
CALISTHENICS
The future begins today,
and you are part of it!

Introduction to the Calisthenics sport

Calisthenics is a form of bodyweight resistance training or performed with minimal equipment.

Known as a collective name for exercises that are performed with one's own body.

You train your strength, endurance, mobility and flexibility all at the same time; the ideal mix to build a strong and athletic body.

Calisthenics originated in ancient Greece, the name of the Olympic Games comes from the holy city of "Olympia", where the first games were held. The Greek geographer and traveler Pausanias had observed that calisthenics was the most important workout for all athletes who took part in the Olympics.

Why calisthenics?

✓ You can practice it anytime, anywhere
✓ The risk of injury is small
✓ Suitable for all ages
✓ You can start at any level
✓ Fundamental element of all sports!

Origin and etymology

The word *Calisthenics* comes from the ancient Greek words *kalós* (καλός), which means "beautiful", and *sthenos* (σθένος), meaning "strength".

It is the art of using one's bodyweight as resistance in order to develop physique.



Our roadmap to advance the sport Calisthenics



Sports Development Plan; Sports for a healthier life

Sports development consists of three strategic development directions, including;

Basics

- children and young people (inside and outside of schools, and in residential areas)
  - Promotion of basic physical activity and sports education for children and young people

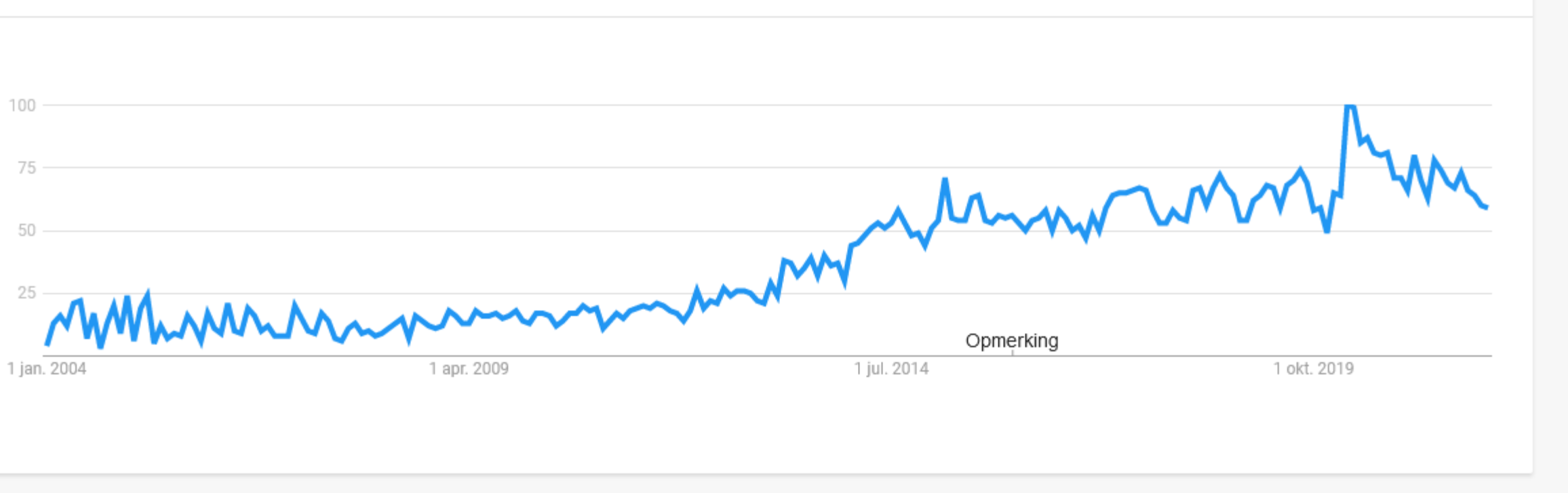
Sports for everyone

- Society
  - Providing accessibility to sports for all

Professional sports

- athletes from amateur to professional level
  - Developing sports competitions for excellence and professionals

Corona accelerates Calisthenics



We are all dealing with the same problems!

