



# HISTORY OF FOOT FITNESS

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

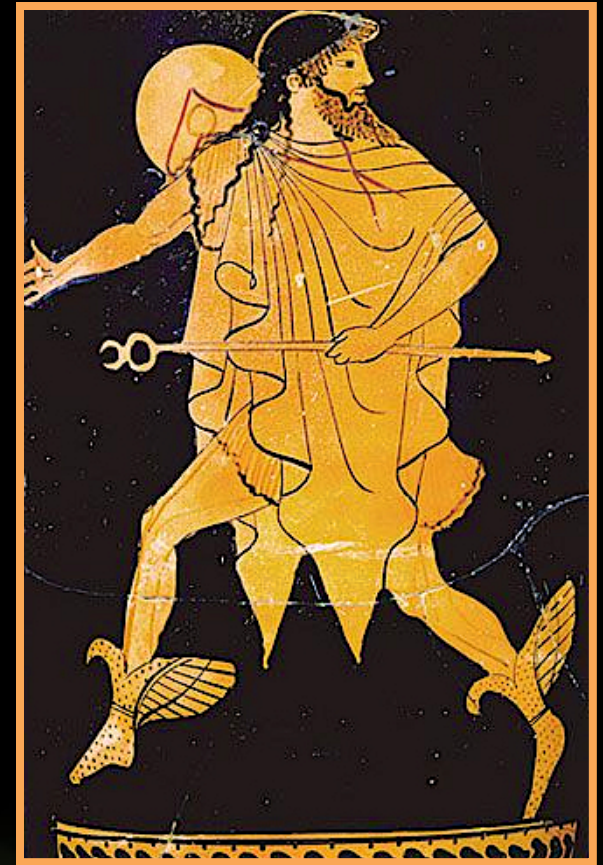
*Narrated by Ron Jones, MS*

**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”  $\approx$  “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. | 3 Step up and down forward by a followstep. |
| 2 Step up forward and jump down backward.            | 4 Step up and jump down forward.            |
|  | 5 Step up and down forward.                 |
|  | 6 Step over by a followstep.                |

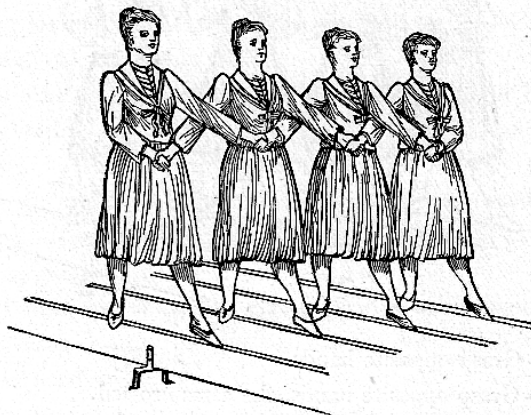


Fig. 257.

Standing crosswise to the boards.

