



***World's Leading Groups In Rhythmic Gymnastics
McMillan Theatre July 9, 1984. 2:30 p.m., 7:30 p.m.***

"Evening of the World's Leading Groups"

Produced by Kalev Estienne

Program co-ordinator	— Reet Leesment Altosaar
Announcer	— Anne Kriisa
Lighting	— Fred Perrusa
Sound	— Annika Treffnir
Choreographers and Coaches	— Daisy Idla, Evelyn Koop, Leida Leesment, Heli Oder, Reet Leesment-Altosaar, Hilja Paul, Annely Riga
Program booklet	— Sirje Järvel, Linda Makk



ESTO '84 GYMNASTICS COMMITTEE

Left to Right: Heli Oder, Sirje Järvel, Linda Makk, Reet Altosaar, Evelyn Koop, Siina Kasekamp, Annely Riga.

WHAT IS MODERN RHYTHMIC GYMNASTICS?

Modern Rhythmic Gymnastics is a type of gymnastics which is specifically feminine. The rhythmic, dynamic esthetic movement is reflected in the personality of the gymnast. Modern Rhythmic Gymnastics (MRG) conforms to the principles of human physiology and refines and perfects the movement by a continual neuro-muscular action.

The educational aspect, open to all ages, involves simple gymnastics, beautiful, interesting and with limited difficulties. This develops to a more complex *sportiv rhythmic gymnastics*. At this point, the difficulties, the speed of execution, the intensity are more distinct. The esthetic character, the originality of the sequences and of the technical element, and the appropriate musical accompaniment contribute to a high virtuosity resulting in the competitive form of the elite sport. At this level, there are both individual and group events.

However, regardless of the level, the exercises have common characteristics. They are usually performed with hand apparatus such as ribbons, balls, hoops, ropes and clubs. The gymnast has to harmonize the movements of her body to those of the apparatus she uses.

MRG can express individual fantasies as well as group harmony. It allows women to reach a motor and psychic balance, joy and serenity, through elegant, rhythmic coordination, surety and correctness of movement and physical beauty.

WHAT IS THE HISTORY OF MRG?

Modern Rhythmic Gymnastics was developed at the beginning of our century. The idea was to modify "women's gymnastics" so it would be a more appropriate form of physical activity for the female body. Some of the founders were George Demeney (1850-1917) a French physiologist, Emilie J. Dalcroze (1865-1950) a Geneva music teacher, Rudolf Bode (b. 1881) of Germany, and Ernst Idla (1901-1981) an Estonian who founded a MRG movement School in Sweden.

MRG became an internationally recognized sport in 1963. Budapest hosted the first World Championships and 28 contestants from nine European countries were present. Since Budapest, the World Championships in MRG have been held every two years in various parts of the world. The first international competition with a Canadian team took place in Cuba in 1971. Kalev-Estienne Club gymnasts were judged among the top 14 countries in the world.

Both the Canadian Modern Rhythmic Gymnastics Federation and the Ontario Modern Rhythmic Gymnastics Federation were founded on April 24, 1969 by Mrs. Evelyn Koop. Since 1951, Mrs. Koop and her students have been responsible for developing MRG in Ontario and Canada. In 1971 Tamara Bompa and Marta Selmeczi and in 1974 Lillian Dimitrova added their knowledge and talents toward helping to develop the Canadian Competitive concept of Rhythmic Gymnastics. The first Canadian National Coaches were Tamara Bompa as individual coach and Evelyn Koop as group coach.

THE IDLA METHOD

Ernst Idla, creator and founder of the Idla method, was born in Estonia 1901 and died in Stockholm, Sweden in 1980. He studied medicine, psychology, pedagogics and physical education in Berlin.

The Idla Institute was founded 1929 in Tallinn, Estonia, where Ernst Idla was trainer of track and field. In 1944 Mr. Idla fled from the U.S.S.R. occupied Estonia to Sweden, where he gave his first performance in Stockholm's Konserthus 1945.

At the Festival of Ling (Lingiaden) in Stockholm 1949, where 20.000 gymnasts from all over the world were gathered, Ernst Idla was the director and choreographer of the Festival of Light (Ljusfesten) at the Stadium. This event became an international breakthrough for IDLA.

