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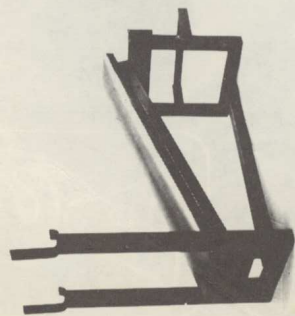
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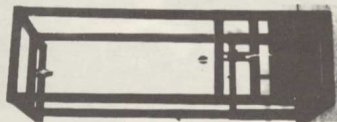
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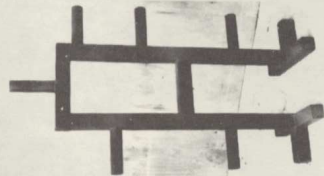
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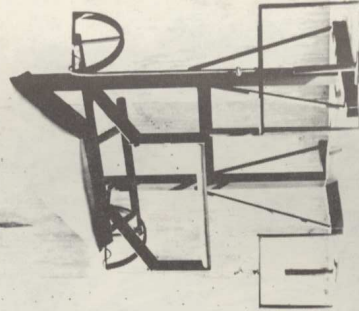
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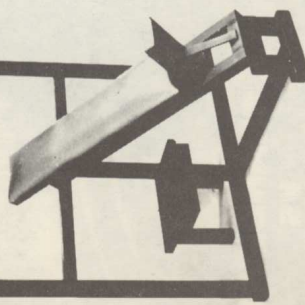
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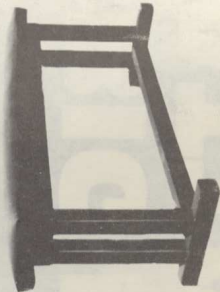


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ON THE COVER...Magnificent Mike MacDonald punching out a World Record bench press in the 198 class at the Central California Open...details on page 6.

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SHOGUN

HIRO ISAGAWA Japan's other Mighty Mite

by
Ron Fernando

While most devotees of international powerlifting associate Japan with the incomparable Inaba, few seem to realize that there are many other top powermen training in the Land of the Rising Sun. However, distances being the way they are, I've seldom had the opportunity to observe our honored brothers in Nippon train, peak, and set personal records as we can for our own champions. Consequently, Japanese powerlifting is as shrouded in mystery as their entire culture was in the time of the Shoguns.

Recently, however, Creative Concepts of Tokyo, Inc. has given the American powerlifting community the chance to watch one of their rising new stars in action when they invited Hiro Isagawa to the Los Angeles area. Hiro trains at the Atlantic Athletic Club in Westfield during the week and at my home gym on the weekends, and it is with this type of contact that I have observed the training patterns, mental preparations and immense world-class potential of this Japanese Champion.



Hiro at the Japanese Nationals, with a try at a 220 kg deadlift, which he lost due to grip failure. photo courtesy Fernando

Born on the tiny island of Okinawa 27 years ago Isagawa spent much of his youth performing in competitive athletics such as track and field, karate and wrestling. After graduation, he found himself gradually getting out of condition. While studying in Tokyo, Hiro wandered into the Tokyo National Gym and was so impressed by the lifters and bodybuilders that he embarked on his own program, one which would eventually lead to the National Championships.

Powerlifting was started as a vent for his naturally competitive nature, and he has progressed from 286-210-330 to 451-315-480 (his current bests both in the gym and in competition). Recently Hiro came within a whisker of punching up done at a bodyweight of only 126 pounds! I feel that the World Bench Press record in the 123 lb classification will fall to this little warrior in Arlington at this year's World's. I also feel that Hiro has the ability to challenge the immortal McKenzie for the Squat mark, as well as making a run for the total in a few years. Bear in mind that he has only been training with weights for four years! Perfectly built for the Power Three, Hiro utilizes all of his physical advantages maximally: being just a shade under 5 ft and packing 123-128 lbs of muscle.

Isagawa has an unusual method of training, especially in the light of today's ultra-complex, multi-cyclical programs. His routines are disarmingly SIMPLE, but he feels that too many lifters, both American and Japanese, are in their quest for increased sophistication commensurate with the maturation of their sport, have

actually best sight of the primary original premise - that is, to Squat, Bench Press and Deadlift more than your competition! With that in mind, I would now like to give an in-depth analysis of his training.

The basic principle which binds his routine together is the venerable "Heavy-light" system which, like the odd bird and the PHA system, went into extinction in favor of more scientifically planned routines. Hiro is lucky enough to have an intimate knowledge of his own body and possesses the rare ability to quickly ascertain EXACTLY how much he is capable of lifting on a given day. Logically, overtraining is never a problem for him as he is responding to his body's demands for either MORE OR LESS resistance. He performs each lift twice a week, one heavy day and one either medium or light day. He attempts to increase the weights regularly on his heavy days while maintaining a steady level on his lighter days. So as you can see, it is actually a very cleverly planned cycle consisting of recognizable peaks and valleys, but with no pre-planned poundages until the week before. Contrast this to the normal cyclical approach where a lifter may project a certain poundage and then back-track 10-12 weeks to begin.

Isagawa's Training Routine

Monday: Light squat:

135x10
225x8
300x4-5
340x4-5
350x370x4-5

Hack Squat (on machine)

225x8
225x8
265x8
285x8

On his light squatting days, Hiro uses a standard weightlifting belt and a pair of Super Wrap 1's. His squatting style is very efficient and is reminiscent of Dunbar's; relatively narrow footstance, straight back and a quick bounce out of the bottom to take advantage of the stretch reflex principle. It is not the true "crash and bounce" method employed by Jon Cole, for instance, but somewhere near it. On the heavy days, Hiro employs a regulation squatting belt and a pair of Super Wraps 1's. It is only until a contest is in the offing that he will don his Supersuit. Supersuits were completely unknown to him until the World Championships last year where he "discovered" them. He has a Super Suit II on order, and when he gets used to the extreme tightness imparted to the thighs and hips, I predict nothing short of a 501 squat. Incidentally, for those of you American powermen who bitch and moan about the "high cost of liftin'", how would you like to pay \$100 for an Elite Suit and \$25 for a pair of squatting wraps? That is what they cost over in Japan, and Hiro predicts that they will rise even more.

Tuesday: Light bench:

135x10
185x8
235x5
255x5
265x5

Incline DB Bench:

70 lb bells-3x8 reps
Straight arm lat pulldowns:
125 lbs-3x12 reps
DB Pullovers:
35 lbs 3x12 reps

The Bench Presses are done in the traditional Japanese style: maximum allowable grip, pronounced back arch and straight line ascent of the bar. He performs most of his reps on a touch-and-go basis, saving his competition pauses for his heavy days.



On the Bench, Hiro makes a 2nd attempt 297 at the Japanese Nationals. photo courtesy Fernando

Wednesday: Heavy deadlift:

245x5
315x5
350x5
370-390x6-8
370x3x5

--week A

410x2
430-450x1-3
385x5

I feel that Hiro is as good a physical exponent for the Sumo Style Deadlift as Lamer Gant is for the conventional style. Hiro wraps his knees with Ace bandages when performing the deadlift, a practice not uncommon with Japanese lifters. This, he feels helps keep him tight through the upward ascent of the bar. As can be seen, Hiro is totally unafraid of reps with the deadlift or any of the other Power Three. He feels that reps form the foundation of super-strength, and lifters who rely on heavy singles exclusively are asking for serious injury. Hiro alternates his deadlift workouts of what can be best terms as heavy reps and "testing" weights (Shoulder strugs to you fans) to supplement this "lockout."

Thursday: Heavy bench:

Hiro "chucky" warms up with 135-165 and IMMEDIATELY jumps to around 275x3, 300x2-3 and finishes with 265x5x5 (all paused reps). After every chest and upper body workout, Hiro employs the DB pullover to stretch and deepen his rib-bone. One look at his physique and one can appreciate the results of this type of training.

Saturday: Heavy squats:

135x10, 225x5, 300x5, 340x3, 415x3, 440x1, 395x3, 355x5, Hackslides: 225x8, 255x8, 285x8
Sunday: Cumbered Bar benches: 115x5, 145x5, 185x5, 205x3, 225x2, 225x2 Hiro can easily arm up a single on the "Mac" bar with around 275 but he is very careful not to re-fatigue the muscle that he so carefully built up. He finishes with DB benches: 55-80lbs, 4x8. Parallel Dips: 6x12, Chinning-3 Maximum reps (done with a pronated grip) DB Pullovers: 6x12, upperbuilding and As one can see, Hiro Isagawa's training is a clear picture of bodybuilding and powerlifting which has produced consistent results for the past four years. When the inevitable plateau hit, he will simply step back, take a week off and begin again.

As far as diet is concerned, Hiro maintains a good balance between proteins, carbohydrates and fats, subsisting mainly on seafood and poultry with raw vegetable salads, rice fruit, eggs being the source of his daily nutritional needs. He drinks a little beer and, of course, sake and he occasionally visits the local '31 flavors' but he realizes that he has a weight limit to maintain so these indulgences are kept to a minimum.

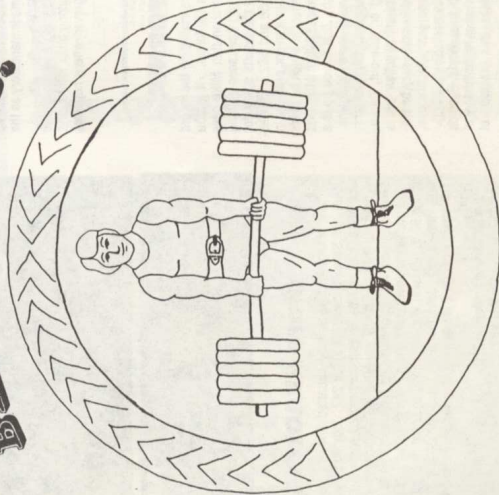
Now to the inevitable question on steroids: Hiro is DEAD SET against them and will never take them! Sound like a lot of bull? Well, let me tell you people that Hiro Isagawa has been blessed with an ABUNDANCE of talent which he has worked hard to hone into championship material-without the aid of the steroids. One has to remember, the availability of drugs is not as easy in Japan as it is in the United States and Latin America, where many of them are manufactured. Bearing in mind the cost of equipment in Japan, a proper steroid program would be financially prohibitive for most Japanese. Also, Hiro feels that steroids detract from one of the Basics of Powerlifting- Health and Fitness. (Inaba never has taken drugs).

What are Hiro Isagawa's plans for the future? He will be residing in Los Angeles for the next two years, so he plans to take advantage of the excellent training facilities as well as the weather and the pretty girls! Additionally, he wants to further his career as a graphic designer for Creative Concepts. He'd like to place in the top 3 of his weight class in Arlington, which is a distinct possibility, as well as enter the Hawaiian International Powerlifting meet in the spring. It is my distinct privilege to train with this little gentleman who is a champion both on the platform and off. When the great Inaba retires, Hiro is a definite claimant on the world title. When he is able to associate Japan with its OTHER mighty mite - Hiro Isagawa.



SUBJECT...AND AUTHOR...and pooch! Hiro Isagawa is flanked by his weekend training partner, author Ron Fernando. Hiro takes his little dog almost everywhere...short of the lifting platform. Lambert photo

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HEADLINES FROM OHIO

Larry Pacific obviously wanted to make the first Ohio Association Championships held in the past few years one to remember...inviting such luminaries as Terry Dillard and Mike Bridges...as well as priming his young Power Elite team proteges for some heavy doings...and he obviously wanted to prove a few things himself...planning an assault on the 242 total record with perhaps an individual Dillard plundered the 104 lb. division with a WR 297 squat. WR 335 deadlift and 2 total records, ending with 760. Imagine what she might do with a training partner!

Power Elite John Topoglogi, now at middleweight, went 606 352 606...missing a 639 squat and 633 deadlift. Team-mate Steve Dougherty powered up a 705 squat, weighing 230, and totaled close to 1950...Eric Stuber squatted 766 and hit the 2000 mark in the 275 division, while Mark Chaiel, barely over the limit at 246, made a 788 squat and missed a World Record deadlift.

The star performer of the meet was the already unbelievable Mike Bridges, who not only added another notch to his legend, but has forced this writer to start recycling the superlatives in his vocabulary. Mike bulked up to 183 and laid waste to the fantasies of many a 198er...several of whom covered the tile of being the first man in their class to squat over 800 and total over 2000. Mike did a smoke job with his 760 opener...then erased Jerry Jones recent WR in the squat with an 804...on his third he went on to make 826 (kilo set) and card holders present)...and he even went on to try 848!!! Mike is going lower in his squats now, according to witnesses, perhaps a response to many high squat comments at the Senior Nationals. Bridges went on to bench press a solid 501...looking good for a bit more, in fact, and his new effectiveness in the deadlift led to a 738 final attempt, which, sports fans, adds up to 2066...an enormous breakthrough in the total at 198...and a mark that actually exceeds the listed 220 record...weighing but 183!!! Bridges has reportedly been taking a lot about making a 900 squat in the very near future...and 1000 eventually!!!

As amazing as Bridges was, Larry was clearly a similar pain...weighing 229 he squatted 760, 810, and 832...felt as though 860 kg be in the cards in the near future. In the bench, he opened easily with 540...missed a World Record 576 by pausing it too long on the chest...on his next attempt at the May when he got much better explosion and had the bar approximately at the May Words and the lifelord that has peered back over his head as best as Larry attempted to yell out...Pushing by, the bar came down, and his skull could not take the shattering query...his hand between the bar and the bench just over the left eye, and cringing in agony and cushioning the bones in the ring supporting...well as superficially damaged the other fingers of his hand. Larry was rushed to a hospital in Louisville, Kentucky where the best hand surgery in the country was waiting, after nearly seven hours on the operating table Larry had his hand back, and happily circulation in the damaged digit seems to be good. Time will tell, however, if Larry will ever be able to close his hand in a deadlift grip again. The doctor said chances were 50-50. As for Larry, he is training for one more year of competition...as his planned performance in Arlington is no longer practical.

This was one of the most serious injuries to occur on a powerlifting platform. One witness to the incident, Ron Augustine, feels that Portable Spotters, such as those manufacturers by Holie Evelt and others, should be made mandatory as the regular spotters simply had no chance to assist in this case.

At any rate, Larry's attitude is great...he's actively planning a return to the platform and he's more and more involved with bringing along other lifters, and dedicating his own efforts to them. Fans of powerlifting everywhere hope his recovery is complete and quick.

HEADLINES FROM CALIFORNIA

On the same day that Larry and his wrecking crew were mutilating the record book in Ohio, Mike MacDonald was doing the same in California. It was a privilege to observe the intense concentration and preparation that Mike goes through to produce a World Record bench...I must say that I have seen nothing remotely close to the way he psyches for a contest...and the results speak for themselves...two World Records in the bench at 198...556 and 562. He was good for a 4th attempt 567, but didn't take any chances on a minor problem in his elbow...as he has another contest coming up in November, in which he plans to put his oft-assaulted 242 record into the 600 plus range. When Mike first moved out to California he was good for about a 470 bench...that moved up to a 573 in training weighing around 209 in but 6 weeks...he made incredible gains, and continues to do so...his diet is particularly unique...heavily into glandulars, and his training is very intelligent...if he starts to drag or stale-out, he immediately senses the problem and takes the appropriate corrective action. He is so knowledgeable about the bench press it's incredible...Mike and I may be collaborating on a manual describing his bench press philosophy and techniques, which will certainly be one of the most valuable documents available on lifting. The man certainly knows whereof he speaks...with 33 total World Records spread over 4 weight classes...he is the greatest bench presser in the history of the sport...it is doubtful that anyone will surpass his record of performance...ever.

