

# THE EXISTING FORMS OF PHYSICAL EDUCATION IN THE YUGOSLAV ARMY IN THE PERIOD 1945 - 1950

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## SUMMARY

Physical education was of profound social and military significance/impact in terms of conducting (basic) combat training of the Federal People's Republic of Yugoslavia Armed Forces in the period from 1945 to 1950. The subject of this research is the existing forms of physical education in the Yugoslav Army (YA) in the period from 1945 to 1950. The aim of the research was to indicate the existing forms of physical education through teaching activities, on the basis of relevant historical sources held in military archives and funds. In other words, the research aimed to present the first teaching contents and topics of physical education within combat training of the Yugoslav Army from 1945 to 1950, in order to enable their potential application in trainings today and direct them towards achieving the optimal physical abilities required when performing complex military tasks. A historical research method has been used in the paper. The directions of establishing and implementing the first forms of physical education in this period have been determined by the critical analysis of available archival military material, primarily funds from the Federal Secretariat for National Defence (FSND) and Yugoslav Army during the aforementioned period. The results of the research have shown that these existing forms of physical education in the Yugoslav Army made a significant contribution to the combat training process in terms of developing general physical skills of soldiers. Additionally, ideological significance was observed, since physical education was a mechanism unity in the formation of socialist society through mass, diversity and practicality. Physical education was an integral part of the physical education movement in the Federal People's Republic of Yugoslavia.

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By applying the existing forms of physical education through teaching activities within the military combat training, the Yugoslav Army became a driving and important factor in the rapid and mass development of this movement throughout the country.

**Keywords:** physical education, physical education movement, Yugoslav Army, existing forms of physical education, combat training.

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## INTRODUCTION

On March 1, 1945, the Yugoslavia National Liberation Army was reformed and renamed the Yugoslav Army (YA)<sup>1</sup>. The end of the Second World War brought new plans and strategies, and priority was given to reforms at all social levels. The formation of a new state and social organization, i.e. the ideology of the "The Workers' and Peasants' Red Army" was set as an imperative, along with the necessary reforms that were supposed to ensure the necessary levels of stability in the state that bore the consequences of the war<sup>2</sup>.

Emergent forms of physical education in YA in the period 1945-1950 had their starting point in the instructions, methodical manuals and literature of foreign armies (Soviet Union, Great Britain, France, USA), which changed depending on the demands of the Yugoslav Army and the strategic goals of the state itself according to the set comprehensive development plan. This period is significant as the creation of the base and organization of the physical education system in combat training in the army, and the basis was the emergent forms of physical education that were first introduced into the training process in 1945: morning gymnastics-exercise, compulsory physical education classes (physical exercise), as and sports competitions that took place during extracurricular time (jamboree, relay races, etc.). In parallel with the introduction of the first forms of physical education, the first plans and programs were prescribed, and within them also teaching topics and contents, which were adapted to the specific tasks and purposes of the branches and services both in the combat training program and in the system of the Yugoslav Army. Building the infrastructure necessary for the implementation of combat training was one of the priority tasks of the Army in this period, as well as providing the necessary material and financial conditions. Since 1945, instructors and advisers from the Soviet Union<sup>3</sup> have been present for

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<sup>1</sup> History of the Serbian Army, official website of the Serbian Army, accessed May 12, 2022.

<sup>2</sup> "The Workers' and Peasants' Red Army" - an armed force created by the Bolsheviks during the Russian Civil War in 1918, during 1946 the Red Army became the Soviet Army.

<sup>3</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k\_0279\_f02\_007\_-001, p. 2.

the organization of military training and planning physical education as an integral part of training in units of the Yugoslav Army. Their role was very pronounced in conceiving and giving instructions for the organization and performing physical education in YA. The physical education department of the Educational Department of the YA General Staff was the main governing body in the field of physical education, and was also responsible for advisers - members of the Soviet Army. The first advisor from the Soviet Army who was involved in the organization of the work of the Infantry Officer School in Sarajevo, in September 1945, was Colonel Tyurikov Fodor Mihajlovic<sup>4</sup>. All the professional literature in this field, which was necessary in the part of the combat training of soldiers-combatants, in this period was mostly taken from the Soviet Army, with the note that a number of YA members began to go to school outside the borders of our country, and that in addition to experience and knowledge from their fields and specialties, they procured and brought the necessary teaching material that was later used in the production of their own military and professional teaching literature. Thus, the first instructions and documents appeared in the Yugoslav Army by 1950, exclusively printed according to the needs of the Yugoslav armed forces. In order to promote the mass practice of physical education, the publishing activity started to develop (military regulations, propaganda materials, educational and other films). Expert personnel in the field of physical education in the first period after the Second World War included military personnel who had completed courses in the field of physical education and who had the physical abilities to implement the content in the training process, but also the ability to transfer knowledge, skills and experiences. This was a short-term, but quick solution for the training of professional physical education personnel. The system solution for the education and training of YA members for military training in the field of physical education was realized by the formation of the first Military Department at the State Institute for physical education, and in 1947 the first generation completed its training and in this way, the training process and the system of training professional staff at state institutions<sup>5</sup> began. The main goal of state institutions for physical education was to strengthen and mass the physical education movement in the country. In the later period, in the armed forces of the Republic of Yugoslavia until 1950, methodical gymnastics courses, seminars and schools in the field of physical education were planned and implemented, in order to improve the implementation of military training and develop the physical abilities of officers, non-commissioned officers and soldiers.

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<sup>4</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k\_0279\_f02\_009\_-001, pp. 2-4.

<sup>5</sup> Saša Vajić, Rade Stefanović, Violeta Šiljak, "Plans and programs of physical education in the training process in the Yugoslav Army in the period 1945-1950", in: Milan Tepšić (ed.), 2018, Military Opus, vol. 70, no. 3., p. 284 - 299.

In the period 1945 - 1950, in the Yugoslav Army, different terms were used in the field of military physical training, such as: gymnastics, compulsory exercise, physical exercise, etc. Today, the term physical education can be analyzed and observed from three aspects: physical education (obligatory physical education class for soldiers, morning gymnastics-exercise), sport (sports competitions-activities in YA) and recreation (physical education for YA head officers).

### **Research methods**

Applying the historical method in this research and critical analysis of the available archival materials of the Military Archive and the funds of the Federal Secretariat for National Defense (SSNO) and YA from the period 1945-1950, the directions for the establishment and realization of the first forms of physical education in the mentioned period were determined through teaching activities. Primary and secondary sources were used during the research.

### **Emergent forms of physical education in YA in the period 1945-1950**

The first steps in the creation of a system of physical education in the process of combat training of the Yugoslav Army since 1945 were based on: the formation and formation structure of the body for physical education, the establishment of a teaching system (corporal training for soldiers and head officers, teaching at military schools and institutions<sup>6</sup>), schooling and improvement of professional personnel in the field of physical education, creation of material and financial security, construction of infrastructure and development of publishing activities.

