

Mr. Allphin

Mr. Wolfe, which type of gymnastics do you prefer?

Mr. Wolfe

I prefer tumbling. There is practically no limit to the combination of stunts which can be performed. In doing various flips and air turns, I can experience some of the sensations that flyers, birds, and divers must feel. Tumbling requires no apparatus and can be indulged in no matter how far you may be from a gymnasium. A piece of grass, a soft stretch of earth, or beach sand - all make splendid places for this sport. To a certain extent tumbling is a safety measure. I have never heard of a tumbler falling down stops and breaking an arm or a leg. He has learned how to fall without hurting himself. And his training will enable him to keep his feet where a less agile man would go a-spinning. Then, too, it is a splendid way of getting a lot of all around exercise in a short time. For instance, tumbling, one of the most popular forms of gymnastics, involves the use of practically every muscle of the body. And that use is strenuous enough so that only a comparatively short time spent in the exercise several times a week is sufficient to keep a man in tip-top physical condition. I would estimate that it would take twice as long to get the same amount of physical activity in a game like tennis, and perhaps five or six times as long in a game like golf. To a student who can afford only a short time away from his studies, this consideration is important. I believe that our football coaches recognize this fact. Haven't the football players here at K. U. been given some training in tumbling?

Mr. Allphin

Yes, the Department of Physical Education offers a skills course, Number 31M, in which tumbling is included, and a number of the football players have been enrolled in this course

Leonard, will you explain how you do the giant swing on the high bar.

Mr. Wolfe

The giant swing on the horizontal bar may be compared to the spoke of a wheel revolving around an axle. In this case the performer's body is the spoke of the wheel while the bar to which he holds is the axle. After mounting the bar I push up to a hand stand. It is the position of my body in the hand stand which furnishes the momentum necessary for the turn around the bar. With the same motion that carries me to the hand stand I start falling away from the bar, my body fully extended, and I hang on for dear life to that bar. The momentum my body gains on the down swing, which is sufficient to carry me through an entire circle around the bar and back up to my original position of a hand stand. From that position the whole swing is repeated again and again.

Mr. Allphin

Do you have any fear of it?

Mr. Wolfe

I don't fear the giant swing, but I do have a genuine respect for it. To begin with, the bar must be eight feet from the ground and when I am standing on my hands on top of that bar looking straight down, it looks even farther away than that. As the entire revolution around the bar is done with the body extended at full length, the centrifugal force of the swing added to the normal