

**DEMONSTRATION  
RECREATIONAL AND ATHLETIC GYMNASTICS  
ENGLAND AND DENMARK**



**LONDON FEBRUARY 6<sup>th</sup> 1937**



# ENGLAND & DENMARK

AN INTERNATIONAL GYMNASTIC DEMONSTRATION

INAUGURATED BY

## THE ENGLISH GYMNASTIC SOCIETY

HON. ORGANISING DIRECTOR:

Miss GLADYS WRIGHT, O.W.R.F.

### COMMITTEE:

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MISS J. LEGGATT, *Hon. Treasurer*

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## ROYAL ALBERT HALL

SATURDAY, FEBRUARY 6th at 2.30 p.m. and 8 p.m.

Under the auspices of The English Gymnastic Society, Demonstrations by the Danish Team will be given at:—

Leeds Town Hall, Monday, February 8th (evening)

Liverpool, Sun Hall, Wednesday, February 10th (afternoon and evening)

Cardiff, City Hall, Thursday, February 11th (evening)

Aldershot, The Army School of Physical Training, Friday, February 12th at  
10.30 a.m.



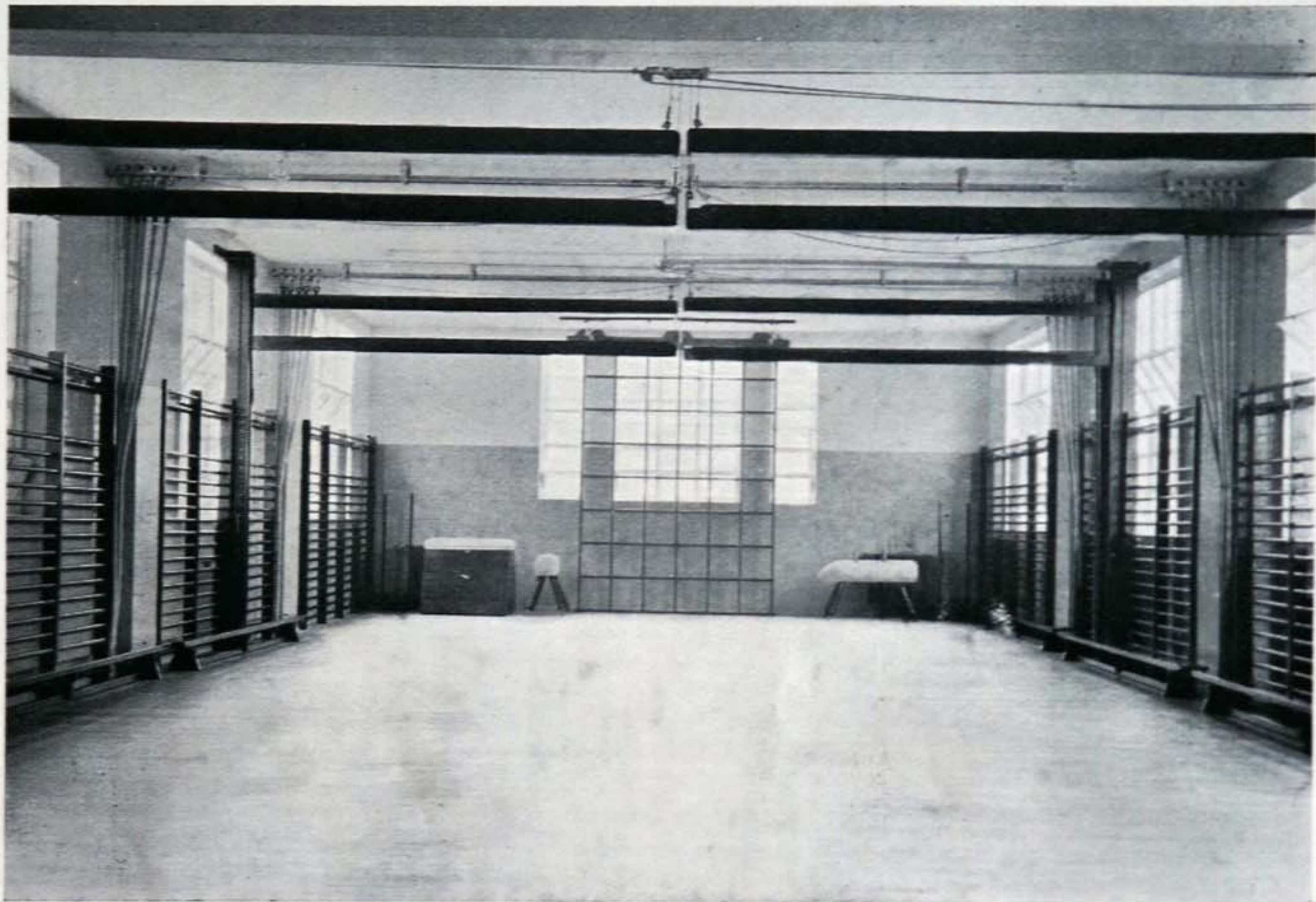
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NIELS BUKH, R.af Dbg., DM., IF.3., B.L.II.3.

