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The textbook *Basic Gymnastics* written by the authors PhDr. Marie Skopová and Mgr. Miroslav Zúko meets the need, after many years, to newly summarize and define the content of one of the fundamental kinds of gymnastics. *Basic Gymnastics* is an umbrella name for the groups and programs of gymnastic activities focused on the conscious control of movements of the body and its parts in space, as a prerequisite for sport performance, and at the same time, on influencing the health-oriented fitness in the general population of the youth and adults.

Loosely following the previous publications by outstanding teachers J. Wala, L. Šerbus, B. Kes, and Z. Wloová, the authors have managed to enrich the discussed issue with a new approach based on accepting the actual demand of the health aspect in physical activities, and respecting the contemporary findings of the science and research.

Based on theoretical knowledge, the authors present, for the practical use, stimuli for implementation of methods used for influencing functions of important muscle groups, which condition the body posture, initiate motion, significantly participate in coordination of movement and in the whole-body stability, generate momentum and its transfer to different body parts. In this conception, basic gymnastics becomes a natural part of the conditioning training in different sport disciplines focused on subjectively maximum sport performance, as well as a necessary part of physical education, which is aimed at achieving such a general physical fitness level which is desirable for health.

Comprehensibility of the specialized text, and the logical segmentation of the issue into chapters with practical examples of exercises accompanied by clear illustrations provide a wide-ranging use of this textbook in practice. The textbook will be an important source of information for students of physical education and sport at Charles University in Prague, and other universities in the Czech Republic. It can be also used in the training of coaches and instructors of citizen-action groups.

I wish to thank the authors and other colleagues who have contributed advice and a critical view to the making of the quality text, the creation of which was long and demanding.

I hope the textbook *Basic Gymnastics* will be accepted by all experts in the area of physical education and sport as one of the fundamentals of their challenging work.

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