HEADLINES IN TEXAS???

One way or the other, there will be some headlines from Texas in the next issue...I just hope they are the right kind for our sport. There have been some minor developments in the NPA/USPF/IPF imbroglio...but there is no clear winner. Frank Lamp of Australia has brought up some very interesting points...to me, the most interesting being that the new version of the IPF constitution is, in his judgment, not effective yet...and when one goes back to the previous version interpretations about the proper course of action in this situation change...possibly favoring the USPF. Frank has subsequently been contacted by NPA officials, describing their side of the story...and this may further cloud his own view of the matter. Frank did relate that he has been told by the Nordic Powerlifting Federation (Norway, Sweden, Finland, and Iceland) that if more than 10 American lifters are allowed to lift, none of their teams will compete. Former President of the European Powerlifting Federation, Jaska Parvainen, points out that the IPF rule book (not the Constitution) states clearly that only 10 lifters per country are allowed to compete...a point also made by current European Powerlifting Official Arnold Boosom. Let's say that the other IPF nations at the Congress vote to select, at least, for the sake of continuity, the USPF as the official IPF representative...then what can be done about the letters from senior IPF officials verifying the entry of the NPA team to the World Championships? It would seem that there may be strong legal grounds for a lawsuit against somebody in the IPF no matter which team doesn't get to lift, it, in fact, one of them is not allowed to compete.

A meeting between Joe Zarella and Dave Keaggy has been informally set up for the World National Masters Championships in Apple Valley...hopefully, something will come of this sit-down. If so, we'll try to have a synopsis of the results elsewhere in this issue.

Sam Mangialardi reportedly squatted 806 at 198 at Ernie Frantz's Illinois meet. Bill Sarno missed a WR BP at 242. Judy Geaney got one in the 97 lb. class, and Mike Bridges (little brother also moved some big irons). Fred Hatfield reportedly squatted 800x3 in preparation for the Worlds or a subsequent contest, depending on how things go at the IPF Congress. In the 97 lb. division, Joan Fruth squatted a WR 242 and totaled a WR 611 in the 165s. Jennifer Field squatted 314, benched 204, and deadlifted 402 in the 165s. John Florio did nicely at 220 and got Best Lifter...they moved 144 lifters through 2 platforms and 2 sessions and got through just before midnight.

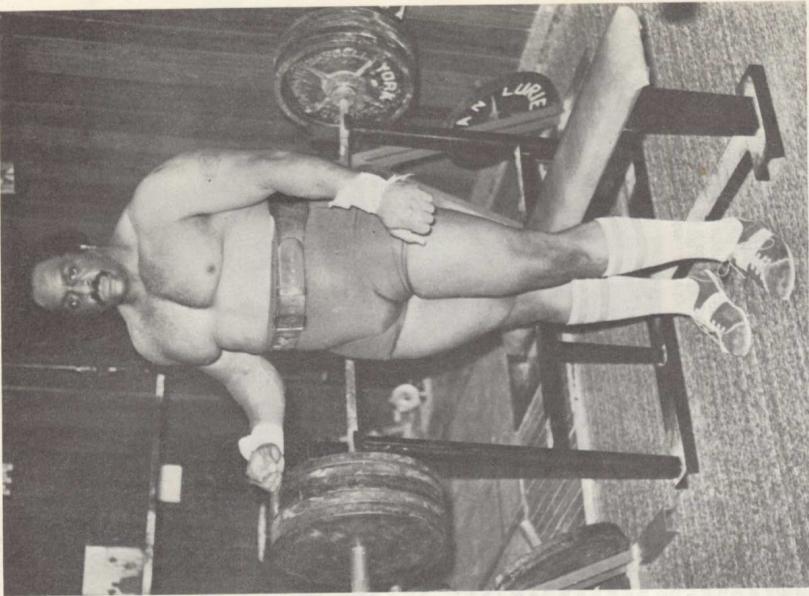
more HEADLINES.....

Jim McCarthy is snatching 270 in training...plans to go 600 350 660 1610 in PL and 292 341 in OL this year.

the Return of JIM WILLIAMS

Rumors that Jim Williams is on the comeback trail are confirmed by the accompanying photos and the information supplied by Frank Peffer, from whose gym Williams is staging his comeback. Jim has been training for about 8 months and his gym total is just over 2000 lbs. Jim's bodyweight is around 318 at a height of 6 ft. 1 in. He hopes to hit a meet sometime between November and January and compete at a bodyweight of around 325 lbs. Jim has been putting in really rigid workouts and is hell bent on re-establishing his world record bench press.

EDITOR'S NOTE: ...Jim, of course, is the American Record holder for the bench press in the Superheavyweight division with a lift of 675...that's right, 675 pounds. This lift was made at the 1972 World Championships in York, Pennsylvania prior to the time in the early years of Powerlifting when official World Records were recognized and accepted by the International Powerlifting Federation. Thus, we have the peculiar situation...as with George Frenn's 853 squat in the 242 lb. class, where the American record exceeds the listed World Record. In his prime, Jim benched more than Kaz's 633 on several occasions. Now, 8 years later, he is attempting something truly remarkable...especially for a Superheavyweight...he wants to regain the World Record in the bench press. With Kaz capable of 650-660 in the near future, the race for the official mark could be tremendously exciting...and it will surely inspire some lifter. If not Kaz or Jim, it will officially break the 700 mark in this lift, a feat which barely eluded Jim more than once. Thanks to Frank Peffer for the photos of Jim...taken at 1501 Albright Avenue in Scranton, Pennsylvania.



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More from Ken Leistner



DAVE SHAW, the Man... photo by Lambert

Being in a position which allows me to communicate with lifters in all parts of the world has its advantages and disadvantages. One of the real benefits has been the opportunity to meet David Shaw, a well rounded individual, bright, articulate, sensitive, capable, and among these assets, a fine lifter. Yes, Dave is one of the best lifters in the world, but to his credit, and unlike so many others, it's just one more thing that he does and does well.

At the Seminars, one has the opportunity, often a once in a lifetime shot, to see the stars of the game, meet them, share their ideas and energy. Of all the famous and near famous PL personalities wandering around the premises in Madison, Dave stood out above the rest. Yes, Kaz is imposing, Jones has a great physique, Espey is a legend, Siders sets a muscular standard all his own, but for sheer impressiveness, Dave Shaw has my vote. He literally stopped traffic, wherever he went, something that more or less mystifies him. Dave and I spent a lot of time discussing his lifting, not in terms of sets and reps, but the utilization of the 3 powerlifts as his personal statement, as an expression of his innermost thoughts, interests, and ability. Perhaps it's his great size and muscular development that there are times that the average PL fan has shown a hesitancy to approach this time perennial. Before going to Madison, I made up my mind to seek Dave out, to ask him a number of questions that I had in mind about the lifting. You introduce myself and was immediately greeted at the Dave's expansive smile. "You want to meet me?" I very surprised. Dave is exceptionally modest and was almost incredulous. My persistence was like bit different. Perhaps the greatest muscle development of any lifter on earth, the ability to achieve PL records at least two of the lifts, what was reputed to be a vast storehouse of PL knowledge, and it accumulated from years of correspondence and training. Dave, with some of the all time greats of the game. Hey, it was beyond me that Dave should be surprised by my presence, even at all hours of the night and following morning.

The Shaw saga began in Duarte, a Pasadena suburb. It's hard to believe when looking at this 270 pounds of galvanized ebony, that Dave spent much of his childhood running to and from school in an effort to avoid the wires, lunkies, and general air around thugs and thuggettes that populated his part of town. Unlike the majority of his adolescent acquaintances, Dave knew what he wanted to accomplish with his life and a rag sheet wasn't on the list of priorities. Dave comes from a rather unusual family in that his parents were exceptionally dedicated to the success of their children and insisted that all of them achieve academically, socially, spiritually, and vocationally, and provided the examples for them to emulate. Consequently, all of Dave's siblings are professionals and Dave himself is currently enrolled in a graduate school program while working with troubled youths at a correctional facility.

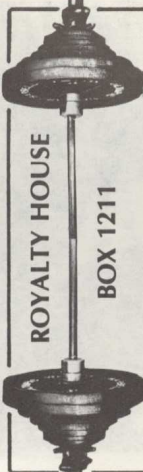
Well, there are many lifters with a fine education, those that came up through tough city to make it, can lift lots of weight, so what? A legitimate question that is easily answered only if you have gotten to know David Shaw. In asking yourself, "What makes a Man?", we are forced to know something of ourselves. If you're into John Wayne, the ability to beat someone's face into a bloody pulp within six seconds might be a primary requisite. My own list includes intelligence, sensitivity, the ability to articulate, self evaluation based on reality, the world with self facts of one's life, and the ability to carry oneself through the world with self respect, humility, and consideration for others. Dave possesses these qualities and more; the ability to gain the friendship of others easily, despite a somewhat shy and retiring personality with those he does not know well.

His work within the correctional department of California is appropriate for a man concerned with his community. Needless to say, Dave is respected but more for his ability to communicate with the kids than for his tremendous arms or shoulders. And after all, what makes the man, biceps or brains? Diamond shaped calves or communication? The work has also benefited Dave, if only because it brought him together with Dave Johns, the one bodybuilder who is universally respected by powerlifters because he's as strong as most of them, a punner who has been there in terms of lifting heavy, heavy, turn, displaying a willingness to spot in the big meets, and a man who in turn respects the abilities of the powerlifters. David and Dave, although acquainted for many years, were assigned to the same facility in 1976 and began training together. The benefits for both are obvious; Dave Johns is perhaps the strongest bodybuilder around and Dave Shaw, is perhaps the most physically impressive powerlifter on the national/international level.

For those who have read about Dave's training routines in the various magazines, his stunning development has come as a result of his heavy powerlifting. He does not spend time doing bodybuilding work, just the usual hauling of the heavy iron. His muscular size may in fact be a detriment. Although Dave is one of the nicest individuals you're likely to meet, that size may prove to be imposing. One spectator was afraid to approach Dave, "what was he afraid of, my size or color or both?" It's easy for me to say that Dave is great company because I've taken the time to meet him. I can only say for those who haven't but would like to, "you're in for a treat". Dave can tell you an awful lot about training and will, if given the opportunity. He is fortunate enough to know Steve Merjian for many years and has gleaned many training gems from the legendary presser. Steve is a multifaceted person who also managed to set a great number of records in the various pressing movements. Steve is in fact, just what you would expect, accomplished personality.

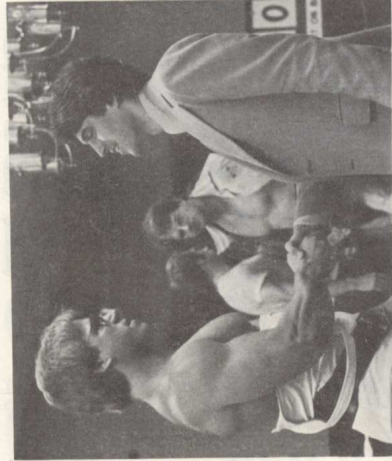
Dave trains his deadlift with Terry McCormick, Marv Phillips, and Dave Singery. Dave related to me that in his opinion, Terry epitomizes what he feels is a "man", a "true gentleman", in training with (him) you understand the meaning of hard work. "conducts himself properly at all times", enjoyable to be around". What Dave doesn't realize, or is too modest to admit, is that these accolades describe himself as well as anyone could. Next month we'll take a look at Dave's training philosophies, but for now, it has been my great pleasure to give you some insight to Dave Shaw, the person.

Well, on another note, a sour one perhaps, the mess between the USPF and the NPA has yet to be resolved but will be, for better or worse by the time this issue of PL USA is printed. Some have maintained the fact that we, as a group of athletes collectively involved with a particular activity, can't seem to get out of our own way politically and have been stuck in the morass for years, with seemingly little relief. Lifters, now is the time to push your representatives to structure the sport the way you, the lifter, want to see it. This column is being written in late September, five or six weeks before the deal is going to go down, and let me tell you, some strange alliances are being formed right now, common bedfellows that you wouldn't see under other circumstances, but there is that chance that we'll be starting from scratch, or very close to it when the smoke clears. What do you want in a meet, in a representative body, in the way of national and televised meets? What rule changes do you wish to see implemented. Do some hard thinking now because the next few months could determine the sport's direction for years to come.



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CONGRATULATIONS...Ken Leistner gets the glad hand from a grateful Steve Glardi. Ken and Steve made a very effective lifter/handler team at both the Juniors and Seniors this year. Lambert photo

PL USA question of the month: who has more aliases than Abbie Hoffman? More phone numbers than Ma Bell? More addresses than Century 21? Yes, PL fan, you're right, it's Steve Glardi/Knight/Little/Smith/Jones/et al, that '81 pounder who has swept through the ranks of our sport, leaving even those of us who know him muttering "Who dat?? Who is Steve Knight? We can't be sure. An elusive package of muscle, brains, suave with a Carolina backwoods twang, too. The very famous scuffle of various Carolina backwoods bedrooms, every hair on his head in place as he mounts his assault on the Senior National title. Yes, for those who have read Bill Starr's, the Strongest Shall Survive, Steve is the dinky looking 165 pounder psyching to make a big squat. The squats he now does for are much heavier and thankfully, that average looking lifter in the photo is now monstrously muscled, the physique of a national caliber bodybuilder with the strength of the Nationals champion that he is. The obvious questions are of course, how did he get so strong, and what is that fellow's name anyway? Even Gudzien wonders and scanning the PL USA result sheet and Top 100 will tell you nothing.

Steve is another of the long list of Bill Starr proteges, an arm-wrestler who wandered into the Univ of Hawaii weight room and had his life changed forever. Although he already possessed good strength and a load of athletic ability, it was hard to foresee the line future that is rapidly becoming his present. Before delving into Steve's philosophy, it's important to understand the respect that Steve has for Bill Starr and the many lessons taught to him by the old master. One book at Steve's routines and his approach to diet and supplementation clearly yields the Starr influence. In addition to the guidance, Bill has shown great patience in leading Steve towards the proper path, and those associated with Steve can tell you that he can be difficult once he decides to be (right, Nick?)

Over the course of a year, Steve does two different programs, each 12 weeks long. Each particular cycle is repeated twice, thus, the training year is actually divided into four segments. Two of the cycles are undertaken with "maximum supplementation", while two of them are done without such aid. Steve pushes very heavy, make that maximum weight, for sets of fives in all cycles. The subtle difference lies in the following point and one that allows him to avoid overtraining; while supplementing, Steve pushes the weight up as heavy as possible, trains for maximum poundages on all reps in each exercise. When not supplementing, he attempts to maintain his strength, training to keep all the strength he gained on the previous cycle. Thus, segment one of the year has Steve supplementing his diet, pushing up maximum weights, the segment to follow has him attempting to keep any gains made, not necessarily pushing to exceed them. Thus, when going into part three of the training year, the one usually preceding the big meets, he has a solid base from which to work from, one that has seen strength gains come and then consolidate in the two previous cycles.

Another change is largely mental in nature. During his non-supplemented cycles, Steve pays careful attention to picking up his weak points with carefully selected assistive exercises and makes any changes in technique that the three competitive lifts call for. As he told me, "I work technique every rep, every set for both cycles. I'm mentally training my self twice as much as physically." Thus, he does not forego technique during the heavy cycles, he's so just totally concerned with moving new numbers, pushing up his maximum lives as much as possible without bringing on injury.