The Gymnastic High School, Ollerup, was founded by Niels Bukh. The building was commenced in 1920 and stands to-day as a striking tribute to the Founder, whose ideal has been to serve the youth and teach them the art of physical development.

Since 1920, 5000 women and 4000 men leaders have received a Course of three and five months training respectively, and gymnastic teachers from all parts of the world have attended.

Niels Bukh is known as the great Gymnastic Leader who has created a new method of Gymnastics known as Danish Primary Gymnastics. This method is in accordance with Ling's principles, but in certain respects differs from the present Swedish Gymnastic System. The principles

underlying his new method have greatly influenced the gymnastic teaching for men in many countries. Under the personal leadership of Niels Bukh demonstrations by the Danish farmers have been given in England, America, Canada, Japan, Greece, Russia, Germany and France.

At the Olympic Games in Berlin 1936, the Danish Team received a tremendous ovation.

Denmark can be justly proud of Ollerup, and of all for which it stands.

In recognition of Niels Bukh's work the following Orders have been conferred:—  
By His Majesty the King of Denmark.

Cross of an Order of Knighthood (Knight of "Dannebrog").  
" " " (Iceland's falcon).

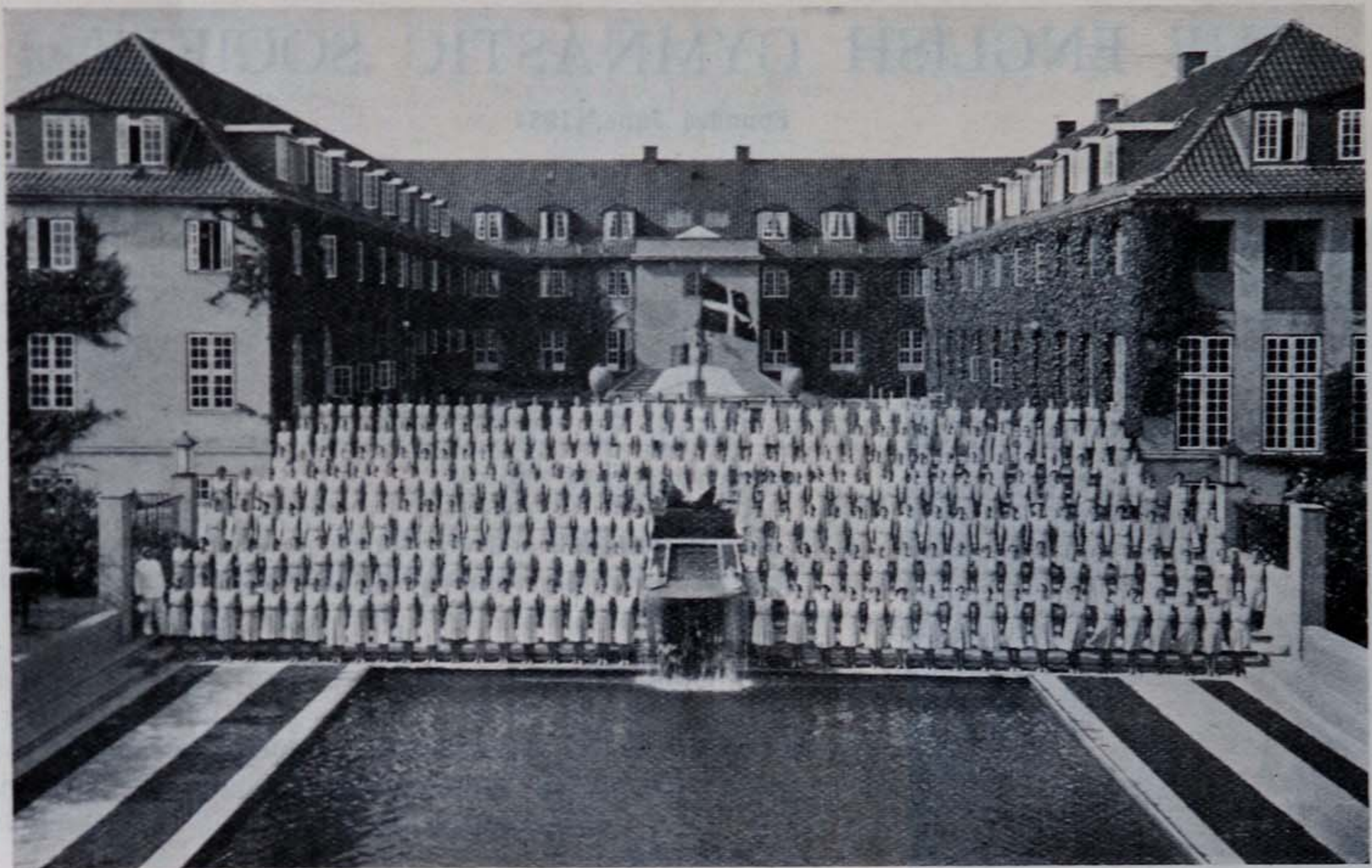
The Silver Cross (Commander of II grade).

