



What is Wheel Gymnastics?

Wheel Gymnastics is gymnastics performed in a rolling wheel. It is both a show and a competition sport that requires balance, strength and flexibility. It is also known as Gym Wheel, German Wheel and Rhoenrad. Invented by a blacksmith in 1925, the sport quickly became popular in Germany where it was featured in the opening ceremonies of the 1936 Olympic Games in Munich.

Today, more than 25 countries throughout the world train and compete in wheel gymnastics. The sport is regulated by the IRV (Internationale Rhoenradturn Verband) in Switzerland which offers international training camps and world championships in alternating years. Many people have also seen wheel gymnasts perform in shows by Cirque du Soleil, Disney or other professional entertainment companies.



Learn more about it!



USA Wheel Gymnastics is one of seven official members of the International Rhoenradturn Verband, the governing body of wheel gymnastics.

With our world class coaches and staff, we have trained and sponsored numerous athletes representing the United States in performances and competitions throughout the world. We also host educational coaching courses, performances and competitions for athletes of all levels and abilities.

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WHEEL GYMNASTICS

Check out these valuable links:

American Sokol
www.american-sokol.com

Internationale Rhoenradturn Verband
www.rhoenrad.com
2011 Wheel World Championships
www.rr.wm2011.de

Zimmerman Manufacturing
www.rhoenrodbaer.com
Gym Roots Group Gymnastics
www.gymrootsinc.com



www.usawheelgymnastics.org

Program Elements

Participants

Wheel gymnastics is a great activity for young and old. Children as young as five years old have fun in classes as they also develop balance, strength and flexibility. Tween and teens enjoy both performing and competing.



Young adults and seniors, too, can benefit from wheel workouts.

We have adult programs with participants ranging from 21-70 year s old enjoying the wheel . It provides fitness without the debilitating effects often found in high-impact sports.

Equipment

The gym wheel is constructed out of two steel hoops that are connected with six horizontal bars. It breaks down into four pieces for easy travel. The wheels are made in incremental sizes to support gymnasts of varying ages and heights. The size of the wheel used by a gymnast may also depend upon the discipline being performed.



Training

USA National Coach Wolfgang Bientzle is the most successful Wheel Gymnast in the world. He has won 8 World Championships, 11 European Championships and more than 60 German Champion titles.



He is also a successful performer (introducing the wheel to Cirque du Soleil) and choreographer, contributing to shows and competitions in more than 50 countries. Wolfgang trains all our champion athletes and has trained coaches to start programs throughout the United States.

Competitive Disciplines

Spiral



In spiral competitions, the gymnast is inside the wheel and performs moves as the wheel rotates primarily on one rim. Competitive routines require both big spiral moves (wheel angled more than 60° to the floor) and small spiral (wheel angled smaller than 30° to the floor).

Straight Line



Straight line is the most creative of the wheel disciplines. The wheel rolls in a straight line with the gymnast performing moves inside and around the wheel, controlling its movement by shifting the center of gravity. On senior competitive levels, music is added to the routine and interpreted by the gymnast.

Vault



In this discipline, the gymnast starts the wheel moving by pushing it, then runs after the wheel and jumps on top as it nears the edge of a stationary mat. From the top of the wheel, the gymnast performs traditional gymnastic moves, such as summersaults, landing on the mat.