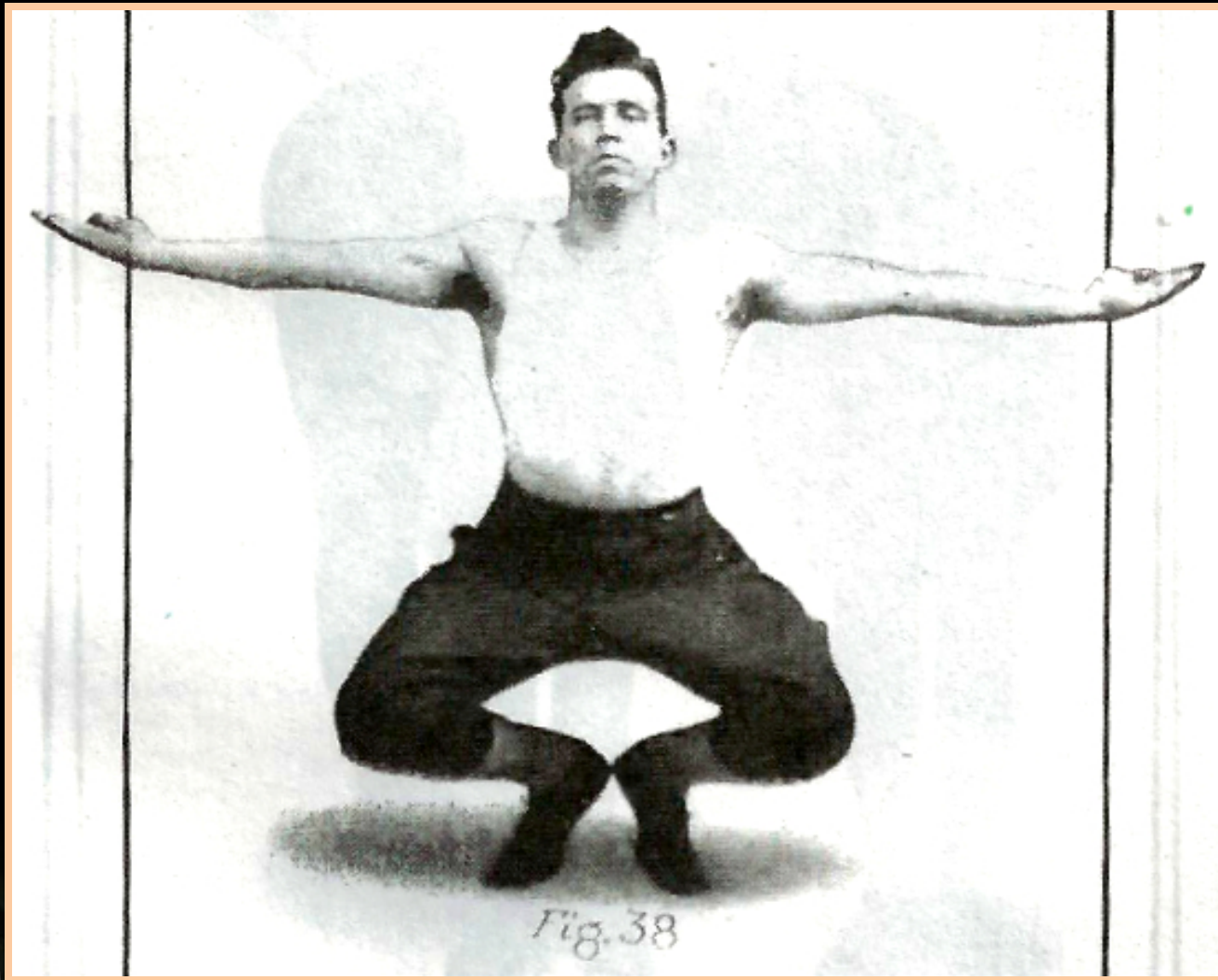
- |   |  |
|---|--|
| 7 Step up sideways into the step position forward or backward (Fig. 257), and step or jump down on the same side. | 8 As Exercise 7, stepping or jumping down on the other side. |
|---|--|

