



Melbourne Rudolf Steiner School  
ABN 69 004 959 764  
213 Wonga Road, Warranwood, 3134  
Phone: 03 9876 2633; Fax: 03 9879 0820

The Melbourne Rudolf Steiner School & Teacher Training Seminar are delighted to host the third course of the Bothmer Gymnastics in Australia. This is a continuation on from the inaugural Bothmer Course held at Mt. Barker in July 2007 and the second Bothmer Course held in Bellingen in January 2008.

At the Mt. Barker conference 22 participants enthusiastically demanded more training, which was carried out in Bellingen. By then our numbers had increased to 38 with many new students. New students are also welcome to attend this course at Melbourne. This training is specifically for teachers who are seriously interested in bringing Bothmer Gymnastics to children in some form. They must be physically capable and interested in movement per se.

The course will run for 10 days starting Wednesday July 2<sup>nd</sup>, 8.00 am and finishing at 5.00 pm on Friday July 11<sup>th</sup> (Saturday 5<sup>th</sup> is a free day).

A 4 day intensive course will be held for those students who attended the Mt. Barker course. This will run Monday the 7<sup>th</sup> - Thursday 10<sup>th</sup>, July. Concurrent to this the remaining students will be studying with Tom Hungerford-Gerth.

The venue will be the Melbourne Rudolf Steiner School, 213 Wonga Road, Warranwood, All enquiries to: Tricia Martin & Tom Hungerford, Melbourne Rudolf Steiner School, phone: 03 9844 8411, email: [info@mrss.com.au](mailto:info@mrss.com.au) Fax: 03 9879 0820 attention Tricia or Tom.

Essential reading prior to the course is 'A Modern Art of Education' by Rudolf Steiner.

#### Accommodation:

The Melbourne Rudolf Steiner School will provide a number of class rooms to camp in, those attending will need to bring their own sleeping bag and bed roll (we have tumbling mats but not enough to supply everyone with a mattress).

Our dining room, with industrial stove, fridge and dishwasher, should easily provide adequate facilities for all our cooking needs.

The showers in the gym are in excellent condition and freely available.

The school is asking a fee of \$10 per person for the 10 days of the course.

Bothmer Training Course  
 Dan Freeman  
 Melbourne Rudolf Steiner School  
 Wednesday July 2<sup>nd</sup> - Friday July 11<sup>th</sup>, 2008  
 Registration Form

Name:	
Address:	
Phone Contact:	
Email:	
Arrival Details:	Melbourne Airport is a long way from the school. We recommend you catch the airport bus to Ringwood (check to see if you need to book). We can arrange to pick you up from Ringwood Station (two shuttles, am and pm to be arranged).
Payment:  <input type="checkbox"/>  <input type="checkbox"/>   <input type="checkbox"/>	<p>Cost of the course is \$180 (\$190 if using school accommodation)          Students: \$120 (\$130 if using school accommodation)</p> <p>Please send payment to: <b>Melbourne Rudolf Steiner Seminar</b>  <b>37A Wellington Park Drive, Warranwood, 3134</b></p> <p><i>Payment can be made by:</i></p> <p>Cheque: Melbourne Rudolf Steiner Seminar</p> <p><input type="checkbox"/> Visa  <input type="checkbox"/> Mastercard</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p>Name on Card _____          Expiry Date __/__/__</p> <p>I authorize payment of \$____.____ from the credit card (details above)</p> <p>_____</p> <p>Cardholder's Signature</p> <p>Or by Direct Credit to:</p> <p>BSB 013 278 <span style="float: right;">Date Processed</span>          A/c 3524 39 439 <span style="float: right;">__/__/__</span>          Melbourne Rudolf Steiner Seminar</p> <p><b>Please enter your surname as a description if this method is used.</b></p>

# Dan Freeman

Bothmer Gymnastic Course  
Bothmer Gymnastics Conference  
July 2<sup>nd</sup> - 11<sup>th</sup>, 2008  
Melbourne Rudolf Steiner School

When Steiner founded The Waldorf School in Stuttgart for Emil Molt's cigarette factory workers' children, he asked Graf Bothmer, a physical education instructor for the German Army, to develop a movement training that met the developmental needs of the Human Being as Steiner describes in the 'Study of Man' and other Anthroposophical literature.

Steiner advised the Graf to start with a study of Greek gymnastics as practiced by the initiates at the time of Euphysis. The Graf became a teacher in the school and Bothmer gymnastics was an established subject by 1920.

I studied the gym in Stuttgart with a student of the Graf in 1976 and taught the gymnastics continuously until 2003, the last 24 years in Taikura Rudolf Steiner School, Hastings, NZ.

I also had the privilege of working with the Hohepa residents, the Anthroposophical curative homes in Hawkes Bay, NZ, a time of great fun and very intense learning for all concerned but I suspect I received far more than I gave!

Experience has shown me that we have a remarkable tool in the gymnastic curriculum, a tool that is desperately needed in all our schools. No other subject so directly addresses the incarnation difficulties confronting the modern child. Bothmer counters the elitist, competitive world of 'Sports' that substitutes for Physical Education and if brought in the right way, the children love it! This is a medicine that does not need sugar!

My aim is to pass on as much of my experience and knowledge as I can to teachers in our schools who have the enthusiasm, courage and commitment to carry this subject into their classes and/or schools. The concept of a certificated training is not the priority and I do not feel I have the time to 'create' gymnasts. Trained teachers are the intended targets; to work with whatever experience/background they have is the challenge! The raw ingredients are a love of movement, courage and desire to teach this subject, to work with and deepen the insights of Steiner's pedagogy. The aim of the course is to give the basic knowledge and practical exercises to step into the class room and start. Most of the learning will then really begin!

I commit to being there to consult, advise by e-mail or snail mail if necessary and hopefully, finances permitted, visit you in the class rooms to assist first hand.

Dan Freeman

## Tom Hungerford-Gerth

As a youth I studied Classical Ballet, Jazz, Character Dance and Martha Graham. Principally at the Australian Academy of Ballet and the Australian Ballet School. I then worked for a number of years with various companies. The Queensland Ballet Company, Dance Concert, Busy Bodies and Kolobok Folkloric Dance Company.

Later I became interested in circus skills and became a juggler, stilt walker, tumbler, rope dancer and whip-cracker. Always asking why do we enjoy watching a juggler, a tumbler or a dancer?

I studied Tai Chi and Ta Quon Do and was fascinated by movements not having their initial impulse in the muscle. In 1993-4 I went to Heidenheim, Germany, with my family, to study Bothmer gymnastics. This was a great act of faith (my faith was well and truly awarded) as I was not absolutely sure I understood what Bothmer gymnastics was. I have immersed myself in Bothmer gymnastics these past years and have seen how it can be used pedagogically, remedially, in sports and drama. I have found it works towards gaining valuable insights into movement and space which answer many of the questions I have asked.

Tom Hungerford-Gerth