

SZYSZKA CALISTHENICS

01 / UNDERSTANDING CONTROL

CONTROL

IT STARTS WITHIN YOU.

Controlling a movement is one thing. Controlling your own reaction is another.

Control was the last pillar I added. I only understood its meaning recently. Before that, it was easier for me to see it in the body: in balance, physical ability and

the conscious execution of a movement. Over time, I saw how much also depends on what happens in your head.

CONTROL OF YOUR BODY

CONTROL OF YOUR REACTION

"I know how to perform the movement."

"I choose what I do next."

You sense your position, maintain tension, adjust your balance. You can stop a movement and consciously guide it. Your body gets better and better at doing what you intend.

You recognise anger, doubt or frustration. You give yourself a moment before you act on them. You don't always choose what you feel. You can learn to choose your response.

TIME. EXPERIENCE. UNDERSTANDING.

For me, control develops as I get to know myself. I begin to notice when I genuinely want to change direction and when it's just one difficult moment speaking. That distinction helps me make decisions I can still stand by later.

YOU FEEL EMOTIONS.

YOU KEEP YOUR RIGHT TO DECIDE.

POWER / DISCIPLINE / CONTROL / FREEDOM

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01 / 03

02 / MY STORY

I WANTED TO GIVE UP

THE HANDSTAND.

That was when I understood what I still needed to learn.

There was a low point. I wanted to give up the handstand, turn away and never

come back to it. At that moment, quitting seemed easier than continuing the work.
I thought then that these are exactly the moments when many people drop out. That I
could
abandon my goal because of what I was feeling right then. I had to give myself a
moment
to decide whether that was really what I wanted.
I got my mind under control.
I went back to work. Today, I can hold a handstand the way I wanted to. When I held
my first
30 seconds, I understood what control meant to me. That achievement also mattered
because I had previously been ready to give it up.

30

SECONDS

THE FIRST 30 SECONDS.

A result built on an earlier decision:

to return to what mattered to me.

HANDSTAND / OSKAR SZYSZKA

When I look at those 30 seconds, I also see that moment of doubt. That was when
mastering

myself allowed me to stay on the path towards mastering the movement.

POWER / DISCIPLINE / CONTROL / FREEDOM

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02 / 03

03 / CHOOSING YOUR RESPONSE

YOU TAKE A BREATH.

YOU REGAIN YOUR CHOICE.

Not every thought that comes in a difficult moment has to become a decision.

After a failed attempt, it's easy to go from "I couldn't do it today" to "there's no point".

Control creates space to pause between what you feel and what you're
about to do.

01

YOU PAUSE

You take a breath. You put off the final decision. You give yourself time so you don't
pass judgement on your entire journey at the height of your frustration.

02

YOU NAME WHAT'S HAPPENING

"I'm disappointed because I care." That's different from "I'm not cut out for this".

You distinguish between an emotion, a judgement about yourself and a fact: this
particular attempt didn't work.

03

YOU CHOOSE YOUR NEXT STEP

Once you've cooled down, you return to the question: what do I really want? You can rest,

change your approach or try again. You base your decision on your goal and on a situation you can now assess more calmly.

“If I hadn't gained control of my emotions,
I would never have gained control of my body.”

OSKAR SZYSZKA

POWER IS CONTROL

POWER / DISCIPLINE / CONTROL / FREEDOM

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