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



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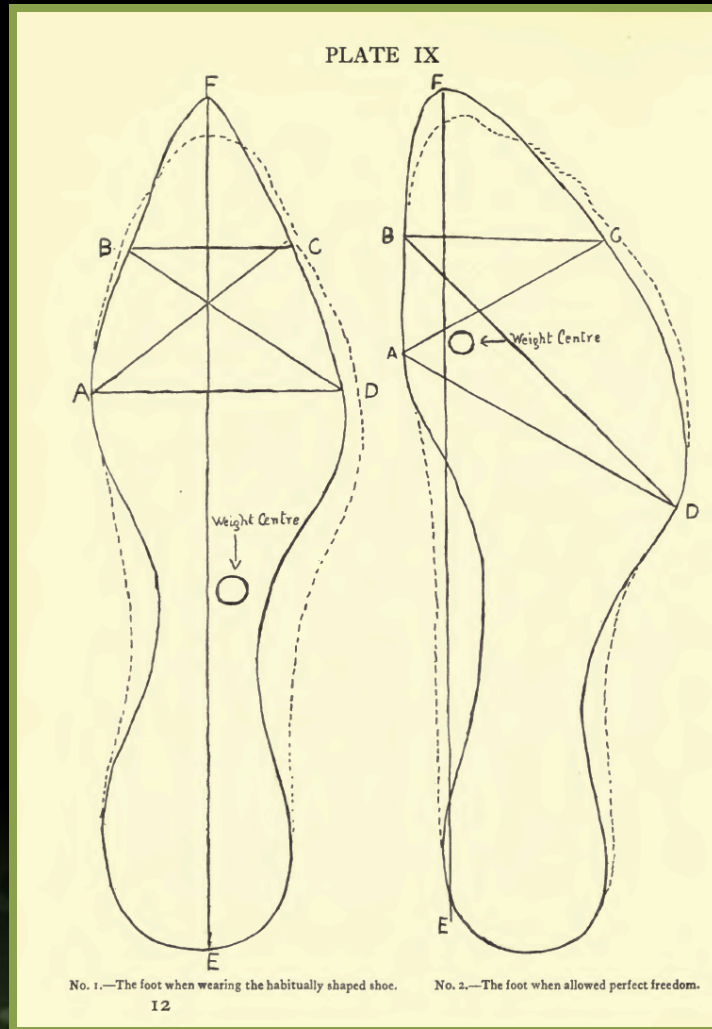
# “1919: KOEHLER/WEST POINT”



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# 1922: DIANA WATT'S

## *“The Renaissance Of The Greek Ideal”*



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# “1929: LILY DREW-GYMNASTICS”

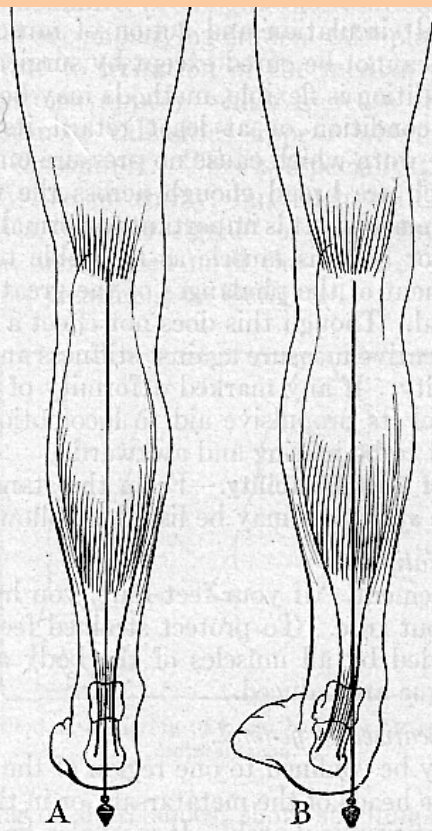


FIG. 28.—Normal foot and pronated foot—posterior view. The position of a plumb line dropped from the middle of the popliteal space in the normal foot, *A*, and in the pronated foot, *B*. (Lewin, *The Foot and Ankle*.)

*An analysis of the mechanics of walking shows that the weight of the body as it is carried forward, in order to be*