There are no…

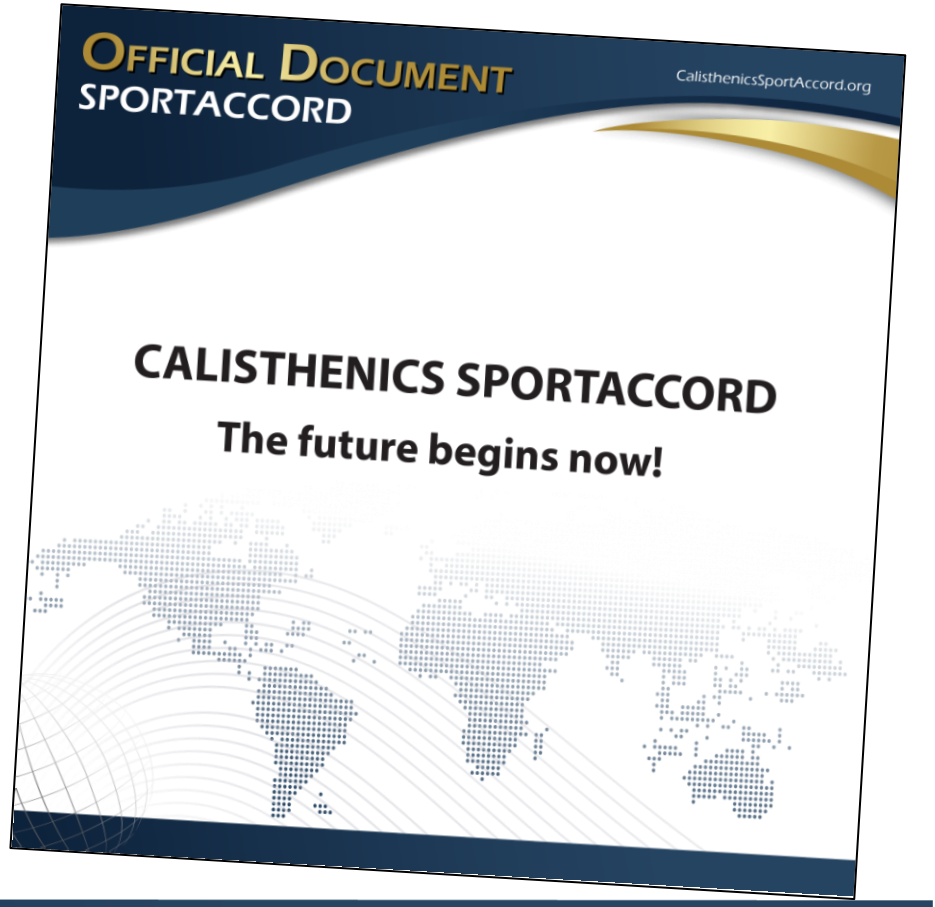
- Universal rules
- Calisthenics guidelines
- Independent judges
- Education
- Certification
- Etc.



Calisthenics SportAccord

The Calisthenics SportAccord is worldwide coalition of sport organizations concerned with the establishment of the official International Federation. With the Calisthenics SportAccord, countries unite to work together on the common ambitions for sports.

- ✓ Universal sports standards
- ✓ Establishing rules and regulations
- ✓ Universal principles for integrity
- ✓ Official and legal organizations
- ✓ Sharing knowledge and expertise
- ✓ Working in committees
- ✓ Decisions are made in a democratic way
- ✓ Work towards a recognized and Olympic sport
- ✓ Following guidelines of GAISF and International Olympic Committee



Sport for a better world

Mission
- Developing a global sport that motivates, inspires and activates people to exercise
- Working towards a recognized and Olympic sport

Vision; Calisthenics For All
- A world in which everyone - young or old - can practice calisthenics, competitively or recreationally and based on common values that promote fun and good sportsmanship. Sport and exercise are part of people's daily routine to create a healthy and more social world.

