



THE IPF MAGAZINE



BLAINE SUMNER
World Open Classic +120kg Champion

RAW MEET ON THE IPF MENU: STOCKHOLM CLASSIC

REPORTS FROM JAPAN, INDIA & SOUTH AMERICA

POWERLIFTING & THE OLYMPIC CREED

POWERLIFTING TRAINING SPECIFICITY

INTERVIEW WITH CARL YNGVAR CHRISTENSEN

MOHAMMED BOUAFIA
3 x Classic World Record holder



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Dear Friends of The Sport of Powerlifting,

As you have surely noticed I announced that I step back on 28. October 2012 as President of the IPF. This is the day, where the IPF General Assembly will be hosted in Aguadilla / Puerto Rico. Therefore this is my last editorial for the IPF magazine.

Due to increased private engagements I resign to the 31. July 2012 and according to our rules Johnny Graham will take over the interim position as IPF President until the elections in Puerto Rico.

Johnny is a honourable man with integrity and he has a heart and love for our sport. He is highly appreciated by his colleagues due to his cooperativeness and cordiality.

He serves in different functions for powerlifting and since he was elected as IPF Vice-President he represented the IPF at the 2011 and 2012 SportAccord. He met responsible people from the IOC, IWGA, WADA, SportAccord etc. and he has represented the IPF at these umbrella federations on eye level and on a diplomatic way.

In my opinion Johnny is the suitable candidate to be elected as successor for the position as IPF President. I am convinced that he will lead the IPF in future to reach our mutual aims.

Heartily I wish him all the best and wisdom in leading the IPF.

Please allow me to say some words to my farewell:

Since I was 18 years old I am involved in Powerlifting. That means 33 years as official and in these years I was 6 years active as athlete.

Since 1999 I am working for the IPF as DC Chairman, Secretary General and now as President.

You all have the experience that our main life focus is to work in the office to earn money for the life, then Powerlifting, then family and our other hobbies has the least priorities.

I have now decided to spend my life to my other hobbies, which I have greatly disregarded.

It was a great experience for me to be engaged in Powerlifting, to develop and implement ideas. To work for a big sport federation like the IPF is on the one hand a challenge and at the other hand exhausting and sometimes depressing.

I realized sometimes we must find the lowest common denominator as a compromise, but this is not satisfying me anymore.

Please allow me to give you some personal thoughts, how the IPF and their member nations can achieve the goals and challenges:

1) It is visible that the current status of our regions and member nations differs and we have disequilibrium between the regions.

It is necessary to have a common speed, where all can follow the necessary steps. I admit that the IPF is like a strong locomotive that has shown a high speed and have pushed necessary improvements in the last years. But now it is the time to take a breath, reduce the speed and stabilise the joint achievements.

2) In my opinion it is necessary to install a partly paid so-called "Head of the IPF Headquarters" to unburden the honorary EC-members of the daily workload.

The German PF has 2 employees in their headquarters and my experience is that now the honorary elected persons can work more closely for the sport and the headquarters staff will carry out the daily administration work.

With this solution also the regional EC-members gain more time to push the development in the regions, instead to take over IPF workload, which is their mandate according the rules.

3) The close and trustful cooperation with our umbrella federations like IOC, SportAccord, WADA, IWGA etc. must be continued under the new presidency.

4) Cause of anxiety is the unfortunate development regarding the supportive gear. Mainly the development and the outside image of the Bench Shirts is a "pain in the neck". As long as the involved parties have a benefit (financial or like "equipment doping"), we have not the opportunity to have a sustainable improvement in this matter. In my opinion we must change our mind and ask ourselves, what is the best solution for the sport and not for oneself.

Like the motto of former US-President John F. Kennedy:

"Ask not what your country can do for you - ask what you can do for your country"



I would like to express to those, who mention, the Bench Shirt save the shoulders that we are far away from this point of view. It is our common liability that we have not stopped this development, which has more the power to destroy our sport instead of assisting us.

From my life experience I know that our normal behaviour is to keep the status quo, but sometimes it is necessary to bite the bullet and it is not too late to take over the control.

I found an appropriate motto of John F. Kennedy:

“All this will not be finished in the first 100 days. Nor will it be finished in the first 1,000 days, nor in the life of this Administration, nor even perhaps in our lifetime on this planet. But let us begin.”

The IPF Executive members have asked me to stay as member of the Anti-Doping Commission to finish open business.

Gladly I will carry out this service until the 28. October 2012; the day of the General Assembly.

For me it was a pleasure to join the Powerlifting community and to find some worldwide friends.

Detlev Albrings

Dear Ladies and Gentlemen,

Unfortunately we have to announce that Mr. Detlev Albrings resigned from the position of IPF President on the 31st of July 2012 due private reasons.

Mr. Albrings will leave a big void in the IPF. I can honestly say that Mr. Albrings was the most popular and respected President in the history of the IPF. He had respect not only from within the IPF community, but he was also in good contact with the representatives of the umbrella federations like IOC, IWGA, SportAccord, WADA etc.

Detlev Albrings is a person with a lot of good attributes, the kind that are needed to lead a world wide federation. He is reliable, prudent, visionary, but the most important, he is still human!

Mr. Albrings served the powerlifting family more than 30 years in a lot of different functions. He was an active athlete and knew about the thinking of the sportsperson, he was the President of the German Federation in the 1990's and since last year, he was in several committees in the IPF and EPF, IPF Secretary General and last but not least, the IPF President.

As the Secretary General of the IPF he was the main person responsible for the first application for IOC recognition, investing hundreds of hours to prepare a sensible application. These documents were also the cornerstone for the second IOC application in 2012, which looks really successful and hopefully the IPF will receive the recognition this year. If so, it was the main merit of Mr. Albrings!

But as I mentioned above he was also visionary and prudent. Mr.

Albrings was the initiator to install a fixed Vice President in the IPF. The old system, in which the Vice President rotated yearly between the regional representatives in the IPF Executive Board, was not really an advantage, because the Vice President had not the opportunity to be completely involved in the yearly process and duties and after one year he had to pass the Vice Presidency to the next person. In 2010, the General Assembly in South Africa decided to install a fixed Vice President and the first one elected was Mr. Johnny Graham from the USA. Mr. Graham was also the preferred candidate of the IPF President, because in this person Mr. Albrings saw a man who could be a reasonable successor and a person with a lot of positive attributes himself.

In the two years since, Mr. Graham has been fully involved in the business of the IPF Presidency and in close contact to Mr. Albrings. Johnny Graham also twice represented the IPF (2011/12) at SportAccord where he had several meetings with the umbrella federations and made quality connections with them. The feedback from SportAccord was that Mr. Graham represented the IPF in a perfect and honourable way!

With Detlev Albrings the IPF does not only lose a President, the IPF loses a philosophy and a man who stands for this philosophy: First priority is the federation and to work in the interest of the federation. Personal interests must be always in the second line!

Here and now the IPF can only thank Mr. Albrings and we all wish him all the best for his life and his next projects!

Emanuel Scheiber

I knew the title would catch your eyes. Only to find out that it was just a gimmick to trick you into reading the article. Sorry for setting you up. But let me assure you it's worth the read, for Eleiko as a company is so much more than bars and plates.

What follows is a short report on a walk through Eleiko offices and production facilities in Halmstad, Sweden. A warning: I cannot but be subjective about Eleiko here. We have countless times been so very objective about them without even knowing it (just recall the last time the bar was heavy on your shoulders or chest, or was trying to rip away from your grip to the tune of your lower back's screams). So it's okay once in a while to write personal impressions about one of the most important partners of the IPF. Here we go.

A LOOK BEHIND THE BARS

by Miklós Fekete





Eleiko building

Enter Eleiko

The pick up at the train station was organized by Sara, our kind host and guide from Eleiko. While driving to the headquarters we are told out that Halmstad is a “vacation town” with a friendly climate in Southern Sweden. It sure looked the part.

We arrived somewhere in a typical Scandinavian industrial/business park and pull up before an unassuming, one-storey grey building with a familiar sign - “Eleiko”.

The first surprise is the interior. You find yourself in a very tastefully arranged hall with corridors to clean and friendly offices. The office staff are smiling (they didn’t know we were coming).

The big common area has literally hundreds of relics, photos, signed trophies from dozens of competitions (mainly weightlifting) spanning several decades! It’s hard to imagine the scope and size of it if you don’t see it in person. The picture doesn’t do it justice. There

are even letters displayed on that wall thanking Eleiko for their help and excellent work. I don’t know about you but it got me thinking about the number of commendatory letters I sent to my car’s manufacturer for their great work (that’s right, my tally was also exactly zero). This wall of fame was the first sign that when you enter this Eleiko world you don’t just meet the normal business conditions but much more.

Moving on through the offices we met Andreas, a regular visitor at our Worlds or bigger competitions. We find out that about 40 people work at the headquarters in Halmstad. The daughter company Eleiko LLC in Moscow, Russia has five people working, and at Eleiko Inc. in Chicago USA there are two persons.

Hammer and tongs

Sara moves on with us to the production part of the complex. There we get the yet biggest surprise. It’s no supermodern, NASA style place, but a spacious workshop. It has only mechanical lathes for the bars (no

computer-directed machines) and what makes Eleiko unique – the best craftsmen in the industry to man those machines.

Here you find Bosse, who has been mounting the bars by sensitive hands for over 40 years, or “Spinge” who has been lathering and calibrated the disc hubs for 30 years and Sandor who is the master of the bars knurling. He even shows us the knurling under a magnifying glass (each knurling is a tiny square-based truncated cone). You have to take off the tops of each “cone” otherwise the bar would rip your palms (and your shins, yo’ deadlifter bums) to shreds. We are talking about hundredths of milimeters here that has to be worked with by these guys.

All the competition bars and discs are calibrated one by one, by hand. To produce 30 competition bars, they have to produce 100 sleeves (a sleeve is the rotating outer part of the bar that holds the discs when you load the bar). Then the best matching procedure starts: to find two sleeves that weigh minimum 19.990 kilogram and maximum 20.000 kilograms together with the bar grips (20 kg bars).

Secret of Swedish Steel

Our modern day blacksmiths in Eleiko are more than willing to share some inside information with us. We find out that the Eleiko bar is of a special Swedish steel compound. The prescription has always been a secret, although many of the competitors have tried to get ahold of it but they have all been held off ... (with no dead bodies of failed spies in sight – I can report). So there is quite some competition there. The Swedish (State) steel company refuses to sell this great quality raw material outside of Sweden and Eleiko thus has a monopoly on that kind of steel.

In an earlier edition of our IPF Magazine our faithful subscribers (by the way, please subscribe to the Magazine if you haven't yet) probably read about the pressure tests Eleiko performs on each and



Bosse to test bars



Discs on stock

every bar made so I won't bore you with that. Suffice it to say that you don't really need to worry about the bar snapping on you unless your one rep max squat is well above 2 tons.

Eleiko - new perspective

Next up came the storage place. Flat and unadventurous as "storage" may sound this was one of the most characteristic feature of the whole plant. It's just shelves and shelves and shelves of bars, plates, crates.

I stood there flabbergasted as forklifts after forklifts were carrying huge boxes and boxes of plates and bars to a waiting Moby Dick size truck. I was told it was part of a shipment to an Arabic country for a weightlifting event. Now THAT was catering for weight training the world over at the right order of magnitude.

The Eleiko Family

In our roaming we meet the then-Managing Director Mr. Lennart Blomberg. During the short introduction and informal chat we discover he has an excellent sense of humor and that the Eleiko company is owned by the Blomberg family. Since our visit Lennart has stepped down as CEO but three of his children: Erik, Rickard and Hans are also involved in the business (Erik taking over the running of the company). The family atmosphere is obvious.

Twice a day the staff have a coffee break ("fika" in Swedish) together and every Friday the company serve "Swedish smörgås" along with the coffee and common information from the Director. Visiting a Friday meeting will tell you a lot of the culture in the company: it is joyful, easy-going but also powerfully conducted.

The Bonus Chapter (you won't believe this - I didn't)

Okay, so we have the greatest raw material to work with (Swedish steel), superb craftsmanship (Bosse, Spinge and Sandor, with a century of Eleiko work background between them), weight products distributed on a planetary scale, yet a family atmosphere with twice a "fika" per day, what more could you expect?

I'll tell you what:
the Eleiko Training Center!

It's something I've never seen before. A 1300 square meters private education center where you can be totally undisturbed during your course. The center includes:

- a large gym filled with top class equipment from Eleiko (and I mean TOP class with weightlifting and powerlifting bars, learning discs for weightlifting – huge discs that are competition size but are very light to learn technique, etc.)
- a conference room for 100 persons
- a "bodega" for lunch serving
- dressing rooms with showers and sauna

At Eleiko Sport Center you can educate yourself in functional strength training & health. For example, they offer two of the world's most sought-after education programs by Paul Chek and Charles Poliquin.

Not only that but Eleiko also arranges a lot of workshops as a sales support for our Scandinavian Gym & Fitness market. I know we have our own specialized expertise in powerlifting but keeping an open mind never hurts.

You can visit

www.eleikosport.se/gymfitness/ or
www.eleikosport.se/education/

to find out more.



Hope that this peek behind the "bars" left you unscarred and informed so that when you lift at your next meet you know that hundreds of hours and care went into your weights and bars so you can lift smooth and safe. Hey, the rest is up to you, you know. Good lifting!



The Arnolds Sports Festival 2012

Ian Bell deadlift machine



A report by
Sabine Al-Zobaidi

The beginning of March each year, heralds the first of the season's highlights for strength sports. Arnold Schwarzenegger for the 24th time, called everybody who is anybody in Bodybuilding, Strongman, Weightlifting and Powerlifting to come to Columbus, Ohio.

But also the new generation of several other sports were there as well. Not less than 18,000 athletes from 45 sports like gymnastics, dancing, martial arts, archery and many, many more. Some 185,000 visitors over 3 days visited the expo, the film festival and sports competitions. And like nearly everything in the USA, the venue hall was "super-sized", where over 700 exhibitors lined the walls.

Brad Gillingham in front of stunned crowd

Winners at the GNC PRO PERFORMANCE

WOMEN:

Biggest deadlift after kg and points

Kimberly Walford, USA
232.5 kg (252.75 Wilks points)

MEN:

Biggest deadlift

Brad Gillingham, USA
380.0 kg (210.33 Wilks points)

Biggest deadlift after Wilks points

Ian Bell, USA
367.5 kg (236.52 Wilks points)

The USAPL represents the sport of powerlifting to a very high level throughout the days of the festival. The events started on Friday with the NAPF RAW (unequipped) powerlifting championship, followed on Saturday with the Browns gym NAPF Pro and finishing on Sunday with the USAPL Ohio Invitational (bench-press/ deadlift championships).

Saturday afternoon on the expo-stage is arguably THE highlight of the weekend with the "GNC Pro Deadlift" event. To stand on the stage as a lifter and see thousands of people watching you lift is surely a once in a lifetime experience. Four female and 12 male lifters from USA, Germany, Norway and Trinidad & Tobago stepped up to represent the top lifts. Weights of between 192.5 - 232.5 kg for women and 300 - 380 kg for men were hoisted.

The line-up of talented deadlifters were:

Women: Kimberly Walford, Alyssa Hitchcock, Linda Okoro, Inger Blicka

Men: Ian Bell, Dan Williams, Chris Erbs, Patrick McGettigan, Mike Hedlesky, Brad Gillingham, Bob Eucker, Bryan Dermody, Carl Yngvar Christensen, Sean Culnan, Randall Harris and Carlos Green.

In the final tally accounting for bodyweight, the gold medal went to Ian Bell, the silver to Dan Williams (both of the USA) and the bronze went to Chris Erbs, of Germany. The overall biggest deadlift of the event was by Brad Gillingham of the USA with 380 kg. The strongest woman was Kimberly Walford, USA.

This deadlift challenge was simply the best advertising for the sport of powerlifting imaginable.