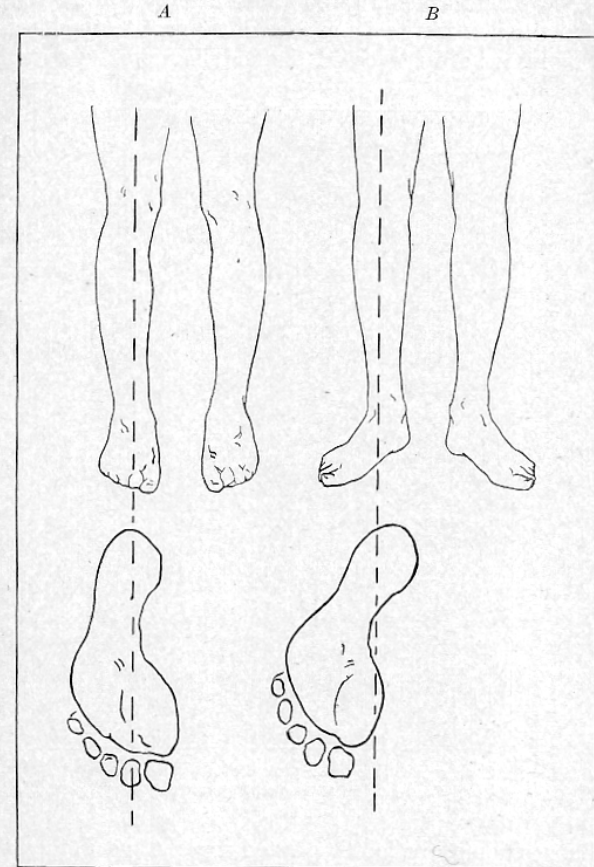


FIG. 102. — *A*, strong position, feet straight; *B*, weak position, feet turned out.

transmitted in the most economic manner, must pass through the center of the hip-, knee- and ankle-joints and the long



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# “1929: LILY DREW-PARTNER GAME”