To know Steve is to know that the sets and reps of it is the most uninteresting part of his existence. Of course, you would have to spend some time tracking him down to find this out, a feat not easily accomplished. Humor has it that Steve wound up in Jack King country because the light was always on. Steve sticks radically with heavy lives, going to 6 to 12 reps for the assisted work. When things get sticky in the bench, for example, he may go to the old Doug

Heppburn routine of five singles and five sets of fives rather than straight sets of five. As he related recently, got tired of DL). Changed to heavy rack pulls below the knee, fives of course. Steve's outstanding squatting ability is legendary, and one may feel that there is a secret routine involved, but he trains those like the other lifts. He's a machine. His warmups at El Dorado were as picture perfect as the ones done on the platform and everybody just had to shake their heads at his seemingly perfect execution of near record lifts. A typical program looks like this:

Monday:
Bench-six sets of five reps, heavy
Close grip bench-2x8 to 10 heavy reps
DB inclines-3x8-10 heavy
Flies-3x8-10 heavy
Tricep press (EZ bar)-3x8-10 heavy
Pressdowns for triceps-3x12-15 heavy

Tues
DL-six sets, five reps, heavy
Shrug-3x8 (moderate weight, done from above knee-check Strongest Shall Survive)
Squats-4x10 reps, heavy
Leg curl-3x20 reps

Wed
Bench-5x5 light
Bent over rows-3x8 medium
One arm DB row-3x8 medium
Lat pulldowns-3x8 medium
Break curls (or brachialis curls, done with thumbs up grip on DB)-3x8 medium
Alternate DB curl-4x8 heavy
Supination curls-4x12 heavy

Fri
Bench Heppburn routine, warm up, five singles, fivexfive
Same assistance as Monday

Sat
Squats- he really gets down for 6 sets of 5 with a back off of ten reps, all out here.
Shrugs-3x8 medium
Leg curl-3x20
Alternate DB curl-4x8 heavy
Supination curl-4x12

Slups, leg raises, twists, sidebends done every day as a warmup with lots of stretching.

Steve's contest preparation is as meticulous as his appearance. He feels that he can best perform if he is properly nourished, so brings his own food to meals. At El Dorado his room was filled with hard boiled eggs, lots of fresh fruit, and loads of vitamin and mineral tabs ala Bill's suggestions in the Strongest Shall Survive. When we ate in Madison, Steve was careful to stick to eggs (boiled, poached, or lightly scrambled), broiled fowl and beef, fresh fruit and juices, milk, and of course, his ever present bottles of vitamins and minerals. We discussed at great length, his training routine and computed his exact warmup scheme, rep for rep, second by second. His stretching routine was assiduously planned and timed. By the time Steve walked onto the platform, his body was fine tuned to perform the exact poundages selected. He cruised at El Dorado, but made what were limit attempts on all lifts in Madison, and his 677 DL was a classic case of going to the well and bringing up all that was in there, a great, gut lift, and one that few others would have pulled to completion.

Much has been made of Steve's appearance, one because he always looks immaculate, even in the heat of battle, and secondly, because of his "huge musculature, exceptionally defined thighs. His legs look as if they belong to a 220 pounder, but the cuts say Sergio. At the same time. All of those heavy squats done at Bill Starr's urging have certainly paid off. His upper body doesn't suffer either and Steve thought, he just looked like "one of those Hollywood types", this in reference to his clean cut and perfectly combed hair. Like all the things he does, there is constant striving for perfection, sort of the Bruce Lee of the super suit set.

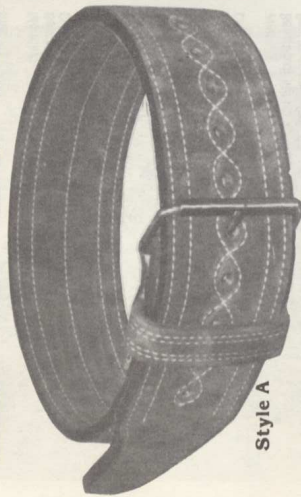
I've talked about Steve's future before and it's all ahead of him. No reason why he can't win more time, be Senior National champion. And time he has. Yes, a fine future.

ART NEEDS A TRAINING PARTNER!!! Art Wooten is looking for a training partner in his area. He is 6 feet tall, weighs 255, and has lifts of 400 300 405. Contact Art at 4100 Troy Rd., Springfield, Ohio 45502...call him after if you like at 513-964-1564 after 6:30 PM.

BLACK'S HEALTH WORLD...NEWEST LOCATION... John and Denise are opening up another one at 11934 Lorain Avenue in Cleveland. Stop by and say hello, when you're in the neighborhood.

One Lifter to the Other: "That ref is a pain in the neck."
Other: "I have a much lower opinion of him."

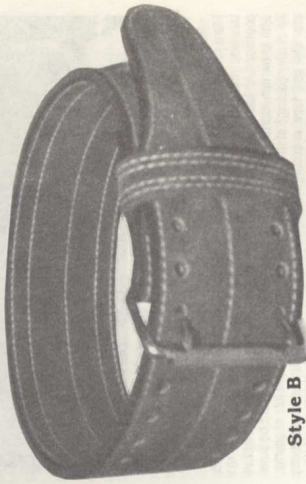
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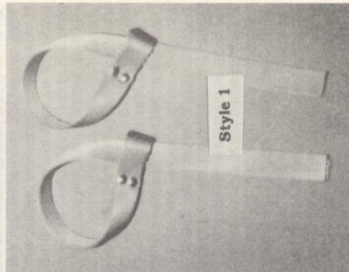
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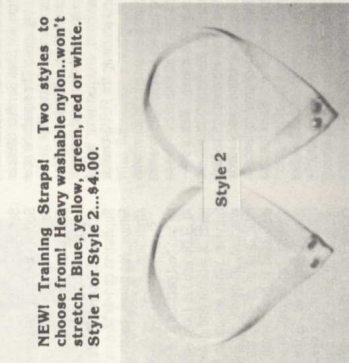


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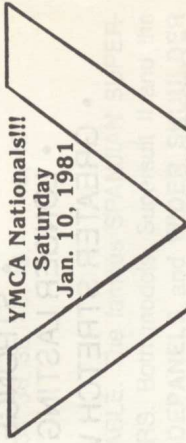
Remember to have your spotter right there with you. It's a good idea to have him load the weights for your heavier sets. Another thing to remember is that a meet, when done on the bench press, you lower the bar to your chest and STOP. You must keep it in this position, perfectly still, until the judge gives you the signal to raise the bar (usually a clap). Your feet must be flat on the ground at all times, and you can not arch your back. If your feet do not reach the ground, you may set plates under your feet until they are level. So, any of you people who have been bouncing the bar off your chest to get it up...that's okay for pumping up, but it's no good in competition.

The bench press is the hardest of all lifts to increase in poundage. It may go up only 5 lbs. per week or not at all. It depends mainly on two things: 1. How hard you work at it, & 2. How bad you want it.

I usually bench every other day and work on the other two lifts on the off days. That's it for the bench press. I like to add that there's been some excellent articles on the bench by some of the real pros that are extremely helpful, so start reading up on them, if you haven't already.

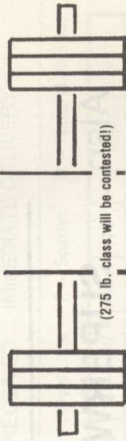
My next article will be on the Deadlift, which is my best lift and I have one of the most strenuous workouts that I use, which makes big gains happen every week. Just one more thing, if anybody has any questions on anything that has to do with training, feel free to drop me a line. My address is listed below.

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NATIONALS!!!

PL USA STORY MAN COMES THROUGH!!! Herb Glosbrenner relates that the Terre Haute Titan, Jim McCarty, drank again from his vial of Smart Strength and won the Juniors Olympic style lifting, in the process breaking the 28 year old meet records of Olympic lifting's all time greatest competitor, Tommy Kono. Even such died in the wool powerlifting skulptors as Morris Weissbrod were impressed with Jim's strength. Jim trained only 5 weeks for the meet, and becomes one of the very few to win the Juniors title in both styles of lifting...he is the only American who is elite in both Olympic and Powerlifting, and is without doubt the strongest all around 148er in the country. His Pling is not suffering as he recently went 551x2 in the squat sans Super Suit and benched 341...he's hoping for a 600 squat at the Purdue Open this December.

ERROR...on the TOP 100 Supers list Broadus Porter should have been credited with a 525 bench, rather than the 480 listed. Broadus is a member of the successful Lancaster, South Carolina Power Team.

Startin' Out

A special section dedicated to beginning lifters.

Here's a contribution to the beginning lifters favorite section 'Startin' Out' by Tom Bardusch, who is a fine lifter, graduate student, and member of the National Strength Coaches Association.

Before I suggest a weight training program for beginners, there are some very important items to be discussed.

STERIODS: STAY AWAY FROM THEM.
You have no need for them or have any business using them until you at least become a 'Master' or preferably an 'Elite' lifter.

You will have no need for the following equipment during training: Supersuit, knee wraps, hand straps, thick/wide custom belt. When you use the above equipment, certain muscle groups are not used to their full potential. In turn, these muscle groups will be lacking in strength and development when the time comes for the heavy weight.

- Muscle groups involved:
1. Custom Belt...Lower back muscles are not utilized in their full potential during the squatting motion.
 2. Knee Wraps...Prevents tendons and ligaments in the knee joint from developing their full potential of strength.
 3. Supersuit...does not allow quadriceps and hip-flexor to strengthen to full potential, because of the spring involved. If used during entire training period, your circulation is reduced tremendously. Lack of blood flow results in lack of oxygen supply to the muscles.
 4. Hand Straps...does not develop grip, hands become soft.

The equipment mentioned is used in meets, (except straps), and by advanced lifters in training because of the amount of weight being used. Remember, most of the successful powerlifters today did not use any of the above equipment until they had developed and strengthened their muscles.

Tom Bardusch, NSCA

Here's another contribution from Rocky Amrose, who's a lifter just starting out himself. This one covers his training for the bench press.

This article is on the Bench Press, which is what I bombed out on at the Region I championships. Needless to say, I have since spent more time working out on the bench than on any other lift.

To start out, there is, of course, a stretch out session before beginning your workout. You must remember that the muscles of your body that do most of the work in the bench press are your pecs, triceps, and biceps...with more emphasis on the first two. Therefore your stretch out should focus on preparing these muscles for your workout. Along with the workout I gave for stretching out before squatting, you should add the following: lat extensions-10 reps; 4 sets at 75 per cent of your max with that exercise; elevated pushups...place your feet up on a bench, chair, etc. and do 2 sets of 25 reps; curls-10 reps; 4 sets at 75 per cent of your max for curling. An excellent tricep exercise is to place the heels of your feet on a bench or chair and the palms of your hands on another bench or chair (preferably higher) and dip down as low as you can and then push yourself up. I usually do 4 sets of 15 reps, and often I do 1 set of 15 reps immediately before benching. This has helped me increase my reps and also when I go for a new max it gives me that little extra "oomph" I need to get it up off my chest. To help my pecs, I do bench presses with a very light weight and as many reps as I can do. I don't do this, however, until after I'm finished benching so as not to burn out and to take advantage of the strength that I have pumped up through my workout.

With the exception of that last exercise, I do my stretching out routine before and after benching, with the latter sets being increased to maximum instead of 75 per cent. A good starting Bench routine (and the one that I still use except that I've gone up in poundage) goes like this: always start out with a warm up set of 135 lbs. for about 4-6 reps. (Remember, I weigh 138 lbs., so for you lightweight and super-lightweight people, make your own proper adjustment by comparing yourself with what other people in your weight class are doing in competition and working up to that and beyond.)

Set 2-155x3 reps, Set 3-170x3, Set 4-185x1-2 reps, Set 5-185x1-2, Set 6-160x4, Set 7-145/close grip/4-6 reps, Set 8-135x4-6 reps, Set 9-135/close grip/4-6 reps, Set 10-135-10 reps.

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BENCH PRESS BIBLE

A comprehensive guide to bench pressing by long time powerlifter Pete Vuono, especially for beginners, but applicable to the top level trainer as well...brought to you in 6 parts.

6. A WORD ABOUT REPETITIONS

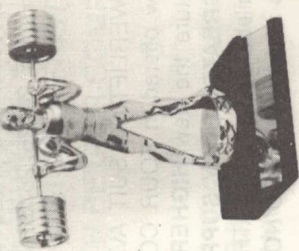
THE QUESTION ALWAYS COMES UP OF HOW MANY REPETITIONS SHOULD ONE DO ON THE BENCH PRESS TO ADEQUATELY WORK IT. I FEEL THAT LOW REPS (BETWEEN THREE AND FIVE) ARE BEST... I FEEL THIS IS BECAUSE THE FOCUS ON POWER... SOME POWERLIFTERS ENJOY CYCLING REPS... STARTING WITH ONE REPS THEN SLOWER GOING TO 3'S, THEN 5'S ETC. THIS COULD BE HELPFUL TO THEM SLOWER GOING TO 5'S, AVOIDS OVERTRAINING AND AVOIDS LETTING TOO MUCH NERVOUS ENERGY LOOSE... HOWEVER, I STILL RECOMMEND THAT YOU NOT SPEND TOO MUCH TIME HERE ON HIGH REPS UNLESS THERE IS PLENTY OF TIME UNTIL THE NEXT CONTEST... DON'T FORGET THAT HIGH REPS ARE A BODYBUILDING ROUTINE... AND DO NOT FOCUS ON POWER.

ANOTHER METHOD OF USING REPS IS TO USE A WEIGHT 30 POUNDS OR SO UNDER YOUR BEST BENCH PRESS AND DOING FIVE SINGLE REPS WITH REST IN BETWEEN WITH THE SAME WEIGHT... THE RATIONALE HERE IS THAT IF YOU CAN'T DO FIVE CONSECUTIVE REPS WITH THE WEIGHT, YOU SHOULD STILL BE ABLE TO TAKE A REST IN BETWEEN... EACH REP WILL BE ALL THE REPS IN BY TAKING A REST IN BETWEEN USED TO A HEAVY WEIGHT... YOU TO CONSTANTLY LIFT (AND GET USED TO) A HEAVY WEIGHT.

IF YOU LIKE TO "PYRAMID" UP TO A HEAVY SINGLE (AS MANY LIFTERS DO), MAKE SURE THAT IT IS NOT OFTEN A MAXIMUM AS THIS WILL DEplete YOU OF STRENGTH... ONLY GO FOR A MAXIMUM ONCE A MONTH OR EVERY TWO MONTHS.

EXPERIMENT WITH REPS AS WELL AS EXERCISES; POWERLIFTERS ARE NOT HOMOGENEOUS... EACH ONE MUST FIND HIS OR HER OWN WAY. IN CLOSING, I WOULD LIKE TO SAY THAT I HAVE NOT WRITTEN EVERYTHING THAT I KNOW ABOUT BENCH-PRESSING... HOWEVER, I DO HOPE THAT YOU DO FIND SOMETHING THAT WILL HELP YOU IN YOUR TRAINING HAS ANY OTHER QUESTIONS, THEY MAY CONTACT ME AT THE ADDRESS BELOW.

FINALLY ONE LAST WORD: FORGET ABOUT STEROIDS... LET KNOWLEDGE BE YOUR SHORT CUT TO POWER AND HEALTH.



PETE VUONO
342 FOREST AVE.
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NEW 275 WORLD RECORD!!! Tom Harman has done it again... at the Texas Hill Country meet he punched up a 595 and tied 600 in the bench press and totaled 2011. That meet is in Doug Young's territory and he is reportedly in very heavy training on all three lifts...pointing for a meet this fall.