Kimberly Walford

Sunday morning saw the “Titan Pro Bench Bash“. These bench-press specialists were divided in three classes: the women, the light weight men under 93 kg and the heavy weight men 93+ kg. Four women and 17 men from USA, Germany, Poland, Canada, Sweden and Austria, demonstrated high performance bench-pressing.

Three world records were set in the womens lifts: Gunda Fiona von Bachhaus under 63 kg open division with a lift of 165.5 kg, Koley Hockeborn under 57kg masters two with a lift of 112.5 kg, and Liane Blyn under 84kg masters one division with a lift of 175 kg. The overall winner after body weight points was Gunda Fiona von Bachhaus.

The men’s light weight class went to Jan Wegiera of Poland with the best lift of 290kgs. Silver went to the German lifter Markus Schick and bronze Joe Smith of the USA.

The men’s heavy weight class saw Preston Turner setting a new junior-world record, with the best lift and highest score on body weight. Silver and bronze medals will be traveling to Sweden with Marcus Hirvonen and Stefan Jamroz.

We should not keep it under wraps that the most

The line-up of lifters in the bench bash included:

Women: Gunda Fiona von Bachhaus, Liane Blyn, Erin Walterman, Koley Hockeborn

Men: Jan Wegiera, Markus Schick, Joe Smith, Daniel Miller, Dennis Cieri, Mike Ciupinski, Barry Antoniow, Danny Thurman, Adam Mamola, Preston Turner, Marcus Hirvonen, Stefan Jamroz, Brady Steward, Tim Anderson, Marco Regensberger, Per Nilsson and Avi Silverberg.

avored event by lifters and visitors alike was the RAW Challenge. In discussions with retired and active powerlifters, international referees and fans, interest in going “back to the roots“ of powerlifting is running very high.

Frequently heard arguments such as: stress-free squatting with the absence of wraps and suits, no need for helpers in getting into bench shirts, and more comfortable deadlifting - certainly show the lifter’s preference for going “Raw”. The Raw Challenge was also more relaxed for lifters, spotters and officials with the best argument of all being that with Raw lifting there is the ability see the real performance of the lifter. Some also say that the lifter has a better feeling for their own body and knowing what they can or can not lift. From the referee’s side it is easier and clearer to judge the lifts. Of course the arguments for equipped lifting include the ability to lift bigger weights and that there is some more security for knees, stomach and chest with equipment. However no one can deny the mounting world-wide enthusiasm and support for the Raw lifting format of competition.

The USAPL with Larry Maile and his perfectly working team did an exceptional job across all 3 days of the powerlifting competition. The event was a credit to lifters, organizers and officials, and was yet again a highlight on the powerlifting calendar. Well done guys! See you at the Arnolds in 2013!



Preston Turner



Gunda Fiona von Bachhaus

Winners are at TITAN PRO BENCH BASH

WOMEN:

Gunda Fiona von Bachhaus, GER
165.5 kg (180.36 Wilks points)

LIGHT WEIGHT MEN:

Jan Wegiera, POL
290.0 kg (184.52 Wilks points)

HEAVY WEIGHT MEN:

Preston Turner, USA
317.5 kg (182.53 Wilks points)



Around the competitions



Reliable sources confirmed that Technical Committee Chairman Hannie Smith is preparing a new tool to get referees examined online. Also short videos are being prepared for educating referees to better judge lifts. The reliable source was Hannie himself...

Unconfirmed as yet: it seems reality that in 2016 Rio de Janeiro Paralympics will include Blind Powerlifting (probably just Bench-Press to start) by IBSA (International Blind Sports Federation). This means blind bench-press will be integrated with the other disabled groups in the Paralympics. Based on the reports received, the first requirement was to cancel suits & shirts & so IBSA PL voted to make Blind PL Raw only as from the day after the Championships. Robert Keller of the USA deserving credit for the great work he has done on the subject.

Powerlifting grapevine has it that after the great success of the inaugural Classic Powerlifting World Cup in Stockholm, Sweden, the appropriate decision making bodies of the IPF are thinking about extending the Classic format to stage a Juniors and Subjuniors World Cup next year.

POWERLEAKS

the IPF newsflash

What's being talked about in Powerlifting

As briefly touched upon online before IPF has officially attended its second fitness and Bodybuilding (FIBO) expo in Germany. IPF owes a very big thank you to Andy Dörner of Germany, who made last year and this year's arrangements for IPF to be able to attend on top of running exhibit competitions as well as charity deadlift challenges. Andy almost single handedly, leading a small but dedicated team of volunteers, got IPF showcased at FIBO. Our sport is carried on the backs of those who take their ideas on to a level of action to forward powerlifting for real. Andy is definitely a stellar example of that, so please keep up the good work!



TRAINING SPECIFICITY FOR POWERLIFTERS

by Matt Gary

Navigating the tortuous road to athletic achievement requires a comprehensive roadmap. Motivated trainees are constantly searching for the latest protocol that will transport their performance to the next level. They will scour the Internet for the most recent training methodology. Athletes will dive into the pool of printed media including articles, journals, periodicals, and texts in an effort to find the missing link that will take them from novice to elite. Some will even travel cross-country to attend seminars, taught by experts, in their respective endeavor. These options require one to use much of their disposable time. In an age where time is such a rare and precious commodity, trainees often waste their time by looking in the wrong places for answers to the physical achievement riddle.

When you aren't reaching your goals, there are not an infinite number of places to look for the answer. For athletes, the answer usually falls into one of the following general categories: nutrition, recovery, or training. Within each of those categories lie many subcategories. For example, within the nutritional category there are pre-training meals, post-training meals, supplementation, fluid intake, as well as health-related issues such as allergies and diabetes. If we're examining recovery, we need to consider rest between training sessions, time between competitions, sleep patterns, attention to injuries, prehabilitative modalities, and the list goes on. Within the training arena there are many variables such as exercise selection, intensity, rest periods, technical ability, proper planning, and volume. Within each of those variables lies even more division. All of these 'places' to look for your answer can become both confusing and frustrating. Sometimes it feels like we're looking for a needle in a haystack.



With so many areas to examine, some people overanalyze every aspect of their lives while others stop looking altogether. I've certainly been guilty of overanalyzing my own training. Sometimes breaking down every aspect of your pursuit is the answer. Other times the answer might be right in front of you. My best advice is to first scrutinize an area that most forget to consider. Start at square one. Square one is technique. Technique is the foundation of any athletic endeavor. It doesn't matter if you're teeing off in a golf tournament, serving a tennis ball, shooting a free throw, squatting 500-pounds, or hurling a javelin - your technique is the single most important aspect of your journey. The good news is that technical mastery is something you have complete control over. While it's true that some athletes have amazing success with poor technique, they are the exception rather than the rule. You can have all the ability in the world but if you fail to hone your skills, eventually it will show.

Form and technique are terms often used interchangeably. In reality, they mean different things. Form refers to an accepted procedure or set of steps to perform a skill. In the powerlifting squat, it's common knowledge to break at the hips first, sit back with an arched torso, descend, open your groin by pushing your knees outward, hold your chest up, and keep your abdominals tight by pushing them out. These are some of the key points to remember while descending into a full squat. Regardless of your respective sport, these steps should be followed when performing a power

squat. Technique, on the other hand, refers to one's own approach to those procedures. In other words, it's your own "artistic stamp" on the performance of a skill. Again, using squatting as an example, we see wide-stance squatters like Eric Kupperstein and then lifters that employ a narrower stance like Kirk Karwoski. Both men have the ability to squat ponderous poundage yet they go about it quite differently. They have crafted their technique over years of training (practice).



Genetics play a huge role in technique. You are not likely to see tall powerlifters squatting with an extremely narrow stance. Typically they'll squat with a wider stance. Technique can vary based upon gender, genetics, and sometimes you'll see regional differences as well. Many women use a sumo deadlift stance as it suits their wider hip structure. The elite Asian lifters primarily deadlift using ultra-wide sumo stances. Their Russian and Ukrainian counterparts use a more narrow sumo technique.

The best way to perfect your technique and achieve skill mastery is to practice like you play. Appropriate practice methods and specific training are prerequisites for optimizing performance. Optimal results are best achieved through repetitious practice of the necessary skills involved in performing your task. For the competitive powerlifter, this means practicing the competitive lifts.

Westside Barbell's Louie Simmons has done more for the sport of powerlifting than most. He has helped revolutionize training methods and the way people examine their training. His contributions to the sport and willingness to help others are laudable. Employing advanced techniques such as bands and chains are merely the tip of his knowledge iceberg. To this day, I still consider Louie Simmons to be one of the brightest minds in the world of strength.

Today we often hear people described as geniuses or as being great. I do not use those terms loosely. It takes a very special mind to be considered a genius. And true greatness is only achieved over time. Almost anyone can be excellent for a short time. Louie Simmons is truly a genius. I would be willing to bet that his IQ is off the charts. His mind continues where others leave off. He will experiment with most any method to determine its efficacy. If it works for his gang, he'll use it until it doesn't work anymore. If it isn't effective, he disposes of it and moves on to the next idea. He has developed a near-perfect training system for geared lifters competing in multiply powerlifting federations. Multi-ply federations have different standards of performance for their lifts. While the rules of performance are written the same in their rulebooks, their actions speak louder than their words. Having attended more than my share of multi-ply meets, I have witnessed firsthand the dissimilar standards. This isn't an attack on those federations. It's just reality. Almost all of the lifters I coach and consult with also compete in the USAPL or IPF. Accordingly, most of my teaching is directed at powerlifters competing in similar organizations. That being said, I'm interested in explaining why the methods that Louie has popularized aren't entirely applicable for raw and/or single-ply lifters competing in USAPL, IPF, and similar federations.

The Westside training system, as it's become known, features some venerable Russian training methods. While strength can be expressed in a myriad of ways, it basically boils down to dynamic strength (speed strength / power), maximal strength (max effort / 1RM), and muscular endurance (repetition method). Westside brilliantly weaves these three methods into a weekly plan where each method is featured on a different day and special exercises are rotated via the Conjugate Method. These methods are nothing new. Louie has merely expounded upon them and forged them far beyond their original boundaries. While the methods themselves aren't



new, his process of employing special exercises is fresh and innovative. Westsiders and their disciples use special exercises such as box squatting, board pressing, floor pressing, Zercher squats, and special deadlifts to develop and peak their strength. Couple these movements with changes in grip width or stance and you have hundreds of variations. You can then take those variations and add bands and/or chains to accommodate resistance and manipulate one's strength curve. Now you have hundreds more. Different specialty barbells can be used with those exercise modifications. The safety squat bar, cambered bar, trap-bar, and Swiss bar are just a few that come to mind. Now those hundreds of exercises

soon mutate into thousands. The Westside system is the epitome of variety. It's a smorgasbord of training modalities. And while many of these thousands of exercises are useful in strength development, powerlifters should not use them at the exclusion of the competition-style squat, bench press, and deadlift.

Special exercises should be used to address specific weak points. While it's true that a chain is only as strong as its weakest link, if the chain is constructed of poor materials (technique) then it's going to be weak from the outset. Why bother using fancy bricks, imported wood, tile roof, and platinum fortified nails to build your house if your foundation is poured on sand? Developing, enhancing, and honing one's technique is a lifelong process. Repetitious technique practice is like pouring a solid foundation of concrete. Executing your technique should become mechanical and so habitual that you almost become robotic. In theory, one should be able to set-up a big squat with their eyes closed. The same is true for nearly any physical skill.

The best way to improve at shooting free throws is to practice shooting free throws. While shooting a jump shot or three-pointer look somewhat similar to a free throw, they're simply not the same. The same can be said for box squatting and squatting. I've never seen a box squatting competition, so why make that your staple movement? Box squatting has its place as an assistance move to correct very specific breakdowns in technique, improve hip mobility, strengthen the hip flexors and posterior chain, and to teach lifters to sit back and stay tight throughout the lift. However, it should never take the place of competition-style squatting through a full range of motion (ROM). Board presses follow the same logic. They resemble a bench press but aren't the same. Many lifters become world-class board-pressers and then bomb at meets because they've never done a full ROM bench press in training. That's foolish. Again, board presses are a wise choice for increasing one's lockout abilities but not at the expense of developing proper bench press technique through a complete ROM.

Accommodating resistance and overloading specific points in one's ROM via the use of bands and/or chains is an effective method of bringing up a weak point. However, these modalities stress your central nervous system (CNS) in unique ways and change your technique. Performing a deadlift with chains is not the same as a competition-style deadlift. Accordingly, if your CNS gets used to the motor patterns created by the addition of chains, then the motor pathways of the regular deadlift will be left unattended. As powerlifting is one of the best examples of a "practice-like-you-play" endeavor, I would make competition-style deadlifts the staple movement and use bands or chains as assistance work. Too often, we fall in love



with the flavor of the week or the exercise of the month and lose sight of what got us there in the first place. I have always espoused that the Westside system is a more appropriate training method for a non-powerlifting, strength/power athlete than it is for a powerlifter. Most football players want to be bigger, stronger, and faster.

Westside will get you there as fast as any system. But what does nearly every champion athlete do when they're in a slump? They return to the basics and fundamentals. Without mastering the squat, bench press, and deadlift - a powerlifter is nothing. If you want to become a better squatter, you must squat. If you want to improve your bench press, then bench press. And if you want to hit PRs in your deadlift, practice deadlifting.

There's more than one way to skin a cat and there's certainly more than one way to get strong. If there were only one way to get strong, we'd all be doing it. Nevertheless, there are smarter ways to train for the raw and single-ply powerlifter. After a dynamic and movement-specific warm-up, most training sessions should begin by performing one of the competition movements (squat - bench press - deadlift). Some Russian powerlifting coaches, namely Boris Sheiko, espouse the performance of the main lifts and little else. Sheiko's templates are traditionally developed for masters of sport. While this method affords the lifter maximum skill acquisition in the competitive lifts, it does little to address individual weaknesses, which may lead to breakdowns in technique. Technical flaws occasionally exist due to a lagging muscle group. Other times, technical issues are simply the result of poor execution like not squeezing your hips at the top of a deadlift.



While Sheiko would have you believe that practicing the squat, bench press, and deadlift ad nauseam is the answer, Westsiders would advise the use of special exercises nearly to the exclusion of the main lifts. Frankly, I don't think either path is the right one for most lifters. I've used similar Sheiko-like periodization templates on myself and with my lifters. Currently, we use Prilepin's Table, almost exclusively, for regulating volume in the squat and bench press. Additionally, we augment the core lifts with assistance exercises periodically derived from Westside's plethora of movements. Ultimately, we meet somewhere in the middle and I think this is the answer for most.

The bulk of a powerlifter's training should be devoted to the three competitive power lifts. The key to developing expert technique, according to your body structure, is to build your training volume via the number of sets performed not the number of reps. Performing multiple sets of low repetitions provides maximum skill acquisition through increased practice. For example, the training volume for 10 sets of 3 reps is 30 total reps. Similarly, the training volume for 3 sets of 10 reps is also 30 total reps. However, in the first example, the powerlifter gets 10 opportunities (sets) to practice their technique. The second example only offers three chances. Three sets of ten reps are more appropriate for a bodybuilder pursuing muscle hypertrophy.

Assistance exercises should be specific to the power lifts in two ways – the muscles utilized and your own weaknesses. Assistance moves should be carefully selected to suit your needs, not those of your training partner(s). If you're weak during the lockout portion of the deadlift and your training partner is slow off the floor, you may want to add some bands or chains to your deadlifts while they may deadlift off a box or plate.

Above all else, examine your technique first. If possible, videotape your lifts so you can go back and watch how your body moves under a load. Take videos while training at different intensities. Your technique shouldn't break while lifting 50% of your max. But when you're above 90%, there's a chance things can change for the worse. We pour the bulk of our training foundation using weights in the 80-85% intensity range. Our goal is to become highly proficient with moderately heavy weights so we don't overtrain the CNS yet still train intensely enough to elicit strength gains. The volume of work performed in this range translates directly to enhanced technique with heavier lifts in the gym and on the platform.