A totally new idea was born in the world of gymnastics with the Idla method. Its basis is scientific and theoretical, and includes adjustments to age, sex and ability. In a constant interchange the Idla method applies the physiological principals of work—rest, and the psychological principles of stress—relaxation. The ball is used as a tool and rythm instrument. Quality of movement is what the method is aiming at. The unlimited richness of movement with the Idla method results in an advanced form of exercise while creating a choreographic dance program. The Idla form of exercise is to equal degrees building physical fitness and mental stimulation.

The principles and work methods of Ernst Idla are now well known and accepted.

Highlights of Idla ensamble

A group representing Idla has been touring the U.S.A., Canada, Central and South America and also Europe for a number of years.

The Idla method has been taught through courses, classes, lectures and work shops at different Universities, Ballet and Dance Festivals and also at Athletic Festivals in many parts of the world.

The American public has had the opportunity to see the IDLA method during their many TV performances, e.g. at the Ed Sullivan Show, U.N.'s 25 year Gala in New York, the Mike Douglas Show, Good Morning America and many others.

Their latest tour of the U.S.A. in 1983 included 7 cities on the east coast where they gave 33 performances in 21 days. They also participated in the Scandinavia Today activities in Minneapolis.

Since 1977 there is an Idla Center in downtown Stockholm with education and work shop activity. Approximately 1500 students get their training there today. Special courses are available for participants with back problems, for which the Idla method has developed a program yielding good results.

The Idla method is applicable for both men and women, girls as well as boys, young and old, beginners and advanced. It gives a base for other physical activities especially athletical and therefore serves as a motivation for physical exercise and education in children and young people.

Since his death in 1980, the work of Ernst Idla has been administered by a non-profit organization—the Idla Foundation—and his daughters Ingrid Idla and Daisy Idla Nilsson. Harriet Gustafsson is the foundation's managing director.



MALMÖFLICKORNA—THE MALMOE GIRLS

A school for the cultural movement of moderns rhythmical art founded and directed by Leida Leesment.

Malmöflickorna—Malmö Girls started in September 1954 and consists today of more than 1.000 members divided into groups from 5 years of age and upward.

Malmöflickorna's Selected Troupe is an outstanding proof of the high quality of the school and the results which can be reached within its activities. Especially the ball program is considered unique in the world. They also use ribbons and veils and have several numbers with singing and dancing.

Since their international break-through in 1958 the Selected Troupe has been very sought-after for top-level engagements all over the world in many varying circumstances withing festivals and cultural fields.

They have made over 900 performances including 78 tours to 23 different countries and more than 80 TV shows indicating a lively interest in this exclusive group.

In 1969 Malmöflickorna were nominated to represent Sweden at the Gymnastique Moderne World Championships in Varna, Bulgaria. The result was remarkable. Among 14 countries—without really having Gymnastique Moderne as a speciality—Sweden was the only west nation to be in the final. They are no longer participating in competitions. There was an exception made in May 1983. The Selected Troupe participated in an international televised competition in Israel—Telegym. The group won an overwhelming victory. This victory together with the fact that Malmöflickorna at every world gymnastic festival since 1961 have been selected among the best groups at the festival shows a completely unique series of highclass achievements.

In 1980 Malmöflickorna celebrated their 25th anniversary with a gala performance in the presence of His Majesty the King Carl XVI Gustaf of Sweden.

Every year they have one of two evening performances at the Malmö Theatre with 500 girls showing programs with different degrees of difficulties and every year on June 6, when the Swedish National Holiday is celebrated in Malmö, they give a mass performance with about 500 girls.

Malmöflickorna have become the group which has represented Sweden several times in most different connections such as World Congresses for Physical Education, World Gymnastic Festivals, Cultural Weeks and World Exhibitions.

Some of Malmöflickorna's performances include:

- 5 tours to United States
- 5 times in the Ed Sullivan Show
- 4 week engagement at the Ceasar Palace Hotel, Las Vegas. Also invited to the opening ceremony
- 1 week engagement in the Chicago Bicentennial, including the celebration of United States National Holiday on July 5 and 6
- World Exhibitions in New York and Osaka
- The Opening Ceremony of the Olympic Games in Montreal
- 3 week tour in Brazil connected with cultural and commercial projects
- The first TV-sport show in colour from Berlin



- 2 performances at the World Soccer Championship in Sweden and in the West Germany
- 7 times at the Sport Press Festivals in West Germany
- Frequent engagements at World Congresses for Physical Education in Sweden and abroad
- 4 tours to Israel
- 4weeks' engagements by Tetra Pak in Taiwan including TV-shows
- Several Swedish cultural and commercial campaigns abroad
- 6 performances in connection with Cultural weeks in United States, Italy, Denmark, Finland and Sweden
- Participating in the Festival Gala Evening in Stockholm at the Estonian World Festival 1980 with 10.000 spectators. Staging and Choreography—Leida Leesment
- Standing invitation to traditional mass performance at the Swedish National Holiday.

