



Fit-Kid is the sport of the 21st century. The first Fit-Kid competition was in Spain in 1996. The first Hungarian competition was 1 year later. The first European Cup was in Barcelona in 1999. Fit-Kid has had 6 European Cups / 2 in Spain, 3 in Hungary and 1 in Serbia / until now, and one World Cup in Malaysia in 2007. The development of Fit-Kid has been unbroken since the first competition.

'Fitness routines generally feed from different branches of sports like gymnastics, rhythmic gymnastics, aerobics, acrobatics and various type of dance.' Duration of the routine: 90 seconds for individual competitors, 120 seconds for the group format. The size of the competition area is at least from 8x8m to 10x10m. Musical accompaniment should be fast-paced rather than medium (145 to 160 bits per minute).

Fit-Kid has 4 element groups. These are: jumps and leaps, acrobatics, flexibility and power elements. In the individual routine and group format (duo, small group / 3-4 persons / , big group / 5-6 persons /) , competitors have to perform the minimum of 2 elements or maximum of 3 elements plus 1 acrobatic row (containing 2 elements) from each element group. 'The fitness routine is expected to reflect strength, looseness of the joints, flexibility of muscles, suppleness of the body, stamina and an elaborate coordination of movement. The technical execution of the elements of the fitness routine should be consistent with the branch of sport or genre of dance where it is borrowed.'

There is the Fit-Kid Dance competition for beginners in Hungary. It is a very popular competition form. In this form are individual routine, and group format (5-15 person). In these exercises 1 or 2 elements from each element group (depending on category) have to be introduced. The duration of the routine is 60-75 seconds for individual competitors, and for group format, too.

You can see, Fit-Kid is an enjoyable sport of dynamic nature .