While there are many variables beyond a powerlifter's grasp, there are a few that you have direct control over. You have entire command over your own training. That's a huge amount of responsibility. Be wise with your time and practice exactly as you play. In the immortal words of a famed Russian powerlifting coach, "If you want to squat more, you must squat more." Sometimes the simplest approach is the correct one. Master your technique in the competitive lifts and watch your total increase.



About Matt Gary:

Matt Gary is 40 years old and has been a competitive, drug-free powerlifter for 18 years. His educational background includes a BS in Kinesiological Science from the University of Maryland. He is also a Certified Strength & Conditioning Specialist (CSCS) via the National Strength & Conditioning Association.

Matt, along with his wife Suzanne "Sioux-z" Hartwig-Gary, own and operate Supreme Sports Performance & Training (SSPT). SSPT is Maryland's premier strength and conditioning facility catering to powerlifters, Olympic weightlifters, strongman competitors, and anyone who is serious about strength training. Matt's clients include high school and collegiate athletes, powerlifters from novice to elite, and the general population.

Matt is an active member of the USAPL where he serves as a member of the Raw Committee, national referee, and coach.



Native American dancers
at opening ceremony



provided by
Jennifer Gaudreau

Aurora, Colorado, USA hosted its first World Championship in any sport in March 2012. With the support of Visit Aurora, the City of Aurora and Rocky Mountain Lifting Club, Dan and Jennifer Gaudreau were the championship directors for the 12th IPF World Masters Bench Press Championships.

The championships started off with a spectacular opening ceremony with the presentation of the Colors by the Joint Color Guard from Buckley Air Force Base and the Seven Falls Dancers, a Native American Indian dance troupe, performing several traditional dances to showcase the cultural history of Colorado.



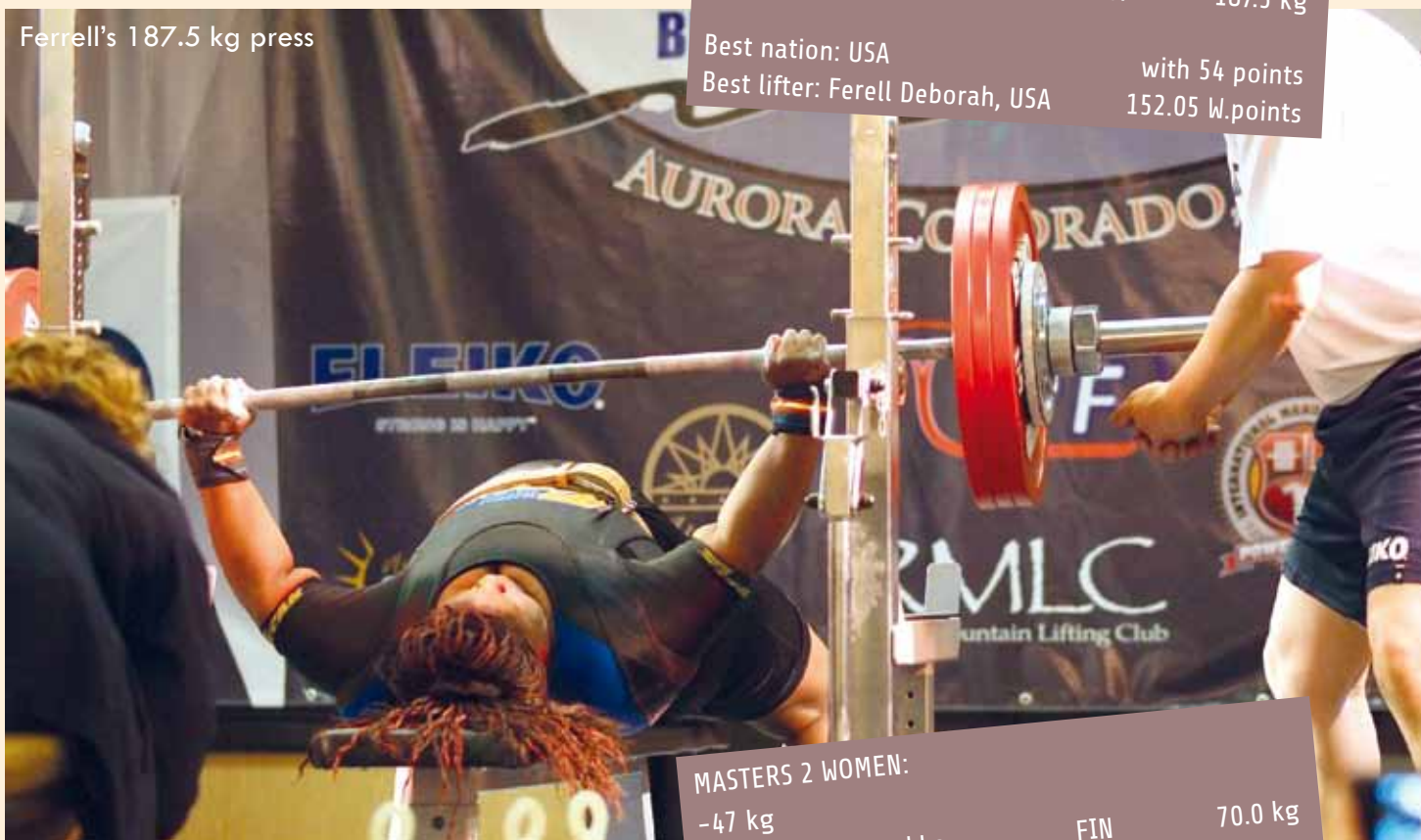
Women Awards

One of the biggest battles of the championship was in the Women's 84+ M1 division between Deborah Ferrell from the USA and Joanne Schaefer from the Netherlands. Schaefer was ahead 2.5kgs after second attempts and forced Ferrell to make a 10kg jump on her 3rd attempt as Schaefer was successful on her 3rd and the lighter lifter. On the descent of the lift it did not seem as though Ferrell would be able to press it out. Being the World Champion that she is, she fought hard and came out the victor with a 187.5kg bench press. This also gave Ferrell the M1 Best Lifter award.

MASTERS 1 WOMEN:

-47 kg			
1. Miyamoto Tomoko	JPN	87.5 kg	
-52 kg			
1. Rodygina Anzhela	RUS	87.5 kg	
-57 kg			
1. Sakamaki Tomoko	JPN	110.0 kg	
-63 kg			
1. Iliev Isabelle	FRA	120.0 kg	
-72 kg			
1. Ribic Priscilla	USA	130.0 kg	
-84 kg			
1. Blyn Liane	USA	155.0 kg	
+84 kg			
1. Ferrell Deborah	USA	187.5 kg	
Best nation: USA		with 54 points	
Best lifter: Ferrell Deborah, USA		152.05 W.points	

Ferrell's 187.5 kg press



MASTERS 2 WOMEN:

-47 kg			
1. Viitasaari Vuokko	FIN	70.0 kg	
-52 kg			
1. Mizuno Fumie	JPN	85.0 kg	
-57 kg			
1. Bekhtereva Irina	RUS	80.0 kg	
-63 kg			
1. Hockeborn Koley	USA	107.5 kg	
-72 kg			
1. Haas Regina	GER	122.5 kg	
-84 kg			
1. Takacova Hana	CZE	135.0 kg	
+84 kg			
1. Mynttinen Merja	FIN	127.5 kg	
Best nation: USA		with 48 points	
Best lifter: Hockeborn Koley, USA		123.92 W.points	

In the Women's M2 category, two weight classes were determined by body weight. The 52kg weight class gold medal went to Irina Bekhtereva from Russia. She and Lizz D'Entrememont from the USA both lifted 80kgs but Bekhtereva was the lighter lifter. Koley Hockeborn from the USA and Patricia Maciejewski from France were also in a tight battle. Missing her first two attempts on technicalities, Hockeborn went up 5kgs on her 3rd attempt and tied Maciejewski thus earning the gold medal and the M2 Best Lifter award as she was the lighter lifter.

MASTERS 3 WOMEN:

-47 kg			60.0 kg
1. Heligon Francoise	FRA		
-63 kg			111.0 kg
1. Sawa Chiyomi	JPN		
-84 kg			80.0 kg
1. Laurent Martine	FRA		

Best lifter: Sawa Chiyomi, JPN 119.67 W.points

The M3 Best Lifter was Chiyomi Sawa from Japan with a gold medal and world record of 111kgs in the 63kg weight class. Bebe Burns was able to pull ahead of her USA teammates in the M4 category to earn the Best Lifter award.

The Men's M1 category saw a new World Record by Klaus Sems kij from Germany in the 105kg weight class. Sems kij was successful on all three attempts and finished with 285.5kgs. His final attempt secured him the gold medal and Best Lifter award.



A happy German Team

MASTERS 4 WOMEN:

-47 kg			37.5 kg
1. Schmidt Joan	USA		
-52 kg			42.5 kg
1. Burns Bebe	USA		
-72 kg			50.0 kg
1. Hernstadt Sharon	USA		
-84 kg			25.0 kg
1. Pares Maria	USA		

Best lifter: Burns Bebe, USA 56.59 W.points

Another world record (and the heaviest lift of the championships) was seen in the Men's M2 category. Daniel Gaudreau, from the USA, was successful with his second attempt of 300.5kgs. Gaudreau was the hometown favorite being the championship director and a citizen of Aurora, Colorado. This gold medal now gives him his 10th Masters World Champion title. Gaudreau also earned the M2 Best Lifter award.

World records were set by three lifters in the Men's M3 category, the most in any age category at these championships. Claude Sitruk from France was the first in the 66kg weight class. He was successful with 170.5 on his third attempt, a great comeback after missing it on his second attempt. The next lifter in the M3 to set a world record was Yuji Kato from Japan in the 74kg weight class. Kato set the world record on his second attempt with 170kgs and further increased it on his third attempt with a successful lift of 175kgs.

MASTERS 1 MEN:

-59 kg	JPN	140.0 kg
1. Fujii Kazuo		
-66 kg	FRA	187.5 kg
1. Waymel Olivier		
-74 kg	CAN	160.0 kg
1. You Bill		
-83 kg	USA	250.0 kg
1. Thurman Daniel		
-93 kg	USA	270.0 kg
1. Cieri Dennis		
-105 kg	GER	285.5 kg
1. Sems kij Klaus		
-120 kg	CAN	277.5 kg
1. Giffen Jr. John		
+120 kg	FIN	295.0 kg
1. Jaatinen Juho		
Best nation: USA		with 51 points
Best lifter: Sems kij Klaus, GER		171.14 W.points



In the 93kg weight class, Arne Boe Kjell from Norway was the victor with a world record of 200kgs on his second attempt. Sitruk was the best lifter in the Men's M3 category.

MASTERS 2 MEN:

-59 kg	SVK	145.0 kg
1. Kolsovsky Stefan		
-66 kg	NED	160.0 kg
1. Smith Charles		
-74 kg	GER	167.5 kg
1. Griesch Klaus		
-83 kg	JPN	215.0 kg
1. Amatsuji Shinobu		
-93 kg	JPN	227.5 kg
1. Kitagawa Takeshi		
-105 kg	USA	252.5 kg
1. Turco Charles		
-120 kg	JPN	250.0 kg
1. Kojo Motohisa		
+120 kg	USA	300.5 kg
1. Gaudreau Daniel		
Best nation: JPN		with 54 points
Best lifter: Gaudreau Daniel, USA		165.18 W.points

MASTERS 3 MEN:

-59 kg			
1. Kanaya Takashi	JPN	130.0 kg	
-66 kg			
1. Sitruk Claude	FRA	170.5 kg	
-74 kg			
1. Kato Yuji	JPN	175.0 kg	
-83 kg			
1. Otani Susumu	JPN	190.0 kg	
-93 kg			
1. Boe Kjell Arne	NOR	200.0 kg	
-105 kg			
1. Oumailia Gerard	FRA	192.5 kg	
-120 kg			
1. Crawford Robert	USA	175.0 kg	
+120 kg			
1. Regan Skip	USA	145.0 kg	
Best nation: JPN		with 53 points	
Best lifter: Sitruk Claude, FRA		134.54 W.points	

Manabu Ogata, from Japan, was the best lifter in the Men's M4 category with a world record of 150kgs in the 74kg weight class. Also from Japan, Katsuji Kawabe set a world record in the 93kg weight class with a lift of 167.5kgs.

Many thanks to all of the athletes, coaches, referees, volunteers and support staff that made these championships successful!



MASTERS 4 MEN:

-66 kg			
1. Fujita Toshio	JPN	95.0 kg	
-74 kg			
1. Ogata Manabu	JPN	150.0 kg	
-83 kg			
1. Reybrouck Daniel	BEL	140.0 kg	
-93 kg			
1. Kawabe Katsuji	JPN	167.5 kg	
Best lifter: Ogata Manabu, JPN		110.67 W.points	

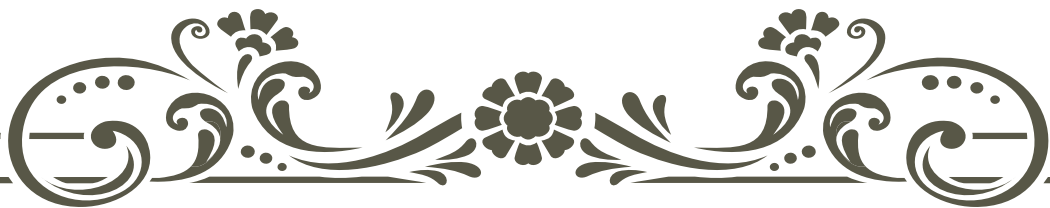


INTERVIEW WITH

ANATOLIY STETSENKO (UKR)

PHD OF PHYSICAL EDUCATION AND SPORT, ASSOCIATE PROFESSOR

RECORDS REGISTRAR, MEMBER OF TECHNICAL COMMITTEE, INTERNATIONAL CAT. I REFEREE



Our magazine time and again introduces some of the people working in background for the IPF. This time we shed light on the activities and person of Anatoliy Stetsenko, the IPF-record keeper.

Anatoliy, let us know where You are from and what Your main occupation is?

I live in the Ukraine in the city Cherkasy. Since 1986 I have been teaching in the Cherkasy National University where sports specialists are prepared. I teach the following subjects: "Highly skilled athletes preparation management", "Endurance sports", "Physical culture and sports organization and management". In 2000 I defended my thesis on "Development of training process in powerlifting at the stage of direct preparation for competitions".

How long are You involved in Powerlifting? Do You have also a sportsman carrier?

My sporting activities as an athlete is related to athletics (shot put and discus throw). Recently, I continue to compete among veterans, where I managed to become the winner of several international championships.

Since 1988 I began to train lifters, some of them became champions and winners of World and European championships later.

I was the director of five European and World Championships, held in Cherkasy.

In 2008 I wrote the book entitled "Powerlifting". I am very proud that Alexander Kopaev helped to implement my idea of powerlifting competitions computerization and now "Goodlift" is widely known throughout the world of powerlifting. This was the result of our long years of work and sleepless nights.

The next project successfully implemented is automated powerlifting referee signaling system, produced in Ukraine, which has no analogues in the world. Automated powerlifting referee signaling system was tested at the European Men's and Women's Championship (May 2012, Mariupol, Ukraine) and caused general approval. There is an idea to combine the "Goodlift" and signaling systems which will enable more efficient competitions.

What are Your special duties for the IPF?

Since 2009 I perform duties of the World and European records registrar.

In November 2011 I was included in the Technical Committee of IPF.

How is the daily work for record keeping? We guess it is much easier now, since world records can only be set on regional and world championships.

The work of the record registrar is a painstaking work which is associated with recording and testing of number of specific indicators. I had to register about 2000 records and to prepare the corresponding number of certificates during the 3,5 years of my work.

Since the decision to register only records set at international competitions, their total number changed but slightly, as continental and world records were not often set at national championships anyways.