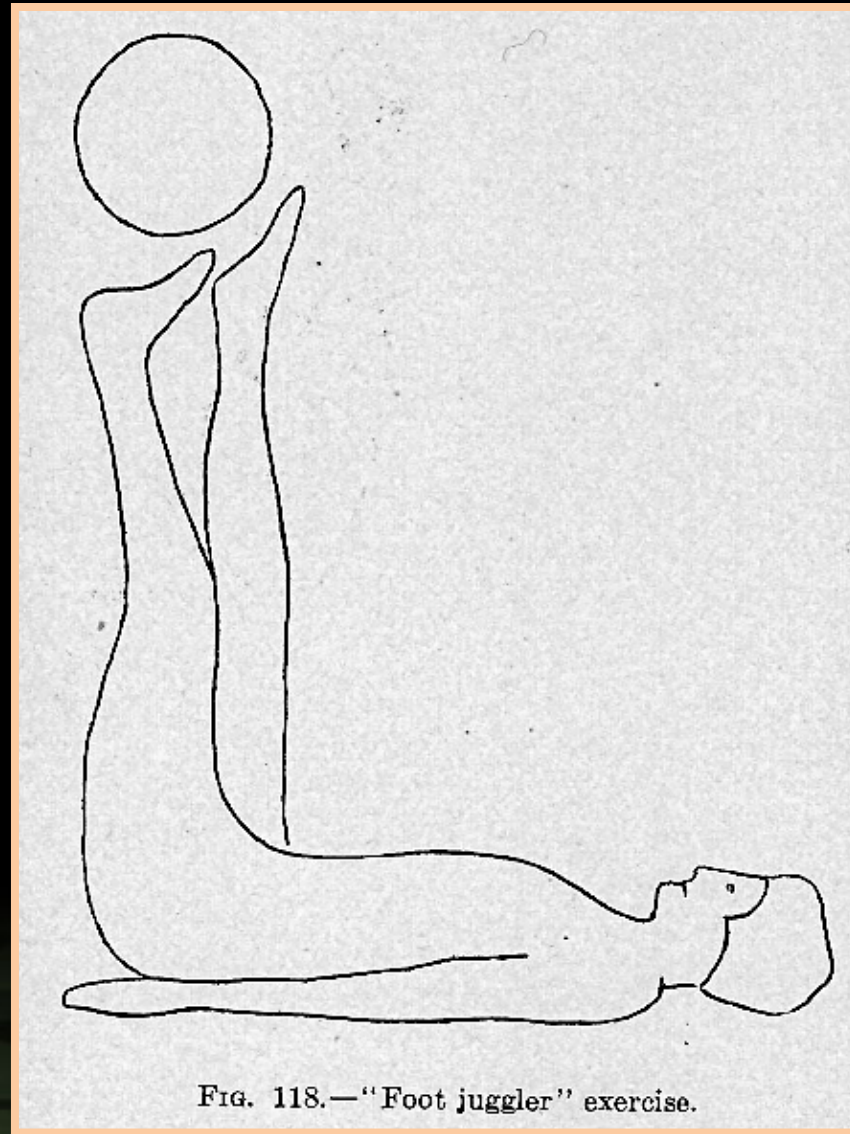
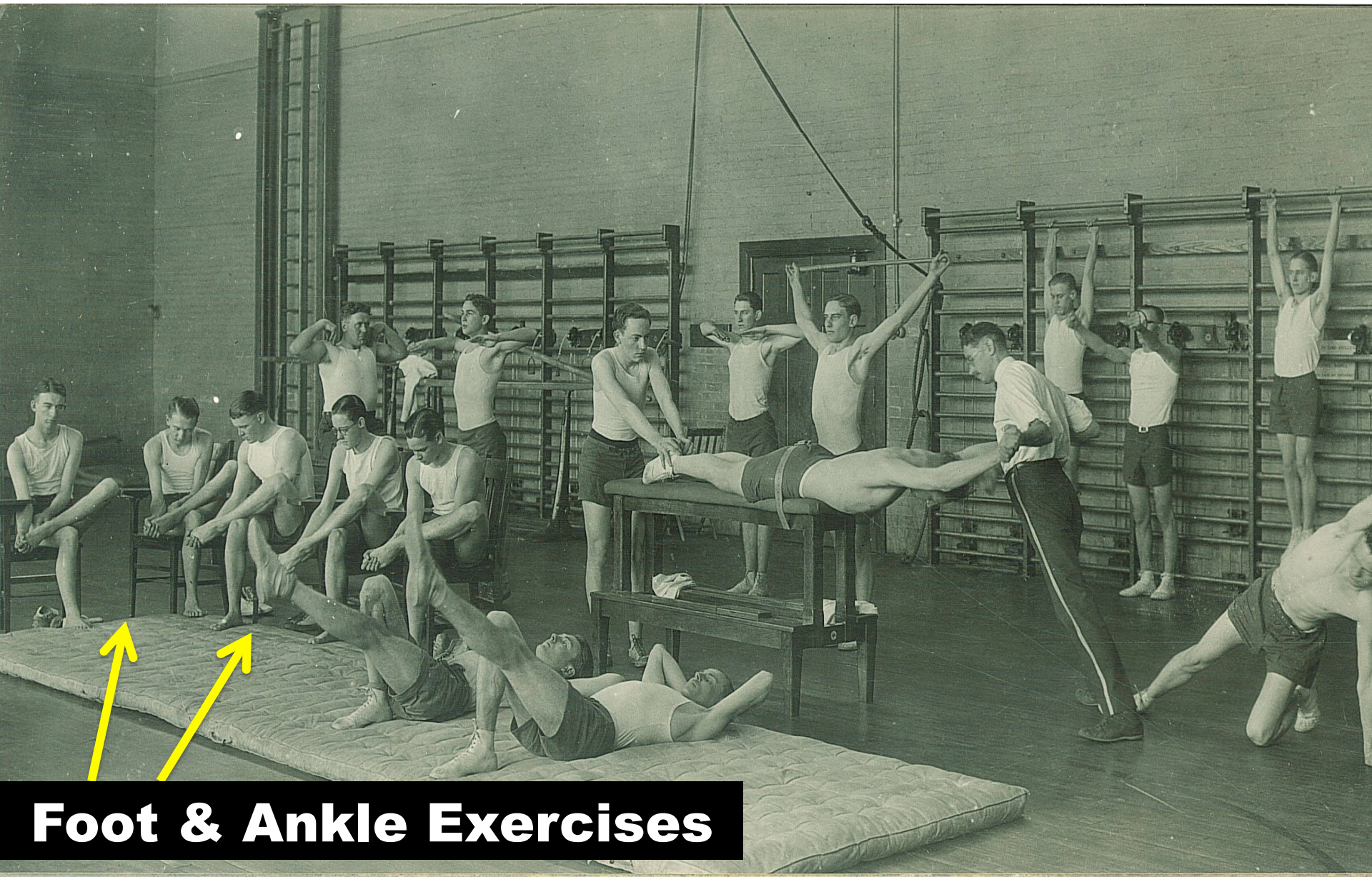