Let’s work together to solve the problems



Building our new international sports collaborative

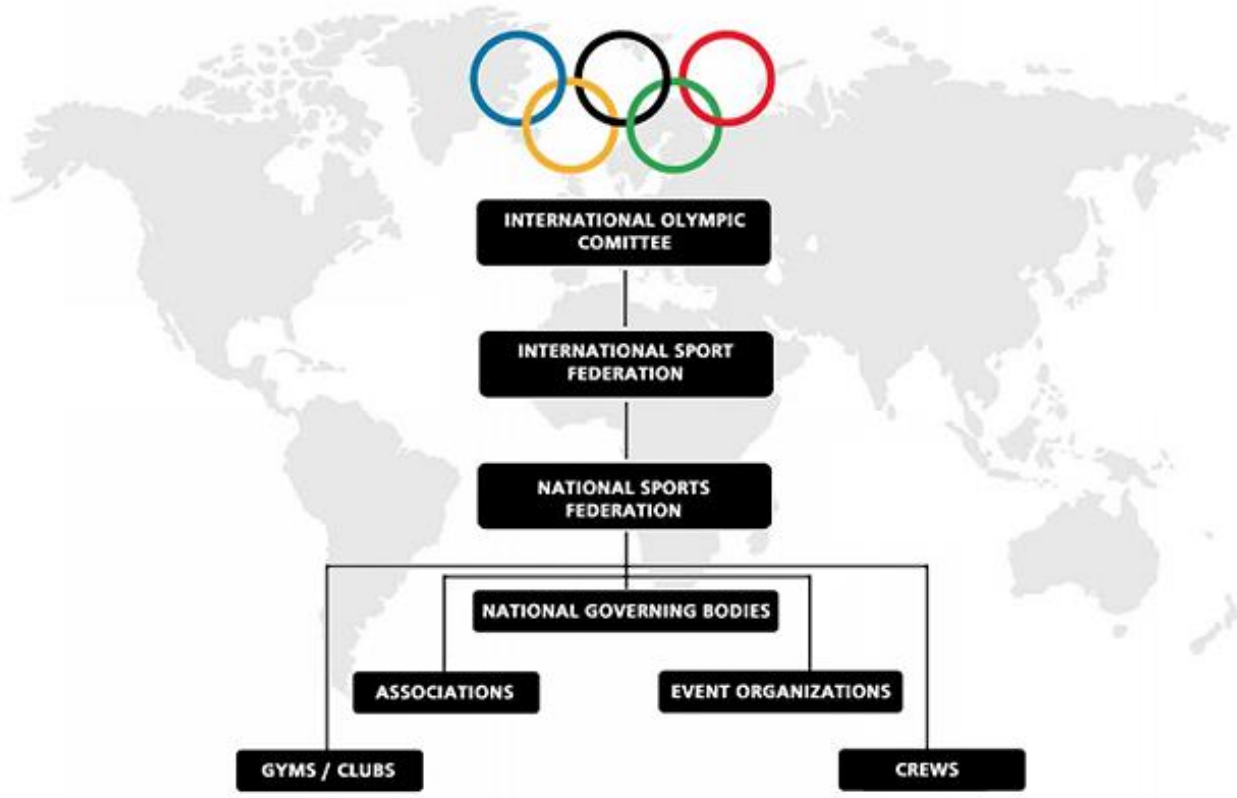
An international open calisthenics federation initiative, driven by a group of national calisthenics associations across continents. Shared beliefs, digital infrastructures and knowledge sharing to drive calisthenics federation as a whole towards becoming an Olympic Sport in 2028.