But the proposed standards for world records in connection with weight class change led to the fact that now we have mixed picture in record tables. For example, 13 new records were established by 5 lifters in Bench press Single-Lift in 93 kg weight category among men during 1,5 years since the new standards were introduced. While there were no single change in Deadlift in all weight categories among juniors. I believe that this situation with the sport which has nearly 50-year history is unacceptable. I assumed that it could happen even at the stage of new standards adoption and I hope that existing record standards will be reviewed in the near future.



I'm sure of one thing, it is necessary to use more progressive and creative approaches in world powerlifting management in order to move forward.

You are the scientific leader of the “Historical and Social Aspects of World Powerlifting“ dissertation by Leonid Valentine Kotendzhy. It shows Your expert knowledge of the Powerlifting scene. Where do You see Powerlifting standing in 10 years?

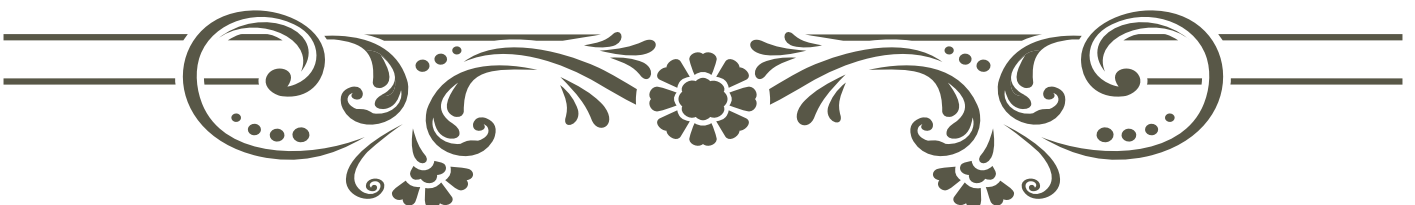
As far as I know, this is probably the first scientific paper which deals with this kind of world powerlifting research. Unfortunately, our kind of sport remains not very much known, despite its long history.

We hope that our findings will give opportunity to assess many of powerlifting's components in a different way. Leonid Kotendzhy and I are preparing several articles for publication and hope that they will be placed in the IPF magazine in the near future.

I, like many supporters of powerlifting, would like powerlifting to be included in the Olympic Games. Even now there are reasonable prerequisites for it, including wide-spread popularity all over the world and availability.

But at the same time there are several factors that hinder further powerlifting development and have discrepancy among our community. I'm sure of one thing, it is necessary to use more progressive and creative approaches in world powerlifting management in order to move forward.

Thank You for Your time!
Sabine Al-Zobaidi



Report by Sabine Al-Zobaidi
 edited by Christina Chamley

WORLDS BENCH-PRESS CHAMPIONSHIPS

21-26 May, 2012 in Pilsen, Czech Republic

Pilsen was again host for the World Bench-press Championships. Sub-juniors, Juniors and Seniors met in the Czech Republic to perform at a perfectly organized championship, as per usual from the work of Mr. Vladimir Mati and his team.

Lots of records and personal best attempts were shown from the best lifters from all over the world. In all women's age classes the Russian team dominated the scene. Just three women were disqualified over all weight and age classes. In the open women's classes Larisa Kotkova pressed 150 kg to take the overall women's winner award with 179.32 Wilks points. Her team colleague sub-junior Anna Filimonova set a new world record with 106 kg. But Kazakhstan got the best junior lifter: Guseva Anastasiya who performed 152.5 kg.

SUB-JUNIOR WOMEN:

-43 kg			
1. Mularczyk Paulina	POL	55.0 kg	
-47 kg			
1. Nikitina Irina	RUS	62.5 kg	
-52 kg			
1. Filimonova Anna	RUS	106.0 kg	
-57 kg			
1. Vedyushkina Diana	KAZ	87.5 kg	
-63 kg			
1. Kolesnikova Viktoriya	KAZ	90.0 kg	
-72 kg			
1. Lysenko Anastasia	RUS	87.5 kg	
-84 kg			
1. Petrunina Maria	RUS	100.0 kg	
+84 kg			
1. Moseeva Anastasia	RUS	107.5 kg	

Best nation: Russia

Best lifter: Filimonova Anna, RUS

with 60 points
 179.32 W.points

JUNIOR WOMEN:

-43 kg			
1. Ainsworth Megan	GBR	65.0 kg	
-47 kg			
1. Redzhepova Aygul	RUS	92.5 kg	
-52 kg			
1. Eriksson Nina	SWE	105.0 kg	
-57 kg			
1. Gonchar Ganna	UKR	122.5 kg	
-63 kg			
1. Rames Maj	DEN	137.5 kg	
-72 kg			
1. Guseva Anastasiya	KAZ	152.5 kg	
-84 kg			
1. Tsigankova Ekaterina	RUS	132.5 kg	
+84 kg			
1. Bialek Magdalena	POL	112.5 kg	

Best nation: Russia

Best lifter: Guseva Anastasiya, KAZ

with 51 points
 157.03 W.points

OPEN WOMEN:

-47 kg			120.0 kg
1. Kozdryk Justina	POL		
-52 kg			127.5 kg
1. Nagaya-Shirakawa Kaori	JPN		
-57 kg			150.0 kg
1. Kotkova Larisa	RUS		
-63 kg			157.5 kg
1. Von Bachhaus Gundula Fiona	GER		
-72 kg			160.0 kg
1. Medvedeva Yulia	RUS		
-84 kg			170.0 kg
1. Strik Ielja	NED		
+84 kg			205.5 kg
1. Zotova Natalia	RUS		

Best nation: Russia

Best lifter: Kotkova Larisa, RUS

with 52 points
179.32 W.points



Finland taking again the King category in Bench Press



Amandas Paulaskas, Lithuania

SUB-JUNIOR MEN:

-53 kg			
1. Fomich Viachaslav	RUS		120.0 kg
-59 kg			
1. Karaman Abdulkarim	KAZ		160.0 kg
-66 kg			
1. Vorotilin Valery	RUS		152.5 kg
-74 kg			
1. Timofejevs Sergejs	LAT		177.5 kg
-83 kg			
1. Parshin Yevgeniy	KAZ		200.0 kg
-93 kg			
1. Sypka Kamil	POL		205.0 kg
-105 kg			
1. Jäger Kevin	GER		217.5 kg
-120 kg			
1. Williams Craig	GBR		192.5 kg
+120 kg			
1. Mellor Graham	GBR		225.0 kg

Best nation: Russia

Best lifter: Karaman Abdulkarim, KAZ with 50 points
140.56 W.points

The men's open classes were on a high level too. Japan ruled the team rankings with 48 points in the open classes. Thirty-one men disqualified, most in the 105 kg class (10 from 23 lifters). This does not mean that athletes were unable to handle their lifts. Rather, it shows how hard the fight for the medals has become, because of the high number of very heavy weights. The best sub-junior lifter of 2012 was Abdulkarim Karaman from Kazakhstan with 140.56 Wilks points. The best junior lifter was Bogdan Grinevych with 167.74 Wilks points

But let us take a look at the open classes heavy weights. Before the lifting in the 120 kg and the 120+ kg started, we made a small round-call to get some statistics. Of the 33 athletes in those classes, 30 answered questions as follows:

05 of 30 use Inzer Rage X
01 of 30 use Titan Fury
03 of 30 use Titan Katana
20 of 30 use Titan Super Katana
04 of 30 change size of shirt during lifting
02 of 30 change from Titan to Inzer in 3rd attempt.

12 of 30 want to win
02 of 30 want to take top 3
01 of 30 want to take top 6
01 of 30 want to take top 7
01 of 30 want to take top 8
04 of 30 want to take top 10
09 of 30 want to take any place

12 of 30 competing 1 to 5 years
07 of 30 competing 6 to 10 years
05 of 30 competing 11 to 15 years
06 of 30 competing 16 to 20 years

average years of competing is 9.5 years
shortest time of competing is 1 year
longest time competing is 20 years

average goal for the champs is 310.51 kg



Sergey Selezen, Russia

Studying the detailed score sheet, one can appreciate the hard fight of our numbers game.

The lucky winner of the open class 120 kg was Amandas Paulauskas from Lithuania. He held his nerve during the 3 lifts and fought to win, setting a new world record. In second place was Sergey Selezon from Russia with 312.5 kg. The Finish lifter, Timo Hokkanen took third place with 292.5 kg.

The super heavy weight division was won by Fredrik Smulter from Finland with 345 kg. Silver went to Russia through Andrey Konovalov with 342.5 kg. With just 5 kg less from his team colleague Kenneth Sandvik settling with bronze.

JUNIOR MEN:

-59 kg			
1. Smirnov Oleg	RUS	177.5 kg	
-66 kg			
1. Urusov Yan	RUS	207.5 kg	
-74 kg			
1. Tienbayev Talgat	KAZ	215.0 kg	
-83 kg			
1. Nauanov Yerbol	KAZ	242.5 kg	
-93 kg			
1. Grinevych Bogdan	UKR	265.0 kg	
-105 kg			
1. Smilian Mykhailo	UKR	272.5 kg	
-120 kg			
1. Goriachev Ivan	RUS	275.0 kg	
+120 kg			
1. Sindrewicz Pawel	POL	262.5 kg	
Best nation: Russia		with 54 points	
Best lifter: Grinevych Bogdan, UKR		167.74 W.points	



Andrey Konovalov, Russia



Fredrik Smulter, Finland

OPEN MEN:			
-59 kg			
1. Nakata Kazuo	JPN	180.0 kg	
-66 kg			
1. Nakayama Hisayuki	JPN	228.0 kg	
-74 kg			
1. Kodama Daiki	JPN	260.0 kg	
-83 kg			
1. Fukushima Yuki	JPN	282.5 kg	
-93 kg			
1. Wegiera Jan	POL	290.0 kg	
-105 kg			
1. Jamroz Stefan	SWE	305.0 kg	
-120 kg			
1. Paulauskas Amandas	LTU	315.0 kg	
+120 kg			
1. Smulter Fredrik	FIN	345.0 kg	
			with 48 points
Best nation: Japan			192.23 W.points
Best lifter: Smulter Fredrik, FIN			

FROM 4TH PLACE DOWN TO 12TH, THE PERFORMANCES WENT DOWN FROM 335 KG TO 300 KG, DEMONSTRATING THE AMAZING HIGH STANDARDS NOW IN THE HEAVY CLASSES.



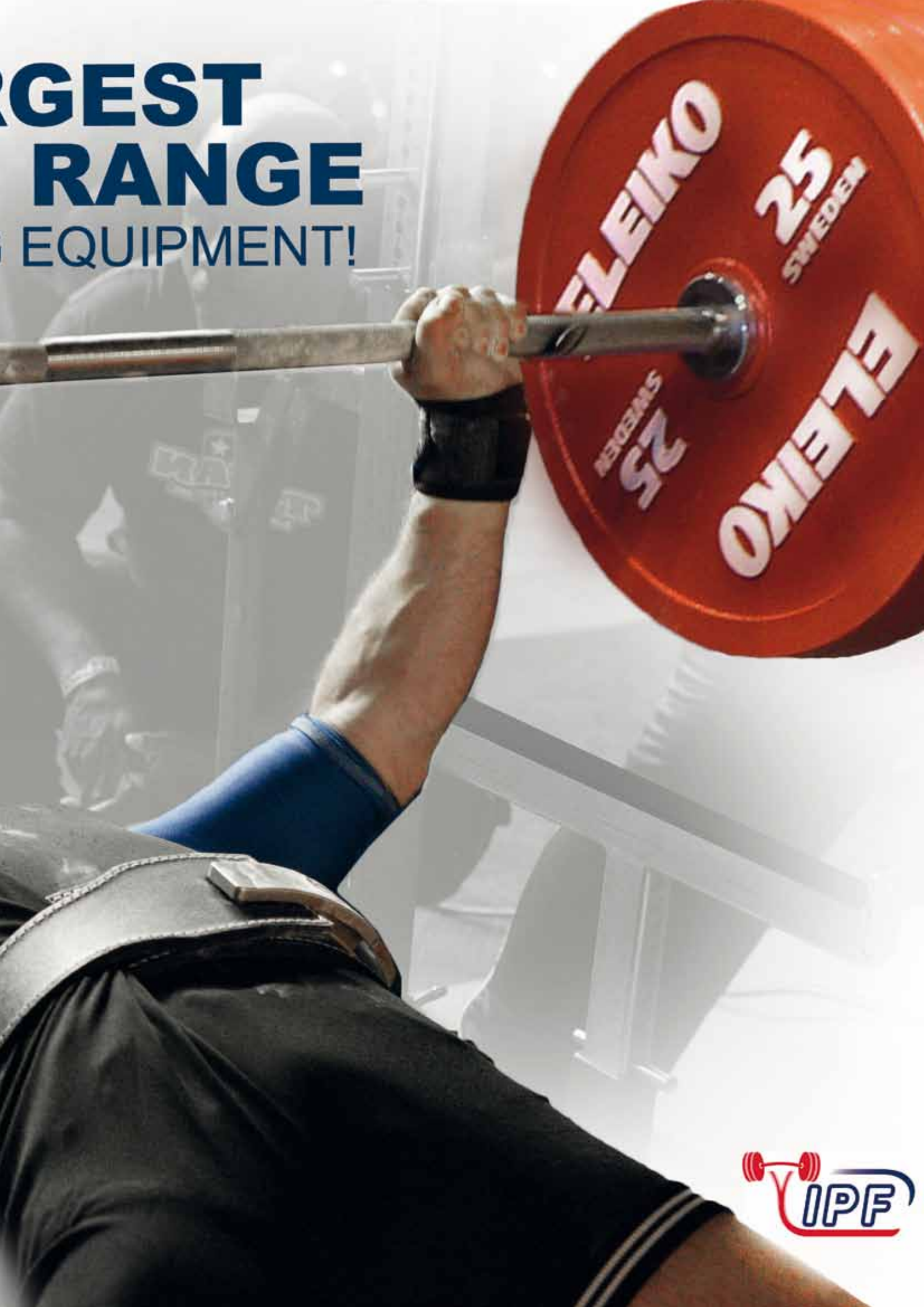
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**LARGEST
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CLASSIC (Latin): "ALEA IACTA EST"
MODERN (English): "THE DIE HAS BEEN CAST"

A report on

THE 1ST EVER IPF CLASSIC POWERLIFTING WORLD CUP

By Miklos Fekete

It's no exaggeration that in mid-June 2012 almost all powerlifting eyes were set on Stockholm, home city of the inaugural IPF Classic Powerlifting World Cup. For there was much at stake. Will the newly introduced unequipped format prove it has its place in the IPF or will it flop?

The rapidly increasing number of proponents of raw lifting in the IPF have long said that it better reflects the true ability of athletes and provides an even playing field while the advocates of equipment have brought up that "all people want to see is big weights being moved".

So preparations for the Classic World Cup were amid conflicting expectations, to say the least. But thanks to the IPF Executive and the Swedish Powerlifting Federation as organizer the brave move was taken and raw lifting in Stockholm was ON!

Classic Powerlifting not only didn't flop it came through with flying colors. The best competition for a very long time as many participants, officials, coaches or lifters described it. In this report I cannot even attempt to show each detail of this great event, nor can I do justice to all competitors unfortunately, I can merely give you subjective glimpses and highlights of the greatest raw event in IPF Powerlifting.



Stockholm scenery and Vasa Museum





WOMEN

A deep field in all women categories, the meet started for real when Wei-Ling Chen of Chinese Taipei and Olga Golubeva of Russia clashed in the battle for gold in the 47 kg weightclass. After putting in a mind-boggling 145kg raw squat (a world record) Chen went on to bench 77.5 kgs, only to be topped by Golubeva who benched a 90 kgs Masters 1 and Open raw world record. It was already as exciting as it gets with the deadlifts yet to start. Both lifters having about the same deadlift, Chen's lead of 15 kgs in the subtotal seemed a far cry yet from of a sure overall gold. Spirits and blood pressure went high in the lifting hall when Golubeva deadlifted a 170.5 kgs WR deadlift! Only to have Chen come back and do 172.5kgs on her third and grabbing overall gold as well, Golubeva taking home the silver! Characteristic of Chen's lifting is that she could have won gold in a category up and even silver (would have missed gold by just 2.5 kgs) TWO categories higher up.