The emergent forms of physical education that were first introduced into the new system of combat training of the Yugoslav Army in 1945 were *morning gymnastics - exercise and the class of compulsory gymnastics - physical exercise*. Sports competitions were an extracurricular activity that was based on a voluntary basis and was organized in free time. The Yugoslav Army was the driving force of the new society, because in its ranks in the period 1945-1950. had a large number of established athletes and respected physical education experts who, through their involvement in the realization of the training itself and participation in the work of physical education organizations in the country, contributed to the foundation of the development of physical education and its popularization.

The roots of physical training in the Serbian army date back to 1866, when the *Infantry Exercise Rule* was first prescribed, and in 1875, the *Instruction for Exercise*

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<sup>6</sup> Vladan Jovanović, Serbian Military Lexicon and Terminology, Institute for Serbian Language SANU, 2016, p. 299.

of *Gymnastics and Physical Exercise* was printed, with prescribed methodical instructions for the implementation of physical training<sup>7</sup>. The very division of physical training in the 19th century, in the Serbian army, into gymnastics, physical training and training with weapons, shows a connection in its structure and characteristics with the first established forms of physical education since 1945 in the YA (morning gymnastics - training and compulsory gymnastics - physical exercise for YA soldiers).

### **Forms of physical education used in morning gymnastics in the Yugoslav Army in the period 1945 - 1950**

Morning gymnastics or morning exercise in the Serbian army dates back to the 19th century, regarding there are several written documents that testify to the use of gymnastic exercises in both civil and military structures of the country at that time<sup>8</sup>. Also, various forms of physical exercise are related to the period of the Kingdom of Serbia and the Principality of Serbia, with the appearance and acceptance of the falconry idea, because this is how the application of the falconry method of exercise began, first of all in the army, and then in primary and secondary schools<sup>9</sup>. Observing the development of forms of physical education in YA since 1945, it is necessary to point out that the results of the research showed that models and content in teaching were used from earlier periods and the existence of the army, and the roots of exercise were related to the periods of development of physical exercise according to German, Swedish, French, English and Czech models with the emergence of new and modern gymnastics systems<sup>10</sup>.

The goals and tasks of the Yugoslav Army were defined with the end of the war, and the adoption of the necessary legal regulations, the determination of competences in the state and military leadership system along with the newly formed military bodies and structures. On the one hand, the implementation of political and military training began, and on the other hand, the priority was to

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<sup>7</sup> Slobodan Đukić, Foreign influences on the development of Serbian military doctrine in 1878 - 1918, doctoral dissertation, Faculty of Philosophy, University of Belgrade, 2013, p. 319.

<sup>8</sup> Vladan Vukašinović, Dragan Strelčić, Saša Vajić and Violeta Šiljak, "Gymnastics program in the training of military structures of Serbia since 1850", in: Nenad Živanović (ed.), 2016, Physical education and sport through the centuries (FIEP Serbia), 2016, vol. 3, no. 1, p. 7 - 22.

<sup>9</sup> Slađana Mijatović, "Types and forms of physical exercise in private schools and gymnastics clubs for physical exercise in the Principality and Kingdom of Serbia", Physical education and sport through the centuries, 2017, vol. 4, no. 2, p. 30-41.

<sup>10</sup> Violeta Šiljak, History of Sports, Faculty of Sports Management, University of BK, Belgrade, 2007, p. 112 - 116.

raise military discipline in the formations and units of the Yugoslav Army<sup>11</sup>. The order (reg. no. 245 of June 5, 1945), signed by the President of the Council of Ministers and the Minister of National Defense, Marshal of Yugoslavia, Josip Broz-Tito, Supreme Commander of the Armed Forces, prescribed the way of training in the Yugoslav Army in 17 points<sup>12</sup>. With this document, the establishment and implementation of gymnastic exercises after getting up for a duration of 20 minutes was determined for the purpose of daily development of the physical abilities of fighters - soldiers. Also, according to Marshal Tito's guidelines, the goal was massive physical training in the units, not only during training but also in free time, and it was necessary to appoint managers - head officers, from the troop upwards in the organizational structure and formation of the YA.

The implementation of morning gymnastics since 1945 began, following prescribed orders, every day for 15-20 minutes immediately after getting up, and the main task was "*to play and warm up the body, arouse a good mood, achieve a nice and correct body posture and complete natural mobility (elasticity) of the body*"<sup>13</sup>. In addition to the above-mentioned task, the implementation instructions also specified the plan, procedure and performing of morning gymnastics - exercise in units of the Yugoslav Army. Morning gymnastics consisted of a set of exercises that were performed purposefully and gradually with the aim of gradually accelerating and increasing the pace of breathing, and bringing each muscle group into a state of full activity. The procedure for performing morning gymnastics contained an explanation that the exercise itself lasted 15 minutes (not counting the time of arrival and departure to the exercise place), and if the so-called elementary games were included according to the plan, then the duration of practice was extended to a total of 20 minutes. The game was chosen according to the level of training and should occupied as many soldiers as possible. In addition to the game, there were jumps, handspring vault, carrying comrades, field jumps and various relay games (team competitions in running at shorter distances - distances with a baton, etc.). Also, the games changed, and mostly those that had already been implemented during the training and that did not take too much time in terms of organization were used. However, there are other archival military documents, among which there is a document in which, in point eight, is defined that, in addition to mandatory physical exercise, gymnastic exercises lasting 15 - 25 minutes are carried out every day before the start of mandatory physical exercise - before noon (novelty), because there was no fund of

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<sup>11</sup> Saša Vajić, Historical perspective of managing the organizational forms of the physical education system in the training process in the Serbian Army in the period 1945-2014, doctoral dissertation, Alfa BK University, Faculty of Sports Management, Belgrade, 2016, p. 28 - 29.

<sup>12</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k0279\_f01\_ - 001/001.

<sup>13</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k0279\_f04\_001, p.

training hours for this activity (Teaching Department of the General Staff of the Yugoslav Army, reference no. 240/45<sup>14</sup>). The content of the morning gymnastics included: formation alignment, hand and foot actions and body gymnastics. The basis for the preparation and implementation of morning gymnastics - exercises according to this document of the Teaching Department of the GS, was the textbook *Teaching Gymnastics*, of the former Yugoslav Army from 1920<sup>15</sup>.

