

2017 American Sokol Slet

Senior Group II Calisthenics

Compiled by Jan and Chuck Kalat from parts of Calisthenics originally composed for the 1989, 1993 and 1997 American Sokol Slets by Sister Anne and Brother Ed Halik

FORWARD:

Mass calisthenics are such a large part of the Sokol program and its history, this exercise was composed for older (aka “more experienced”) Women and Men and, in fact, for anyone who enjoys performing less strenuous movements and yet is proud to be able to participate in this tradition-rich activity at exhibitions and Slets, no matter what the age.

The movements are fairly simple and yet provide the light exercise that is needed to keep one’s flexibility in tact. As much as possible, the various combinations and sequences have been kept similar and are gender and position independent. There is one text; Women and Men will drill alike as written.

Thank you for taking the time to learn these calisthenics; the camaraderie of drilling together should be a source of pride and joy.

NAZDAR!

GENERAL INFORMATION:

This Senior Group II Coed Calisthenics will need three markers across for each column of Seniors on the field.

Tribune
MARKER #3 MARKER #2 MARKER #1
* * *

Asterisk symbol (*) indicates Markers

Entry to the Field shall be from the rear in columns of closed “THREES”. They shall be counted from the right, facing front, of each three as Position #1 (P1), Position #2 (P2), Position #3 (P3).

The columns will be centered on the Position #2 Marker.

PART I

Fundamental Position: Closeheel stand – closearm, in closed “THREE” formation, columns are centered on Marker #2. See Entry to field in General Information and diagram below. There is no men vs women marker designation. Since there are many more senior women than men, for symmetry, it is recommended that men occupy the P2 position.

Tribune
P3 P2 P1

Note: Music is continuous, there are no pauses.

INTRODUCTION – 8 counts – No Movement

PART I – SECTION A – 16 Measures – 4/4

- I.
 1. frontarm, palms in
 2. uparm
 3. frontarm
 4. closearm

- II.
 1. left foretouch – frontarm, palms in
 2. close left to closeheel stand – closearm
 3. right foretouch – frontarm
 4. close right to closeheel stand – closearm

- III.
 1. frontbow –frontarm, palms in
 2. hold
 3. upright – closearm
 4. hold

- IV.
 - 1 90 degree turn left on left heel and ball of right foot (pushing off with ball of right) (as in “left face”)
 2. hold
 3. close right to closeheel stand
 4. hold

- V.
 1. sidearm, palms down
 2. uparm, palms in
 3. sidearm, palms down
 4. closearm

- VI.
 - 1. left sidetouch – sidearm
 - 2. close left to closeheel stand – closearm
 - 3. right sidetouch – sidearm
 - 4. close right to closeheel stand – closearm

- VII.
 - 1. uparm through sidearm, palms in
 - 2. hold
 - 3. closeheel stand – closearm through sidearm
 - 4. hold

- VIII.
 - 1. 90 degree turn left on left heel and ball of right foot (pushing off with ball of right)
 - 2. hold
 - 3. close right to closeheel stand
 - 4. hold

IX.- XVI. Repeat Measures I-VIII as written

PART I – SECTION B – 16 Measures – 4/4

- I.
 - 1-4 four steps in place, starting left

- II.
 - 1-4 four steps forward, starting left (moving one marker distance forward) to stand right forestep on count 4

- III.
 - 1. left forelunge – frontarm, palms in
 - 2. hold
 - 3. close left to closeheel stand – closearm
 - 4. hold

- IV.
 - 1. right forelunge – frontarm, palms in
 - 2. hold
 - 3. close right to closeheel stand – closearm
 - 4. hold

- V.
 - 1. 90 degree turn left on right and left sidestep
 - 2. close right to left to closeheel stand
 - 3. left sidestep
 - 4. close right to left to closeheel stand

- VI.
 - 1. left sidestep
 - 2. close right to left to closeheel stand
 - 3. left sidestep
 - 4. close right to left to closeheel stand

- VII. 1. left sidelunge – sidearm, palms down
 2. hold
 3. close left to closeheel stand – closearm
 4. hold
- VIII. 1. right sidelunge – sidearm, palms down
 2. hold
 3. close right to closeheel stand – closearm
 4. hold
- IX.-XVI. Repeat Measures I-VIII, but in Measure I, Count 1, ADD 90 degree turn right on first count of the four steps in place. Seniors should again be facing front to repeat Measures I-VIII

NOTE: Seniors have finished Section B facing to right of field in files of “THREE”

PART I – SECTION C – 16 Measures – 4/4

Seniors are in files of “THREE” facing to right of field in closeheel stand – closearm as in Diagram 1A.