The Women 52 kgs Category had such icons of female powerlifting as Suzanne Gary-Hartwig of the USA or Magdolna Petroczki of Hungary. However they had to settle for overall silver and bronze as Russia's Anna Komlaeva snatched overall gold with a 382.5kgs total. Just for good measure Suzanne squatted a world record of 145kgs (both Masters 1 and Open).

In a field of 11 lifters the 57kg Category was again a very tight battle between Hui-Chin Wu of Taipei and Yulia Vavilova of Russia with the last deadlifts deciding again the fate of the overall gold medal, which went to Wu with a bare minimum of 2.5kg advantage over Yulia. Interestingly both lifters weighed in at exactly the same bodyweight, but Wu had a higher lot number so she had to take that 2.5kg over her opponent to win. To the delight of the very vocal and enthusiastic home crowd Helen Engberg of Sweden took overall bronze in this weightclass.

USA had to wait for overall gold until the 63 kgs class where Kimberley Walford's excellent lifting (and world record deadlift of 220.5 kgs) earned her the brightest medal. Talking about gold, Jennifer Thompson also of the United States was breathing down Walford's neck all the time. In fact both squatted 142.5kgs (as well as Landish of Russia, latest taking the squat gold by lightest bodyweight), but Thompson put in a humongous bench of 132.5 kgs thus leading by 27.5 kgs in the subtotal. Deadlift being the strong suit of Walford she could still look ahead expectantly, but she needed every drop of strength and a WR deadlift to take over Thompson in the total by a mere 0.5 kg for overall gold. Their respective totals were: 468 kgs and 467.5 kgs!

The Women 72 kg class was won by Finland's Johanna Kankus before runner up Marzena Piter of Poland and Russian Tatiana Zubkova.

THE GREATEST FEMALE TOTAL!

To anybody who has ever asked the question how to win a Powerlifting competition I recommend Netherland's Ielja Strik's approach: make sure you set a world record in the squat and bench, have a very strong deadlift and you stand a good chance of winning. That's what she did, setting the highest female squat of the competition (and a WR) of 205 kgs, as well as a 135kgs bench-press (also a WR and highest female bench of the meet) and totaling 535kgs (needless to say, also a WR and the highest female total of the entire competition). One of Ielja's biggest competitor (Kuki) Chang Ya-Wen of Taipei bombed in the deadlift, so it was Evgenia Dukacheva of Russia taking the silver home with the bronze staying in Sweden by Josephine Bark!

The over 84kgs weightclass had again a strong field led by Sonia Manaena from New Zealand. No real challenge faced Manaena in the squat where she took gold over Jenny Sellen of Sweden. But the bench gold went to Hungary's Melinda Lombosi with 112.5 kgs beating Sonia just on lighter bodyweight in that discipline. But Sonia's reputation for insanely strong deadlifts carried her through to take overall gold as well as deadlift gold. Sweden got silver and Magdalena Bialek earned overall bronze for Poland.



Psyching up the lifter



Women 72 kg podium

As pointed out by an old-time official the performances in 2012 by our very top lifters were much the same as the 1970s Worlds when things were last pretty much Raw.

Compare that to weightlifting where some records stood for 30 years. Equipment never made anyone actually stronger.

WOMEN OVERALL AND TEAM

The overall female champion by Wilks points was Wei-Ling Chen by 533.68 points, followed by Olga Golubeva with 510.99 points and Kimberley Walford of the US taking bronze, “lagging” behind Golubeva by a fraction of a point, (0.03 Wilks points!).

The team competition was won by Russia with 51 points, US following close by 44 points and Sweden third with 38 points.

More than 5000 individual viewers watched the live streaming every day per reports from the streaming company.

OPEN WOMEN:

-47 kg	TPE	395.0 kg
1. Chen Wei-Ling		
-52 kg	RUS	382.5 kg
1. Komlaeva Anna		
-57 kg	TPE	397.5 kg
1. Wu Hui-Chun		
-63 kg	USA	468.0 kg
1. Walford Kimberly		
-72 kg	FIN	425.0 kg
1. Kankus Johanna		
-84 kg	NED	535.0 kg
1. Strik Ielja		
+84 kg	NZL	515.0 kg
1. Manaena Sonia		

Best nation: Russia

Best lifter: Chen-Wei-Ling, TPE

with 50 points
533.68 W.points



Ya-Wen Chang, TPE

MEN

As the competition days passed by we started to have more and more spectators from the city (people not connected to powerlifting) which was a nice breath of a fresh air compared to the usual Powerlifting meets! The Swedish Organizers even contracted a very professional streaming company who worked with several camera's and provided peek shots in the warm up room as well as interviews with lifters, coaches, etc.

It was in this atmosphere where the Men's competition were held.

The 59 kgs Class saw no one else but the uncountable-times world Champion powerlifting great Sergey Fedosienko of Russia squatting a world record of 221 kgs WR only to be out-squatted by Michael Kuhns of the USA with 225kgs – a new WR in the same session! Fedosienko came back with a vengeance benching 160 kgs (a WR again) Dariusz

Wszola of Poland taking silver in the bench by his 145 kg lift. In the deadlift Sergey left no doubt whatsoever in anybody's mind about overall gold. He pulled an unbelievable 270 kgs (a WR), for overall gold and overall WR (651 kgs, what else?), the Polish lifter taking overall silver by 547.5 kgs.

A bonus math lesson for you: if Sergey weighs 57.6 kgs and totals 651 kgs, how many times bodyweight is that – RAW? (A helpful clue – it's over 11x!)

Tsung-Ting Hsieh of Chinese Taipei dominated the men's 66 kg class taking 3 of the 4 available gold medals (including overall with 640 kgs). The squat gold for a 222.5 kgs squat as well as the silver medal went to Japan's Inoue Yusuke, bronze to Mikhail Andrykhin of Russia.

The men's 74kg class had 14 lifters with a beautiful competition unfolding before our eyes and Alexey Bakhirev of Russia emerging victorious from the tumult (total 670 kgs) closely followed by Sami Neiminen of Finland (silver medal) and Per Berglund of Sweden taking bronze.



EQUIPPED OR RAW, DOESN'T MATTER, IT'S FEDOSIENKO AGAIN!



OPEN MEN:

-59 kg			
1. Fedosienko Sergey	RUS	651.0 kg	
-66 kg			
1. Hsieh Tsung-Ting	JPN	640.0 kg	
-74 kg			
1. Bakhirev Alexey	RUS	670.0 kg	
-83 kg			
1. Turakhanov Davranbek	KAZ	720.0 kg	
-93 kg			
1. Wierzbicki Krzysztof	POL	765.0 kg	
-105 kg			
1. Coimbra Anibal	LUX	847.5 kg	
-120 kg			
1. Bouafia Mohammed	ALG	915.5 kg	
+120 kg			
1. Sumner Blaine	USA	907.5 kg	
Best nation: Russia			with 51 points
Best lifter: Fedosienko Sergey, RUS			576.72 W.points

About 70% of male lifters had no international record of ever having competed in equipped competitions. Raw lifting opened the avenues for a whole new strata of lifting community.

In the entire Classic only 5(!) lifters bombed.

GETTING HEAVIER

Proving some bodybuilders' and general gym rats' false belief that you have to be bulky and big in order to be strong, the men 83 kg weightclass had some very athletic yet insanely strong lifters. Romain Picot-Gueraud of France took gold in the squat by 255 kgs but three lifters were within 5 kgs in the chase for the subtotal. Kamil Wojciechowski of Poland surprised all with his gold winning 192.5 kg bench press which was, incidentally a WR as well. But in the overall medal hunt it was Kazakhstan's Davranbek Turakhanov, not a gold medalist in the individual disciplines but a consistently good performer in each, taking home the overall gold medal, followed by Russia's Alexey Kuzmin (the gold just slipping through his fingers in the last deadlift) and Alex Tertitski of USA who set a spectacular 310 kg WR in the deadlift.

Big deadlifts were still on the menu in the 93 kg class where a Czech, a Russian and a Polish lifter were in fierce contention for overall honors. There were so many lifters that lifting had to be divided into two sessions. The extreme density of the field is well shown if you consider that the squat gold medalist Czech Marek Kolar (265 kgs) had five more people within 5 kgs when starting the bench-press. Alexander Karpenko of Russia, on ninth place after squats, took the gold in bench by an outstanding 205kg lift and was all set to deadlift it out for overall gold. However, they didn't count with Poland's Krzysztof Wierzbicki, who while not very high on the subtotal list, yet opened with a 310kg deadlift and picking it up like a toothpick. A shocked uproar from the crowd signaled his ask for a second attempt of a WR 330kgs, but he did it just as easily as the first one. His last attempt at a yet new WR of 353 kgs was this time unsuccessful, but he still took home overall and deadlift gold, Karpenko overall silver, Hornik bronze of the same.

330kgs easily by Wierzbicki





EVEN MORE HEAVIER

On the second to last day the crowd got even more dense, numbering well into the few hundreds which created a great setting for the 105kg showdown. Powerhouses such as 2011 Open World Champion Anibal Coimbra from Luxembourg, Russian Dmitry Likhanov or Estonia's young promise Alex-Edvard Raus and some very strong competitors from Belorussia or Norway. We are talking about raw squats well over 300 kgs here for the top lifters in this extremely deep field of 18 people from 14 different nations. Competing cool calm and collected Coimbra put in three good squats for a 312.5kgs best, and the session was not yet over! At 20 years of age the Estonian was literally driving the audience crazy with his beautiful, extremely deep squats, finally burying 325 kgs for the squat gold. Anibal and Likhanov (307.5 kgs) closely followed. Bench-press was just as tight as squats, Coimbra being able to make up a mere 2.5 kgs of his subtotal disadvantage with a 210 kg lift (three good bench attempts for him by the way), Raus doing 207.5 for a silver (also three good attempts), Japan's Takeda Yusuke taking bronze with 205 kgs. This left Raus in the lead by 10 kgs over

Coimbra and 25 kgs over Likhanov before deadlifts, well within reach for both. Even the best quality streaming couldn't mirror the great atmosphere of the final discipline. A Norwegian fan took it on himself to go and cheerlead ALL of the audience with clapping and dancing (of all things from a burly guy!) in front of the seats. It was hilarious for all and the crowd just loved it and joined in by thunderous applause. Not unimportantly Andreas Hjelmtveit from Norway pulled a very easy 325 kgs for the deadlift bronze to the tune of all the cheering, still leaving much in the tank. The great fight for the overall gold was drawing to its end when Alex-Edvard Raus did 312.5 kgs for his second attempt, and Coimbra asking for 325 kgs and making it, took over the gold position with one lift to go for both. Andrei Ivanets of Belorussia "incidentally" pulled 340kgs for a WR on his second too and went for a WR of 360 kgs narrowly missing it! The Estonian made a valiant effort to take back overall gold from Coimbra, but wasn't successful at this time (practically the only missed lift for him). Coimbra needed all his long lifting and competition experience to inch the young adversary out of 1st place and he did it using excellent tactics thanks to Luxembourg's head coach, Alain Hammang. Gold for Luxembourg, Coimbra showed that he is boss, not only in equipment but raw as well. Silver went to Estonia, bronze to Russia.

AS HEAVY AS IT GETS

The last day of the competition and expectations were running very high. An offhand count of the audience gave me about 400 people (half of which were audience from the city, not family or friends). The heavies and the superheavies were in the lineup to lift, the competition kicking off to a good start with US lifting great Mike Tuchscherer and Kamo Simonyan of Russia with dark horse Mohammed Bouafia from Algeria in the quest. To everyone's surprise Mike got called on all his squats but the Jury overruled his last attempt so he barely made it to the bench period bringing along a 315 kg squat. Simonyan got up to a WR 340 kg squat, only to have Bouafia really bringing down the house with a 350kgs WR squat! Nothing was decided though, the American being known as a great deadlifter and the bench also still to come. But Mohammed again ruled supreme in the bench with a 210 kg lift, Tuchscherer following by 207.5 kgs, Simonyan slightly set back at 197.5 kgs. As so many times in powerlifting it was up to deadlifts again. While openers were pretty conservative but for Mike's 342.5 kgs, second attempts were all about jostling in the best possible positions. Although Bouafia's lead was substantial he tactically took 340 kgs for a second attempt and practically clinched overall gold by making the lift. Mike couldn't lift 362.5 kgs for his second and third which allowed the Russian lifter to tactic his way into overall silver by reason of lighter bodyweight! But the Algerian lifter still had a trick up

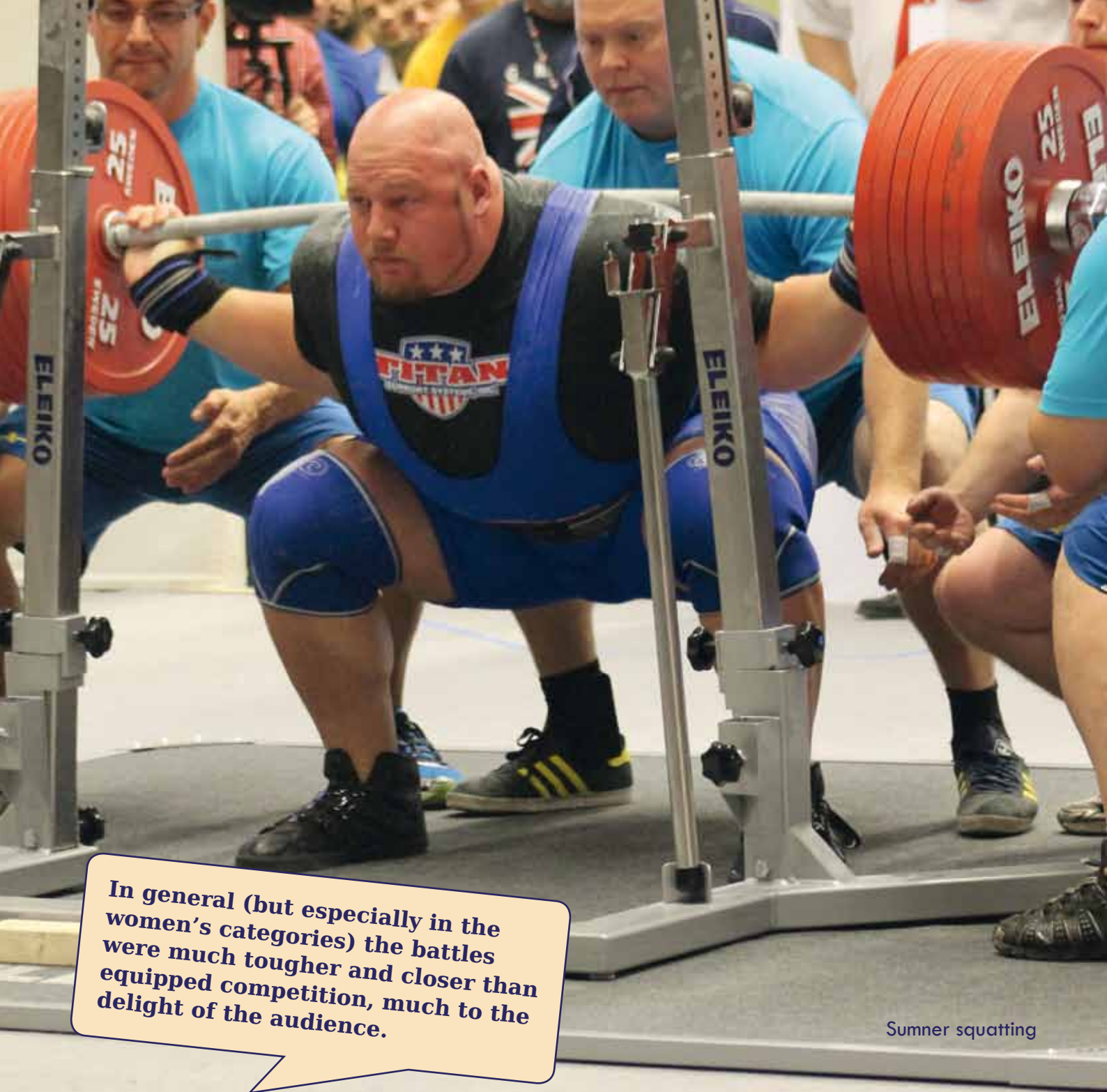
his sleeve and pulled a huge WR deadlift of 355.5kgs to top his performance, totaling a WR 915.5kgs!