By His Majesty the King of the Belgians.

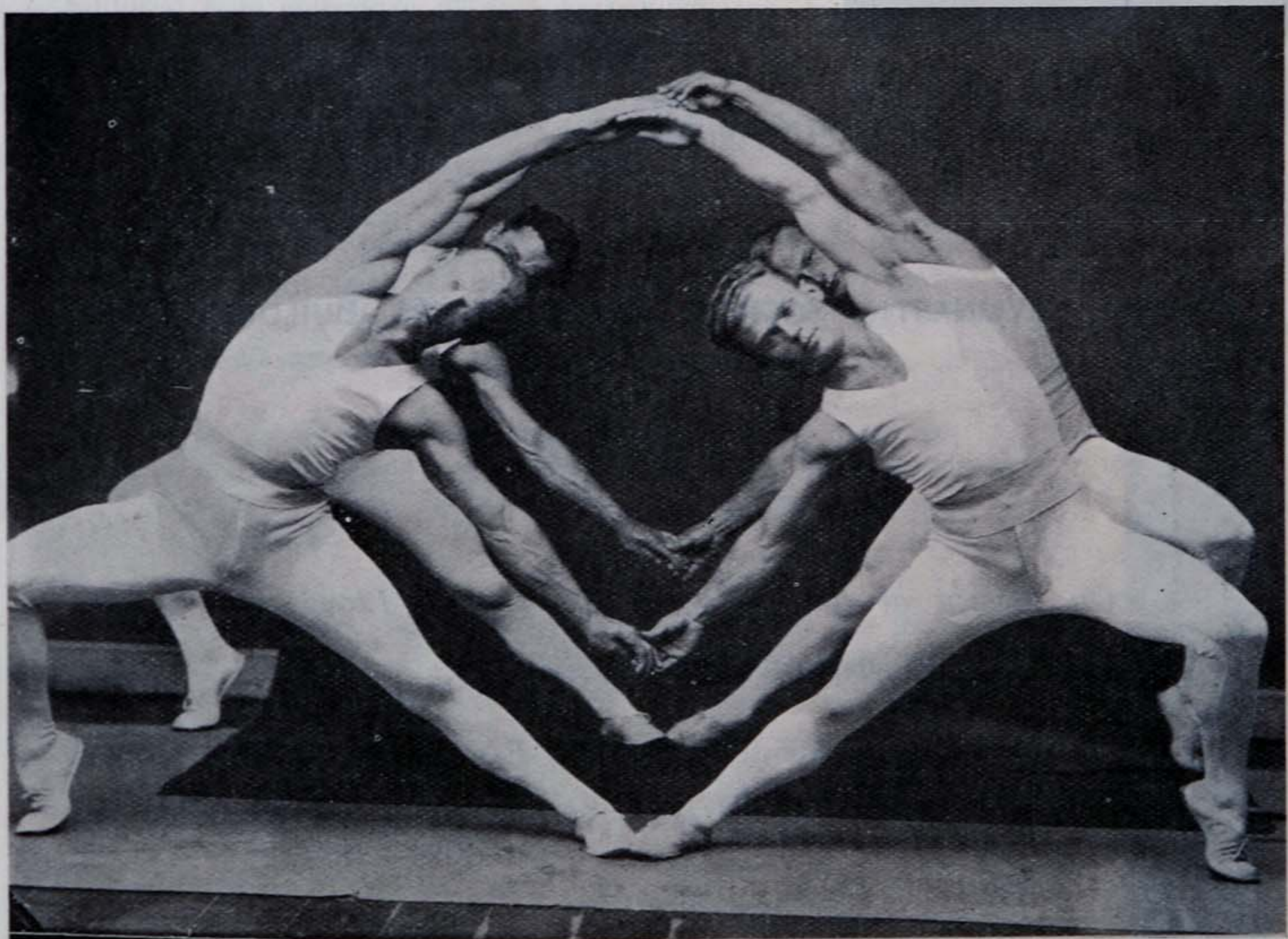
King Leopold the II order (Commander of I grade).