Line-up and preparation for going to the exercise place had to be reduced to the shortest possible time, making an right away line-up for exercise. When showing the exercises, it was important to indicate the method, speed and correct performance. Clothing for performing morning gymnastics was prescribed by the department commander according to the morning temperature, with the aim of having as little clothing as possible on the soldiers, and the place of exercise was prescribed in advance for each department. The performance of morning gymnastics was realized five to ten minutes after getting up on the command: "For morning gymnastics in a column of simple rows - muster." The exercisers quickly lined up in a certain line, and then it followed:

1. *Movement for 8 minutes.* On the command "Step forward - march", then "Running step - march", then again "Step" and so on for 8 minutes. The running track was pre-measured and marked so that the movement was carried out exactly according to the procedure.
2. *Exercise in place for 7 minutes.* It was performed in width and depth spacing (when performing exercises with a rifle at three steps). Part by part of the exercise was shown (instructor-demonstrator) and each part of the exercise was repeated until an accurate and complex performance was achieved. The procedure and commands were: show the exercise, "Attention", "Start", "Starting position" (from which certain exercises were performed), even counting, "Enough", "At ease". When the trainees were trained to master the entire exercise, the commands were: " Attention", "Start the morning exercise two (three, five, eight, and at most twelve) times", even counting, "Enough", " At ease ".
3. *Game lasting 5 minutes.* The elementary games that were realized as part of morning gymnastics or in parts of compulsory exercise were: *wall to wall, living chain, fight in a circle, horse fight, knocking down cones, fight for the height, tug of war, capturing the opponent and taking him through the gate, Indian wrestling, roll call race, star, line up by*

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<sup>14</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k0279\_f02\_001\_-001, p.

<sup>15</sup> Ministry of the Army and Navy, Teaching Gymnastics, Printing house Davidović, Belgrade, 1920, p. 9 - 21 and p. 24 - 34.

running crosswise, cavalry line-up, fox goes, running beats, carrying cones, handspring vault one over the other<sup>16</sup>.

The very arrival and departure of the soldiers for the realization of the morning gymnastics was also significant from the aspect of practicing the line-up actions. It was especially emphasized that when coming to this activity, the soldiers of the YA train for the so-called line-up activities, that is, for exercises in running and walking, and all of this was applied before or after the other daily activities. Morning gymnastics - exercise was performed since 1945 every working day in the following ways: a combination of running and marching movement, morning exercise with a rifle, "zaryadka" (morning gymnastics in the Soviet Army), moving 12 steps walking - 12 steps running<sup>17</sup>.

The form of morning exercise that was implemented at the beginning of the training included - a combination of marching and running steps<sup>18</sup>. When walking, it was assumed that the body was in constant contact with the base - the ground, the torso and head were upright, the hands were moved freely forward with the fist at shoulder height, back with the fist at hip height, the upper arm - forearm angle was 90 degrees, when placing the leg forward, first the heel touched the ground, then the whole foot. The marching step task was to cover 100 meters in one minute according to the length of the step. Throughout the movement, the goal was to keep the body free without excessive strain. During fast walking, 135 - 140 steps per minute were taken (up to 90 cm in length), it was considered that moving faster than these parameters is tiring and it is easier to run slowly.

When practicing with a rifle, it was carried in the right hand in the middle, i.e., for the reinforced part in a horizontal position and during movement its position changed from hand to hand. The rifle could also be carried in the "combat ready" position, changing from the right to the left. *The running step* was performed by landing on the heel and leaning on the whole foot, the torso was upright, the hands were free, and the breathing was deep, rhythmic and through the nose, the rifle was carried as if walking. The speed of the running step in the morning exercise was 33 seconds for 100 meters; the length of the step was 100 cm. It was carried out in the first and second months of training for eight minutes in a combination that changed to one minute: 100 meters walking - 160 meters running - 100 meters walking - 160 meters running - 100 meters walking - 180 meters running - 200 meters walking - 180 meters running - 200 meters walking -

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<sup>16</sup> Military archive of the Ministry of Defense of the RS, 1946, Fund SSNO\_k0279\_f04\_002\_-001, p. 1 - 61.

<sup>17</sup> Saša Vajić, Introduction, development, and realization of organizational forms of physical education in Kopnena of the Yugoslav People's Army in the period 1945-1995, master's thesis, Faculty of Sports and of physical education, Belgrade, 2014, p. 32.

<sup>18</sup> Military archive of the Ministry of Defense of the RS, 1946, Fond SSN\_k0279\_f04\_-002, p. 7 - 8.

180 meters running - 200 meters walking; then, after 8 minutes of the mentioned combination, five minutes of walking followed - 500 meters, and then running for 3 minutes - 500 meters. In the third and fourth month of training, the running step was performed for eight minutes in the following combination, which was changed at the end of 1 minute - 3 minutes - 5 minutes - 7 minutes (100 meters walking - 350 meters running - 200 meters walking - 350 meters running). In the eighth minute, 100 meters were covered by walking, followed by: 4 minutes walking - 400 meters, and then running 5 minutes - 700 meters. After four months of training, the first eight minutes were done in combination: 100 meters walking - 350 meters running - 100 meters walking - 550 meters running - 100 meters walking, then walking 3 minutes - 300 meters and running 5 minutes - 900 meters<sup>19</sup>. This form of exercise resembled a specific form of running that was performed in Sparta, on a track 44 meters long, divided into sections of 2 meters each. They ran back and forth for a total of 1014 meters and developed endurance, and it was a situational training that was applied in military battles, after the attack they retreated, then attacked again, walking, and then running, noting that the warriors of Sparta were always trained not to they turn their backs on the enemy<sup>20</sup>.

*Actions with a rifle* represented one of the forms of realization of the morning exercise, which was carried out through the following parts: *waving a rifle, squatting with a rifle, twisting the trunk and bending the trunk - the end*. It was realized in a period of four weeks. The first week: the first part of the wave / starting position - attention, rifle straight down, on one - turn the torso to the left by 90°, place the rifle straight in front of the chest, on two - return to the starting position, on three - as under one only in the right side, on four - as under two, perform 4 - 8 times; *second part of squats* / starting position - attention, on one - squat down, rifle straight on the knees, on two - support, on three - astride jump, rifle straight in front of the chest, on four support, perform 2-4 times; *the third part of twisting the trunk* / starting position - astride step, rifle straight behind the neck on one and two - two swings with the trunk in a twist to the left on three and four - two swings with the trunk in a twist to the right, perform 4-8 times; fourth part trunk bending and ending / starting position as in the third part, for one trunk and backward bending (body bending backwards), support for two, for three forward bending horizontally (body forward bending), support for four. In the second week, work with the rifle continued (on the chest - up - support), backward bend - forward bend - support with the rifle. In the third week, the first

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<sup>19</sup> Saša Vajić, Historical perspective of management of organizational forms of the physical system education in the training process in the Serbian Army in the period 1945-2014. year, doctoral dissertation, Alfa BK University, Faculty of Sports Management, Belgrade, 2016, p. 73.