ESTEP GOES UNDER THE KNIFE... an examination of Roger's tender knees revealed enough damage to warrant an operation on both of them immediately. Hopefully Roger's recovery will be both quick and complete...the steamed very happy with the work done by Dr. Dwight in Cleveland.

Official I.P.F. Powerlifting Rulebook...\$3.75

The official rules of the sport, in a convenient, pocket size booklet with Schwartz formula and kilo conversion chart, approved by the IPF until 1982. Send your check or money order for as many copies of this rulebook/reference as you want to: **POWERLIFTING USA, Box 467, Camarillo, California 93010**

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City _____		<input type="checkbox"/> Maroon	<input type="checkbox"/>
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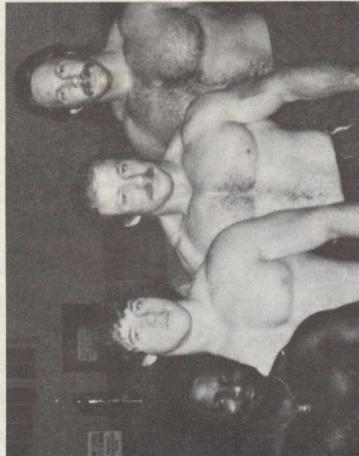
WOMEN-get help developing your own personalized strength training program from a competitive woman powerlifter. Send a self addressed, stamped envelope to Cherie Emms, Weightlifters Warehouse, 5542 South Street, Lakewood, California 90713

FOR SALE...Solid Steel 45 lb. plates 2 in. drilled hole, same diameter as regular Olympic 45's only these are half as thick (5/8 of an inch). \$35 per lb. (\$15.75 per plate) you pay shipping, limited quantity. Check or money order must accompany order. Mail to G.C. Collins, 4805 Nassau Avenue, Sand Springs, Oklahoma 74063 1-918-245-8821

STAINLESS STEEL BAR 6 ft. or 7 ft. 1 in. Great for rack workouts. No knurling or collars. 6 ft. -\$95.00, 7 ft. -\$110.00. Allow 4-6 weeks delivery. Bob Feeney, 8 E. Juliana Dr., Churchville, Pennsylvania 18966

Eddie's Big Pull...Penally reportedly pulled 644 lb in a British contest after squatting 551 and benching 325...seems to be some confusion about whether it will count as a WR however.

WANTED...Second hand good condition bodybuilding courses, books, magazines, films, photos and guides, addresses of gyms and health clubs and others...Let me know what you have and I will come to your home or office. 'BAM' MORE, 88 U.S. Triter H 75016 PARIS, FRANCE.



Small, Medium, Large, and Extra Large...team t-shirts should be easy to get for these New Orleans lifters. Joe Bradley, Ron Noonan, Fred Hatfield, and Randy Wilson. photo courtesy Randy Wilson.

MORE ON THE WOMEN'S RECORDS...Sue Elwyn states that her 72.5 kg BP at 114 at the 1979 Nationals is the American record. Since that lift was made prior to the acceptance of World Records, the official World Record is probably Gayla Crain's 142, assuming it was accepted and recorded by the IPF. otherwise Terry Dillard's 126 would be the listed World Record. Marianne Friedman has the American Record at 123 with a 75 kg effort, matched by Sue who has the World Record...done after November 1979, when World Records were accepted...to put it all in perspective...Sue says none of this really matters since all these marks will easily be broken at the 1981 Nationals.

RUMOR OF THE MONTH...Terry McCormick is going 275 from now on.

NORTH CAROLINA MEET...Lloyd Wehnt pulled an astonishing 661 deadlift in the 165 class...Sometimes training buddy Steve Knight cruised with lifts in the 640 with ease, and managing 800 up to his knees. Thanks to Donald Simmons for this information.

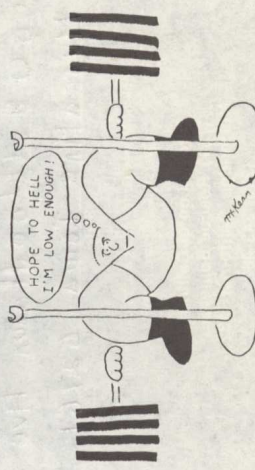
ERRATA...Gayla Crain should have been credited with a 330 squat in last month's TOP 100 Flyweight list...this was a 4th attempt after the 319 that was listed. BENCH PRESS MEET...December 6, 1980 at the Downtown YMCA in Birmingham, Alabama...called the Downtown YMCA Bench Press Classic Open...weighin at 1:30, lifting at 2:00. Contact Johnny Peebles III, c/o Jewish Community Center, 3960 Montclair Rd., Birmingham, Alabama 35213 205-879-0411 or the KAISER, c/o Downtown YMCA, 526 N. 20th, Birmingham, Alabama 35203 205-324-4563.

RESIGNATION...citing a lack of communication between the National Chairman, Regional Chairman, and State Chairman, Ron Everet has resigned his Indiana State Chairmanship. An incident regarding enforcement of 'all' the rules and regulations at a local meet brought this matter to a head.

POWERLIFTING QUALIFICATION STANDARDS FOR MEN

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Master	881	1064	1146	1279	1400	1505	1593	1675	1736	1788	1857
Class I	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1327	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

Contact Larry Eggleston, 409 N. 8th Ave., Hopewell, Virginia 23860 for applications and further information on this program.



A WEIGHTLIFTER'S BEST FRIEND

by Mike Wittmer

I hope the title to this is not too misleading, this isn't an article on Dianabol. This is about someone who has been my best friend for almost three years. It all started when I entered a professional school in St. Louis. I remember those first days well as I sat in the back of the room and looked around for anyone who looked as though he might lift. I spotted a prospective lightweight and was pleased to learn that, like me, he had two olympic bars and plenty of weights in his basement. Not only did he live about five seconds down the street, but he had competed in all three of the weight sports, mostly power. Being a member of the minority sport, olympic lifting, I was accustomed to training around powerlifters. I was always glad to have someone around to talk lifting, although I do have trouble relating to theories of "blasting the biceps". I was also pleased to find out that my friend was extremely well informed in all areas of lifting, and being new in town, it was nice to know another lifter.

My friend wasn't always easy to get along with, and he was even harder to get to know. He is one of those people that "most don't like". He is too honest. If he thinks you're an asshole he comes right out and says so. You always know where you stand with him. A lot of people don't like that. He has been prone to strange acts. I remember once he came over swearing because his wife had bought chicken and he didn't want chicken. So, he threw three chickens on the eating good. He must have checked my cabinets too. If I ever ran out of vitamins or protein he would show up with some. I explained that if I had the money, I would have those things. The response? "Pay me when you get the money. I think I had a running tab for three years (and still do). In short, if I needed it, he got it.

We did not train together much. My friend is one of those compulsive perfectionists and hard training and a 4.0 grade average don't always go together. Even so, we always found time to discuss training. One day we got into a minor argument. He was telling me how good he thought I could be and that I wasn't training right. So, I had a trainer. He worked me. I lost weight, but got bigger and stronger. His seven week program left me somewhat overtrained, even though I set a PR total by 75 kilos. We were disappointed because we both expected more. This started a string of several months in which we worked together. I could always count on someone to drive, make trade arrangements, take care of meals, etc. Little things, smelling salts, extra wraps, tape, etc. were taken care of on up of all this, I don't think you could argue better to handle you at a moderate progress, slowly but steadily. I've always been like that. I never have made huge increases that live all read about. There always felt that I would get better and increase. It is just a matter of time. About this time a year ago I became a lifter. I would reach a level that would allow me to compete in the Olympic trials. Outside of lifting expenses, I had no other bills. My friend told me that I would have the money to go. He didn't get me wrong. I require a whole article but even I don't have all the facts. Don't get me wrong. It wasn't easy. We were both going through a difficult time in our professional careers. I wasn't really bad. It was worse. My friend's father died. Then, two months later his son was born prematurely. It never ceased to amaze me when he would call to see how a workout went while his son was in the hospital fighting for his opening at tempt. After all, just how much energy can one man have to spread around? Well, things finally did catch up with him and he had a small stroke (TIA) and some sort of heart attack; we're still not sure. It came at an especially bad time, but then, you pick a good time for your best friend to miss all his lifts in the game of life. I had two meals while he was in the hospital. I really didn't feel like lifting but I knew that if I didn't that would really set him off. We survived that very difficult time.

We were ready for the stretch run to the Olympic trials, which by now were just the Sr. Nationals. We encountered some problems. I remember one day my Elko bar broke. My friend was very upset. I couldn't be bothered with such problems after all. I had other bars to use and I couldn't allow myself to become too distracted. About three weeks later I came home from work, about two in the morning, and found a new Elko bar in my living room. The note attached said it was an early birthday present from my Godson, who by now had reached three white lights for his opening attempt, thank you. At school, first thing I did was look up my friend. How do you thank someone for a new bar? "Thanks for the Elko bar, I don't suppose it would do me any good to ask how you managed to pay for it." "None."

Then I thought I suppose you could tell me how you managed to get one in only three weeks either. "None." End of discussion. Sounds wild, doesn't it. I could go on but I think you get the idea. Oh, we made mistakes. Mistakes that cost lifts at meets, but we came away from every meet learning something. I'm sure most of you have someone like my friend who is to see you excel. I know one of the biggest regrets I'll have in the sport is that my friend wouldn't be there to witness my first 300 lb snatch or my first 400 lb clean and jerk. I've tried to tell him how important he is to me and that I never would have been able to do as much without him, but he just says, "Sure, I'll be right there helping you pull. You did everything." I guess I expect him to say that. After all, that's what makes him Ken Leistner (if you haven't guessed already). I wish every weightlifter could have a best friend like him. I hope he doesn't kill me for writing this.

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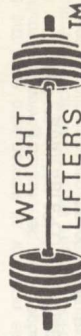
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Adidas lifting shoes, blue suede with white stripes \$39.99 plus \$2.00 postage. Send shoe size.

Tiger Deadlift shoes, white nylon with black stripes. Send shoe size. \$19.99 plus \$2.00 postage.

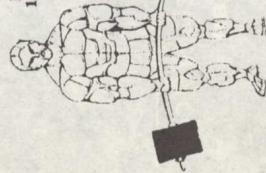
WEIGHTLIFTERS WAREHOUSE, 5542 South Street, Lakewood, CA 90713 213-920-1232 (California residents add 6 per cent sales tax).

WANTED, Second hand good condition bodybuilding courses, books, magazines, films, photos and guides, addresses of gyms and health clubs and others. Let me know what you have and I will offer best price or exchange. Msr. LESAULT, Inter H 'BALTIMORE', 88 bis, Avenue Kleber, 75016 PARIS, FRANCE.

Eddie's Big Pul...Pergely reportedly pulled 644 in a British contest after squatting 551 and benching 325...seems to be some confusion about whether it will count as a WR however.

LOVE'S HEALTH CLUB presents the 1st Annual IRON WOMAN & 27th Annual IRON MAN Bodybuilding/Powerlifting Championships

December 6, 1980 at McCabe Hall 145 W. San Carlos, next to San Jose Auditorium



TIME
Lightweights.....9:00 AM
Heavyweights.....2:00 PM
Bodybuilding.....6:30 PM

JAPANESE TEAM FOR THE WORLDS...Tokutaka and Inaba at 114, Hiro Isagawa and Haruji Watanabe at 123...Watanabe recently converted from standard to Sumo style in the deadlift and pulled a 512...at 11411, to break Inaba's World mark. At 165 they will have Mr. Suzuki, at 181 Mr. Nakao. Their 220er will be Mr. Yoshida and veteran Nakamura will go SHW, though his weight is down to the 275 limit now.

1981 NATIONAL COLLEGIATES, Collegiate Committee Chairman, Dr. Billy Jack Talton has provided some information on the upcoming 1981 Championships. You must qualify at any AAU sanctioned meet from April 1, 1980 through March 8, 1981. Verification of your total from the meet director will be required with your national entry form. The qualifying totals are: 114-661, 123-848, 132-914, 148-1102, 165-1223, 181-1322, 198-1399, 220-1399, 242-1377, 275-1377, SHW-1359. To be eligible you must be a full time undergraduate student in good standing, at any 2 or 4 year academic institution. You must not have been enrolled in college prior to the fall semester of 1975. Grad students or trade/vocational school students are not eligible.

The 1981 National Collegiate Championships will be held on March 20 and 21 (Friday and Saturday) with a business meeting taking place the preceding Thursday at Kutztown State in Kutztown, PA. For further information contact Coach Mitch Shipon, c/o Football Office, Kutztown State College, Kutztown, PA 19630 (215)-863-4372.

Dr. Talton recommends that planning for your team's effort in the 1981 meet should start now...try to get your club recognized as an official sports organization at your school, check the sports department/intramural office/student services office at your school to see if travel funds are available for your team...host collegiate dual and triangular meets in your area, encourage Open meet directors to have Collegiate divisions as part of their contest...try to have a big regional collegiate meet in your area during the month of January to cap off your regular season. Dr. Talton has also asked me to help locate a possible sponsor for the 1982 meet...if you are interested, drop a line to PL USA, Box 467, Camarillo, California 93010.

RENO OPEN...meet director Harold Wooten was very happy with Reno's first contest...he gives special thanks to fill-in announcer Ramona Kenady, Lynn & Ron Morris, Dave Martinez, Herb Robinson, Mick Webber and Kenady's gym for their efforts. The El Dorado Hotel/Casino was pleased with the meet and Harold is planning on doing it again next year, if he can get enough help...he may be able to offer a couple of nights in the hotel to those willing to come in from out of town to assist in staging the contest.

You've come a long way, baby...Jan Todd broke the squat record in the Unlimited division with a lift of 540, followed that with a 476 lb record deadlift and a new mark in the total of 1220, all done at John Colfee's Atlanta Women's Open.

now...THAT'S INCREDIBLE...Alan Smithers, buddy of Mike Bridges, reports that Mike has squatted 860 in training...weightlifting but 179.

CRAIN POWER PLUS, Oklahoma's Powerlifter of the Year was Ricky Dale Crain and the Female Powerlifter of the Year was Gayla Sue Crain...the awards were presented at the annual AAU banquet.

Winning Conditioning The Wisconsin Approach

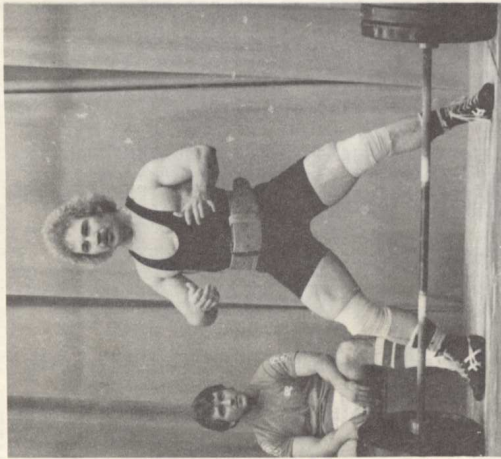
A new concise training manual written by Jeff Everson, PL USA author...University of Wisconsin Strength Coach, Physical Therapist and Exercise Physiologist. It deals with complete conditioning applicable to any strength athlete with emphasis on the football athlete. Includes sections on Training Theory, Machines vs Free Weights, Explosiveness Training, Agility Development, Neuromuscular Stretching Techniques, Exercise Illustrations, Nutrition, Over Training, In-Season Training Programs and all imaginable information pertinent to powerlifters. Partially done in beautiful color. Order now and receive a special Russian squat routine to increase your squat 44-66 lbs. in six months.