The German Olympic decoration of Honours.





A view of Ollerup Gymnastic High School



Danish Primary Gymnastics encourage freedom in movement and give a thorough working and toning-up of the whole body



# THE ENGLISH GYMNASTIC SOCIETY

Founded June, 1934



The joy of life springs from  
Harmony in Mind and Body

## The aim of the Society is:—

1. To encourage enthusiasm for Physical Fitness in all members of the community, through Gymnastics based upon the scientific principles of the Ling-Björkstén Method.
2. To provide the opportunity for men and women to attend practical classes.
3. To train Leaders and encourage interest in the leadership for Voluntary Gymnastics (Gymnastics after school-leaving age.)
4. To provide a Gymnastic Building where training courses can be arranged, where members shall have the opportunity of receiving individual coaching and help in the practice of all physical activities under expert tuition, and where holidays can be spent amid harmonious surroundings.
5. To encourage the development of skill in games, sports, swimming, etc., as an expression of a beautiful, well co-ordinated mind and body, and to foster a high aim in life which will contribute to the most efficient service in work, and ensure leisure moments being spent profitably.

ENGLISH GYMNASTIC SOCIETY HEADQUARTERS BUILDING FUND.  
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# WE APPEAL FOR YOUR HELP

In establishing a Permanent Headquarters where this work can be developed and the aims of the Society realised.

FOR THIS PURPOSE £10,000

**IS URGENTLY NEEDED**

This sum will provide a building to include a fully equipped Modern Gymnasium, with changing rooms and showers, swimming pool, Lecture rooms, Music rooms and Rest rooms. Set in beautiful surroundings with ample opportunity for out-door recreation, such a Centre would be an asset to the Nation.

THERE IS AS YET NO SUCH CENTRE

Many applications have been received for short post-graduate Training Courses from those wishing to qualify as Leaders in Recreational Gymnastics ; but through lack of facilities these applications have had to be refused.

Between £2,000 and £3,000 have already been promised. Any Proceeds from this Demonstration will be devoted to the Building Fund.

These Headquarters, when once established, will be self-supporting.

THIS IDEAL MUST  
COMMEND ITSELF  
TO ALL WHO HAVE  
AT HEART THE  
GENERAL WELL-  
BEING OF THE  
NATION





# PROGRAMME

## PART I.

### SELECTIONS

#### By THE BAND OF H.M. WELSH GUARDS

(By kind permission of Colonel M. B. ECKWORTH-SMITH, D.S.O., M.C., Commanding the Regiment)

Director of Music :—MAJOR ANDREW HARRIS, M.V.O., L.R.A.M., D.S.M.