Our mission:

- Building an engaged & sharing community across the globe
- Generating international online exposure & visibility
- Driving education, professionalization & safety standards
- Building and professionalizing new age sport associations
- Developing calisthenics towards an Olympic sport

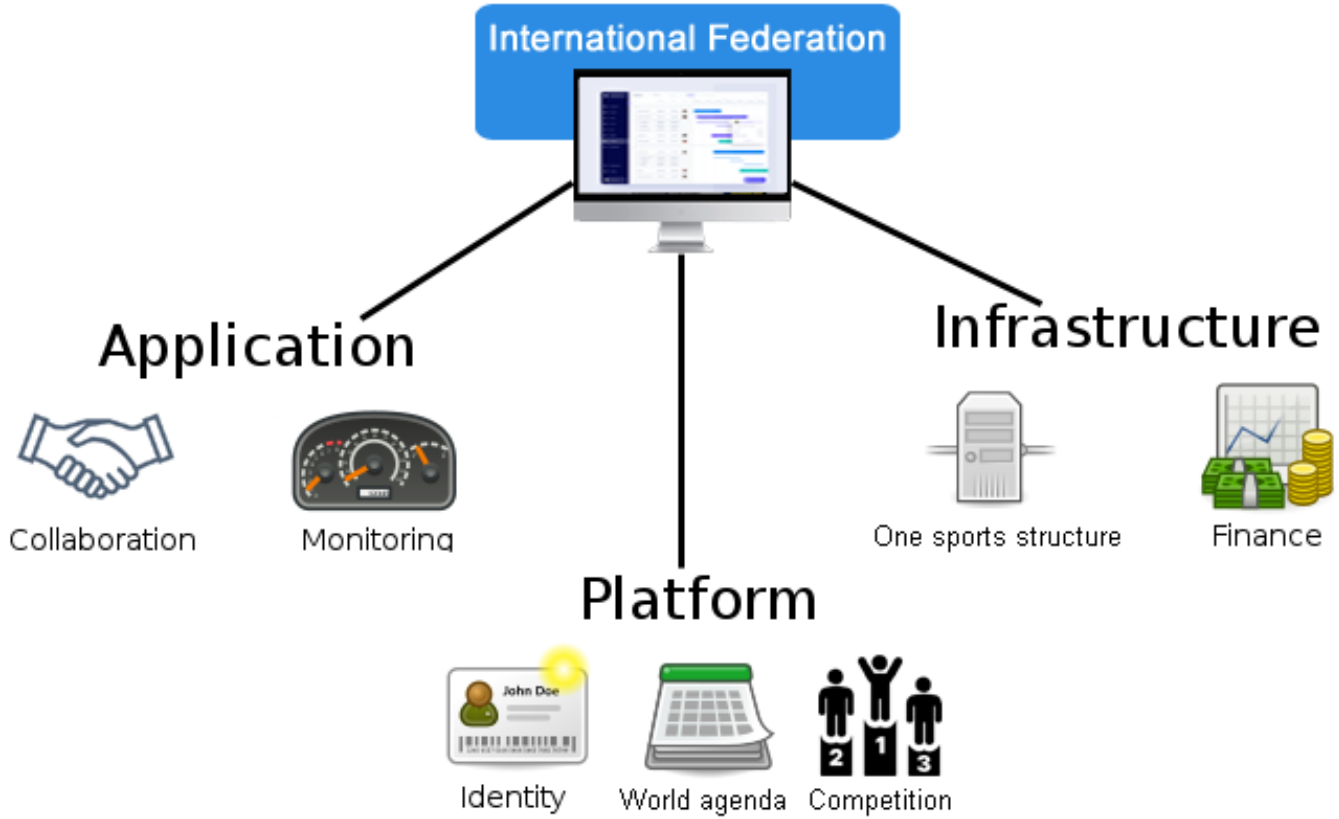
Our purpose:

- One shared digital platform & global community
- Generating exposore & organizing international championship
- One inclusive, non-competitive global calisthenics federation



Developing a world sports structure for calisthenics

- Adminstration
- Rules & Regulations
- World Structure
- Sports number
- Insurance
- Doping registration
- Affiliations



What happens if you can say you are part of the world!



It creates a sports structure, market, sponsorship possibilities, memberships, competitions...

