and wooden blocks to provide rudimentary melody. The rhythmic pattern should be varied to avoid monotony.

Conditioning¹

- a. Stretching and general conditioning (Objective 1).
 1. Standing stride position bend at waist body hanging loosely from hips, bounce trunk forward, sideward.

¹ See appendix for a glossary of terms.

2. Standing stride, circle trunk.
3. Sitting, knees bent outward, feet together, bounce down, then stretch body from base of spine to neck.
4. Sitting, legs forward, knees extended, do 3.
5. Repeat with arms in various raised positions.
6. Sitting wide stride, do 3, forward and sideward.
7. Lie on back, one leg raised vertically. Flex both knees slightly and flex both ankles as much as possible. The sole of the raised foot should be parallel with the ceiling. On Count 1, extend both knees and both ankles without moving the heel that is on the floor. On Count 2,