

## **Helle's own definition of Gotved Gymnastics**

“The system is not a trend. It is a timeless education in how to function as a human being, - at work, at rest and in motion, based on extensive knowledge of scientific truths.

The theory builds on the acknowledgement of the tangible and irreversible facts given to the human condition as for example the anatomical: The mutual relationships of the bones, the shapes of the joints, the synergies of the muscles, the neurological system, and the innate reflexes and movement patterns.

We can compare the movement laws of mechanical physics to those of the human body in its constant struggle for balance: The law of gravity, the law of inertia, the law of action and reaction, the law of coordination and the law of economy.

These laws can be used as criteria for movement analysis. There is also the programmed, innate motor development with the \*multiple gestures and movement patterns of the arms, which, as the body grows, put an increasing demand on the balancing forces.

Finally, we can add the rules of ergonomics, where the human body operates mechanically against outer forces, where, for example, the trunk of the body is fixed and the arms function as cranes and the legs as a means of transport, where we merely can count on bodyweight, arms used as levers etc.

All of this applied to a progressive education - starting from birth and throughout the various stages of a child's motor development.”

\*Helle Gotved talks about “the multiple gestures and movement patterns of the arms” in her biography, “The Story of My Life in Gymnastics” (Mit livs gymnastikhistorie) on page 227.