Leida Leesment, the director, has been awarded several honors and medals and in 1976 she was appointed "The Leader of the Year".

In 1975 Malmöflickorna was appointed "The Club of the Year" and three years later they received the Cultural Scholarship from the city of Malmö.

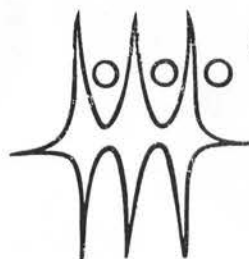
QUESTO RHYTHMICS

Questo Rhythmics, founded more than thirty years ago, is a lively, energetic rhythmic gymnastic troupe from Montreal. The club emerged from the former Montreal Estonian Sport Club and was later renamed the Estonian School of Modern Gymnastics. Presently it is known as Questo (Quebec plus Esto) Rhythmics.

The club spans many levels of competence, from novice to individual world class competitive.

The Questo Gymnasts have performed at all Estonian world festivals and innumerable ethnic functions representing Estonians. Other performances include Expo 67, XXI Montreal Olympics, Man and His World, T.V., etc.

The club is presently coached by Hilja Paul.



Rhythmic Gymnastic Club

RITMIKA

RITMIKA Classes held at 10 locations for girls, teens and ladies.

Fall program starts week of September 10th, 1984.

For information call:

Annely RIGA 224-1674

Siina Kasekamp 222-5751



KALEV ESTIENNE

For over thirty years, the Kalev Estienne Gymnastic Corporation has been actively promoting rhythmic development in Canada. Founded in the early 1960's from the Estonian sports club Kalev, Kalev Estienne has now grown to an organization of hundreds.

Under the dynamic and inspirational guidance of its founder and Artistic Director, Evelyn Koop, Kalev Estienne has introduced Modern Rhythmic Gymnastics to thousands of Canadians, making it famous through innumerable performances by the elite groups across Canada.

Canada became fully aware of Modern Rhythmic Gymnastics during the Centennial Year when the group gave fifty performances at Expro '67 with the most prominent performance of the year on Parliament Hill in Ottawa for Her Royal Highness Queen Elizabeth and Prince Philip.

Mrs. Koop and her girls have continued to promote the sport by giving countless seminars and demonstrations throughout high schools and universities in Canada, the United States, Mexico, Europe, China, Australia, Israel and many other countries.

Among the many international travels of Kalev Estienne, the trip to China in May of 1978 has been an example of their unremitting drive. Kalev received rave reviews everywhere they performed.

The club has grown into a multicultural organization of children, teens and women who enjoy MRG for pleasure, recreation, fitness and competition.

EVELYN KOOP is the artistic director of Kalev Estienne gymnasts and she is a specialist in Rhythmic Sportive Gymnastics. A part time lecturer of Physical Education at the University of Toronto, she holds the Degree of Brevet, the highest qualification of the International Gymnastic Federation. An international judge and coach for the Canadian Sportive Rhythmic Gymnastic Federation, Mrs. Koop is now working on the committee for the development of Canadian gymnasts.

Evelyn Koop is the author of a number of specialist publications such as *Judging*, "School Development Program", "Basics of Modern Rhythmic Gymnastics", and the *National Coaching Certification Manual Level I*.

HELI ODER - Graduate of University of Toronto in Physical Education. Member of Kalev Estienne Elite Corps and has been one of the top Coaches for the past 5 years. Member of the O.M.R.G.F. Star 2 Achievement Programm Development Committee.