<sup>20</sup> Violeta Šiljak, History of Sport, Faculty of Sports Management, University of BK, 2007, p. 50.

part continued with swings with the arms back, in the second part, squat jumps were performed and in the astride standing position with the rifle straight in front of the chest, then in the third part, the torso twist and the horizontal forward bend and support, and in the fourth part, with a step of the right knee, on right knee, rifle perpendicular to the ground- support -upright in the stance of the right leg backward. In the fourth week, the entire exercise from all four parts was performed without interruption<sup>21</sup>.

**Table 1** - Morning simple exercise "Zaryadka" from the USSR Army

<i>Count</i>	<i>„Zaryadka“</i>
Start position	Standing upright („Attention“)
1	Through arms backward, fists straight, hands stretched out, upright (stretching up), gaze directed upwards.
2	Stand straight, tuck arms backward, forearm next to the body, fists
3	Big lunge to the left, quick stretch to the side, hands stretched out, palms down, turn the head following the left hand.
4	Returning the head upright and stand straight, tuck arms backward, (as in 2), fists.
5	As in 3 - vice versa, that is, lunge to the right, etc.
6	As in 4 - from the right
7	With a hop stand astride, trunk backward, stretch arms up and with clap put hands together above head.
8	Deep forward bend with a strong swing, hands between the legs as far back as possible, do not bend the knees.
9	Backward to upright position, trunk twisting to the left, arms sideways, palms forward, short swing of the arms back (in a horizontal position).
10	Trunk backward to upright position and with a strong swing deep forward bend (as in 8)
11	As on 9 - vice versa, that is, turn of the trunk to the right, etc.
12	Like at 10
13	With a hop parallel staid and squat on feet, arms in front horizontally, hands stretched, palms down together and upright in a squat 30-40 cm.
14	Full squat again as in 13 (13 and 14 are two squat swings on the feet).
15	With a hop upright into a wide stride stand, put arms straight at the sides, palms up.
16	With a hop staid straight, arms by the body.
Dynamic performance: 80 repetitions per minute, 10-12 times without stopping	

<sup>21</sup> Military archive of the Ministry of Defense of the RS, 1946, Fond SSNO\_k0279\_f04\_002\_-001 p. 8 - 9.

*The morning simple exercise to count to 16* or in the Soviet Army "*Zaryadka*" was performed with an even count<sup>22</sup>. The training program was carried out by learning each part of the exercise, separately, then with a division, but never with longer stays in certain positions. When the exercise was practiced, it was performed dynamically without interruption (Table 1).

*Alternating movement of 12 steps with a marching step and 12 steps with a running step* was applied in the realization of morning gymnastics. An important role in the realization of the exercise was played by the leading performer who took care to change the pace of movement - alternating between proper walking and running where the others followed him. This exercise in movement is best done in tens, but so that one tenth follows another tenth at a constant and equal distance. In this way, up to several kilometers were covered for one hour without getting too tired, and it was recommended that this form of exercise be realized by moving in a direction, not in a circle (stadium, etc.).

Since 1947, as part of the forms of exercises that were used in morning gymnastics, in addition to the already mentioned contents (walking, running, 12:12), the so-called *a simple exercise from the gymnastic badge complex*. It was performed in six parts with a short stay in certain positions, so that after the complete training of the whole exercise, it was performed 3 - 5 times without interruption (Table 2). Also, *the first complex of gymnastic simple exercises* (seven exercises) and the final exercise were often realized<sup>23</sup>. In the further period until 1950, there were no changes regarding the content of morning gymnastics - exercise.

**Table 2** - A simple exercise from the 1947 YA gymnastic badge program<sup>24</sup>

<i>Exercise parts</i>	<i>Simple exercise from the gymnastic badge complex</i>
<i>Initial position</i>	Stand straight („Attention“)
<i>First part</i>	1. Trunk twisting to the left, arms straight at the sides, palms forward and moderate upper part of the trunk backward. 2. Upright trunk position, backward to upright position and arms by the body 3-4 = 1-2; 5-8=1-4.
<i>The second deo</i>	1.Lift high the right foot forward, right hand forward, so that the fingers touch the toes of the stretched leg. 2. Arms by the body and leg backwaed into straight stand. 3-4 = 1-2, but with the opposite arm and leg. 5-8=1-4
<i>Third</i>	1-2 Squat, knees together, torso forward, palms push off from the knees and

<sup>22</sup> Ibid., p. 7.

<sup>23</sup> Military archive of the Ministry of Defense of the RS, 1946, Fond SSNO\_k0280\_f02\_002\_-001 p. 8.

<sup>24</sup> Military archive of the Ministry of Defense of the RS, 1946, Fond SSNO\_k0280\_f02\_002\_-001 p. 7 - 9.

<i>part</i>	sway in a squat down and up twice. 3-4 Upright position, hands straight, palms forward, swing your arms back in straight pose, twice. 5-8 = 1-4.
<i>The fourth part</i>	1. Support squatting knees between hands. 2. Support lying hands behind. 3-4=1-2; 5-6=1-2;7=1;8. Upright position, hands straight, palms forward.
<i>Fifth part</i>	1-4 Stand straight, left leg astride, through arms straight at the sides tuck the back- right hand hunched over the head, bend the trunk to the left by trunk swaying and swinging the arms deepen the bending to the left four times. 5-8=1-4, but to the right.
<i>The sixth part</i>	1-2 Bend the trunk deeply and swing down twice, hands between the legs. 3-4 Backward to upright position and trunk backward, arms sideways, palms forward, swaying hands backward with arms straight at the sides twice. 5-7=1-3; 8. With a hop staid straight, arms by the body.
<i>Note</i>	The exercise is performed (learned and trained) part by part of the exercise with a short stay in the positions. When the whole exercise is gradually learned, then it is performed 3-5 times without interruption.

### **Compulsory physical education classes - as a form of physical exercise in YA in the period 1945 - 1950**

*Mandatory physical education* (physical exercise) classes for soldiers were one of the first forms of physical education that was used in the combat training of YA soldiers in the mentioned period. They were performed for duration of 40 minutes starting in 1945, according to curricula that were defined based on the experiences of the Soviet Army. In the introductory part of the class, the soldiers performed movement tasks, walking or running, as well as exercises for the whole body. *The topics that were realized in the main part of the class were from the following teaching contents: exercises on gymnastic equipment, volleyball, track and field, hand-to-hand combat and elementary games* that were realized in the final part of the class, and then the obligatory song were realized in walking in the lineup. Since 1946, compulsory physical education lessons in YA lasted 50 minutes<sup>25</sup>. The implementation of mandatory physical education was carried out by platoon officers and company commanders, that is, those persons who managed the organization and implementation of physical education in the process of combat training. The change in the length of the class took place in 1949, and the class lasted 45 minutes and was held twice a week.