The superheavy lineup included a number of great lifters such as Sumner Blaine of the US (WR holder of raw squat at 400 kgs), Stephen Pritchard of Australia or Robin Sjogren of Sweden. Blaine's 375kg squat opener set the tone for the rest of the competition. He got it on the second time, going extra deep. Sjogren, looking nothing less than a full scale Viking warrior complete with a flaming red-beard, got the silver in the squat and Pritchard the bronze. Bench gold went to Finland's Seppanen with 227.5 kgs while Greece's Loutsis got silver for his 215kg lift, just ousting Australia out on bodyweight. The interesting quality of this competition was that different lifters had different strong suits and even "underdogs" could win a medal. It happened in the deadlift where Norwegian Lars Kirkeboen while placing 8th overall took the deadlift gold by his 340kg lift. Artem Kovalchuk of Russia, a strong overall contender got silver by 332.5 kgs. Blaine Sumner's lead after the squat was so great that no one had a real chance of catching up with him, so USA took home the overall gold finally, while Sweden had a great battle with Australia and Russia for overall silver. The final outcome was Sweden second, Australia third, Russia fourth.

In overall Wilks points it's 1. Fedosienko (59kg Cat., RUS), 2. Bouafia (120kg Cat., ALG), and 3. Hsieh (66kg Cat, TPE) while team rankings go Russia first, US second, Sweden third just by two points before Poland and Finland.

Men's 120 kgs podium: Bouafia, Simonyan, Tuchscherer





Sumner squatting

In general (but especially in the women's categories) the battles were much tougher and closer than equipped competition, much to the delight of the audience.

But Stockholm's Classic World Cup marked much more than just the numbers and the championship. It went to demonstrate the overwhelming popularity of raw lifting and the demand for it all over the world. 28 Nations competed in the most viewed (by streaming) competition for many, many years. Comments and feedback were extremely positive both from the live audience or from online viewers. The organizers have provided for live sports commentary with expert Bill Jamison who served for 24 years on the Technical Committee and who could provide background information on lifters, on rules and even nostalgic moments of competitions as far back as the seventies. On top of that, viewers could ask questions to the

commentators online in the chatroom provided by Sasha Kopayev, developer of the Goodlift program!

All in all, the first Classic Powerlifting World Cup really lived up to its name – it was a CLASSIC, and hopefully a standard for many more such competitions to come. It was a most fun yet competitive meet.

The statistics, figures and the viewers and all participants hath spoken! Raw needs to roll on!

In the appendix to this article you can find other interesting statistical data and their interpretation. By courtesy of Kalevi Sorsa.



Men's 93 kgs overall podium



Raus of Estonia - The winning squat in the 105 kg class



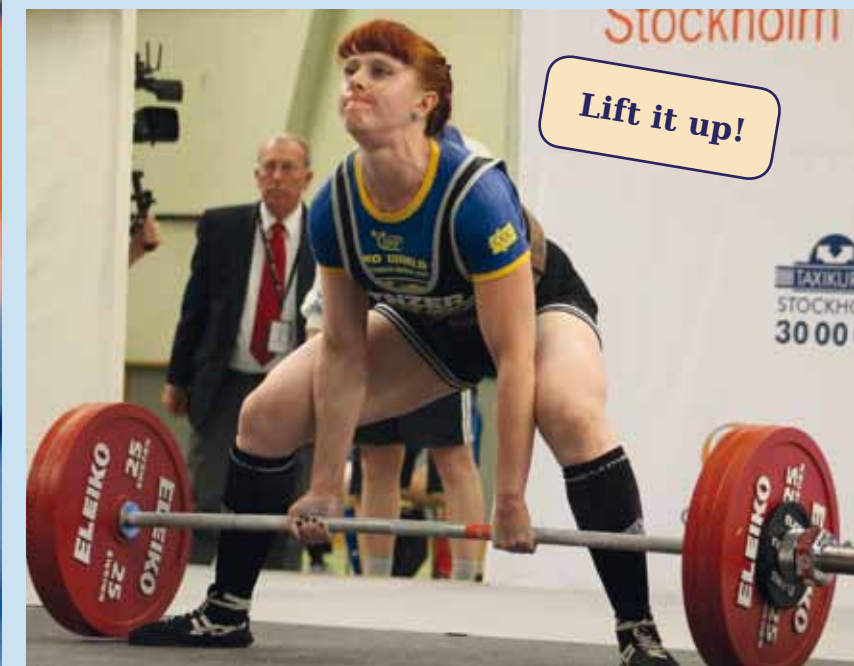
Women 84 kg Winner and Technical Chair



Sweden's happy moments



**Motto of competition:
in more ways than one**



Lift it up!



Cheerleading for all



Friends in office



Tuchscherer prepping himself for the squat



Kuhn squatting



Aussie fan-camp

ADVANTAGE FROM POWERLIFTING EQUIPMENT

COMPARISON OF SPECIFIC LIFTERS RESULTS MADE AT THE POWERLIFTING WORLD CHAMPIONSHIPS 2011 AND AT THE CLASSIC POWERLIFTING WORLD CUP 2012

by Kalevi Sorsa

Table 1 below shows the comparison of results of the specific 14 male lifters who took part at the Powerlifting World Championships 2011 and the Classic Powerlifting World Cup 2012. None of the 120 kg and 120+ kg lifters who competed at the Classic Powerlifting World Cup 2011 took part at the Powerlifting World Championships 2011. Thus, the numbers do not contain any results of the 120 kg and 120+ kg lifters.

- The numbers in line “| **mean %** | **fall off** |” show the percentage that the 14 lifters’ calculated average result has dropped down in each lift and in total at the Classic Powerlifting World Cup when

compared to their corresponding average results at the Powerlifting World Championships 2011.

- The numbers in line “| **mean %** | **advantage** |” show the percentage that the 14 lifters have got as an average advantage from equipment at the Powerlifting World Championships 2011 when compared to their calculated average results at the Classic Powerlifting World Cup 2012.

Table 2 below shows the corresponding numbers of the number of 12 specific female lifters. All Women’s weight classes are represented.

Table 1: 14 specific lifters in PL World Championships 2011 and Classic PL World Cup 2012

MEN	BWT		SQ	BP	DL	TOT
PL World Chamionships 2011	84.48	mean / kg	318.2	206.8	292.3	817.3
Classic World Cup 2012	84.28	mean / kg	249.7	168.0	279.5	697.2
mean %		fall off	21.5	18.7	4.4	14.7
mean %		advantage	27.4	23.1	4.6	17.2

Table 2: 13 specific lifters in PL World Championships 2011 and Classic PL World Cup 2012

WOMEN	BWT		SQ	BP	DL	TOT
PL World Chamionships 2011	62.13	mean / kg	192.9	115.0	181.9	489.8
Classic World Cup 2012	62.45	mean / kg	142.7	90.2	165.4	398.3
mean %		fall off	26.0	21.6	9.0	18.7
mean %		advantage	35.2	27.5	9.9	23.0

Tables 3 and 4 show the numbers from the Powerlifting World Championships 2011 and the Classic Powerlifting World Cup 2012 in the same form

as stated on tables 1 and 2. The average numbers are for all lifters who made a total in those Event, not calculated on the basis of the specific lifters results.

Table 3: All lifters in PL World Championships 2011 and Classic PL World Cup 2012

MEN	BWT	# of lifters		SQ	BP	DL	TOT
PL World Chamionships 2011	95.60	142	mean / kg	316.2	218.1	288.4	823.0
Classic World Cup 2012	94.53	108	mean / kg	245.3	167.3	272.8	685.3
mean %		fall off		22.4	23.3	5.4	16.7
mean %		advantage		28.9	30.4	5.7	20.1

Table 4: All lifters in PL World Championships 2011 and Classic PL World Cup 2012

WOMEN	BWT	# of lifters		SQ	BP	DL	TOT
PL World Chamionships 2011	65.97	88	mean / kg	188.7	115.4	178.9	483.2
Classic World Cup 2012	64.70	60	mean / kg	123.5	80.4	157.0	361.0
mean %		fall off		34.5	30.3	12.2	25.3
mean %		advantage		52.7	43.5	14.0	33.9

BACKGROUND FOR TABLES 1 AND 2

[Table 1] 14 male lifters of 108 (ca. 13 %) at the Classic Powerlifting World Cup are the lifters who competed also at the Powerlifting World Championships 2011.

- 6 lifters of 14 (ca. 42.9 %) have not got any advantage from equipment in deadlifting.
- Lifter by lifter numbers show, however, that there are a big differences between individual lifters on that how much advantage they have got from equipment. The lowermost advantage to total among the 14 specific male lifters is 12.0 % whereas the biggest advantage is 25.3 % (average is 17.2 %).
- Equivalent numbers in Squat are: lowermost 19.2 %, biggest 39.6 % (average 27.4 %) and the corresponding numbers in Bench Press are: lowermost 9.4 % &, biggest 31.3 % (average is 23.1 %).

[Table 2] 12 female lifters of 60 (ca. 13 %) at the Classic Powerlifting World Cup are the lifters who competed also at the Powerlifting World Championships 2011.

- 1 lifter of 12 (ca. 8.3 %) has not got any advantage from equipment in deadlifting.
- The lowermost advantage from equipment to total among those 12 specific female lifters is 12.0 %, having the same as for male lifters, but the range among female lifters is even wider than in the men's group; the biggest advantage to the individual lifter in women's group is 33.7 % (average is 23.0 %).
- Equivalent numbers in Squat are: lowermost 19.0 %, biggest 45.8 % (average is 35.2 %) and the corresponding numbers in Bench Press are: lowermost 5.6 %, biggest 56.6 % (average is 27.5 %) indicating that there are a huge differences between lifters on that how much advantage they have got from equipment particularly in Squat and Bench Press.

No further conclusion because the comparison has been made based on very small amount of data.

Federations and individuals are encouraged to send in their articles and national championship reports (along with photos) to marketing@powerlifting-ipf.com for inclusion in the IPF Magazine.

In this edition we are delighted to feature championship reports from India and Japan. So come on and tell the powerlifting world what is happening in your country or region through the IPF Magazine!

JAPAN NATIONALS 2nd and 3rd of June, 2012

Report: Keiko Nakai, Photos: Yukiko Yanagisawa, Editor: Christina Chamley

The venue

Held prior to the rainy season in Japan, the weather was good for the 2012 National Japanese Powerlifting Championships. The city of Tochigi played host to this year's Championships. The meet site was an indoor athletic complex, which was primarily used for ball games and the like, so it was not ideally set up for a powerlifting championship, however it was the best option given that the earthquake last year, damaged the planned venue.

Women 47Kgs

Day one was highlighted by some amazing lifting by Yukako Fukushima. Yukako went nine for nine in this competition and easily garnered the best lifter trophy at 661.04 Wilks points. She squatted 180kgs, benched 126kgs and dead-lifted 170kgs. Yukako has had no direct competitors in Japan in recent years so that she could attempt more aggressive weights, but we believe she will still make it against stiff competition. It is clear that she will be selected for the World Games because she has never been disqualified.

Women 52Kgs

Mika Teramura took gold on bodyweight last year, and so it went

to her again this year. I was ready for some big weights to beat her this year, but I couldn't! Undoubtedly, traveling for a long time from Australia to Japan, had some effect on me. My last two dead-lifts didn't leave the floor at all! Mika totaled 385kgs, I finished with 375kgs for silver and Shoko Tanaka got the bronze..

Women 57kgs

For the battle to claim the gold, Ayako Ikeya was there. Despite the fact that she missed five attempts, she still managed to win with a 427.5kg total.

Women 63kgs

Mayumi Kitamura took first place with a total of 547.5 kgs, with clearly potential to gain more. She will compete in Puerto Rico to attempt to get a spot at the World Games in 2013.

About the Author:

Ms Keiko Nakai is a Japanese National who is living and studying in Australia. She trains at the Melbourne University Powerlifting Club, coached by Mr Robert Wilks.

She flew to Japan to compete in the her National Championships, and was kind enough to write this report for us on her return to Australia.



Keiko Nakai (52kg)
Photo by Yukiko Yanagisawa



Women 84kgs

There was only a lifer nominated. Rie Teruya who totaled with 442.5kilos.

The Women's 72kgs and +84kgs had no athletes. In Japan, we've never witnessed stiff competition in women in the heavy-weight classes.

The five female winners and the 2 lifters who achieved higher Wilks points will be selected to represent Japan at the World Championships in Puerto Rico.

Men 59kgs

The pre-meet favorite in this class had to be Hiro Isagawa. This was, however, not to be his day as he missed all of his bench-presses at 170 kilos. He couldn't come through like the IPF Hall of Fame that he is. His shoulder injury has troubled him for a while, which is no wonder thinking of his age of 58. Yet, his motivation still keeps high.

Because of his disqualification in the bench-press, the door was open to new-comer Jimura Takahiro with his superior deadlift ability. In spite of missing his third deadlift of 243 kilos to smash the National record, he achieved a 580 kg total, so we have witnessed this promising lifter.

Men's 66kg

Sato Yoshihiro and Nishimura Yoshito should have squared off against each other in this class, Sato being the last year's champion and Nishimura has the National Total record with 698.5kgs and received a silver medal at the World Junior Championships in 2011.

Yet, Nishimura missed his all three attempts in his bench-press! Sato lifted well and totaled 690kgs. Nishimura is still a University student at the age of 21, but already has a good record, having totaled 715.5kilos at the old 67.5kg class as well. We will enjoy the high level battle of these two for the following years.

Men's 74kg

Otani Norihiro and Ashihara Toru battled for the championship, which went to Otani on the strength of his 6 successful attempts. However, his 290kg squat was not satisfying for him thinking of his potential.

Men's 83kg

This proved to be one of the most exciting weight classes of this competition. Only two-and-a-half kilos separated the top two: Masahiro Mori and Yuki Fukushima and both made eight from nine attempts.

As usual the bench-press was where Yuki Fukushima really shone. He became the World Champion in May this year with a 282.5kg lift at the World Bench-Press Championships. At this event, he called for a third attempt bench-press of 302.5kilos, which definitely received three white lights. This put him in the lead and he finished with a successful third deadlift of 240kgs. After Mori watched Fukushima's third deadlift, he called for 287.5kgs and made the lift, which gave him a gold winning total of 815kgs. However Fukushima won on Wilks points due to being lighter than Masahiro.

Yuki Fukushima (83kg)

Photo by Yukiko Yanagisawa

Another promising lifter, Katsushi Isezaki barely missed a third attempt deadlift of 285kgs, which would have given him the bronze medal, however it just slipped from his hands, so he finished the fourth, behind Wataru Kobayakawa. Kobayakawa had called for a 305kg deadlift at the third attempt to edge out Mori on bodyweight but he was unsuccessful, so he finished third and Fukushima remained second.

Men's 93kgs

At the Asian Championships, Daisuke Arakawa had totalled 835kgs, but he got injured during spotting, and as a result, he couldn't compete this year at the National Championships. In his absence, his twin brother, Takayuki Arakawa showed his solid performance. He is like a powerlifting mechanic the same as Daisuke. His style and technique are very precise. He totaled 840 kilos. The bronze medal went to Kazufumi Fukushima who pulled a 277.5 kilo deadlift and totaled 740kgs. Actually he is the husband of the Women's 47kg lifter Yukako Fukushima - both made nine from nine lifts.