HIGHLIGHTS OF KALEV ESTIENNE RHYTHMIC GYMNASTS

- 1951-1960 - Kalev was active mostly in ethnic cultural programs.
- 1960- Estonian Festival held at the CNE Coliseum. - performed at the various sporting events held at Varsity Stadium, CNE Stadium, etc.
- 1964- performed at the Festival of Lights at Maple Leaf Gardens.
- 1965- performed at the ceremonies for the opening of the Toronto City Hall.
 - first international tour across Canada and California.
- 1967- 50 Centennial Year performances were given at Expo '67 with the most prominent performance of the year on July 1st at Parliament Hill in Ottawa for Her Royal Highness Queen Elizabeth and Prince Phillip.
 - gave a command performance for Princess Anne.
- 1968- at the 5th International Gymnaestrada in Switzerland, Canada was represented for the first time by Kalev Estienne Gymnasts.
 - toured and gave seminars in California.
- 1969- performed at the opening ceremonies at the Olympics in Mexico
- 1970- performed at the opening ceremonies at Expo '76 in Japan on Canada Day.
- 1971- participated in the opening ceremonies at Ontario Place.
- 1972- performed successfully at the Brazilian Army Olympics.
 - participated in the Esto '72 Festival of Lights at the Toronto CNE Stadium.
- 1974- senior girls toured Finland, gave seminars and performed.
- 1975- annual show at the St. Lawrence Centre was a great success.
- 1976- participated in the opening and closing ceremonies of the 1976 Olympic Games in Montreal and in the Disabled Olympics in Toronto.
 - Participated in the Esto '76 Festival of Lights in Baltimore.
- 1977- Junior Elite performed in Denmark.
- 1978- visited China, Japan and Hong Kong. They sold out the Peking Worker's Gymnasium, which seats 15,000 and the Shanghai Stadium which seats 18,000.
- 1979- performed at the Grey Cup festivities in Montreal.
 - performed for Princess Anne at the Sheraton Centre.
- 1980- participated in Finland to celebrate the 80th year of Gymnastics.
 - participated in the Esto '80 festivities in Stockholm, Sweden.
 - participated in the pre-game and half time shows of the Grey Cup in Toronto.
 - celebrated it's 20th and 30th year Jubilee.
- 1981- Harmony in Motion, St. Lawrence Centre.
 - Tallinn Festival.
 - Ontario Place—Opening ceremonies.
 - Harbour Front Dance Festival.
- 1982- Australia Brisbane Commonwealth Games.
 - World Gymnaestrada Zürich, Switzerland.
 - Ontario Gymnaestrada.
 - Harmony in Motion—Minkler auditorium.
- 1983- San Francisco West Coast Estonian Festival.
 - Israel Hapoel Games chosen fifth best Rhythmic group in the world.
 - O'Keefe Mary Kay Convention.
 - produced City Caravan performance.

HIGHLIGHTS OF KALEV SPORTIVE COMPETITIVE GYMNASTS



- 1971- Kalev formed the first Canadian National Modern Gymnastics Team to compete in the World Championships in Cuba.
 - the Ontario Provincial Championship Title and Canadian National Championship Title was held by Kalev.
- 1972- Canada was represented at the Invitational Meet in Brazil with participants from Brazil, Germany and Hungary.
 - Held Ontario Provincial Championship Title and the Canadian National Championship Title.
- 1973- 6 Kalev members of the National Team competed at the World Championships in Holland.
- 1974- placed first in the Ontario Championship and Eastern Championships.
- 1975- 6 Kalev members competed at the World Championships in Spain, placed 4th.
 - competed in Moscow, Rumania, Bulgaria.
- 1976- participated in the World Maple Leaf Invitational 1976 Modern Rhythmic Gymnastic Meet. The First International Invitational meet to be held in Canada.
- 1977- competed at the World Championships in Switzerland, placed 8th.
- 1978- competed in the Gymnastic Championships of the Four Continents.
- 1979- competed at the World Championships in England, placed 7th.
- 1980- 2 Kalev members competed in the gymnastic Championships of the Four Continents held in Brazil.
- 1981- competed in the Ontario Championships winning the Senior Masters and Junior Masters all around title.
 - in the Ontario Championships in Junior Masters Category all around individual winners, the 1st and 2nd place are held by Kalev.
 - the Provincial Children's Championship gymnasts hold 1st, 2nd and 3rd placings.
 - at the Eastern Regional Competitions Kalev won the Junior Master Group Competition and placed 2nd in the Junior Individual Competition.
 - the Junior gymnasts won the National Junior Master Championship title.
- 1982- Junior Team won the National Championship title.
 - Senior Masters National team members competed in U.S.A. & Israel.
- 1983- USA Club International competition Seniors & Juniors.
- 1983- Junior team won the National Championship title.
- 1984- Junior individual gymnast won bronze & silver medals.
 - Junior individual gymnasts won silver & bronze at the National Championships.

