**Rhythmic Gymnastics!**

Rhythmic Gymnastics is a type of Women’ Sport, which includes : artistic gymnastics, acrobatics, and elements of choreography, also, it has exercises with and without objects.

Rhythmic gymnastics develops: flexibility, coordination and movement of plastic, the body's own ability to contribute to general physical preparation.

The World Rhythmic Gymnastics Championships are the World Championships for the sport of rhythmic gymnastics. They were first held in 1963. Rhythmic gymnastics became an Olympic sport in 1984.

Rhythmic gymnastics as well as Gymnastics in general had a long way of developing , and it is became an independent type of Sport relatively late. As early as the 20th century in Tbilisi was functioning a rhythmic plasticity studio, on which basis in 1924 was established Tbilisi Rhythmic Institute.

In the Institute, the superiority, had ideas of the famous French scenic gesture theorist and practitioner: Francois Delastris’ , whose name is associated with the term ,,aesthetic gymnastics” The history of creation and development of rhythmic gymnastics as a sport , dates back to the 40-es of the last century. In 1948 in Tbilisi Youth Palace took place USSR Second Brows-contest in Rhythmic Gymnastics, and also, were open two Rhythmic Gymnastics groups. From Leningrad, was invited, famous gymnast and coach Julia Shishkariova , who introduced and established original exercises. Georgian rhythmic gymnasts started participation at the USSR tournaments from 1950-ies , but significant victories they started to achieve when Mrs. Neli Saladze were head of the team and later she became famous coach. She established Georgian School of Rhythmic Gymnastics. In 1979, Irine Gabashvili and Lali Dolidze with USSR Rhythmic Gymnsatics team became the WORLD CHAMPIONS. At the same World Cup tournament Gabashvili won ,,Exercise with Ball,, competition, and also, took the 3rd place in ,,ALL AROUND,, competition. Great success also came out to: Irina Gemchujina , Maia Nadibaidze, Irma Khipshidze, Eliso Bedoshvili,

Pikria Pankvelashvili, Nato Leshkasheli, Inga Chkaidze, Jenia Shirinkina, and others. Participated in the Olimpic Games: Eka Abramia (in 1996) and Inga Tavishvili (in 2000).

In the last 4-5 years Georgian sportsmen achieved great success. Federation has European and World Cup tournaments’ finalists. Georgian Team took 3rd Place at the 28th European Championships in Rhythmic Gymnastics, May 30th to June 3rd 2012, in Nijni Novgorod, Russia, where were participating sportsmen from 28 countries.

Also, in April 13th-15th 2012, Georgian Team took 3Rd place at the FIG Rhythmic Gymnastics World Cup series Pesaro 2012.

And, Georgian Team took 2nd Place in FIG RG World Cup Event in Penza, Russia, 26-30 April 2012.

This year, for the first time, United Georgian Gymnastics Federation held an International Rhythmic Gymnastics tournament ,,Tbilisi Cup,, in which participated

10 countries. For this tournament in Tbilisi arrived 70 members of delegation from :

Lithuania, Latvia, Estonia, Poland, Uzbekistan, Azerbaijan, Armenia, Russia, Czech Republic.

Especially, for the tournament , in Tbilisi arrived and officiated at the tournament , an Olympic Champion and member of UEG : Mrs. Marina Lobach. The tournament took place for 2 days, 12-13 of May, in Children’s Basketball Hall. The tournament was supported by Tbilisi City Hall. ,,Tbilisi Cup,, was very successful for Georgian gymnasts.