*Compulsory physical education classes (compulsory physical exercise)* were an integral part of military combat training, and were aimed at developing the general physical preparation of fighters - soldiers, non-commissioned officers and

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<sup>25</sup> Military archive MO PC, 1946, Fund CCHO\_k0279\_φ04\_ -002/001.

officers to overcome efforts and obstacles in combat training. Teaching contents and topics from physical education were distributed according to periods of combat training and depending on the soldier's specialty, and during the realization of the topics, the planned tasks were distributed from the easiest to the most difficult, taking into account the fact that physical education in YA was still at the beginning of its modernization, bearing in mind the professional staff that was just being trained, the material base and the lack of professional literature in the field of physical education. Although YA was at the beginning of the establishment of the system of training of its professional staff, aimed at including them in the training process of military personnel in charge of physical education, it started to create its own staff. Professionals very rationally and gradually applied all pedagogical postulates in the very implementation of training with soldiers, acquired through training and experience during their education and training. During the first years after the war, the first personal experiences were gained on how to work organized and systematically on the development of forms of physical education, as part of combat training in units and commands. Starting with the First Physical Education Program in YA from 1945, through other instructions, manuals and plans and programs for teaching in YA units, finally the fund of hours and contents of physical education, criteria for material provision of teaching were defined<sup>26</sup>. During 1947, a new Physical Education Program was drawn up, in which the content of the work in each lesson was precisely prescribed and worked out by class<sup>27</sup>. However, greater involvement of the commander was necessary personnel, in the sense of a greater number of trained military personnel in the field of physical education, so that the teaching could be carried out according to plan and with success in all training periods.

The first teaching contents that were applied within the compulsory physical education class in 1945 were based on: hand-to-hand combat, gymnastic exercises, exercises on gymnastic equipment, track and field and volleyball. During 1946, compulsory physical education classes included three tasks: hand-to-hand combat, track and field and climbing - jumping over obstacles - balance exercises. In 1947, the combat training program for YA soldiers was further divided into summer and winter training periods. Teaching topics that were realized in the summer period were: hexathlon, hand-to-hand combat and swimming. During the winter teaching period, topics from the teaching contents of gymnastics and supplementary and preparatory exercises were implemented.

*Hand-to-hand combat* involved the work of a soldier with a rifle, it was carried out in dozens, and the treatment of the topic itself in the main part of the lesson

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<sup>26</sup> Military archive MO PC, 1945, Fund CCHO\_k0284\_φ01\_-001/001\_2.

<sup>27</sup> Vojislav Lončević, Aleksandar Živković, Development of the Armed Forces of the SFRY 1945 - 1995, book 20, Belgrade: VINC, 1986, p. 256.

was divided into three parts of 14 minutes each. The bayonet was on the rifle along with the "sheath", strapped to prevent it from falling out. It was practiced in a sitting, lying, kneeling, and standing position. The basis of the work within this topic was "combat positions" (preparation and practice), as well as "points" (carrying out the rifle), i.e. short, medium and long points. Also, great attention was paid to disarming an attacker armed with a rifle (hits, repulsion, grabbing the rifle), as well as moving with the rifle at a walking and running pace. Legwork was very important in training, and movements, lunges, and squats were used. The so-called "bundles" (made of wicker, placed on stakes) were used as an auxiliary tool in combat training. Very important for YA soldiers during the implementation of this topic was movement at a certain distance with the execution of certain tasks. Movement with a rifle and a bayonet on a track 110 meters long consisted of the following tasks: crawling on all fours from the start to the line at the tenth meter, then with a running step in a crouched position to the fence at the twenty-fifth meter (the fence was 110 cm high, crossed with a deflection, relying on one arm and one leg); then one walked a few more meters with a "quiet" step, sneaking, then prepared a bomb and threw it into a trench 110 cm wide, which was located 50 meters from the starting line; then they ran across the area to the trench, jumped over the trench and made several points in the bundle (dummy), which was located immediately behind the trench on the left side from the direction of movement, the soldiers moved one after the other<sup>28</sup>.

*Track and field included:* tempo running, relay games, jumps, hand grenade throwing, carrying. The run included tempo runs of 100 meters - 20 seconds, 200 meters - 40 seconds, 300 meters - 60 seconds, 400 meters - 80 seconds, then sprinting at maximum speed for 30 meters from different positions. The norms for running 60 meters for YA soldiers were: average 10.2 seconds, good - 9.7 seconds and excellent 8.8 seconds. The norms for the running of YA soldiers on the 100-meter track were: average - 17 seconds, good - 16 seconds and excellent - 14.4 seconds. Jumps were performed as step jumps, field jumps, single-leg jumps, triple jumps and jumps from a standing position 2.30 meters, for unorganized jump facilities. For organized jump facilities, the standards were: average - 3.00 meters, good - 3.50 meters and excellent 4.70 meters. Throwing a hand grenade included shooting a target at a distance of 15 meters from a standing position, as well as throwing a bomb from a lying position at a target at 15 meters. The norms for throwing a bomb weighing 600 grams in the distance were: average - 28 meters, good - 36 meters, excellent - 44 meters. The long jump from a run-up was done with 25 steps of run-up. Carrying a comrade-soldier on the back had its own norms: average - 100 meters with a step, good - 150 meters with a step and

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<sup>28</sup> Military archive of the Ministry of the Russian Federation, 1947, Fund CCHO\_к0280\_ф02\_002\_-001, p. 25.

excellent - 150 meters with a running step. Crawling with comrade on the back was also a task that was carried out according to the norms: average - 25 meters on all fours, good - 40 meters on all fours and excellent 15 meters – on belly<sup>29</sup>.

*The content of climbing, jumping over obstacles and balance exercises* were also represented in the compulsory physical education classes of YA soldiers. Climbing on a bars, climbing a tree (2 - 4 meters), on a single bar or a beam 180 - 200 cm, jumping over a fence (height 110 - 150 cm), crossing a fence with the help of a comrade - a soldier, crossing a fence with the help of two soldiers with rifles - stairs (guns on the shoulders and on the hip), crossing over a log (or fallen tree or beam) 4 meters long, walking on inclined ladders over the fence up and down.

Boxing (punches, movements) and wrestling (grabs and throws) were also represented at the beginning of the development of physical education in YA starting in 1945, followed by gymnastics and games (they took place in the final part of the class).