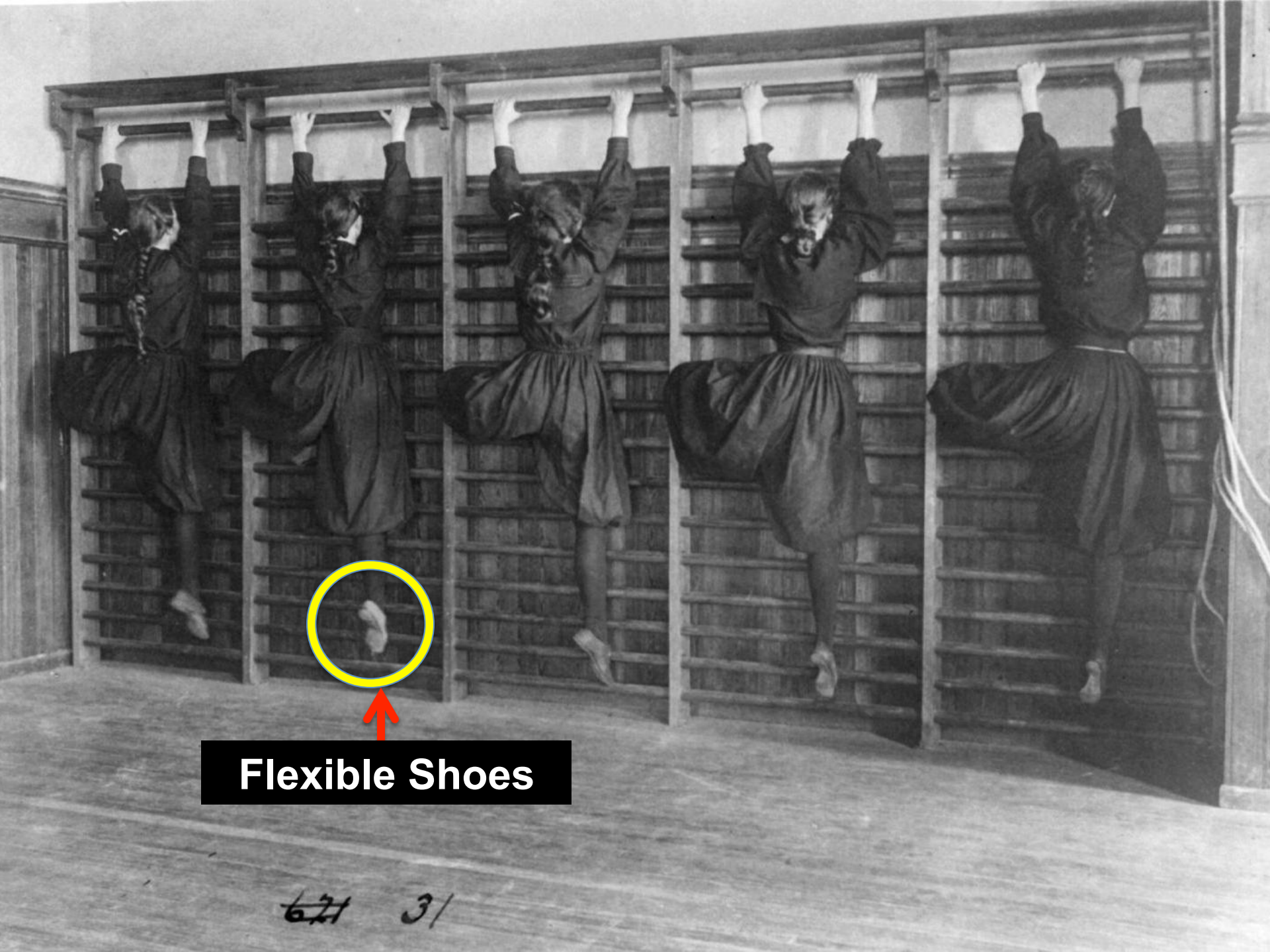
FIG. 118.—“Foot juggler” exercise.