DIAGRAM 1A

P3 P*2 P1

DIAGRAM 1B(facing front)

P1 ^
 P*2 ^
 P3 ^

DIAGRAM 1C (facing left)

P1 P*2 P3
 < - - - -

DIAGRAM 1D (facing front)

P3 ^
 P*2 ^
 P1 ^

DIAGRAM 1E (facing front)

P*3 P*2 P*1

- I.-II. 1-6 by threes quarter wheel left - P2 is the pivot (Diagram 1B)
7-8 all turn to face the front
- III. 1. left sidelunge – sidearm, palms down
2. hold
3. close left to closeheel stand – closearm
4. hold
- IV. 1. right sidelunge – sidearm, palms down
2. hold
3. close right to closeheel stand – closearm
4. hold
- V.-VI. 1-6 by threes quarter wheel left - P2 is the pivot (Diagram 1C)
7-8 all turn to face the left
- VII.-VIII. Repeat Measures III-IV As written
- IX.-X. 1-6 by threes quarter wheel left - P2 is the pivot (Diagram 1D)
7-8 all turn to face the front
- XI.-XII. Repeat Measures III-IV As written
- XIII.-XIV. P3 - 135 degree turn to left in direction of marker M3, and march eight steps forward, starting left to Marker M3
P2 - eight steps in place
P1 - 45 degree turn to right in direction of marker M1, and march eight steps forward, starting left to Marker M1
- All: on reaching own markers – face front – closeheel stand – closearm
Diagram 1E
- XV.-XVI. Repeat Measures III-IV as written

PART II – RHYTHMS IN THREE QUARTER TIME

Fundamental Position: Closeheel stand on markers – closearm, facing front

INTRODUCTION – 4 Measures – No Movement

PART II – 80 Measures – 3/4

- I. 1-3 left sidelunge – sidearm, palms down

- II. 1-3 trunk dip to moderate left sidebow – left closearm inward in rear, right uparm, palm in
- III. 1-3 repeat Measure II (no arm movements)
- IV. 1-3 close left to closeheel stand – upright truck – sidearm, palms down
- V. 1-3 closearm across in front at wrists. palms rear
- VI. 1-3 sidearm, palms down
- VII. 1-3 frontal circle arms downward (to sidearm)
- VIII. 1-3 closearm
- IX - XVI. Repeat Measures I - VIII but to opposite (right) side
- XVII. 1-3 with moderate knee dip – moderate trunk twist to left- sidearm, palms down
- XVIII. 1-3 with moderate knee dip – 90 degree trunk twist to right –closearm and sidearm
- XIX. 1-3 with moderate knee dip – and 90 degree trunk twist to left – closearm and sidearm (arms continue upward to start circle)
- XX. 1-3 with moderate knee dip – arms continue circle to sidearm
- XXI - XXIV. Repeat Measures XVII.-XX., but to opposite (right) side
- XXV. 1-3 trunk twist to front – left forestep – low sidearm downslant, slightly to front, palms rear
- XXVI. 1-3 weightshift to rear to left foretouch – low sidearm downslant, slightly to rear, palms front
- XXVII. 1-3 weightshift to front to half squat left forestep – moderate frontbow – frontarm outward (in a frontbow, a frontarm outward resembles a sidearm downslant), palms down
- XXVIII. 1-3 rise – weightshift to rear to left foretouch – upright – moderate sidearm downslant, palms front
- XXIX - XXXII. Repeat Measures XXV – XXVIII (omitting trunk twisting to front)

- XXXIII. 1-3 with knee dip, close left to closeheel stand – closearm and uparm through frontarm, palms front
- XXXIV. 1-3 with knee dip, - reararm through frontarm, palms rear
- XXXV. 1-3 slowly and with knee dip and moderate frontbow – frontarm through closearm – and continue to
- XXXVI. 1-3 slowly upright – slowly uparm
- XXXVII. 1-3 with knee dip – reararm through frontarm
- XXXVIII. 1-3 with knee dip – uparm through frontarm
- XXXIX. 1-3 circle arms outward (and downward)
- XL. 1-3 arms continue to closearm through sidearm
- XLI – LXXX. Repeat Measures I - XL as written

PART III – MODIFIED AEROBICS – 18 MEASURES - 4/4 TEMPO

STARTING POSITION: Open ranks on markers.

FUNDAMENTAL POSITION: Closeheel stand on markers – closearm, facing front

INTRODUCTION – 2 Measures – No Movement

SECTION A – 16 MEASURES

- I. 1 left forestep – sidearm
 2. right forestep – uparm
 3. left forestep – sidearm
 4. right forestep – closearm
- II. 1. left sidetouch – sidearm
 2. left closeheel stand – closearm
 3. right sidetouch – sidearm
 4. right closeheel stand – closearm
- III. 1. kneedip – hands on hips
 2. kneedip
 3-4 hold

- IV. 1-2 90 turn left to stand right reartouch – sidearm
3-4 close right to left to closeheel stand – closearm
- V-VIII. Repeat Measures I-IV
- IX-XII. Repeat Measures I-IV
- XIII-XVI. Repeat Measures I-IV to finish facing front on own markers