Men's 105kg

The name that has become synonymous with this class in Japan is Takahito Akuthu. He smashed the total national record with 867.5 kilos.

Men's 120kg

Last year's champion Shigeki Minami missed three squats because of lack of depth. Tatsuma Yamamoto won this class with 840 kilos.

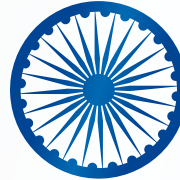
Men's +120kg

This class had only two lifters but Daisuke Midote managed to take the overall best male lifter of the Championship with 982.5 kgs, despite making only five attempts.





**OVER FIVE HUNDRED
LIFTERS AND OFFICIALS**



**IN A WEEK-LONG
NATIONAL CHAMPIONSHIP**

India is a very big country, it has around 12 billions of people and Powerlifting is a popular sport in India. In India, National Championships of power lifting take one week to complete all the weight categories.

India has a huge structure of powerlifting. Powerlifting Federation Of India (IPF) (The abbreviation being identical to International Powerlifting Federation. IPF throughout this article refers to Indian Powerlifting Federation, however. - the editor) is governed Powerlifting in India. Mr Subrata Dutta is the Hon. General Secretary of IPF, Indian Powerlifting Federation has above 30 states and other departmental units, their teams participating in the National Championships. Under the umbrella of Indian Powerlifting Federation there are number of state Associations. Each state association has a number of Zonal associations, each Zonal association has a number of District Associations. In India every week minimum one championships of Powerlifting is organized.



AJAY TOMAR
correspondent / India
edited by Miklos Fekete



Indian Team

During the National Championships, there are lots of participants in both men's and women's weight categories. National Championships take up a full week. It starts in the morning 8 am and run till late night, even sometime it is going early in the morning. At the National Championships, lifters face very tough fight in every weight category. More than five hundreds lifters and officials usually participate in any national championships in India. It is a great number of participants for a National championship. The Indian Power lifting federation organizes Senior National Powerlifting Championships, Masters National Powerlifting Championships, Junior National Powerlifting Championships, Sub-Junior PowerLifting Championships, Federation Cup Power lifting Championships. All the championships have both men and women championships together.

The Indian Power lifting Federation the ratio of female officials and office bearers on the state, zonal and district levels is equal to men. Men and women championships always have been organized together. Despite all the above powerlifting championships being held there are also national championships of Bench Press and Dead Lift as well. IPF also organizes sub junior, junior and master championships of Bench-Press. Lifters have to qualify for their National Championships through district, zone and state championships. Parallel to the above there are a number of University, college and departmental Championships also organized.

The Indian people are very sport-loving, most of the sports people come from villages and rural areas. They have a spirit to achieve great things in their life and the Indian Power lifting Federation and its associations give them the opportunity to achieve their goals in Powerlifting.



CARL YNGVAR CHRISTENSEN

by Heinrich Janse van Rensburg

• Can you tell us about yourself, where you come from, what you do etc?

My name is Carl Yngvar Christensen. I am from Norway and I am 21 years old. I come from a nice little town called Elverum, about 2 hours north of the capital Oslo. Elverum has around 20 000 inhabitants and it has everything you need.

I study constructional engineering at the college university in Gjøvik. Gjøvik is another small town about 1 hour from Elverum so during the school year I live there. I have just finished my second year so now I have 1 year left to complete my bachelor degree.

In Elverum there are no powerlifters other than me. We have no club here, only a normal gym. My powerlifting club Brumunddal AK is in the town Brumunddal which is 40 minutes drive from Elverum.

• Recently you competed at the European Open Powerlifting Championships. Not only did you win the 120+kg class, but you squatted a new WR (445kg) and totaled a new Open WR (1135kg)! Can you tell us more about this HUGE accomplishment as having one of the biggest totals in IPF history?

I am really happy with my accomplishment at the European Open this year. I am not so focused on the numbers. First of all a competition is a competition. It is about being better than your competitors. This time I made it to the top and for that I am really happy. Then the world records came as a bonus.

• When did you start getting involved in the sport?

I started powerlifting 4 years ago (yes, he only started 4 years ago and has achieved this much! ~ Author). Before that I started lifting bench-press in the basement on my fathers old bench when I was 13 years old. After a couple of years fooling around in the basement I went to the local gym. There I started to train in the squat and deadlift as well. Then after 2 more years I entered Brumunddal AK which is the powerlifting club in my region.



There I was taken good care of by the old club trainer and former national junior team trainer Jørgen Haug. He has taught me everything I know about powerlifting. Also in the club we are very fortunate to have the great national team trainer Dietmar Wolf, Norway's first junior world champion in powerlifting Roger Eriksen who is now the club trainer and fellow national team lifter Kjell Egil Bakkelund. So I am very lucky to be in this great club.

Who is your inspiration?

My inspiration is everyone that trains hard day after day to improve at competitions. Also I have much respect for lifters that have been lifting on a high level for many years.

What is your secret in training?

Dietmar Wolf! I only do as he says. For the details you must ask him, but I doubt he will tell them.

When will be the next big competition for you?

My next big competition will be the Open World

Championship in Aguadilla, Puerto Rico. I have some injury in my knee now, but I really hope to get this fixed quickly so I can be as strong as possible for the championship. And as this is the qualifying for the World Games it is extra important to do well there.

Where do you see powerlifting in the next 10-20 years?

I cannot predict the future, but I am one of those who really hope the equipment will still be there in the future. I think it brings an exciting challenge to the sport.

And I hope it will be an Olympic sport. That would be great because the Olympic Games is a great event. Also I just hope many more will be competing in the sport.

What is your most memorable moment in powerlifting for you?

All the great trainings with my friends are great moments. After all, training is what we do most of the time so it is important to have a good time during training. Also winning the European championship this year was big for me.

What was the toughest competition you ever competed in?

That has to be the IPF Junior World Championship in 2010 (Pilsen, Czech Republic) where all of us on the podium lifted the same weight, 1065kg. It was a tough fight between Alexander Shepil (UKR), Volodymyr Svistunov (UKR) and me. I was the heaviest so I got third, Volodymyr got second and Shepil won. A great competition!

Do you have a message for powerlifters out there?

The only message I have is to keep on training to get stronger from competition to competition and stay away from doping. We want a clean and fair sport!

Tell us (the powerlifting world) something about you we don't know yet?!

Well before I became a powerlifter I competed in snowboard for many years. I competed at both the national and international level. At the time I weighed around 70kg. Now I am more than double that bodyweight.



Often times we hear about powerlifting being done in the Paralympic Movement or in little known countries, but we rarely meet the lifters from either. Robert Keller compiled a short bio of one of the most talented lifters who also happens to compete in the IPF! Dear readers we give you:



Carlos Greene

from Trinidad and Tobago

by Robert Keller



Carlos attended the Chaguanas Junior Secondary school where he represented the school in the sports of cricket, football, track and table tennis. Upon graduating from this school in 1983, he received an award for physical education. He then attended the Carapichaima Senior Comprehensive School, where he studied tailoring and continued to represent his school in the sports of football, badminton and track & field.

After graduating, he attended the Persto Praesto Youth Camp for 2 years where he furthered his study of tailoring and also continued being an active sportsman in the area of track & field. In the year 2000 Carlos lost his sight within the space of 4 short months, due to acute Glaucoma.

Prior to that, he was a part-time tailor and worked as a steel sheet fabricator at Tan Yuk Electrical (TYE). He was always heavily involved in social work and spent a year in the United States (1998-1999). Out of that year, he spent 9 months as a Prison Chaplain in Ross County, Wisconsin, where he was involved in an Anger Management and a 12-step rehabilitation program. After becoming blind, he was visited by a representative of PAVI (Persons Associated with Visual Impairment), who taught him daily living skills and to use the White Cane. He became involved with the group through its Youth Skills Training Program. When PAVI formed its Youth Arm, Carlos became the President, and later went on to be the President of the Association. He served two terms as the group's President.



When Carlos became completely blind over ten years ago, he found an emotional outlet through exercise - the gym in particular. It quickly became a form of therapy for him. He says that when he exercises he is on a natural “high”. He says that exercise is his drug. His instructors at the gym encouraged him to enter a competition and he has never looked back since. His wife of 17 years and his three daughters are a source of tremendous inspiration to him. He is adamant about showing his children and others that a disability is no excuse to not strive to be the best. He also believes that his discipline, his training and his eventual success will be a tremendous source of inspiration for all.

His long-term goals include, (besides breaking all records in his weight Category) is being an inspirational speaker, and making young people his main focus. He would also like to see a Sporting Complex opened in his area with the main focus being weight-training. Carlos believes that this is a sport that is not only very attractive to the youth, but also encourages the extreme discipline that would serve to empower them.

Carlos firmly believes that he is not doing this for himself alone. He knows that his success would be a

victory for all people in the Caribbean - especially the differently-abled.

Carlos returned from “The 2009 International Powerlifting Federation World Powerlifting Championship” which took place in India in November 2009. This was his First Senior Men’s World Championship, which did not go as planned.

Carlos was injured on his second Bench Press attempt at these Championships. The IPF recognized that they were at fault because the safety bar was not evenly placed. He was allowed to do over the lift, but was too severely injured at this point to compete at his full potential. Nevertheless, he finished the competition. It was clear from the results that had Carlos Greene not been injured, he would have made quite an impact at his First IPF World Championships. He did, however, receive a medal for participating.

It must be noted that at each and every one of the mentioned competitions, except for the International Blind Sports Association’s Championships, Carlos continue to be the only blind competitor. Thus far, he is the Caribbean’s only Blind Professional Powerlifter.

June 2007 5th Annual North American Powerlifting Federation / International Powerlifting Federation (NAPF/ IPF) Championships, Guatemala.

- Silver medal – Overall

December 2007 2nd Annual Commonwealth Powerlifting Federation / International Powerlifting Federation (CPF/ IPF) Championships, New Zealand.

- Bronze medal – Overall
- Silver medal – Deadlift
- Bronze medal – Squat

June 2008 6th Annual NAPF / IPF Championships, Aruba.

- Bronze medal – Bench Press
- Bronze medal – Deadlift
- Bronze medal – Squat
- Bronze medal – Overall
- Bronze medal – Masters

July 2008 International Blind Sports Association / IPF 2008 World Powerlifting Championships, Miami, Florida.

- Gold medal – Overall
- Silver medal – Masters
- Bronze medal – Bench Press<
- Eleven World Records Broken:
Open Class: 2 Squat, 1 Deadlift, 2 Total
Masters (40+) Class: 2 Squat, 1 Bench Press, 1 Deadlift, 2 Overall

July 2009 International Blind Sports Association/ IPF 2009 World Powerlifting Championships - Miami, Florida.

- Gold medal – Overall
- Silver medal – Masters Overall
- Silver medal – Bench Press
- Bronze medal – Masters Bench Press
- Seven World Records Broken:
Open Class: 1 Squat, 1 Dead lift, 1 Total
Masters (40+) Class:, 1 Squat, 1 Bench Press, 1 Dead lift, 1 Total
- The first Gold medal for Trinidad & Tobago in a Powerlifting World Championship Event
- 2007 ,2008 and 2009 Nominated for the “Sportsman of The Year” Awards

March 2010 IPF Caribbean Championships – Guyana

- Bronze medal - Master Overall
- Silver medal – Open Overall

August 2010- NAPF Championship and 1st Caribbean and Central America Championships - Puerto Rico

- 4 Silver Medals - Open
- Bronze medal - Masters Overall

- August 31st, 2010 – Independence Day National Awards: Recipient of the Humming Bird Sliver for sport of Powerlifting

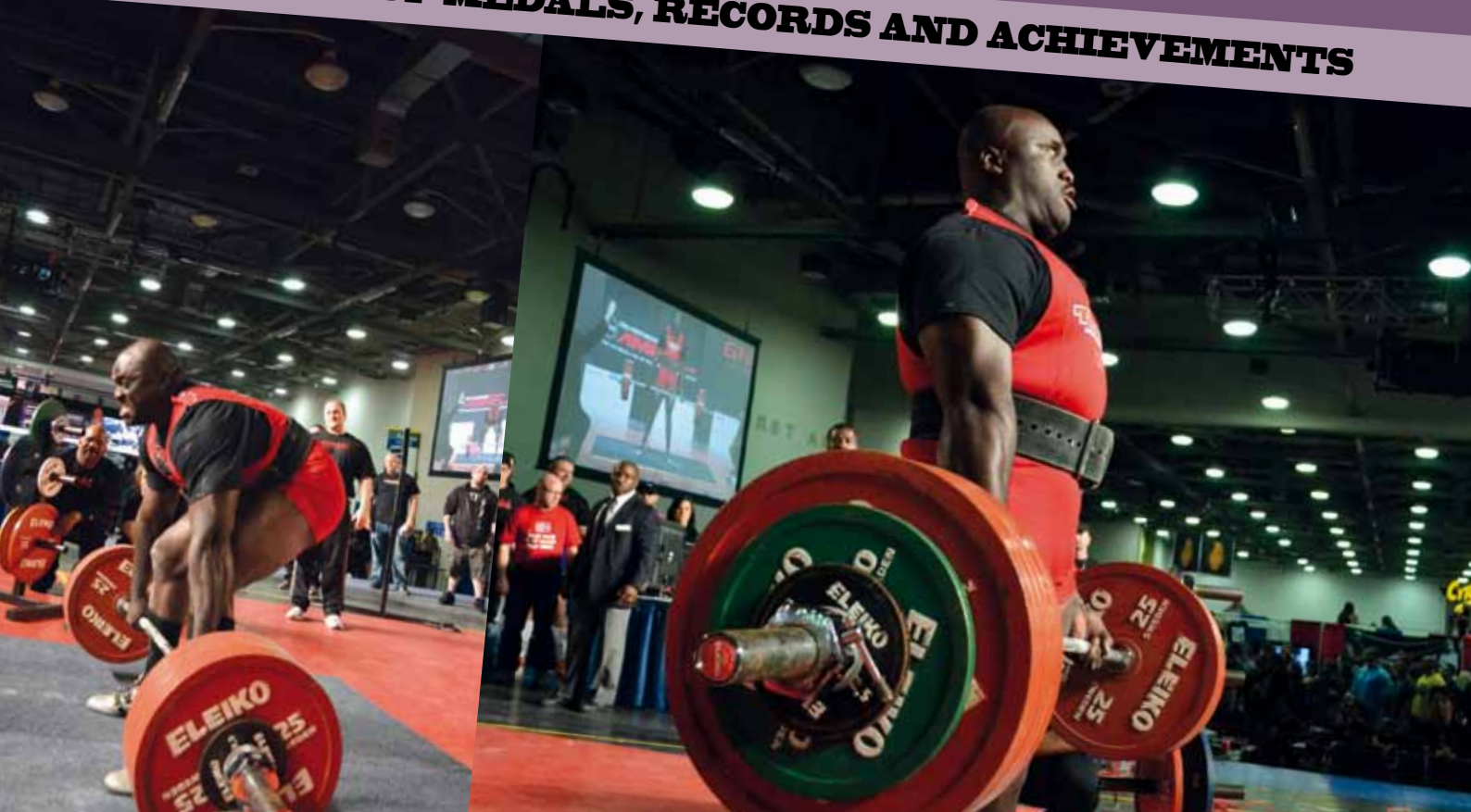
October – November 2010- IBSA World Powerlifting Championships – Turkey

- Silver Medal - Masters

March 2011– NAPF Caribbean Islands Powerlifting Championship–Cayman Islands

- Silver Medal - Masters
- Caribbean and North America Records – Dead lift Masters

H.B.M. LIST OF MEDALS, RECORDS AND ACHIEVEMENTS



After traveling the whole night, I arrived very early in Buenos Aires, capital of Argentina. This is a city of 9 million inhabitants living a frenetic lifestyle. I made my way to a gym called "Sparta", the manager of which is a man by the name of Jose Horacio Puentes. He is a man with a long history in the sport of powerlifting, as a coach, international referee, founder of FESUPO (South American Powerlifting Federation), and board member of the IPF since 1973. Pepe, as he is known here in South America, is the living history of our sport, and spent his life between two loves.

by Eduardo Rodríguez Briatures
(South America Correspondent)

BETWEEN TWO LOVES

Interview with Argentina's - Jose Puentes

It's a great pleasure talking with you, Jose Puentes, please tell us something about yourself?