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Crain's Corner

ANSWERS TO YOUR TRAINING QUESTIONS BY RICKY DALE CRAIN.



ABOVE...Rickey Dale sees in his mind the big deadlift he wants to make, before taking this attempt at the World Series of Powerlifting meet...Lambert photo.

Question: I wish someone would explain which wraps are which. There are Elite Wraps from Strength Systems, Elite Wraps from Rhodes Fitness, Mighty Wraps Super Wraps I and II, Hurricane Wraps, Power Wraps, etc. Surely some of these must be the same product. Can you find out which wraps are the same and discuss the benefits of each? (S. Knight)

Answer: Elite Wraps, Power Wraps and Super Wraps are all about the same, if not identical. Hurricane wraps are made of thinner, more whitish material, but are as strong or stronger than those previously mentioned. Super Wrap is not as strong and less durable. I am not familiar with the Mighty Wraps.

Question: When I read the book INSIDE POWERLIFTING I was very concerned with your section. In your article you said that you plan to use B3 and B7 Hydrolysates. Could you please help me get some. I would like to try this because it is said to give muscle building assistance. I have asked all around in my area in health food stores and they didn't even know what it was. (J. Quackenbush)

Answer: B3 and B7 Hydrolysates are advertised in IRON MAN magazine and are available through Ariand Schubert, P.O. Box 1209, San Fernando, California 91341.

Question: Should I work on a lift until I feel a tightness and muscle pump in the area or just do a fixed number of sets? (R. Duke)

Answer: Your workouts and the poundages, reps and sets you lift should be pre-planned, and not depend so much on how you feel. Tightness or muscle pump is not a consistent enough indication for good workouts.

Question: Does minor soreness in the muscles the next day indicate a good work session or overwork? (R. Duke)

Answer: A small amount of soreness indicates a good workout. A great amount of soreness that does not go away or gets worse would indicate overtraining.

Question: Do you recommend any supplements for novice lifters trying to make gains? (R. Duke)

Answer: Of course. Lifters should take high potency vitamins and minerals, and if you're trying to gain weight, some sort of protein powder would be appropriate. **Question:** How do you feel about glandular supplements and what is the best way to take them in order to gain maximum strength results? (J. Driskill)

Answer: Glandular supplements are a good source of protein, vitamins and minerals. For the best way to take them, refer to Mike MacDonald's ads in the magazine. He knows more about them than anyone else I know.

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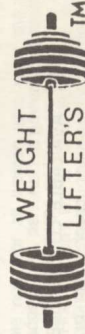
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114 SO BP DL	190 J. Gilbert	225 Houlihan	285 L. Eymard	285 E. Burgado	345 P. Becker	220 D. Cole	502 C. Dunbar
123 SO BP DL	250 K. Horner	300 Witt	340 L. Eymard	212 E. Burgado	325 D. Cole	185 D. Cole	305 C. Dunbar
132 SO BP DL	265 A. Misron	365 Witt	350 L. Eymard	380 C. Becker	325 D. Cole	225 D. Cole	512 H. Watanabe
148 SO BP DL	320 J. Dobson	400 Hammons	350 R. Bralander	390 D. Rodriguez	375 T. Hagerty	165 A. Briant	507 P. Wickache
165 SO BP DL	375 J. Hankerson	440 Warner	425 R. Versader	400 H. Sheinhammer	430 T. Hagerty	310 W. Reynolds	319 L. Gent
181 SO BP DL	419 D. Rhodes	460 Heison	489 D. Davis	425 D. Rodriguez	450 T. Hagerty	310 W. Reynolds	633 L. Gent
198 SO BP DL	435 S. Szaluzi	500 Carson	489 D. Davis	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
220 SO BP DL	460 M. Carbone	550 Wilson	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
242 SO BP DL	465 D. Wright	600 Wing	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
275 SO BP DL	410 J. Marvulli	700 Wing	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
SHW SO BP DL	475 C. Robertson	750 Hestholt	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
		800 Chapman	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
		805 M. Morgan	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent
		2090 M. Morgan	500 T. Danks	450 T. Hagerty	450 T. Hagerty	310 W. Reynolds	633 L. Gent

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DRUGS... where will it end?

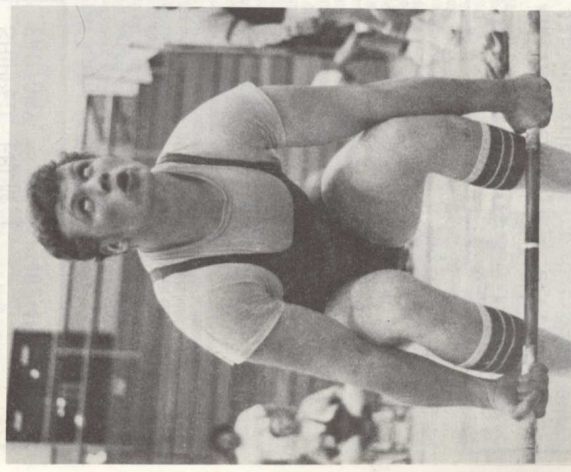
For a long time I was content to sit back and not worry about the show. I made it at the 1980 Teenage National Powerlifting Meet thinking that a 10th place was just the way it went, besides I was having a bad day anyway and only made 4 out of 9 attempts. But, in your September issue I saw the brief write-up about the meet and it made me fighting mad. It was written up to sound like the greatest power extravaganza ever. All I have to say is that it was the biggest DRUG extravaganza I've ever seen.

Now I am NOT a poor loser, I believe completely that the better man should win, and was simply NOT the best man. But it really makes me mad if I lose to a bunch of druggies. I had the chance to go to a person of high position in Powerlifting when I was there and he told me that he was disgusted at the amount of people using drugs at the meet. He was sincere in saying that he thought 70-80 per cent of the lifters were using steroids. I thought this a little hard to believe until the next day when I saw these guys, and it blew my mind. I sat back in the locker room to watch the others weigh-in and I couldn't believe it. Some of those guys had so many zits on their backs and legs that they looked like pizzas. Bodyparts blown way out of proportion. Lifts being made that were 100-200 lbs. over some records, and some lifts 300 lbs. over the previous year's lifts. 17 year olds walking around with 20 inch arms and looking 35 years old. THERE... I saw it all. I've always prided myself on my knowledge of physiology and anatomy and have done quite a bit of research on steroids, and let me tell you, 70 per cent steroid use for that meet is pretty accurate. It seems that nowadays you have to be doing 50 mg a day of Dianabol and 2 shots a week of Deca-Durabolin, or a shot every week of Dayalistryl to even come close to winning.

So what is it going to take to clean up the sport? Like the man said, 'maybe someone will have to DIE before people see how stupid it is.'

And because of this situation, I can't even say I was proud to be in that meet, because I wasn't and I never will be.

Sincerely, Casey Seebon
Findlay, Ohio



ABOVE Casey Seebon lifting at the Teenage Nationals. Schwartz photo.

EDITOR'S NOTE: Casey's concerns are real and valid... I'm sure many lifters empathize with him. One lifter plus drugs competing against another lifter without drugs is simply unfair... it is contrary to basic decency in sport. Unfortunately we can't just look at a guy's arm or his complexion to obtain proof that he or she is taking steroids... if so, steroid tests could be passed on quick visual inspection rather than the expensive and cumbersome processes currently available. I think that is the most destructive aspect of steroid use... nobody but the lifter himself knows for certain whether he is taking steroids or not. At the highest levels of competition, nobody is fooling anyone else... but, don't you be fooled... there are Champions... from the Worlds on down, who made it without drugs. I am convince-

eds of that. The guys I really feel for are the ones who make it to the top without drugs... guys who deserve a hell of a lot of credit for their achievement... but who will believe them? The bigger their deal, the more likely lesser lifters are to insist, in their own minds, that they are using drugs to get that far.

As far as I can discern, there is only lip service paid toward drug testing in Powerlifting by national and international levels of administration. In order to gain entrance to the Olympics, it would have been almost mandatory for Powerlifting to institute drug testing, but other limitations in gaining Olympic status have, in my opinion, been accepted by the powers that be as impossible to overcome. While some administrators in PL do push for drug testing, most nod their heads in agreement with such statements as... 'it's too expensive'... 'what if the test is inaccurate and we get sued?' (Drug testing does take place at other sports and I have NEVER heard of any athlete failing the test, and successfully demonstrating any inaccuracy in the procedure. In fact, I have never heard of any athlete even questioning such a judgment when it was levied upon him or her).

Hopefully, successful drug testing will take place, sometime in the future, and this will surely clean up the sport, but in the context of the current situation, I doubt that this will take place within the next 5-10 years. In the meantime, I'm sure that hundreds of fine, drug-free lifters leave the sport each year... because they are tired of seeing so much glory go to lifters who disregard the rules and ethics of the sport. Since the inception of PL USA, over three years ago, I have had an idea which, while not solving the drug problem, certainly brings some credit back to lifters who have earned it the 'clean' way.

How does this sound... let's form an organization... open only to powerlifters who will sign their name to a document stating that they will not take drugs as long as they hold their membership... keep records of their 'clean' lifts, perhaps even run local, regional, and national contests for the members of the organization. With enough members and proper preparation, such an organization could exert significant political and even ethical influence on the sport eventually.

Instead of attacking drug users, whom we can't even identify presently with much certainty, let's give the non drug users a pat on the back... note their lifts in contest results, make sure that the lifting public knows who they are and what they stand for. It's a positive approach that I'm talking about. Sure, you say, what's to stop a druggie from signing his name, joining the group, and making a mockery of the whole thing. Nothing but his own personal honesty... at the very least, the act of making the statement that one is not taking drugs... while one is, in fact, doing so, makes it very difficult for that person to ignore the fact that he is directly lying to his fellow competitors. Perhaps, this proposed organization could do some research to bring practical drug testing to a reality... and make permission for random drug tests part of the membership requirements... so that the threat of a test would keep out some of those who wish to subvert the intent of the organization.

I never made a big point of this idea before, one reason being that for a long while I thought that practical drug-testing would be instituted soon... now, I've given up that hope. It's just a thought... at the very least, an organization to develop the means for practical drug testing could be formed and could be very worthwhile with the right people behind it. PL USA would like to hear from lifters and officials across the country who are willing to devote some time and effort towards the goal I have described. Hopefully, a small group of key people can be identified to start the wheels turning towards the positive end that I'm sure many, many lifters desire.

Send your comments and suggestions to PL USA, Box 467, Camarillo, California 93010.

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Nutrition Corner

BY JACK DITGANGI R.D.

This article is dedicated to all the lifters who toast on good occasions, the nectar of the gods! It is especially dedicated to M. Reed, G. Venator, K. Miller and C. Bullock, who probably, after putting up with me, 'toast the gods' more than occasionally.

Beer is a food. It offers nutritional value. For example, the choice between a soft drink and a beer leaves beer, by comparison, with a greater nutritional value. However, alcohol, like any drug, will affect your body's metabolism. The amount of alcohol is directly proportional to its effect.

On the average, beer contains about 3.25 to 4.0 percent alcohol by weight. Calories for the regular beers contain between 12.0 and 14.0 cal per ounce. The 'light' beers contain about 9.0 to 11.0 calories per ounce. To reduce their calories, the 'light' beers, reduce their carbohydrates.

Proteins among all beers generally contain about 1 gm per 12 ounces (a six pack is equivalent in protein to an egg). Beer contains absolutely no fat, while their mineral and trace minerals are found in very small quantities. These are measured in ppm or parts per million.

Alcohol supplies about 7 calories per gram. It has an effect on appetite by its multiple action on the entire gastro-intestinal system. The liver is affected which subsequently affects the metabolism, storage, mobilization and activation of nutrients. It also affects nearly every organ. For example, alcohol has a toxic effect on intestinal mucosa and impairs pancreatic enzyme secretion. Also alcohol decreases the absorption of vitamin B1, B12, and folic acid. Alcohol, or ethyl alcohol, is rapidly absorbed from the stomach and is rapidly oxidized with little or none stored. A small amount is lost in the urine and into the respired air by diffusion. The 'best' then, is a physiologic fact. Remember that fructose or fruit sugar will increase the rate of alcohol metabolism. At 1 a.o.j., a T.J., in the morning.

Jack Ditgangi (RD)

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Larry Mintz showed up at a very solid 165 in the next age group. Sally Jarvis looked half her age and lifted very well for her second meet. Gemaro, Hughes, and muscular Phil Neve were easy winners in their divisions, as was veteran Air Force lifter Max Peck...over longtime Pler Las Baaz of Colorado. Glenwood Crockett came up with a nice 479 squat...and didn't miss any lifts afterwards either. Masters SuperStar brought the whole support crew (his bevy of beautiful daughters and wife) and screwed the cap on another championship with no strain...except on a 440 bench press try which made its way up...but was turned down.

Phil Brady was disappointed that he had to take 589 over again in the DL after dropping his first try too hard...he missed his PR effort at 639...Masters Chairman...squeated and benched nicely...missing a 540 DL when it started to roll out in front of him on the initial pull. Curtis Walker has even more strength than his line 1663 total shows...smiled quietly to himself as he left the platform...even on the failures. Ken Sommer positively beamed after 2 PRs that have been a long time in coming in the Deadlift. Reverend Bernie Hindmon came to bench 501...and showed it mighty hard, but it wouldn't quite go. He has made very consistent progress in this lift over the past few years and will undoubtedly crack the 1/2 ton mark soon. Bob Cortes, retiring soon after 31 years with General Motors...and possibly moving to California...was simply his usual magnificent self...but just as remarkable Jim Lem had to take things easy due to injury...Jim swore by the remarkable properties of MMSCO in reducing pain and soreness...both from the injury and the lifting. Lou Paul, front page news on Musc Beach a decade and a half ago...pulled his first deadlift in 15 years...made himself and lots of others happy to see him do so. A worried Bob Ross showed he had nothing to be concerned about after the benches...3 easy ones ending with a super 424.



Long preparation led to Nate Foster's 705 DL



Charlie Kraus powered up this 617

Great names of lifting past glittered on the entry list...and the veterans of the well-received Masters circuit showed greater cultivation of their skill than ever before. Wait Imahara returned from Olympic lifting immortality, while newcomer Robert Greenwald showed incredible muscularity and mass for a man of his age. Larry Mintz showed that the 148s is not his only class for championships, while a youthful-appearing Henry Pitarid continued the quality progress he has been making lately.

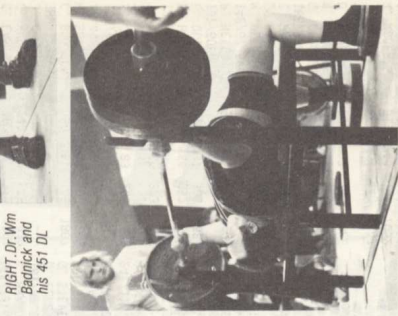
Nate Foster has really transformed his physique recently...with exceptional muscularity very evident when deadlifting. Despite an hereditary high blood pressure problem and a recent hamstring pull, Nate was a record buster. Quality Karl Francis tagged a bit in the first 2 disciplines before sealing the victory over a hard-working and much improved Charlie Kraus with impressive Red Swan. Hal Hudson almost got a big surprise with Arch Goetz's newfound deadlift power, but got the victory after an applicable 611 deadlift attempt. Chuck Braxton was very impressive...capable of 2000 plus in the future...looking like a lifter of Santa Claus he tugged a 783 DL very impressively, but had been lifting a bit too often lately and couldn't finish either effort at it.