Within the *hexathlon*, which was a military discipline, elements of track and field and gymnastics were included: 100-meter run, shot put, long jump, grenade throw, climbing, 1,500-meter run and hexathlon competition (judging)<sup>30</sup>. Running was performed at a pace of 100 - 400 meters (18 - 22 seconds per 100 meters), with the goal of running 400 meters in 80 seconds without getting too tired. As part of running exercises, interval running was also performed, and the exercise was repeated 3-5 times. Acceleration runs of 80 - 150 meters, with exercises to improve the start, were also implemented in the mandatory physical education classes for YA soldiers. Shot put was performed with YA soldiers from a standing position, walking and jumping. The long jump with run-up included: takeoff exercises, landing exercises (stretching the legs forward, landing in a semi-deep squat, with a forward lunge), and high flight exercises (jumping over a rope 50 - 100 cm, 100 - 200 cm from the takeoff board (line); jump with a bounce from an earth embankment up to 50 cm high). Throwing a grenade at a distance with YA soldiers was not performed and practiced at the beginning of the training, because there were frequent injuries to the joints in the elbow and shoulder. Conditions as similar as possible to combat were used (from a trench, from a corner, at various targets, moving, sudden, and connected with opening fire). On moving targets, practice was done with soft grenades sewn from canvas and filled with sawdust or small rag balls. Throwing a grenade was performed from a standing position and from a running position, from kneeling on the right knee, throwing from a lying position with lifting on the knee, throwing a bundle of grenades with a swing from the side and a swing from below. Climbing a rope or a pole was realized in two,

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<sup>29</sup> Military archive MO PC, 1946, Fund CCHO\_к0279\_ф04\_002\_-001, p. 26 - 39.

<sup>30</sup> Military archive of the Ministry of the Russian Federation, 1947, Fund CCHO\_к0280\_ф02\_002\_-001, p. 10 - 16.

and most often in three parts: suspended hanging on the rope with the knees raised to the height of the chest and the rope being covered by the knees and the outside of the feet; resisting with the legs and pulling into a pull-up (hang with bent arms); reach the rope with your hands (as much as possible) and start working with your legs. Also, those YA soldiers who were extremely fit and strong, the rope climbing exercise task did using only hand work. Preparation for running 1,500 meters consisted of alternating walking and running at a speed of 22 - 26 seconds per 100 meters, and care was taken to tire the soldiers and train them to breathe properly while running and moving. The theme of hand-to-hand combat was implemented according to the already described rule and in the manner that was established: the fighters were in the middle of the circle at a distance of 3 meters; the fight would start on the command "start" and end on the command "stop"; the winner was the armed fighter if he scored a point or the unarmed fighter if he captured and snatched the rifle; the fighters are moved freely inside the circle, and the fighter who left the circle would be considered defeated, blows with the butt and pipes were not allowed. This military hexathlon by disciplines was reminiscent of a sports competition among the ancient Greeks. Pentathlon or pentathlon was among the ancient Greeks competitions in five disciplines: running in one stadium, long jump, javelin throw, discus throw and wrestling<sup>31</sup>. The rules by which they competed were very similar to today's, and the winner determined the outcome in the wrestling discipline.

According to a special instruction, training in swimming was implemented and it was mandatory for all YA units<sup>32</sup>. Bearing in mind the high human losses (soldiers were not trained in crossing water obstacles and swimming), and that the water obstacles on the ground kept and stopped military units in motion, unit commanders and gymnastics committees had the task of providing a sufficient number of spaces and training grounds for training (swimming pools and rivers). How important the form of physical education was in the military training system is also shown by the fact that the basic task was defined in the motto YA, in this period, which read: "*Every fighter is literate - every fighter is a swimmer*"<sup>33</sup>). In the training of non-swimmers, the following exercises were performed with the soldiers: getting used to the water, overcoming the fear of water, practicing breathing, looking at the water, and body position in the water. With the soldiers who had mastered the skill of swimming and were trained to carry out the

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<sup>31</sup> Violeta Šiljak, History of Sports, Faculty of Management in Sports, University of BK, Belgrade, 2007, p. 50.

<sup>32</sup> Military archive of the Ministry of Defense of the RS, 1946, Fond SSNO\_k0279\_f-04\_-002/001, p. 48-61

<sup>33</sup> Saša Vajić, Historical perspective of management of organizational forms of the physical system education in the training process in the Serbian Army in the period 1945-2014. year, doctoral dissertation, Alfa BK University, Faculty of Sports Management, Belgrade, 2016, p. 75.

assigned tasks in the water, exercises were performed: diving, overcoming water obstacles, rescuing comrades, various jumps, crossing water surfaces with weapons, as well as crossing training grounds in water.

*Overcoming obstacles* included, first of all, regularity in performing certain ways of moving and overcoming obstacles, then speed of movement and finally combining overcoming obstacles in various ways, with sudden commands over obstacles with opening fire and executing points and strikes on groups of dummies, which in YA called the training of soldiers as the so-called *complex exercise*. In this way of training, short, but the most strenuous actions, such as rushing the dummies, quickly crawling for 25 - 50 meters, overcoming a series of obstacles, repelling a sudden attack, and running quickly for 50 - 100 meters were included. For the implementation of such a complex exercise, it was necessary to draw up a detailed plan and prepare the track for implementation. Obstacle overcoming training was done gradually and in a fixed order: field jump from foot to foot, stepping transition, jump with landing on both legs, transition with support on the hand, support on one hand and the opposite leg. One of the main postulates was the mandatory guarding and helping of soldiers during training to overcome obstacles, which indicates of respect for safety measures and protection of trainee soldiers during the military training itself. At the beginning of the training, physical training was performed in a normal suit without a rifle, then with a rifle, and only at the end in a full marching uniform. Every officer, non-commissioned officer and soldier - fighter had to know how far he could jump (in distance, height) in a normal suit and with equipment. The assessment of the division was carried out in mastering an assault position 250 - 300 meters long, 12 - 15 meters wide, and the area was combined by the leader of the competition (trenches, obstacles, dummies, tasks, etc.), as in a complex exercise.

*Movement on a 150-meter track* as part of the mandatory physical exercise class included: crawling on all fours (on belly) for 20 meters, running over log (8 meters long, 1.5 meters high from the ground), crossing a low fence (0.80 meters) with a step jump, crossing a fence (1.35 meters high), throwing three bombs into a trench or fenced area 2 x 8 meters at a distance of 35 meters ( 23 meters with a run or 18 meters from the spot), free jump over a hedge of bushes (0.80 meters high), jump over a 2-meter trench, working with a rifle in the area to the goal ("down into the beam of ricochets" and stabbing the first dummy- beam, turn to the left and a short jab at the second dummy-beam, turn to the right ("to the right back"), approach to the third dummy and the command "to the left bounce" and hit the butt from the side, then crossing the finish line to 150 meters. During the exercise, Soldier YA moved at a moderate speed and crossed obstacles accurately and precisely, taking care to distribute his strength in order to overcome all obstacles and complete all tasks.