#### THE NATIONAL ANTHEM OF DENMARK.

#### GOD SAVE THE KING.

### PRIMARY GYMNASTICS—Men

By members of the Gymnastic High School, Ollerup.

These men are farmers in everyday life. They have taken the Gymnastic Training Course at Ollerup, and are Leaders of the Voluntary Gymnastic Classes, which are held in the evenings for men and women in every town and village in Denmark.

Leader : NIELS BUKH

### RECREATIONAL GYMNASTICS—Women

By Members of The English Gymnastic Society.

These members attend a voluntary Gymnastic Class once a week. They are professional and business women.

The age varies from 19 to 47 years.

The work is based upon the fundamental principles of the Swedish System, following the ELLI BJÖRKSTEN MODERN METHOD OF GYMNASTICS FOR WOMEN, adapted to suit the conditions in England.

Leader : GLADYS WRIGHT

The Music is written and played by  
Miss Marjorie Alexander, A.R.C.M., Fellow of Trinity  
College, London.

— INTERVAL —

## PART II.

### SELECTIONS

#### By THE BAND OF H.M. WELSH GUARDS

### SPEAKERS—(Evening Performance)

The VISCOUNT DAWSON OF PENN, P.C., G.C.V.O., F.R.C.P.

His Excellency, the Danish Minister,

COUNT PREBEN AHLEFELDT-LAURVIG, G.C.V.O., C.D.I.

### DEMONSTRATION OF GYMNASTICS

By members of the Gymnastic High School, who represented Denmark at the Olympic Games in Berlin.

Leader : NIELS BUKH.

By DEMONSTRATION of Gymnastics is meant the ultimate high goal of physical perfection that is possible to attain by constant regular practice.

The skill and daring in the agility work demands courage, determination, and perfect co-ordination of mind and body.

The agility work is a special feature.

### THE ASSEMBLY OF THE TEAMS

### SPEAKER—(Afternoon Performance)

Miss IRENE WARD, C.B.E., M.P.

### SONG "JERUSALEM"

Soloist : Miss JOAN LEGGATT

The audience are invited to join in singing the 2nd verse.

Bring me my bow of burning gold !

Bring me my arrows of desire !

Bring me my spear ! O clouds unfold !

Bring me my chariot of fire !

I will not cease from mental fight ;

Nor shall my sword sleep in my hand

Till we have built Jerusalem

In Englands green and pleasant land.

*Stanzas from William Blake's "Prophetic Books."*

THE ENGLISH GYMNASTIC SOCIETY desires to tender sincere thanks to:—

His Excellency, Count Preben Ahlefeldt-Laurvig, G.C.V.O., C.D.I.

Lt.-Col. Ridley Martin, O.B.E., R.D.

V. Graae, Esq., R.D., D.M.

The Anglo-Danish Society.

The Danish Club

Miss Irene Ward, C.B.E., M.P.

and to all who have so generously assisted the organisation.

Bluthner Piano  
Lighting arranged by Messrs. John Barker & Co.  
Sandals supplied by Lillywhites, Ltd.  
Dresses made by the "By Women."  
Gymnastic Apparatus by  
Spencer, Heath & George, Ltd., and  
Niels Larsen and Son, Ltd.





GLADYS WRIGHT, O.W.R.F.

Miss Gladys Wright is a well known pioneer Teacher and Leader of Gymnastics in this country. In addition to her work in Schools and Physical Training Colleges, she has devoted much time voluntarily to widening the interest for Gymnastics.

Miss Wright holds the Diploma of Physical Education and is a Member of the Northern Countries Gymnastic Federation for Women (N.F.K.). She has made an extensive study of Gymnastics in the Scandinavian Countries, and was the first woman from England to take a post graduate training at the University of Helsingfors under Fröken Elli Björkstén.

To enable Teachers of Physical Education to become acquainted with the modern methods, Miss Wright, with the help of Miss Stina Kreuger, has

organised many successful educational visits to Denmark and Sweden.