In the next age group, Sally Jarvis looked half her age and lifted very well for her second meet. Gemaro, Hughes, and muscular Phil Neve were easy winners in their divisions, as was veteran Air Force lifter Max Peck...over longtime Pler Las Baaz of Colorado. Glenwood Crockett came up with a nice 479 squat...and didn't miss any lifts afterwards either. Masters SuperStar brought the whole support crew (his bevy of beautiful daughters and wife) and screwed the cap on another championship with no strain...except on a 440 bench press try which made its way up...but was turned down.

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Despite many distractions, also notable was weight control specialist Dr. Richard Stark...a trainee of Jon Cole in Arizona. Malcolm Richards had Larry Pacifico as his handler and benched magnificently, ending with a fine 319, which could as well have been 330...for one vibrantly fit and enthusiastic lifter. Ageless Ernie Nagy and his buddy Bill Walmoth both lifted very effectively and pleasingly...Ernie had tripled 400 in the bench prior and could easily have done more, but 57 years of wisdom back up his performance. Erv Antiholer was very impressive physically as was Australian Vladimir Younger, who was rumored to have a 27 year old wife waiting for his return Down Under...he stated that lifting weights kept him 'strong'...obviously true.

Bernie Brand was typical of the fine people you meet in the Masters division...as was Jack Elder (appropriate name) who engineered a close win over rival George Stevens of Arkansas. Collier Wheeler, 87 years young...got lots of sideline coaching, as he was undeniably in his first PL contest (he has a long background in swimming, which caused a bit of discomfiture...aggravated by his hearing problem...he started lifting in 1915 and hasn't stopped yet).



RIGHT: Dr. Win Bonnick and his 451 DL



Bernie Hindman cracked this record 485

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An Interview with KAZ

by Ron Fernandez

On October 21, another record was broken by America's premier strongman, Bill Kazmaier, when he lifted 164 1/2 lbs. on the Two Hands Dumbbell Press (total combined weight of the dumbbells 329 lbs.) while giving an exhibition at the Montgomery Ward Sporting Goods a Barbell/Exercise apparatus company out of Redwood City, California. Kaz was representing Diversified Inc. as the "World's Strongest Man". The crowd, which was made up of both his size and prodigious strength. He looked a little simply and rightly so, since he has been giving lifting exhibitions all over Southern California after his recent victory at the "World's Strongest Men" competition, which was held in four countries. Kaz weighed in at a light (for a powerlifter) 309 lbs. under his competitive weight, which served to further accentuate the huge differential between his upper torso and his waist. Kaz first warmed up on the bench press with a couple of light sets (132x20, 220x20, 308x10) and then did a light (132x10) set in the Standing Press. From there he tackled the two ephraimite dumbbells, which looked more like a pair of railroad wheels in an attempt to set the record. After positioning them on his shoulders, he managed to grind out 4 strict reps with no overt body heave or leg kick to the awe and admiration of the crowd, which by now had numbered over one hundred. After the autograph hunters and well-wishers had cleared out, I managed to get his interview from the Big Man himself.

R.F. Kaz, you looked really powerful tonight. It's a shame that we won't be seeing you at Arlington for the World's.

Kaz: Yeah, I badly miscalculated by Bench Press attempts at the Seniors and this cost me both the title and the World Championships. I should have jumped to 610 or so after my 1st attempt, instead of the 639. This would have left me with only an 848 pull, which I would have done. In my mind, I am at least 100 pounds ahead of any other Super this year.

R.F. Kaz, what about Don Reinhardt, what are your feelings about meeting him in a meet?

Kaz: Sure, I'd love to compete against him, but he just hasn't been to the big meets this year.

R.F. Rumor has it that Jim Williams, the former Bench Press record holder is planning a comeback in an effort to wipe your name from the record books. Any comment?

Kaz: (Smiling) He set those records while wearing elbow wraps...add to that, he is now eight years older...any time he wants, I'll lift against him.

R.F. Do you think judging standards are too strict here in the States?

Kaz: Only when they are inconsistent. Even Lars Hedlund has problems getting his benches passed in the meets over here. He has set all his records in Europe.

R.F. What with all of your traveling and exhibitions, how has this affected your training and your goals for the future?

Kaz: Well, I still train 7 days a week, doing the same workout every third day. I alternate between heavy and light sessions and keep my set-rep scheme in the vicinity of 5-6 sets of 6-10 reps. I'll move down to fives and fours a few weeks before a big contest and finally down to a double. I seldom, if ever, do singles in training, because I don't want to leave that big number in the gym. Also, I concentrate on a lot of supplementary work such as Triceps (done directly the day after heavy benching in order to take advantage of the pre-pumped muscles), Lats, and Delts. I had been working out with the 140s for reps in the Dumbbell Press in order to prep for this record and as a result my delts are really burned.

R.F. Obviously, your training methods are result producing. Do you have any plans to market any courses or books?

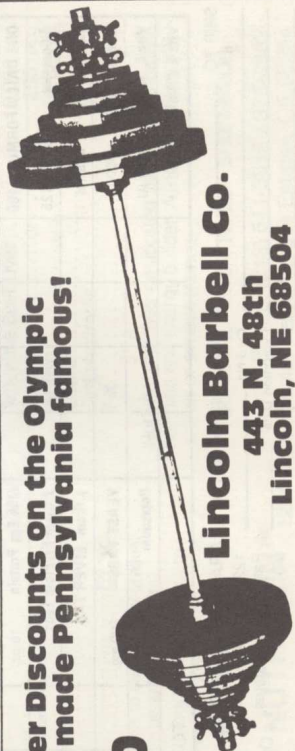
Kaz: Yes, I do intend on marketing some courses but this is still in the talking stages. I plan to aim them at the beginning and intermediate powerlifter because advanced men are just where they want to be.

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R.F. Has anyone approached you about switching to O-L? Kaz No, and I don't even want to consider it. I realize that top Olympic lifters get early in their careers achieving different types of flexibility and different motor pathways for the actual lifts. I don't want to go through all of that because I'd lose ground in the Powerlifts.

R.F. One final question, Kaz, are you still associated with Terry Todd and his people down in Auburn? Kaz Yes, The National Strength Research Institute is a going thing and I am also continuing my role as Strength Coach.

Who old-timers who remember the likes of Apollon, Louis Cyr, Arthur Saxon, and Charles Rigoulot can now revel in the fact that the Era of the Strong Man has been fully resurrected with Bill Kazmaier, this year's winner of the World's Strongest Man competition.

WORLD CHAMPIONSHIPS?... Dave Keesey and Joe Zarrella had a brief discussion of the NPA/USPF situation at the World Masters...no decisions were reached. The NPA does appear to have the legal goods to place an injunction on the World Championships and will do so "if necessary". Basically what the NPA is fighting for now is a financial audit of the USPF by January '83. Equal representation of athletes & reps and administrators on the USPF National Committee and at least the allowance of Mike Bridges to lift at the Worlds. The USPF position is that it is the legitimate representative of Powerlifting in the United States and should remain so internationally. I asked both Dave and Joe what they thought would happen in the PF Congress regarding its deal with the Republic of South Africa since there is apparently a new international membership into the PF...the overall has reportedly been agreed upon which provides major support to the Powerlifting sports organization internationally, specifically forbids competition on the same terms of lift that they consider representatives of the Apartheid policy of South Africa.

Thus, if a South African Collins, England will boycott the meet. One fallout of this controversy is that Ron Collins, who reportedly guest lifted at the South African Championships, has written a letter to Vic Mercer stating that he will not lift in the Worlds, despite training lifts of 770 410 800 at '81.

As it seems either the NPA or the USPF might have legal grounds to stop or interrupt the Championships, depending on decisions made in the Congress, the issue of whether England or South Africa lifts would seem to be of lesser importance, but the PF resolution of these matters will take place behind closed doors, as per their constitution, and we may never know why certain decisions were made.

BRIDGES VERSUS 1000 POUNDS!!!... Mike Bridges training is going absolutely bananas...at 188 bodyweight he states that he's done a 960 squat and he may try 1000 at the U.S. Invitational in Arizona on December 6th, where he will also try to total in the 2200-2275 range. "If the grand doesn't go I'll be happy with 904-523-788-2215" says Mike. By the way, Mike Bridges Systems is also selling Superwrap lvs. \$7.00 for one pair, \$13.00 for 2 pair, and \$18.00 for 3 pair. These are the new, more durable wraps that have been out just recently...you may order them from Mike Bridges Systems, 4026 Illinois Avenue, Peoria Heights, Illinois 61614.

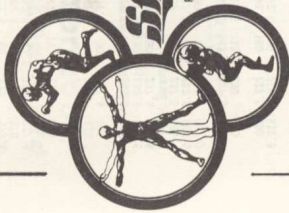
WOMEN'S MEET...Discuss tosser Lorna Griffin will be hosting the Orange County Women's PL meet on November 22nd at Bill Pearl's Gym in Huntington Beach, California.

THE SWEDEN REPORT...Peter Svedin ("Mammot") reports that Kenneth Mattson just totaled 1912 weighing about 205, which makes him a definite sleeper for the 1988 in Arlington.

NATIONAL WOMEN'S COLLEGIATE POWERLIFTING CHAMPIONSHIPS...will be held concurrently with the Men's meet, March 20-21, at Kutztown State College. Jan Todd has advised the meet director to expect around 40 entries. For further information contact Coach Mitch Shipon, Football Office, Kutztown State, Kutztown, Pennsylvania 19530 215-683-4372 10:00 am to 3:00 pm.

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Strength Systems

P. O. Box 761 / Cedar Hill, Texas 75104

From the makers of the ELITE suit, here is a wrap designed especially for Powerlifting competition. Using synthetic materials, the weave of the wrap is designed to stretch to its maximum length, and then stop stretching. This gives the lifter extra support in the bottom of the squat, the critical position. Beware of imitations, no other company guarantees their wraps except Strength Systems. They are the best wraps available.

ELITE WRAPS NOW GUARANTEED FOR 1 YEAR

(from date of shipment from Strength Systems, against ripping of material)

2 METER LENGTH
A.A.U. APPROVED

ELITE® COMPETITION SUITS

The suit you have been hearing about. Now being worn by the top men in our sport. Scientifically designed to shift the stress from the body to the suit. Sizes 26-40 in Black, Red, and Royal Blue. (specify 1st and 2nd choice). Team prices available on orders of 8 or more. Get the advantage the champions are getting, order Now!

ELITE WRAPS.....\$10.00

ELITE SUIT.....\$42.50

*SPECIAL...order suit and wraps together.....\$47.50

INCLUDE \$1.50 POSTAGE AND HANDLING PER ITEM.

SEND CHECK OR MONEY ORDER TO:

STRENGTH SYSTEMS

3600 PIONEER PARKWAY, NO. 11
ARLINGTON, TEXAS 76013

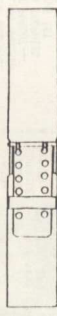
NEW PHONE NUMBER...817-261-6106

(include height and weight info)

include MASTERCARD/VISA expiration date
card number

FEATURES:

- NEW AND BETTER DESIGN WITH ALL-AROUND 4" (10 CM) WIDTH PROVIDES MAXIMUM SUPPORT AND PROTECTION. ACTUALLY HELPS YOU LIFT MORE!
- DOUBLE TONGUE NICKLE-PLATED BUCKLE WITH EASY ON/OFF ADJUSTMENT. NO OVERSIZED BUCKLE TO BIND YOU.
- FIRST QUALITY EXTRA THICK LEATHER IS FINISHED IN RICH BROWN COLOR WITH YOUR INITIALS STAMPED IN.
- EACH BELT IS HAND ASSEMBLED TO ASSURE YOU TOP QUALITY AND WORKMANSHIP.



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DESIGNED ESPECIALLY FOR COMPETITION POWERLIFTING. A. U. AND I. P. F. REGULATION APPROVED. GREAT FOR WEIGHTLIFTING AND WEIGHT TRAINING.

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Designed And Manufactured By:
Eddie Bodkin
When Ordering Send Normal Waist Size, Not Pants Size.
• Sizes 34-44 Send \$5.00 Extra
• Orders Outside Commercial U.S.A. Send \$5.00 Extra

“POWERBELT”

Open Letter to Powerlifters and Powerlifting

For some time I have wanted to offer comments on our sport. However, as with many of you, I have so far neglected the opportunities this publication presents. With the Nationals being hosted in Boise, Idaho this coming June, I felt it important to address some issues and editorialize a bit.

Powerlifting is very alive and well in the Northwestern U.S. Quality lifters reside throughout Idaho, Oregon, Washington, Montana, Utah, Nevada and Wyoming. The number and quality of sanctioned meets is perhaps amazing for an area not recognized as in the powerlifting mainstream.

I like to think that the sport has retained a bit of purity here. Judging is tough but fair, records are well documented and lifters are treated with respect. Cooperation and meaningful communication are our by-products and both have formed a firm foundation on which to host a National Championship.

Those considering a trip to the Nationals should make this their year - for many reasons. Low humidity, mild weather, high ceilings, close by warm up area, no stairs, nearby accommodations, easy access, relaxed atmosphere and excellent audiences can all be expected. Those having attended our Northwestern United States Powerlifting Championships and Idaho State Championships can attest to our genuine commitment to the lifter. Our planning efforts center around one thing - you, the lifter. Not money, not recognition, not personal publicity.

The YMCA Weight Training Council has operated for almost five years with the narrow but supportable belief that men and women who competitively train in this particular sport deserve everything we can provide. The Nationals will be hosted under this premise.

Powerlifting is evolving. Leadership within the sport is evolving along with the championships it produces. This is natural and I welcome thoughtful change. However, we should all recognize that our capability to keep our own house clean will directly impact our international success in the IPF and our Olympic future. I am confident that whatever resolutions are necessary will come - but not without some sacrifice and compromise.

As for the 1981 Nationals, it will truly be a lifter's championship. As such, it will be our statement that powerlifting is viable, organized and responsible to its own.

We offer you an open invitation and look forward to competitors from across the country. Together, we'll make this a championship to remember.

Sincerely,
JOHN F. LUTHY, Director
National Powerlifting Championship-1981
Boise, Idaho

PS: Please direct any questions about the Nationals to:
Mike Shines, Championship Coordinator
Boise Family YMCA, 1055 W. State
Boise, Idaho 83702
208-344-5501

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NAME	275	215	155
D. MOORE	355	260	500
D. TURNER	315	230	380
D. BARTH	315	230	380
S. WILSON	315	230	380
S. JACKSON	280	200	330
D. GRAFT	420	275	505
J. WERT (T)	390	280	425
C. WILSON	350	255	405
G. BARTON	350	255	405
S. STACHERSKI	315	245	425
D. LANZONI	315	245	425
TERRY BEALE & DE CHASIN REGISTERED NEW BELT 123 132 CLASS	470	320	550
RESPECTIVELY JOHN VOLLAND ROUND-ED OUT THE RECORD BREAKING SPREE	585	360	605
BY POSTING A NEW 275 LB NO STATE	430	310	540
"BEST MASTER WAS AL SMITH WHO	535	320	500
RETURNED TO THE PLATFORM AFTER AN	490	300	525
ABSENCE TO BRING DOWN HIS HIGH	585	360	605
"LAMES HOUCHING WON THE TEEAGE	430	310	540
DIVISION (UNDER 16) AND THE TEAM	535	320	500
AWARD WENT TO THE HOST TEAM,	400	300	425
LIBERTY ATHLETIC CLUB.	500	335	505
ASTHLY AS 30 LIFTERS COMPETED	485	350	510
PHES. THE MEET WAS A SUCCESSFUL	500	335	515
TOR FRANK WILMOTH WHO WAS JUDGING	500	335	515
UP TO PUTTING ON THE 1981 NO VALL-	500	335	515
ETY CHAMPS IN JANUARY. CONGRATS	500	335	515
FROM THE VALLEY & WE HOPE TO CON-	500	335	515
TINUE TO SEE THAT KIND OF COOPERA-	500	335	515
TION IN THE FUTURE. THANKS TO	500	335	515
EVERONE WHO ENJOINED AND HELPED	500	335	515
"THE QUALITY OF JUDGING IS IMPROV-	500	335	515
ING AND SEVERAL NEW REFEREE CANDI-	500	335	515
DATES TOOK THEIR PRACTICALS. CHRIS	500	335	515
LIBERTY A.C. COACHING TEAM AWARD:	500	335	515
THANKS TO FRANK WILMOTH FOR RESULTS	500	335	515
NATIONAL REFEREE AND FRANK WILMOTH	500	335	515
INTERNATIONAL CATEGORY II BROUGHT	500	335	515
VERY HIGH STANDARDS TO THE OTHER	500	335	515
US. DEDICATED JUDGES HELPED TO BRING	500	335	515
OUT THE MEET. I WAS VERY PLEASED."	500	335	515

FANTASTIC NEW T-SHIRTS

looks a little high to me

‘Looks a Little High to Me’

‘Hercules Unchained’

Cory Kneuer, A.S.I.D.
Commissioned Design
Artist, presents three
new T-shirts specifically
for Powerlifters.