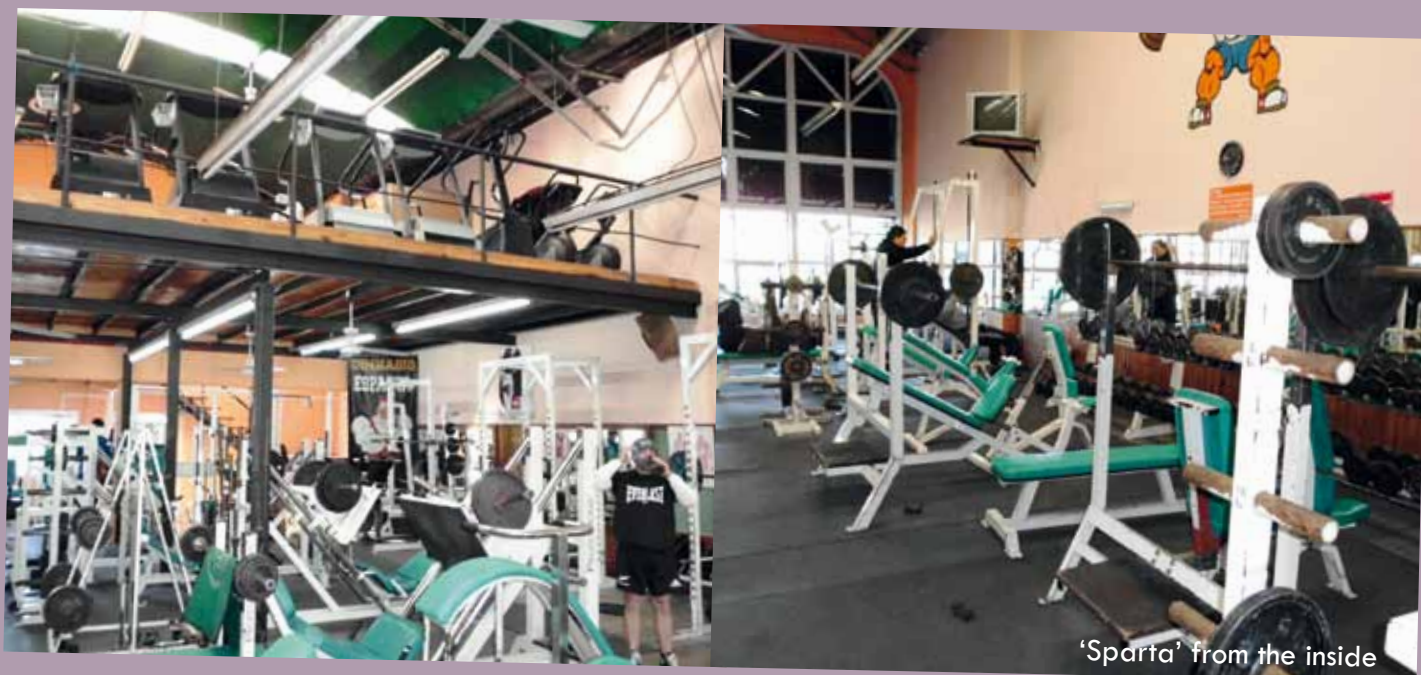
I was born in Argentina, in 1936 (now 74 years old), I was a national coach in athletics and weightlifting, and a graduate of INAD (National Institute of sports). I came to the world of weight training through athletics. At 15 years of age I was very thin and my coach suggested that I train with weights. My passion for power training was so great that I never again left this world. In 1963, 1966 and 1968 I was a national and international champion in the discus throw.

How did powerlifting in South America develop?

In the early 1960's in Argentina, the weightlifting and powerlifting sports, depended upon the bodybuilding federation, all were included in the one federation. In 1973 I obtained the first international

accreditation as an international referee in bodybuilding in America, where I worked for 19 years continuously.

In 1974 we celebrated the first South American Powerlifting Championship in Lima, Peru. Prior to this time I was a secretary of FAP (Argentinean Federation of Weightlifting) but in 1972 all the federations separated and we decided to form the powerlifting federation. At the same time was the first Worlds in the USA organized by Morris Weisbrot and, I wrote to him asking for information about the meet and the records. When he sent me the information I was able to justify my country's participation in that championships, because our lifters had similar results. In that time Argentina could not affiliate to the IPF but I went along as a spy anyway (haha). In the technical congress I proposed we work with two blackboards one for pounds and the other for kilos, That was my first suggestion in my first technical congress, and it was welcomed.



'Sparta' from the inside

What do you remember of the first World Games?

In the first world championship there were historical names like Donald Reinhoudt, Larry Pacifico and Ron Collins. It was unforgettable to see those men and their unmatched results, they were part of the history of powerlifting.

After that, we compared the lift results with ours in South America and a crazy idea was born to found the first South American Powerlifting Federation, with Miguel Torre Alba in Venezuela, Laercio Martinez in Brazil, and Julio Lezama in Uruguay. In 1974 we obtained financial support to send 3 lifters to the World Games in York, Pennsylvania, (in the William Penn high school) as a member of IPF. At this very same time appeared Japan (and the historic Ideaki Inaba) and Norway for the first time at a Powerlifting International Meet. Argentina earned 4th place in the 67.5 kg class (with Segio Zeintestek), 8th place in 90 kg class (with Juan Nicolini) and Nicolas Pitriilo in the 75 kg class. During this tournament I did my referee Cat II exam, passed by the great Bob Hoffman himself, of which I'm really proud to this day..

In 1975 we celebrated the 1st Pan-American game in Aguadilla, Puerto Rico (the same place that the Open World Championships, will be held this year). It was organized by Néstor Gregory who worked hard for our sport.. Argentina obtained 3 silver medals and 1 bronze medal. It was here that Bob Crist, Ray Patterson and myself, voted for the Pan-Am Games to be held every two years. In that year we didn't travel to England to Compete in World Games because our country, had difficult social troubles.

In 1977 we celebrated the South American Championships in Bolivia and from that moment the FESUPO was born. Countries included: Argentina, Brazil, Bolivia, Ecuador, Peru and Uruguay, and I worked as a Meet Director.

In Arlington, Texas, in 1980, I met Mr. Vic Mercer and Mr. John Stephenson and in this moment Mr. Arnold Bostrom come to the IPF representing Sweden.

I remember the year 1984 when, in Dallas Texas, we created the first Technical Committee, because until then, the rules were adjusted in the technical conference at the championships! In 1991, I became vice-president for South America, until 2003 when Mr. Julio Conrrado from Brazil took over. I worked as a referee in championships in 1993 in Sweden, 1994 in Johannesburg, 1997 in Finland, 1998 in Argentina, 1999 in Italy, 2000 and 2002 in Argentina.



'the future is taking us towards a raw lifting style so that we will get closer to becoming, an Olympic sport'

Do you have a funny anecdote you want to share?

When we celebrated the Masters World Cup in Montevideo in 1991, some lifters from Bolivia arrived. They told us that they did not have any financial support from their country and so they had gone from town to town by train, collecting money through exhibitions of strength, continuing their travels, to eventually reach Uruguay.

How do you see the future of powerlifting: raw or traditional lifting ?

It is a very good question, because this topic brings an old discussion on the use of support clothing, yes or no. The use of special clothing in our sport has generated the bad idea that the lifts are not real. That was one of the reasons used against us to prevent us from being an Olympic sport. So I think the future is taking us towards a raw lifting style so that we will get closer to becoming an Olympic sport.

What would be your message to new generations?

We must work to attract new lifters, through Universities, like Venezuela have, where they study at university (INDE). When our program becomes more technical, we will be better positioned for a future that undoubtedly will be Olympic.

Thank you very much Pepe for all your memories and I hope to see you soon in the new challenges that will be in that Olympic race.

As the IPF continues to work diligently and tirelessly towards obtaining IOC recognition for the sport of Powerlifting, it may be useful for us to re-examine our understanding of the very organization that we seek membership into and ask:

What can Powerlifting learn from the Olympic Movement?

by Christina Chamley

The Olympic principles and values are worthy of our close attention and consideration. Not only because we aspire to be a part of the Olympic Movement, but also for the fact that in themselves, the well-considered and crafted Olympic Principles represent a set of fundamental values that have the potential to inspire us in our sport, give us worthwhile direction and highlight a way for us to measure our progress.

The Olympic Charter sets out the Fundamental Principles of the Olympic Movement. Reading through these, it may be useful to reflect on what they mean in relation to our sport of Powerlifting, and how we might progress ourselves as individuals and as a united sport towards these worthy aspirations. But first let us remind ourselves of the profound and inspirational Olympic Creed:

“The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.”

Pierre de Coubertin 1908.

What meaning does this Creed have for us as individuals? How does our sport organise itself so that athletes can embody the virtue of having “fought well”? This Creed inherently suggests that sport and life itself is about participation, preparedness

for the struggle, and the choices we continually make in doing so. Does it not ground us and pull us back to some of our deepest and most revered virtues: commitment, courage, and above all, integrity?

The Fundamental Principles of Olympism [Paraphrased from the Olympic Charter, July 2011]

1. Olympism is a philosophy of life, exalting the qualities of body, will and mind. Olympism seeks to create a way of life based on the joy of effort, value of good example, social responsibility and respect for universal fundamental ethical principles.
2. The goal of Olympism is to promote a peaceful society concerned with the preservation of human dignity.
3. The Olympic Movement is carried out under the authority of the IOC. It brings together the world's athletes at the great sports festival, the Olympic Games.
4. The practice of sport is a human right. Every individual must have the possibility of practising sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.
5. Sports organisations within the Olympic Movement have the rights and obligations of autonomy, which include freely establishing and controlling the rules of sport, determining the structure and governance of their organisations and the responsibility for ensuring that principles of good governance be applied.
6. Any form of discrimination with regard to a country or a person on grounds of race, religion, politics, gender or otherwise is incompatible with belonging to the Olympic Movement.



Beyond these formal principles is important to understand the essence of the Olympic Spirit and comprehend the values of the Olympic Movement, they are:

Excellence, Respect, Friendship, Solidarity and Fair Play

Each of us personally must come to a understanding of what these concepts mean to us, but collectively we must also define them and direct our sport toward those goals.

If we relate the principles and values specifically to our sport at this very moment in time we can see that:

- As a sport in general, Powerlifting has the right and the obligation to manage and organize its rules, structure and governance, and indeed must continue to do so, to create a unified sporting organization of athletes and officials who are committed to common direction and goals.

The IPF through its governance and various committees and commissions [Anti-Doping, Appeals, Athletes, Coaches, Disciplinary, Law & Legislation, Medical, Technical and Women's] is continually evolving to ensure it is the peak global Powerlifting organization, respecting the rights and hopes of its members, producing a unified organization whilst propelling the sport of Powerlifting towards virtues consistent with the Olympic Movement.

- Co-operation between groups, general inclusiveness and participation, values upheld by the Olympic Movement, are also important issues that the IPF remains positive and energetic about.

For example, nations wishing to gain membership into the IPF, are greatly assisted to help them achieve compliance with the WADA Program and Code, and thus enabling participation in the IPF. In another example of co-operation and inclusion,

the IPF has recently negotiated a Memorandum of Understanding with the Special Olympics for the 2013 World Games. And of course the IPF has a very close alliance with the Blind and Visually Impaired Powerlifters.

● With the creation and inclusion of specific groups within the IPF such as the Women's Committee, Athletes Commission, Appeals Committee and the Law & Legislation Committee, the IPF demonstrates that it shares the Olympic Movement's commitment

to the values of fair play, ethical principles, and social responsibility.

● Implied in the Fundamental Principles of Olympism is the focus on encouraging and supporting measures to protect the health of athletes. The IOC, as leader of the Olympic Movement charges itself firmly with the task of leading the fight against doping in sport.

To be taken seriously on the world arena, the clear priority of the sport of Powerlifting, is to be utterly dedicated to this goal also. The IPF alone, has prioritized this goal, with its Anti-Doping Commission directing

significant programs and resources towards it with the sincere intention and commitment to stamping out doping in Powerlifting. And it will continually wage that war on drugs to ensure ongoing respect and honor to our sport and its athletes.

As much as it can be seen that the IPF shares and upholds the values of the Olympic Movement, we must remain ever-mindful of these principles, recommit to them often and let them guide our progress as a sport. Indeed as individuals we would do well to remind ourselves of these values that have characterized and guided the modern Olympic Movement for over 100 years. They have evolved over time and yet in essence they have represented our hopes and aspirations of sport for all time.



FESUPO Bench Press and Powerlifting Championships IPF World Games Test Event 2012 in Cali, Colombia

A report by Emanuel Scheiber

The FESUPO Bench Press and Powerlifting Championships 2012 (FESUPO stands for South American Powerlifting Federation in Spanish) will be held as a Test Event for the powerlifting competitions during the World Games 2013 which will take place in Cali, Colombia.

This championship is surely the biggest FESUPO championship ever held with more than 200 nominated lifters for the Powerlifting and more than 180 nominated lifters for the Bench Press Championships!

The whole event is under the supervision of the IPF. High ranking IPF officials will be on hand to observe all activities, and ensure that the event runs at an international level.

The World Games Organizers, who are also organizing this Test Event, have prepared a perfect venue and have invested a lot in the infrastructure and equipment. There will be one complete set of brand new Eleiko equipment including platform on the podium and 4 complete sets for the warm-up.

For the computer and scoring system, the organizer will use the IPF software from Mr. Alexandre Kopayev (Goodlift program). Mr. Kopayev will also attend the test event as computer secretary to take care that everything is running well. For general observations, the IPF Vice President, Mr. Johnny Graham, the IPF Treasurer and Championship Secretary, Mr. Gaston Parage and the IPF Secretary General and Technical Delegate for the World Games, Mr. Emanuel Scheiber will take responsibility.

In connection with this event the IPF together with the FESUPO will also organize a rules clinic for all attending referees. This will be organized by the IPF Technical Committee Chairman, Mr. Johan "Hannie" Smith and the FESUPO President, Mr. Julio Conrado. At the same time, Mr. Johnny Graham will organize a special training for the spotter and loaders of the test event, to take care that all lifters will have the best available support during the competition. This training is also in place for the World Games in 2013, at which the best lifters from all over the World will participate in Cali. This demonstrates solid preparation in having well trained spotter and loaders available in Cali.

Not only will the Test Event be a good preparation for the World Games competition itself, but also it should be a test for the organizational issues such as the transport to and from the airport, transport from the hotels to the venue and back and other logistical aspects.

The IPF is looking forward to a great test event and great FESUPO championships in Cali!



2012 EVENTS

28.08.-02.09.	World Sub-Junior & Junior Championships IPF	Szczyrk, Poland
02.-07.10.	World Masters	Killeen, USA
29.10.-04.11.	Men's and Women's World Championships IPF	Aguadilla, Puerto Rico

2013 EVENTS

18.-21.04.	World Masters Bench Press Championships IPF	Prague, Czech Republic
22.-26.05.	World Bench Press Champions Open, Sub-Junior & Junior IPF	Kaunas, Lithuania
11.-16.06.	IPF Classic Powerlifting World Cup	Suzdal, Russia
28.07.-12.08.	World Games	Cali, Colombia

COMING IN OUR NEXT ISSUE...

- Comparison between Continental Championships
- General Assembly Presidential Election, Puerto Rico
- Upholding the Standard - A technical article
- Special Interviews
- Reports on competitions