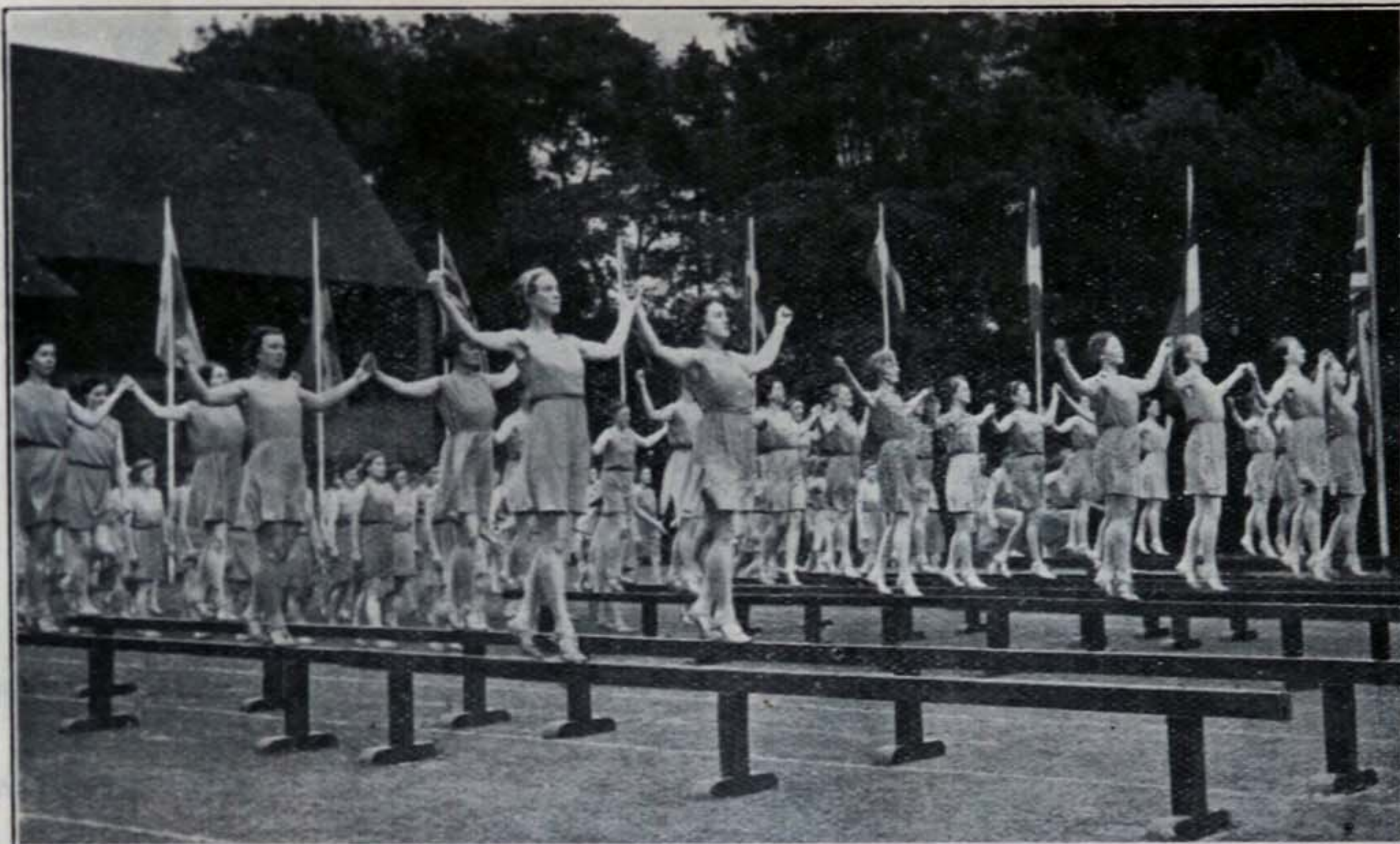
During the Easter vacations of 1927 and 1928, parties of over seventy men and women studied at Ollerup, and thus became acquainted with Niels Bukh's Primary Gymnastics.

For fourteen years Miss Wright has directed the English Scandinavian Summer School of Physical Education, held in Kent, of which she is the founder; this School is attended each summer by students from all parts of the world.

In 1933 Miss Wright, assisted by a group of English Gymnastic Teachers organised the Scandinavian Tour throughout Great Britain, and in May, 1934, led the Demonstration of Recreational Gymnastics in the Royal Albert Hall. In June, 1934, she founded with the help of this same group of teachers the English Gymnastic Society. The Society is affiliated to the Federation Internationale de Gymnastique Ling.