‘The Deadlift’

‘Hercules Unchained’

Send Check or Money Order to:
JEFF EVERSON (Weight Room)
1440 Monroe Street
Madison, Wisconsin 53706

Please include \$1.00 postage/handling for each shirt ordered.

All T-shirts are two color silk screen:
‘Looks High to Me’...light blue and navy on a tan shirt. ‘Hercules’ is gold and red on a blue shirt. The ‘Deadlift’ shirt is red and black on a gold shirt. All shirts (M,L,XL) are available in regular or tanktop style, XXL 2 ply regular, white only. M,L,XL in either style, any design...only \$6.50. XXL in regular only, any design...only \$6.75.

NEW ZEALAND TEAM FOR THE WORLDS...at 114 they have G. Cairns and J. Madson...at 123 OR 132 veteran Precious McKenzie will take the stand (pooping for a 625 kg total) with D. Attwood in the 148s...165kg will be W. Martin and G. Bunt, the strongest man in the country, at 90 kg...he's expecting somewhere around a 775-785 kilo total at Arlington and a spot in the top 6 of his division.

California Residents add 6 per cent Sales Tax
5542 South Street
Lakewood, CA 90713
(213)-920-1232



SOUTHERN IDAHO OPEN-9/27/80--JEROME, IDAHO

WOMEN'S DIV (BY FORMULA)

B. HESS 225 225 305* 65*

R. LUTHE 235* 115 235 595

D. COOK 215

13# OLYDICO

K. KROLL 280 200 360 840

D. EDMONSON 275 210 350 835

14# BELLS 280 180 350 820

M. CLASON 430 240 520 1190

M. CLEH 300 320* 460 1130

D. HORTON 400 270 415 1080

B. WADSWORTH 280 190 360 830

H. YODER 225 150 400 775

J. HEEDING

H. HELMSTEN 165

M. MATTOON** 425 320 555* 1300

D. HALL 405 275 540 1220

R. SCHNABEL 420 285 510 1205

B. SORRENSEN 300 240 415 955

T. HOLLOWAY 330 210 400 940

E. MARTINEZ 300 215 375 890

15# HAMMOND 415 310 500 1225

G. BOHRN 480 300 455 1155

C. HENNER 330 215 420 965

M. WOOD 250 240 410 960

B. SWEAT

19# MCDONN** 585 340 600 1525

J. FAGAN 520 340 570 1430

T. DOMAS 460 300 540 1320

M. JELICH 410 300 425 1135

R. MCDOWELL 340 210 400 1075

R. INGFIELD 480 275

C. DRECKSEL

220

J. LETCHER 535 380 600 1505

A. ROY 535 365 590 1490

J. KEMP 465 405 550 1420

R. HAUGEN 540 285 560 1385

C. SUTER 420 285 535 1260

R. APPELO 435 315 530 1280

ADMIT YOUR LIFE AND NOT THE 101
IN MY MEET FOR TWO YEARS RUN-
ING.

"ANYWAY, IF YOU LISTEN REAL
CLOSE TO THE MUSIC, YOU CAN HEAR
THE JEROME RECREATION DISTRICT
& POWERLIFTING WILL GO HAND IN
HAND. OH, I ALMOST FORGOT---
HERE TWO BEATS AND THE LIST
HERE TWO BEATS AND THE LIST
THRU 360 PLACE WERE EXTRA SUPER
NICE. TOO, WE ARE REAL PROUD
OF THE QUALITY OF THESE THIS
YEAR. WE WANT TO THANK EVERYONE
WHO MADE THIS MEET, I'VE NEVER
MET NICER PEOPLE IN MY WHOLE
LIFE. I EARN MY LIVING DEALING
WITH THE PUBLIC, AND MY JOB IS
TO MAKE THEM FEEL LIKE IF
HERE MORE LIKE MY FELLOW LIFTERS!
WOULD YOU BE SURE TO THANK THEM?

BARB HESS
THANKS TO BARBARA HESS FOR THE
RESULTS AND REPORT ON THIS MEET.
I'VE BEEN TO MANY MEETS AND I
NOTE POWERLIFTING IN SOUTHERN
IDAHO.

OPEN BENCH PRESS & DEADLIFT
CONTEST--MORRISTOWN, PA
9/20/80

114

J. JUSTILOWSKI 115 275 520

123

R. GROSKI 180 340 520

C. ORGANTINI 185 325 510

G. LUCAS 185 290 475

132

B. GABRIELE 240 440 690

S. DALGARNO 140 280 460

148

M. PIERRE 265 500 765

D. SANTIAGO 250 490 740

J. MORRIS 220 360 580

THANKS TO JIM MESSER FOR RESULTS

MBS SUPERSUITS

The famous SPANJIAN SUPERSUITS are now offered in FOUR COLORS.

SUPERSUIT II (stronger material) \$32.00*
Navy Blue, Royal Blue, Scarlet Red

SUPERSUIT Natural Color (White) \$24.00*

Do Not accept substitutes! These suits are custom sized to fit for greater support.

Available in sizes: 26, 28, 30, 32, 34, 36, 38, 40, 42, 44

ONE FREE PAIR OF SUPERWRAPS WITH EACH SUIT PURCHASED!

Also... SUPERWRAP SALE--3 pair--\$12.00*
Heavy duty knee wraps cut to official length with zig-zag stitched ends to insure no fraying.

Orders processed same day as received
Immediate Delivery.

*Overseas orders add 20 per cent for shipping



McCormick



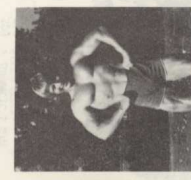
Bradley



Waddington



Shaw



MacDonald



Kidney

Hatfield

Bridges

Phillips

Miller

SuperStar Productions
Presents

The First Annual U.S. Invitational Powerlifting Championships

December 6, 1980
6:00 P.M.

Celebrity Theatre
Phoenix, Arizona
All seats reserved \$10
For ticket information
call (602)-275-6969

Posing Exhibition
by
DAVE DRAPER
Mr. America/Mr. World
Twice Mr. Universe

Special Guest of Honor
DON REINHOUTD
Powerlifting's Greatest S.H.W.

Featuring the Greatest Powerlifters in America

Just in time for Christmas!

POWERLIFTING Classification T-shirts



WAREHOUSE 5542 SOUTH STREET LAKEWOOD, CA 90713

213-920-1232

(California residents add 6 per cent sales tax)

each shirt states: USA Powerlifting Class IV through Elite Royal Blue or Red with white lettering S-M-L-XL-XXL \$6.99 each



Table with columns for name, weight, and other details. Includes names like G. SEARS, T. DULANEY, B. STEVENSON, etc.

Table with columns for name, weight, and other details. Includes names like R. WYLES, T. CARB, TEAM PTS, etc.

OUTSTANDING LIFTERS: BRUCE TAKALA & BOB DEMPSEY... TEAM WINNERS: POWERHOUSE 1ST...

TOKYO CHAMPIONSHIPS FOR MEN LIFTERS 10/12/80-TOKYO, JAPAN-(KILLOS)

Table of Tokyo Championships results for men lifters, listing names, weights, and lifts.



NEW 97 LB. BENCH PRESS PHENOM... Judith Gedney of Macomb, Ill., Grass Photo

Table of 148 MHO ASSOCIATION MEET RESULTS, listing names, weights, and lifts.

THE MEET WAS HELD AT THE DIP... LOMAT INN AND WAS A GREAT SETTING FOR A SMALLER MEET...

Table of 148 MHO ASSOCIATION MEET RESULTS, listing names, weights, and lifts.

THE MEET WAS HELD AT THE DIP... LOMAT INN AND WAS A GREAT SETTING FOR A SMALLER MEET...



FOR BANNING WEIGHT AND ERNIE FRANTZ SUPER HIGH... 28 years in the formulation, this is the first Powerlifting Protein on the market.

HURRICANE KNEE WRAPS advertisement with text: HURRICANE WRAPS ARE THE STRONGEST AND MOST DURABLE KNEE WRAPS ON THE MARKET...

ATTENTION — ATTENTION — ATTENTION

SUPERWRAP II

"The finest knee wrap available for competition or training."

• 1 Pair \$7.00* • 2 Pairs \$13.00* • 3 Pairs \$18.00*

(Sold under other names and by other companies at Higher Prices.)

- STRONGER • HEAVIER •
- LONGER LASTING • OFFICIAL LENGTH •
- GREATER STRETCH WITH BETTER COMFORT •

SUPERWRAP II is currently the most effective knee wrap used. Top competitors around the world find **SUPERWRAP II** their choice for improving squat performance. Another fine value from the MARATHON/A. ZANGAS Co.

"... add pounds to your SQUAT & TOTAL."
Use **SUPERWRAP II** and save \$\$\$!

Also . . . SUPERWRAP

- 3 Pairs \$12.00* • 1 Pair \$5.00* •
- . . . the original heavy duty knee wrap cut to official length.

Free Pair of Superwraps with Each Suit Purchased!
Help Increase Your Total

**FREE
SUPERWRAPS**

SUPER SUITS NOW IN COLOR

Proven in International and National Competitions

- **SUPERSUIT II** (stronger material) Navy Blue, Royal Blue, Scarlet (Red) **\$32.00***
 - **SUPERSUIT** Natural Color (white) **\$24.00***
- Do Not accept substitutes! These suits are custom sized to fit for greater support.
- Available in sizes: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48

he finest POWERLIFTING SUIT AVAILABLE. The famous SPANJIAN SUPER-SUITS are now offered in FOUR COLORS. Both models, Supersuit II and the upersuit, feature the new **HIGHER SIDEPANELS** and **WIDER SHOULDER TRAPS** for **GREATERS BODY SUPPORT**. These numbered size supersuits are xclusively available through MARATHON/A. ZANGAS, Company. **The numbered izes give you a better fit . . . DO NOT Accept substitutes.**

"Increase Your Total with a SUPERSUIT"

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE DELIVERY —

Indicate choice of color:

NB — Navy Blue RB — Royal Blue S — Scarlet N — Natural (White)

SIZES	24	26	28	30	32	34	36	38	40	42	44	46	QTY. TOTAL	EXT.
SUPERSUIT II														
SUPERSUIT														
SUPERWRAP II	QTY:													
SUPERWRAP	QTY:													

State size or height & weight: _____ (Height) _____ (Weight)

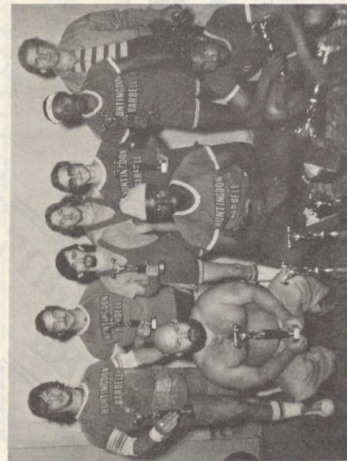
Name: _____ Address: _____ TOTAL

City _____ State _____ Zip _____

Check or Money Order must accompany orders.

Overseas orders add 20%.

MARATHON/A. Zangas Co. Phone: (213) 375-3802 / 541-5919
1229 Via Landeta, Palos Verdes Estates, CA 90274



Huntington Power Team - Front row (l-r) Pond 242, Bracey 198, Allen 148, Back row (l-r) Busch 220, Moyer 181, Baez 114, Ross 165, Miller 123, Howard 132, and Mo Coons, Athletic Director, photo courtesy George K. Young

SC1 DALLAS INTERINSTITUTION PL MEET 9/27/80	440	230	445	1175
ANNOUNCER: BILL MC CONNELL				
ANNOUNCER: BOB MUELLER				
MOST VALUABLE HWY LIFTER				
TEAM SCORING:				
HUNTINGDON: 34				
GRATEFORD: 54				
ROCKLEEN: 10				
SCORES: JERRY MATOUS, ED KNEISS, CLIFF PARRIS, DONALD STINE, AND	300	150	350	800
SPOTTERS/LOADERS: GARY MCINTOSH,	300	280	555	1215*
PETE IRWIN, TOM MATHEIS, PAT TOME,	340	275	445	1060
TOM JACKSON, AMOS ROSS & KENT	300	285	465	1020
THOMAS JONES, MARY GARDNER, JIM	300	175	360	760
*THE STATE CORRECTIONAL INSTITU-	315	240	466	
QUADRANGULAR INSTITUTION POWER-	435	300	535	1270
TRYING WEIGHING FROM HUNTING-	450	280	525	1255
DALLAS, GRATEFORD AND ROCKLEEN	425	290	475	1190
COMPETED. THERE WAS LOTS OF PRES-	400	280	500	1160
SURE TO PERFORM AS TEAM HONORS &	350	250	450	1050
BAEZ AT ONLY 104 WEBS STARTED.				
THINGS OFF IN THE 1145 AND LIFTED	485	380	540	1405
WELL BUT COULD NOT KEEP PACE WITH	455	270	510	1230
MILLER AND OSBORNE. ASSESSING	435	270	525	1230
ING THE SQUATS, BUT LOPES' EXCELL-	325	290	435	1050
ENT BENCHING & DEADLIFTING PUT HIM	300	240	400	
AHEAD TO STAN JACKSON, FROM ROCK-	370	240	400	
LEAFS TO GET HIS 350 DEADLIFT	395	305	435	1135
PASSED. OUTSTANDING PERFORMANCES	565	380	585	1530
BEGAN IN THE 1445. AS ALLEN WAS	485	295	650	1410
CAUSE OF DEPTH, HOWARD, THE ONLY	425	310	475	1210
132. PUT IN A FINE EFFORT FOR HIS	450	325	525	1300
ATTEMPTS TO GET HIS 350 DEADLIFT	395	305	435	1135
PASSED. OUTSTANDING PERFORMANCES	565	380	585	1530
BEGAN IN THE 1445. AS ALLEN WAS	485	295	650	1410
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ATTEMPTS TO GET HIS 350 DEADLIFT	395	305	435	1135
PASSED. OUTSTANDING PERFORMANCES	565	380	585	1530
BEGAN IN THE 1445. AS ALLEN WAS	485	295	650	1410
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BEGAN IN THE 1445. AS ALLEN WAS	485	295		