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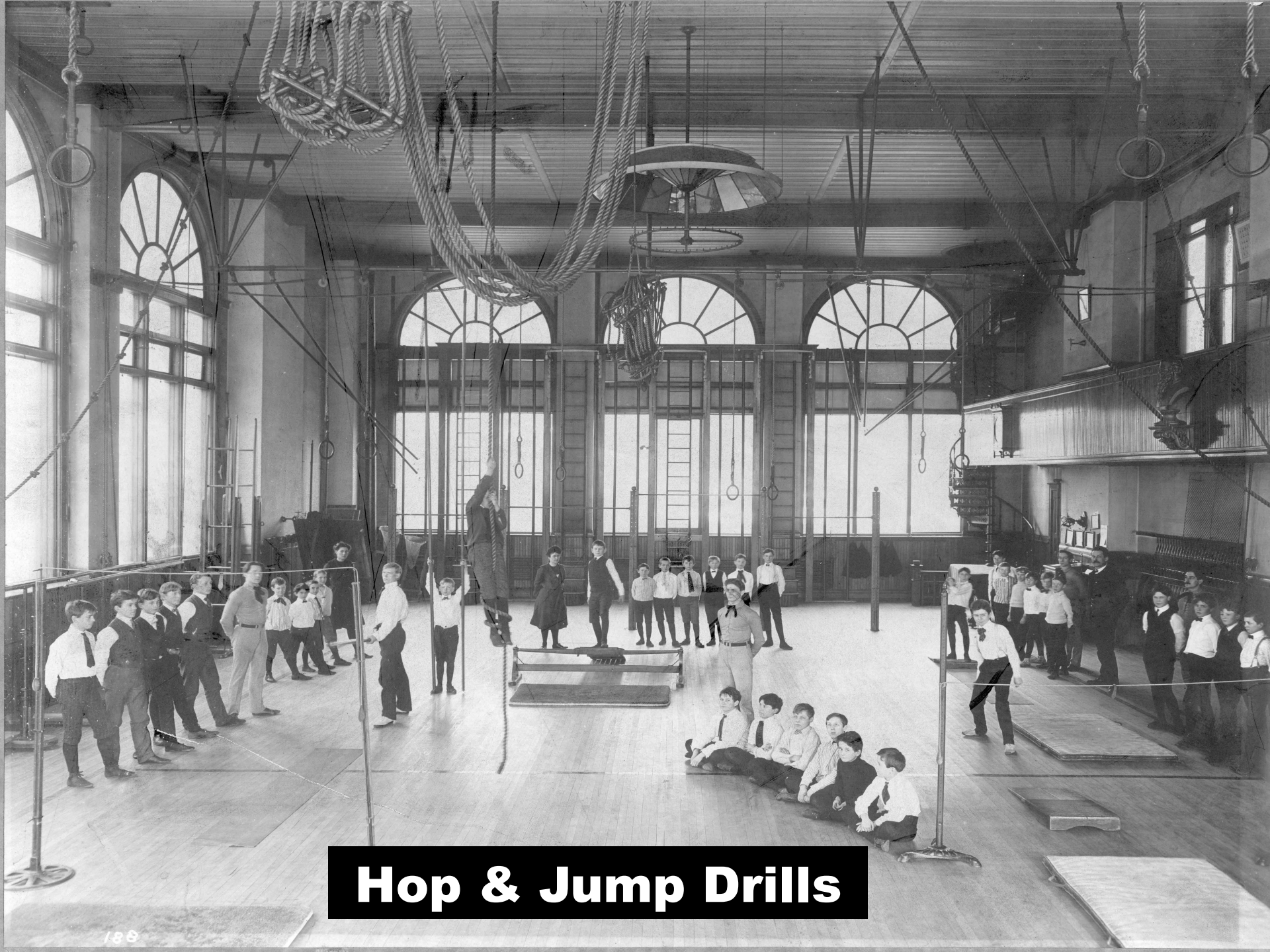


## Foot & Ankle Exercises



**Flexible Shoes**

621 31



**Hop & Jump Drills**

\*Educated Feet Archive Clip (1926)

# EDUCATED FEET

For Correct Posture

*Produced by Marcia Middleton & Edward J. Hummel*

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