A 150-meter obstacle course was included in the training program for YA soldiers in 1946, in order to enable as many soldiers as possible to compete for

the gymnastics badge "For the Republic Forward (ZREN in Serbian)<sup>34</sup>". YA soldiers had to overcome all the obstacles in the correct way, had one bomb hit in the trench and achieve the standards: gold badge (1 minute and 30 seconds), silver badge (1 minute and 40 seconds) and bronze badge (1 minute and 50 seconds). The physical culture badge "ZREN" was represented in YA in the period from 1946, and it was taken from the calendar of the Physical Culture Association of Yugoslavia. The competition was held in the framework of the Physical Culture Association of Yugoslavia through 12 disciplines: exercise, running over special obstacles, marching, shooting, swimming, skiing, short-distance running, medium-distance running, shot put, long jump, jumping over obstacles and climbing by rope or carrying loads<sup>35</sup>. By winning the gymnastic badge, the athlete demonstrated his physical ability and versatility, and the badge itself had a symbol of the individual's gymnastic victory and his physical readiness for building socialism<sup>36</sup>. The goal of the entire gymnastic badge program in YA (a similar program taken from the USSR) was the promotion of gymnastics through mass and the manifestation of the importance of exercise and the success of training in YA. By looking at the written traces from the period after the First World War, we arrive at knowledge that the same principle of developing patriotism, moral and other qualities through sports and competitions was applied in Germany. During that period, the German government organized an exercise program aimed at developing the morale and physical preparation of its youth, and at the end of the school year, a physical ability test was taken. After finishing school, it was mandatory to attend and be active for a period of 6 months in the exercises of the "Hitler Youth", and the sports badge of the German Reich was also awarded. For that, it was necessary to meet the norms in five disciplines: swimming 300 meters freestyle (in 9 seconds), long jump (over 4.75 meters), running 100 meters (less than 13.25 seconds), strength - skill (throwing weight of 15 kg over 9 meters) and endurance of 10 kilometers (run in 50 minutes)<sup>37</sup>. Also, in the period between the two world wars in the USSR great importance was attached to physical education and sports, which is shown by the formation of the exercise program "*Ready for work and defense*", formed March 11, 1931<sup>38</sup>. It was based on a unique and state-supported system of patriotic education of the population, on the basis of whose work, among other things, the basis of the system of physical education in the USSR was created. The aim of the program was to promote the idea of preserving

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<sup>34</sup> "ZREN" - "For the Republic forward", gymnastic badge introduced in 1946 in the YA period. (Military archive of the Ministry of Defense of the RS, 1946, Fond SSNO, k0284\_f01\_001\_-001, p. 16)

<sup>35</sup> Miroslav Kreačić, Sport in Yugoslavia, Yugoslav book, 1950, p. 98.

<sup>36</sup> Nikola Mijatov, Sport in the Service of Socialism: The Yugoslav Experience 1945 – 1953, Ph.D. dissertation, Faculty of Philosophy, University of Belgrade, 2019, p. 151.

<sup>37</sup> Violeta Šiljak, History of Sports, Faculty of Sports Management, BK University, Belgrade, 2007, 130.

<sup>38</sup> History of GTO, May 12, 2022, <https://www.gto.ru/history>, May 12, 2022.

the health and general physical development of the citizens of the USSR and was implemented until 1991. By the beginning of the Great Patriotic War, a large number of young men and women became bearers of the "GTO" badge ("Готов к труду и обороне", translated as "Ready for Work and Defense"), and this system is still implemented today (by decree of the President of the Russian Federation, was returned to the education system in 2015). The basis of this exercise program is that each age group and gender (from 6 to 70 years) have its own set of exercises that must be mastered. The main exercises are running, pulling, and jumping into the water. Swimming, sword throwing, skiing, archery and even hiking can be chosen according to the choice of the applicant - competitor. According to the test results, the applicant receives a badge - bronze, silver, or gold.

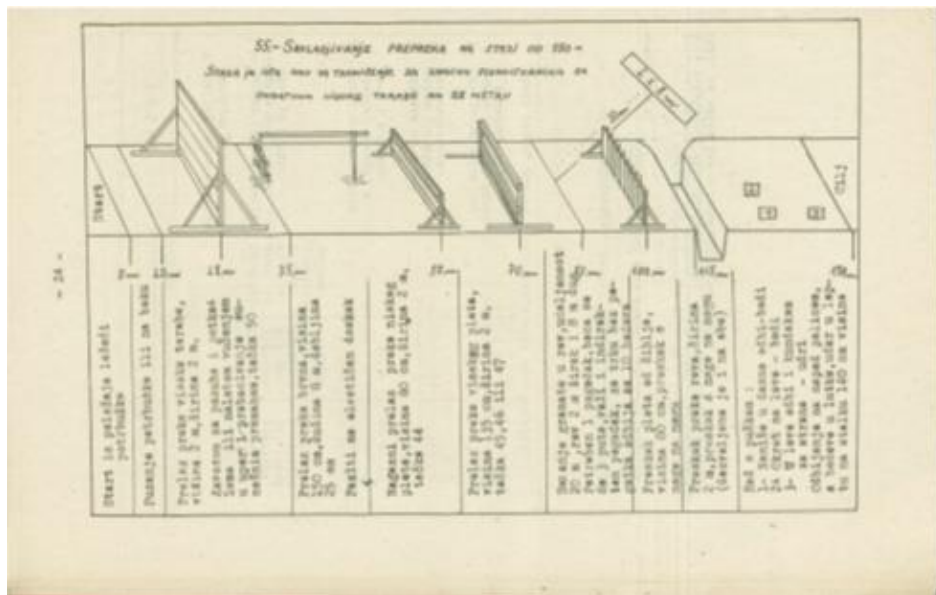


Figure 1 - Obstacle course from 1947 in YA<sup>39</sup>

Since 1947, within the combat training of YA soldiers, a new Physical Education Program has been applied, with elaborate teaching contents and topics in class<sup>40</sup>. This program was also used during 1948. In 1949, mandatory physical education classes were held as part of training twice a week for 45 minutes, and the program that was applied during that period in YA units through mandatory classes included: shaping exercises, track and field, exercises on gymnastic

<sup>39</sup> Military archive of the Ministry of Defense of the RS, 1947, Fond SSNO k0280\_f02\_002\_-001, p. 25

<sup>40</sup> Vojislav Lončević, Aleksandar Živković, Development of the Armed Forces of the SFRY 1945 - 1995, book 20, Belgrade: VINC, 1986, p. 256.

equipment, overcoming an obstacle course of 150 meters, hand-to-hand combat, boxing, wrestling, elementary games, sports games, and swimming (if conditions permitted)<sup>41</sup>. Since 1950, the basics of sports games (handball, football, volleyball) have been introduced as part of compulsory physical education classes. In the training of YA soldiers, special attention was paid to skills in handling cold weapons (knife, spade, etc.) and overcoming various types of obstacles (water, natural and artificial) with and without various equipment and aids. The specialty of the soldiers was a priority in training, so the training within the mandatory gymnastics was closely related to this task through the realization of the necessary exercises that were aimed at those abilities that the YA soldiers needed to perform specific military tasks.