IOC gives green light to Paris 2024’s Urban Sports Arena







CALISTHENICS

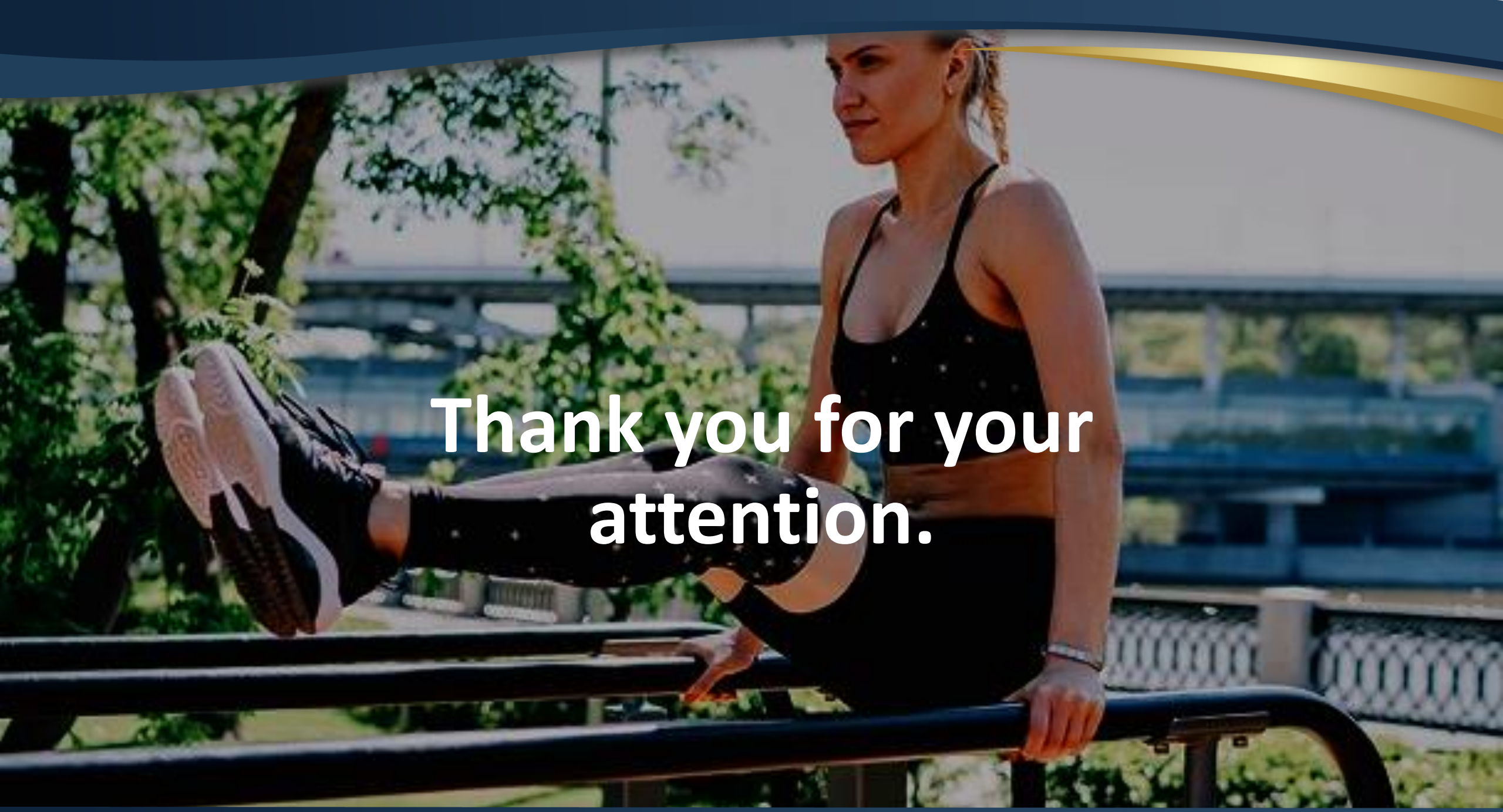
Bringing Calisthenics back to the Olympics

#DreamBelieveAchieve

From playground games to the Olympic Games

Let’s make dreams come true




Thank you for your attention.