

SZYSZKA CALISTHENICS

01 / UNDERSTANDING FREEDOM

FREEDOM

LET YOURSELF TRY.

You don't have to know how far you'll go to take the first step.

Freedom in sport begins with having a choice: I can explore what interests me. I can try something new, learn and find my own way. I don't have to know in advance

whether I'll be good at it.

WHO DECIDES WHAT'S RIGHT FOR YOU?

"Too short." "Too weak." "You don't have the build for it." Words like these can come before

your first attempt. Over time, you may start repeating them to yourself and giving up before

you discover what you're capable of.

Your natural abilities matter. But they don't have to take away your right to learn, enjoy yourself and make your own progress. To step onto the pitch, into the water or onto the slopes, you don't

have to fit the image of a champion from day one.

FROM OTHERS' JUDGEMENT TO YOUR OWN EXPERIENCE

"This probably isn't for me."

"I'll find out for myself."

Your first attempt gives you something no one else's opinion can: your own experience.

Not every sport has to stay with you for years. You might discover something that feels right for you or

decide you want to keep looking. Either way, you make your decision based on what you've experienced yourself.

POWER / DISCIPLINE / CONTROL / FREEDOM

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01 / 03

02 / MY STORY

WRITTEN OFF.

I KEPT TRYING.

I didn't want other people's judgement to define the limits of my world.

Throughout my life, I've tried many sports. I ran, played football, volleyball and handball. I skied, inline skated and snowboarded. I swam.

I trained in athletics.

RUNNING

FOOTBALL

VOLLEYBALL

HANDBALL

SKIING

INLINE SKATING

SWIMMING

SNOWBOARDING

ATHLETICS

I wasn't tall enough. I didn't have the right build. I wasn't good enough. I was often written off from the start.

But I tried.

I was never afraid to try. I didn't want to wait for someone to decide I belonged.

I took up one sport after another and explored what I could learn.

Today, I can choose what I want to try, and I do things I once never even dreamed of. I see how much would have stayed out of reach if I'd assumed from the start

that it wasn't for me.

I DISCOVERED WHAT WAS POSSIBLE BY TRYING.

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03 / LIVING MORE FREELY

MORE POSSIBILITIES.

MORE FREEDOM.

Every new skill gives you another way to experience the world.

For me, physical ability has value beyond performance. It gives me freedom: I can join in a game, try a new movement, choose a different activity. What I learn becomes part of the life I can choose for myself.

01

YOU LET YOURSELF BE A BEGINNER

At first, you may not know how to do something. You can ask questions, learn from others and

make mistakes. You don't have to hide the fact that you're just starting. That's exactly where

learning begins.

02

YOU DISCOVER YOUR OWN REASONS

You can train for joy, out of curiosity, to meet people or for the feeling of being able to do

something new. You don't have to be the best for sport to bring something meaningful to your

life.

03

YOU EXPAND YOUR CHOICES

You learn at your own pace, discovering your abilities and limitations. Over time, you can

choose from things that once seemed out of reach. You have more and more of your own answers to the question: "What do I want to do?"

And that was when I understood that true freedom comes when you stop being afraid to try.

POWER IS FREEDOM

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