In recognition of Miss Wright's work she was made an Associate of The Gymnastic High School, Ollerup, in 1928, and was handed the silver O.D. from Niels Bukh; was presented in 1933, with the Silver Tablet of the Swedish Gymnastic Association; and in 1934, the Medal with the Golden Cross of the Order of the White Rose of Finland, was conferred upon her by the President of the Republic of Finland.





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THE XVth ANNUAL

## English-Scandinavian Summer School of Physical Education

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BY ELLI BJÖRKSTEN

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# PRIMARY GYMNASTICS

by

## NIELS BUKH

(Founder and Principal of the Gymnastic High School, Ollerup, Denmark)

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The text-book used by training-club leaders, scout-masters and gymnastic teachers in Denmark.

The book for all those interested in Gymnastics.

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Lecturer in Charge: **JOHAN JOHANSSON.**

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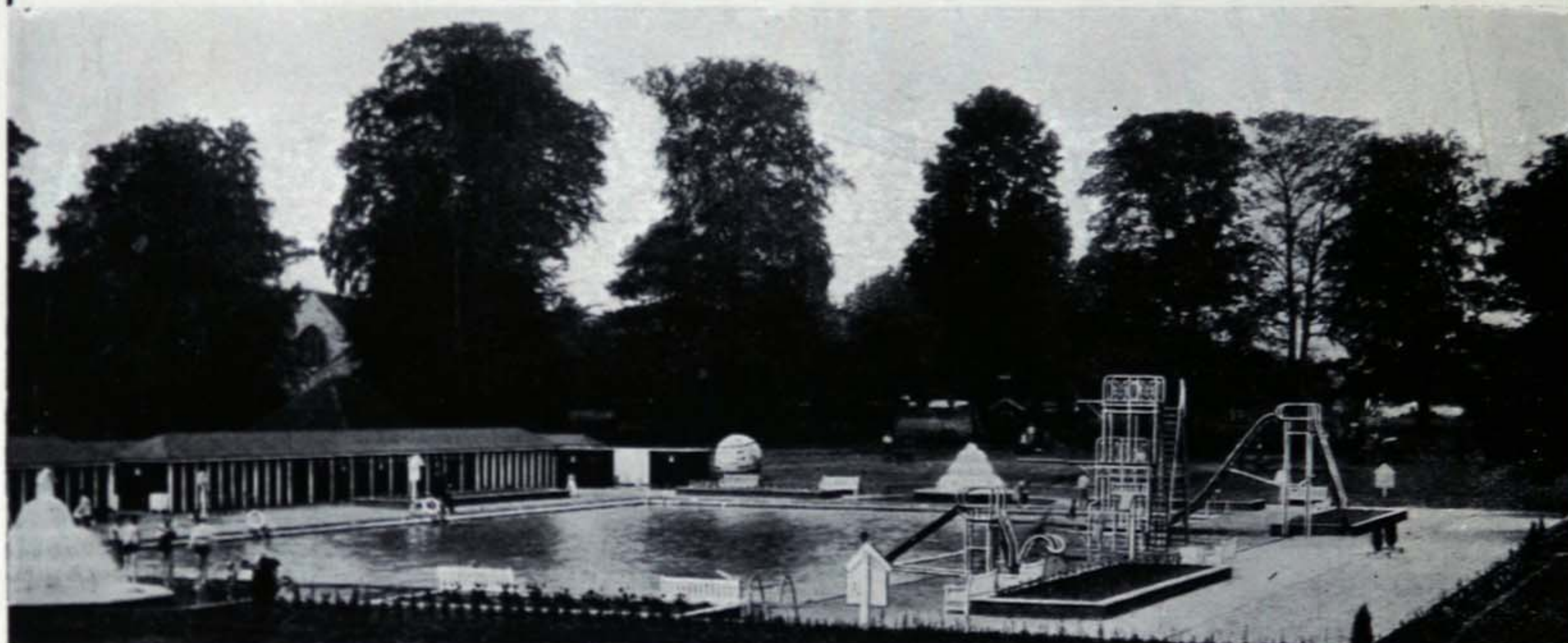
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