

Helle Gotved

Helle Gotved believed that she was born to teach gymnastics. She was brought up in “Gymnastikhuset” (a well-known institute of gymnastics in Copenhagen) and she carried this belief all through her life ever since she was old enough to pop her nose up above the balustrade of the balcony in order to watch and observe what was going on in the gym. We, who enjoyed the privilege of having Helle Gotved as our teacher, shared her belief.

She was educated to teach the four systems of gymnastics, which were prominent in the thirties: Ling, Bukh, Bertram and Bjørksten.

However, she felt that these systems were more concerned with trends of exercises, than with anything that corresponded with the fundamental and natural laws of human functioning and expression.

When she met Heinrich Medau from Germany in the thirties and experienced his system of rhythmic gymnastics which was based on total and natural movements of the whole body, she learned that a system like that could be taught.

With her background and experience, Helle Gotved started to develop her own theories and methods which had the anatomy, physiology, and natural function of the human body as their basis. In this way she created a system that forever would be valid and independent of any trend. Today, the education at our school is still based on the system of gymnastics she established.

Helle Gotved was born on the 23rd of October 1912 in “Gymnastikhuset” and she died here on the 19th of June 2006.