SECTION B – 16 MEASURES

- I. 1 left sidestep – sidearm
2. close right to closeheel stand – closearm
3. left sidestep – sidearm
4. close right to closeheel stand – closearm
- II. 1-2 left sidelunge – sidearm
3-4 close left to closeheel stand – closearm
- III-IV. Repeat Measures I-II to opposite (right) side
- V. 1. left sidestep – sidearm, palms up
2. with kneedip, close right to closeheel stand – bend closearm and clap hands in front of chest
3. left sidestep – sidearm, palms up
4. with kneedip, close right to closeheel stand – clap hands in front of chest
- VI. 1. left sidestep – sidearm, palms up
2. with kneedip, close right to closeheel stand – clap hands in front of chest
3. with kneedip, clap hands in front of chest
4. with kneedip, clap hands in front of chest (as in count 3)
- VII-VIII. Repeat Measures V-VI to the opposite (right) side
- IX. 1. left sidestep – though closearm, arms to left (see General Information)
2. with kneedip – close right to closeheel stand – moderate right sidebow
ARMS HOLD
3. upright – right sidestep – through closearm – arms to right
4. with kneedip – close left to closeheel stand – moderate left sidebow.
ARMS HOLD
- X. 1. upright – left sidestep – closearm, arms begin frontal circle downward and to left
2. close right to closeheel stand – arms continue circle
3. left sidestep – arms continue circle
4. close right to closeheel stand – arms complete circle and continue to arms to left

- XI-XII. Repeat Measures IX-X to opposite (right) side, close left to right – closearm
- XIII. 1. left sidestep – sidearm, palms up
2. with kneedip, close right to closeheel stand – bend closearm and clap hands in front of chest
3. right sidestep – sidearm, palms up
4. with kneedip, close left to closeheel stand – clap hands in front of chest
- XIV. Repeat Measure XIII
- XV. 1. left sidelunge – sidearm, palms down
5. hold
6. close right to closeheel stand – closearm
7. hold
- XVI. 1. right sidelunge – sidearm, palms down
2. hold
3. close left to closeheel stand – closearm
4. hold

TRANSITION – 2 MEASURES

- XVII. 1-2. P3 - right sidestep, close left to right, closeheel stand
P1 – left sidestep, close right to left, closeheel stand
3-4. P3 - right sidestep, close left to right, closeheel stand
P1 – left sidestep, close right to left, closeheel stand
- XVIII. 1-2. P3 - right sidestep, close left to right, closeheel stand
P1 – left sidestep, close right to left, closeheel stand
3-4. Hold

FINALE –

Fundamental Position: Closed three – closeheel stand closearm

INTRODUCTION – 4 Counts – No movement

FINALE – SECTION A – 16 Measures – 4/4

- I. - XVI. Repeat I-XVI of Part I Section A as written

FINALE – SECTION B – 16 Measures – 4/4

NOTE: Music starts slowly with gradual increase in tempo.

- I. 1 Frontbow – arms in closearm (at sides of body)
2-4 slowly upright and slowly frontarm, palms in
- II. 1-4 slowly uparm outward, palms front cross with partners
- III. 1 arms hold
2-4 hold
- IV. 1 upright – closearm through frontarm outward – look front
2-4 hold

NOTE: Tempo increasing

- V. 1 P3 - left sidelunge (outward) – left uparm outward, right sidearm
downslant, palms down
P1 - right sidelunge (outward) – right uparm outward, left sidearm
downslant, palms down
P2 - moderate halfsquat – sidearm downslant, palms down, fingertips in
contact P1 & P3 inside hand
2-3 hold

NOTE: Tempo steadily increasing

- VI. 1 P1 & P3 – rise to stand on outside (lunging) foot- closing inside foot to
closeheel stand – closearm
P2 – rise to closeheel stand – closearm
2-4 hold
- VII. 1 P3 - right sidelunge (inward) – right uparm outward, left sidearm
downslant, palms down
P1 - left sidelunge (inward) – left uparm outward, right sidearm
downslant, palms down
P2 – uparm outward, through sidearm, palms in, fingertips in
contact with P1's & P3's inside hand
2-4 hold
- VIII. 1 P1 & P3 – rise to stand on inside (lunging) foot – closing outside foot to
closeheel stand – closearm
P2 – lower to closeheel stand – closearm, through sidearm
2-4 hold

NOTE: With rapidly increasing tempo

- IX. 1-4 wheel 90 degree (quarter circle, P2 pivot) left in four steps. Starting left
- X. 1-4 four marching steps forward one marker, P2 on marker

NOTE: Rapidly increasing tempo

XI. 1-4 wheel 90 degree (quarter circle, P2 pivot) right in four steps,
starting left to face front

All finish on count four in closeheel stand – closearm

XII. 1 uparm outward, through frontarm, palms front
2-4 hold

NOTE: Rapidly increasing tempo

XIII. 1 frontbow – frontarm outwards, palms down, arms cross as in Measure XII
2-4 hold

XIV. 1 upright – closearm
2-4 hold

XV. 1 uparm outward, through frontarm, palms in arms crossed as in Measure
XII
2-4 hold

XVI. 1-3 hold
4 (sharply) closearm, through frontarm and call out “ZDAR!”