*Compulsory physical education classes for officers and non-commissioned officers of the YA* since 1945, when the new system was established, were not planned, and specifically defined. YA officers and non-commissioned officers during working hours (and in most cases also outside working hours), self-initiatively realized the sports activity that was available to them, bearing in mind the conditions in which they worked, primarily the infrastructure and material base of the unit, command or institution. From the track and field disciplines, they mainly realized shot put and long jump, and the most sports games - football and volleyball. It is interesting to point out that in some units (especially in the units of the Fourth Army of YA / Fourth Military Region - the territory of the Republic of Slovenia and part of the coast, the headquarters of the Command - Ljubljana), almost all the seniors mandatory had come to morning gymnastics classes and then play volleyball until beginning of working hours.<sup>42</sup> In 1946, the situation with compulsory physical education classes for YA elders was not better, but a large number of elders took part in sports competitions on their own initiative (according to their physical abilities and affinities), together with YA soldiers. In the period 1947 - 1949, mandatory physical education for officers and non-commissioned officers of the YA manifested itself through participation in various sports competitions, which were mostly organized on some significant date or as part of some celebration, but this participation was related to non-working time (free time) and it was still not a systematic and planned teaching activity that was implemented in YA. During this period, YA elders most often participated in sports competitions (volleyball and football). However, this self-initiated sports activity was realized only in the period of good weather and was at the level of recreation, and during winter and bad weather, this kind of work was absent due to objective

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<sup>41</sup> Saša Vajić, Introduction, development, and realization of organizational forms of physical education in Kopnena of the Yugoslav People's Army in the period 1945-1995, master's thesis, Faculty of Sports and physical education, Belgrade, 2014, p. 39.

<sup>42</sup> Military archive of the Ministry of Defense of the RS, 1945, Fond SSNO\_k0284\_f01\_001/001, p. 5.

reasons (primarily lack of infrastructure), but the official stance of the competent authorities, units and institutions of YA was absent, and the needs for constant and systematic physical exercise were at the level described. From 1950, mandatory physical education classes were defined and prescribed for officers and non-commissioned officers of the Armed Forces (two lessons once a week)<sup>43</sup>. The main goal of the YA was, in addition to the mandatory physical education classes, that the senior staff should massively participate in all sports competitions in the JA, according to individual abilities and preferences.

## CONCLUSION

With the introduction of the first forms of gymnastics in the military training of the YA, the direction of the development of gymnastics from 1945 to 1950 was on an upward trajectory, thanks primarily to the strengthening of awareness and the importance of physical exercise, as well as the mass practice of all forms of gymnastics both in the army and among the people. Also, the role of fighters - soldiers in handling military equipment, training and use of new technical and other combat means that were available to the armed forces and that were developed within the framework of the time, influenced the decision to raise awareness in society and the YA, about the importance physical abilities of soldiers, because a well-trained and capable soldier was the backbone of the defense system. All this had an impact on the establishment of gymnastics in the YA in the mentioned period, and very soon the Yugoslav Army was the bearer of the idea and importance of exercising outside of its training framework, by participating and promoting various forms of gymnastics and other activities in the citizenry. Experiences from the Soviet Army from the Great Patriotic War, where gymnasts and athletes set an example in the implementation of tasks (long marches, transition from marching to combat, overcoming large altitude differences), which were recorded in military documents and emphasized in strengthening the thesis about the importance gymnastics not only for the soldier, but for man in general, only strengthened the aspiration to create a modern and successful army. Physical education and sports in the army were an integral part of the physical education movement in FPRY, and YA became an important factor and support in the rapid and massive development of the physical education movement throughout the country.

The entire teaching - training of soldiers in the armed forces was based on teaching periods that were focused on the stages of combat training. The division and tasks by teaching periods depended primarily on branch and specialty within the armed forces system. A novelty in the entire military training (and

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<sup>43</sup> Military archive of the Ministry of Defense of the RS, 1950, Fund SSNO\_k0284\_f01\_001/001, p. 8.

gymnastics) was the individual approach of the teachers to each soldier - an individual, in terms of moral, physical and intellectual abilities. During the implementation of physical education in YA in the mentioned period, emphasis was placed on the gradualness of training, accuracy, solidity and thoroughness in the implementation of clearly defined and specified tasks with a practical demonstration by the teacher. The focus of the form of physical education in YA was on developing endurance in movement - marching under different conditions and in different situations, overcoming obstacles (with trenches, etc.), hand-to-hand combat, practicing gymnastic exercises, movement exercises, running exercises, and when implementing other training, moving under enemy fire, attracting the enemy, etc. The basic physical abilities developed in YA soldiers, as can be seen from the studied materials, were endurance, strength, speed, and precision and coordination were not far behind. Special attention was paid to basic sports: gymnastics, athletics and swimming. Also, forms of fighting (boxing, wrestling, hand-to-hand combat, and self-defence) were very common and applied in the training of military structures in the mentioned period.

Observing the later periods of the development of gymnastics, until today, it can be said that the first forms of gymnastics that were established and applied from 1945 - 1950 are still current today (today under the name - morning exercise and physical training class). At the time of its establishment in 1945, the forms of physical education were adopted from the armed forces of other countries according to the same principle of development, both of physical abilities and ideology, by realizing the goals and specified forms of physical education. During 1946, the physical education system in YA remained the same as the previous year and was based on the introduced forms of physical education through teaching activities (morning gymnastics, mandatory physical education classes for YA soldiers) and sports competitions as an extracurricular activity that was of a mass nature. A novelty in the system of gymnastics in 1946 was the competition for the "Badge of Gymnasts", which was introduced in the country and was immediately accepted in the YA with the aim of attracting as many members of the YA as possible to regular and systematic exercise through the competition (not only through a teaching activity). The forms of physical education that were applied during 1947 remained the same, but the mandatory exercise program in the process of combat training was precisely defined and prescribed in terms of contents and classes. In 1948, there were no changes in the system of gymnastics in terms of training and teaching methods in YA, but there was an increase in publishing activity, and there was also the inclusion in the training process of a large number of senior professional gymnastics staff who completed their education in state institutions of gymnastics. This state of affairs remained in 1949, with an indication that within the mandatory physical education classes, the obstacle course was defined at 150 meters (with eight obstacles), as a mandatory part of mastering the physical education program within the combat training of

YA soldiers (until then, it was applied in training and 110-meter track). Since 1950, there have been certain changes, after the programs from foreign armed forces were applied and taken over, and based on the acquired own experiences, there was a choice of content and topics that were realized through forms of physical education in the process of combat training, and according to the needs of the YA. The basic methods of work were demonstration and practical exercise.

What can be concluded about certain forms of physical education that were realized through the teaching activity of military - combat training of YA members in the mentioned period, is that most certainly some of the above can be applied in today's training with respect for all the current principles of training soldiers (mastering water obstacle, hexathlon, gymnast badge). Regardless of modern technology and the way of warfare using the most modern weapons and tools, the soldier is still a significant and decisive factor in the realization of all military tasks, and impeccable preparation is expected from him to achieve optimal physical abilities, using various forms of physical training.

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