RITMIKA

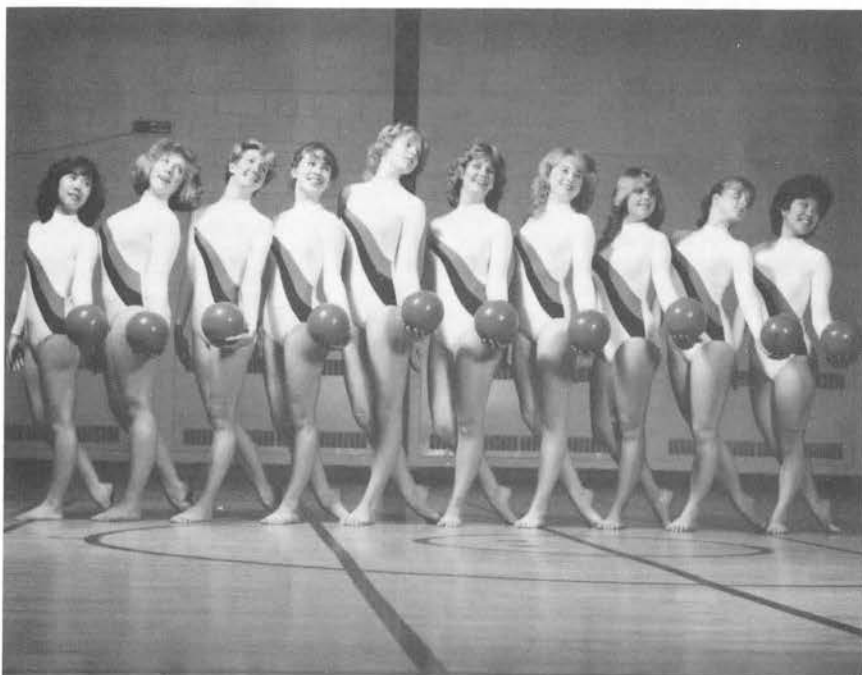
The Modern Rhythmic Gymnastic (MRG) club "RITMIKA" was founded in June 1980 by Annely Riga and Siina Kasekamp. At the present time, the club has 350 members, and offers classes for all groups and levels. An Annual Demonstration is held in the spring.

Club "RITMIKA" and all of its members are registered members of Ontario and Canadian Rhythmic Sportive Gymnastic Federation. (ORSGF) and CRSGF).

It is remarkable that of all the rhythmic gymnastic clubs in Canada "RITMIKA" has, since its founding, had the largest number of registered members!

In order to promote the sport, "RITMIKA" club gymnasts coached by Siina Kasekamp and Elite gymnasts coached by Annely Riga, have given over 50 performances since Sept. 1980.

The Junior and Senior Elite groups have been filmed for provincial and national gymnastic programmes. In 1982 "RITMIKA" hosted the Ontario Gymnaestrada in Etobicoke Olympium.



ANNELY RIGA - Graduate of Tartu University in Estonia with degree in Physical Education. From 1971—1977 she was a staff member of the Physical Education faculty at the Tartu University and taught modern rhythmic gymnastics. She also instructed women and children's classes at all levels. For six years she was a member of the Estonian National rhythmic gymnastics team, winning six Championships.

In Canada she has worked since 1978. She has conducted seminars, clinics and workshops for students, teachers and coaches throughout Canada.

In 1980 she founded with Siina Kasekamp the modern rhythmic gymnastics club "RITMIKA". Annely is a member of Ontario Rhythmic Sportive Gymnastics Federation and the Canadian Rhythmic Sportive Gymnastics Federation.

She has been working in Canada on provincial and national gymnasts development committees and has choreographed routines for provincial and national gymnastics programmes.

She is a member of Ontario Rhythmic Sportive Gymnastic Federation rhythmic committee and school development programme.

"RITMIKA" elite gymnasts are coached by Annely Riga.



ANNE KUUS
KATI KUUS-HOUGHTON
RITTA LAZDINS-SILLS

are returning to Kalev to perform Anne Kuus' choreography, in Honour of Esto '84. All three were members of the first Kalev Estienne Senior Elite and members of the first Canadian team to compete at the World Championship.



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All rates quoted are for the total number attending the session. We are prepared to take groups of any size. Groups / organizations offering the program may charge individuals to take the program but the maximum payable to Kalev Estienne is the amount listed.

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