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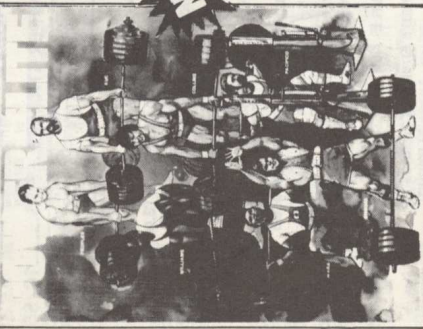
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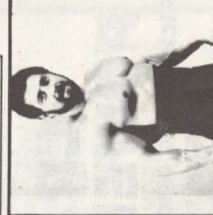
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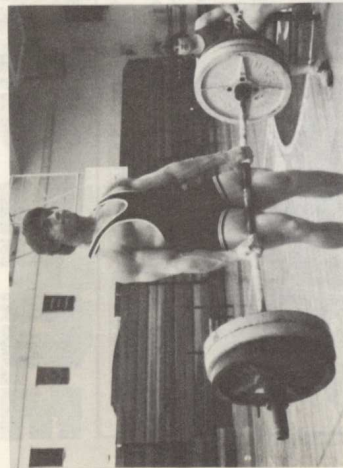
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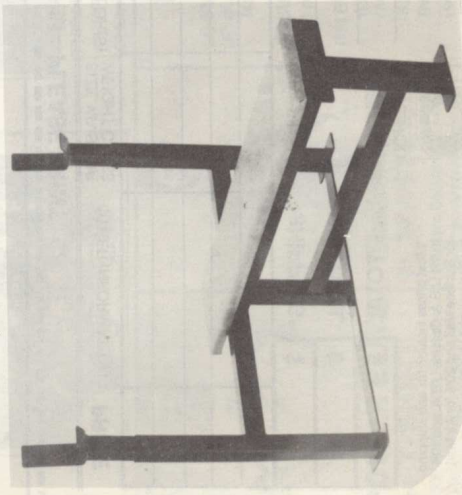
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PHENOM...above is Ron Noonan, who kicked the stitches out of the Teenage record book once again at the Southern AAU Championships, which was only his third meet. At this meet he set a total of 7 Teenage American records and 6 Louisiana State records to go along with 2 other T/A and one other State mark set earlier...plus that he totaled Elite. Handler Randy Wilson figured out on Schwartz formula that it would take 1788 at 198, 1890 at 220, and 1952 at 242 to outpoint Ron's performance at this meet. Ron started lifting in May of 78...going from 130 to 165 at a height of 5 ft. 5 inches...and never even deadlifted until January of 1980...Randy feels Ron had 20 lbs. left in both the deadlift and squat and he came close with a 429 bench press try. photo courtesy Randy Wilson.

SOUTHERN AAU CHAMPIONSHIPS 9/27/80-HATTIESBURG, MS	M. DOBBINS	308	270	396	974
	A. AMBAGANS	275	225	352	852
	LOUISIANA STATE	242	176	358	776
114	J. BILBO	125	93	259	479
123	K. DAVIS	315	200	356	885
	J. HOLLAND	418	248	485	1151
	J. HUGHES	407	292	451	1150
	R. BECK	238	137	270	643
132	J. KERGOSTEIN	352	242	407	1001
	M. IMHARA	336	259	336	931

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BEST 50: KARL FRANCIS
BEST 80: R. MOONAN
BEST 100: R. KOBETZ
JUDGES: BROTHER BENNETT,
RANDY WILSON, BOB WOODS, LARRY
PUMLE, WHITFIELD DAVIS,
MIKE DOBBINS.

"THE MEET FEATURED 52 LIFTERS REPRESENTING FIVE STATES. ONE OF THE MAIN ATTRACTONS WAS 1980 WORLD RECORD HOLDER R. MOONAN DEPARTING THE 1325 AND LIFTING IN THE 1485. HIS 1300 TOTAL WAS ONLY A PREVIEW OF THINGS TO COME AS HE SET A NEW RECORD IN THE 1585, WITH RAYMOND KOBETZ COMING OUT ON TOP. OVER FRANK WILSON, KOBETZ PULLED A REAL STRONG WORLD RECORD ATTEMPT APPEARS TO BE A LIKELY POSSIBILITY AT A LATER DATE.

"THE NEW ORLEANS STYLE THE SHOW ON THIS DATE WAS NEW ORLEANS TEEN-AGER RONNIE MOONAN, COMPETING IN THE 1815. COACHED BY RANDY WILSON, MOONAN DISPLAYED REMARKABLE STRENGTH AND SKILL. HE COULD BE THE NEXT MIKE BRIDGES. "IN THE 2425, 43 YR OLD KARL FRANCIS HANDLED SOME VERY THICK BARBELL. HE SET A NEW RECORD IN THE 275 LB CLASS. FEATURED LOCAL LIFTER DANIEL LOTT, WHO HANDED THE HEAVIEST DL OF THE DAY, 715. MOONAN SET A NEW 1R OR STRONG BAR FROM EL DORADO, LA. FINISHED A STRONG 2ND.

"THIS WAS THE FIRST ATTEMPT TO BRING POWERLIFTING TO JANTIES. BEEN A SUCCESS. LOCAL TV FILMED PART OF THE ACTION AND THE LIFTERS SEEMED TO HAVE ENJOYED THEMSELVES. THE MEET WAS A SUCCESS. PIONEERSHIP ARE ALREADY UNDERWAY."

THANKS TO MIKE DOBBINS FOR RESULTS AND REPORT.

551* 330 655* 1536*
479 341 523 1343
440 364 490 1194
352 220 391 980
352 121 440 913

606 105* 461 1385*
524 354 504 1305
473 292 540 1305
418 308 518 1244
281 254 402 947

501 363 578 1442
573 286 845 1404
429 286 529 1244
251 168 351 721
424 303 435 1162
402 292 451 1145
341 330 352 1023

606 374 523 1503
451 319 523 1293
524 350 519 1341
170 231 275 676
284

705-4651 522 1278
650 418 606 1674
501 402 534 1437
462 319 578 1359
501 369 485 1355

639 424 716* 1779*
606 407 606 1619
518 330 655 1503
374 330 424 1128
374

MISSISSIPPI STATE RECORD
OUTSTANDING LIFTER: R. MOONAN
TEAM TROPHY: EL DORADO BIC
SOUTHERN AAU RECORD
ANNOUNCER: PAUL "SABER" PENDELLEY
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- 14 Nov Women's Open, Ramona Kenady, 5040 Chehalis Dr. N., Salem, Oregon 97303
- 15 Nov Louisiana Tech vs Univ. of Oklahoma, Dr. Billy Jack Talton, Dept of Health, Phys. Ed., Louisiana Tech University, Ruston, Louisiana 71272 316-257-4432
- 15 Nov Whittier Open, Glen Maur, 15600 LaForge, Whittier, CA 90609 213-943-0193
- 15 Nov Record Breaker's Meet, Kenady's Gym, 3832 River Rd. N. Salem, Ore. 97303
- 15 Nov Edward S. Hudson Memorial Meet, Hal Hudson, 600 Fannin No. 305, Houston, TX 77002, 713-237-1182
- 15 Nov Temple Hills Open/Potomac Valley/Novice/Women's, Temple Hills WLC, 5909 Temple Hills Rd., Temple Hills, MD 20031
- 15 Nov Badger Open, c/o Jim Verhagen, 2613 N. 10th St., Sheboygan, WI 53081
- 15 Nov Brookville Open, below Class II, Karl Byerly, RD 3, Bx 18, 26 Maple St., Brookville, PA 15825, 814-849-2093 or 814-849-7355
- 15 Nov Bench Press Meet, Mike Chamik, 508 N. Deisea Dr., Glassboro, NJ 08028
- 22 Nov Southeastern US Bench Press Championships, Dwight Chandler, 3013 Autumn Ave., Albany, GA 31707, 883-5811 or 436-8861, ext 247
- 22 Nov 2nd Annual Hill AFB Open, Capt J. W. Shendow, 2791 W 5500 S, Roy, Utah 84067
- 22 Nov Oklahoma Classic Open/Novice, Dave Keener, Eastside Athletic Club, 11322 1/2 East 21st, Tulsa, OK 74129, 918-437-6298
- 22 Nov Michigan P/L Tournament (formerly Jr. States), Mario Torrez, 1970 N. Harrison Rd. E. Lansing, MI 48823
- 22 Nov Delaware Valley Open, Mike Enge, 22 S. Springfield Rd G-1, Clifton His, PA 19018
- 23 Nov Women's Open, Bob Gajda, Sports Fitness Institute, 682 Roosevelt Rd., Glen Ellyn, IL 60137
- 30 Nov Orange County closed (tentative), Tim Weidman, 81 Highland Ave., Middletown, NY 10940
- 6 Dec Bartlesville Open bench press, Bartlesville YMCA, 101 NE Osage, Bartlesville, OK 74003, Rick Cornish, 916-336-0713
- 6 Dec AMA, JR and Sr championships, Doug Klingler, Slippery Rock Barbell Club, Slippery Rock College, Slippery Rock, PA 16057, 412-934-2910
- 6 Dec U. S. Invitational, Superstar Productions, Billy Graham, 2205 E. Mitchell Dr., Phoenix, AZ 85016
- 6 Dec Midwest Open, 11th Midwest Open, ISR Weightlifting Club, Tom Beside, Box B, Aramosa, Iowa 52205
- 6 Dec Category II Meet, Ramona Kenady, 5040 Chehalis Dr N., Salem, Ore 97303
- 6 Dec Midwest Bench Press Championships, Paul Whitney, Fargo-Moorhead YMCA, 400 First Avenue South, Fargo, ND 58102
- 6 Dec Iron Men and Woman, Paul Love, 3050 Story Rd., San Jose, CA 95127, 408-926-3765
- 6 Dec (tentative) Open Meet, Missouri State Prison
- 7 Dec Lynis Center Class III Meet, Steve Scott, 4012 E. 10th St., Kansas City, MO 64127, 816-241-3940
- 7 Dec Canton Open, Nelson Kelly, Robertson Memorial YMCA, 100 Park St., Canton, NC 28716, 704-648-3747
- 13 Dec Greater Texas Classic, Doug Patterson, Metro A.C., 1601 NW 13th St., Grand Prairie, TX 75050
- 13 Dec POCO Open, Tim Ryckman, 3302 S. Jellison Ct., Lakewood, CO 80221, 986-5011
- 13 Dec 105-387 895A Meet, M. Frank Watts, Rt 8, Bx 3182, Jasper, AL 35501
- 13 Dec Eastern States Open, Greg Kosas, c/o Iron Gym, 25 Legion Pl., Brookton, MA 017-580-2284
- 14 Dec 14th Annual Open, Norm Zale, Learning Tower YMCA, 6300 W. Turner, Niles, IL 60654
- 14 Dec New Jersey State Meet and Open Meet, Max's Iron Den, c/o American Legion Post 78, 174 Knickerbocker Rd., Englewood, NJ 07630, OH 44870, 419-607-8831
- 20 Dec Palmetto State Open and Novice, Greenville Health Club, 221 White Oak Rd., Greenville, SC 29603, 803-268-5648
- 20/21 Dec Gateway Open, St. Louis Community College at Forest Park, c/o Charles Fearn, Director, Student Activities, 5600 Oakland Ave., St. Louis, MO 63110
- 10 Jan/81 Michigan Inter Collegiate P/L Championships, Wayne Rogers, 438 E. Center St., Hastings, MI 49058, (616) 948-8984
- 10 Jan 1981 YMCA National Championships, Gary Benford, 40 W. Long St., Columbus, OH 43215
- 10 Jan/81 Class III and Below, John Pettitt, Bx 761, Cedar Hill, TX 75104
- 10 Jan Missouri Valley Championships, Frank Wilmoth, Liberty Athletic Club, 153 S. Gallatin, Liberty, MO 64068, 816-781-8875
- 11 Jan CAJU Class II, Ernie Frantz, 1101 Ridgeway, Aurora, IL 60506
- 17 Jan Iowa Jr States, Doug Gamm, 831-1st Ave NE, Oswein, IA 50662
- 17 Jan Southern Nevada Open Novice, Ken Trujillo, 1139 N. Linn Lane, Las Vegas, Nev 89110
- 17 Jan Wisconsin Jr. State, Bruce Sullivan, 802 Willmor St., Racine, WI 53402, 414-639-7416
- 17 Jan Colossus Open Novice bench (teen, senior, masters), Bill Stevens, 7504 Eastern Ave., Baltimore, MD 21224, 301-288-9528
- 24 Jan Southern Iron Open, Chip Hultquist, 5655 Cypress Cir, Tallahassee, FL 32303
- 25 Jan Open Deadlift meet, George Gargano, North Central College, IL 312-420-3470/3400
- 31 Jan West Penn Open, Leo Noble, 109 Cottonwood Ct, Coropalis, PA 15108, 412-761-1955/412-264-1933
- 31 Jan Region IX Collegiate (Beaumont, TX), Billy Jack Talton, Dept. of Health, Phys. Ed., Louisiana Tech Univ., Ruston, LA 71272, 318-257-4432
- January? King's Classic, King's Gym, 5127 S. Blvd., Charlotte, NC
- 1 Feb Open Bench Meet, Ron Panissiddi, 174 Knickerbocker Rd., Englewood, NJ 07631
- 1 Feb Whittier Junior and Masters, Glenn Maur, Bx 1462, Whittier, CA 90609, (2 pm-4 pm) 213-943-0193
- 1 Feb New England States, Rich Labbe, 53 Ticonic St., Waterville, Maine 04901
- 7-8 Feb Women's Nationals, Pat Malone, 116 Fowler, W. Lafayette, Indiana 47906, 317-743-3481
- 14 Feb Novice SAA/AU Curl, (teen, senior, masters), Bill Stevens, 7504 Eastern Ave., Baltimore, MD 21224, 301-288-9528
- 14 Feb Las Vegas Open, Ken Trujillo, 1139 N. Linn Lane, Las Vegas, Nev 89110
- 14-15 Feb Casaville Open Power meet, (incl Masters, women and novice div), Mike Farmer, 6993 Sagniaaw St., Casaville, MI 48725, (517) 856-2922
- 14/15 Feb New Jersey Open/Teenager/Women's, F. A. Nicolini, 98 Chicawad Dr., Oakland, NJ 07438
- 15 Feb CAJU Jr, Ernie Frantz, 1101 Ridgeway, Aurora, IL 60506
- 21 Feb Calif. State Meet, Jay McVeagh, Bx 939, Apple Valley, CA 92307, 714-247-5648
- 22 Feb Deadlift Contest, Norm Mallick, 1027 E. Burnett Ave., Louisville, KY 40217, 502-636-1662
- 28 Feb Teenage Power championships, Tom King, 1218 Northwood Rd., Augusta, GA 30909, 404-733-1028
- 28 Feb Indiana Jr and Sr State Championships, c/o Powerlifting One, 4 Main St., Chesterfield, Ind 46017
- Feb/81 Texas State Open, Doug Young, 207 Center, Brownwood, TX 76801
- Feb Texas State Teenage, B. J. Korenek, West High School, West TX
- Feb Texas High School Invitational, Mickey Riggs, DeSoto HS, Desoto, TX 75115
- Feb Sulphur Springs High School meet, Sulphur Springs, TX
- 7 Mar 7th Annual Keystone Open below Class II, Dominic Waters, RD 7, Bx 291 C, Washington, PA 15301, 412-228-3122

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- B-12 5000 mcg Sustained Release 30 tabs 8.00
- Ultra-C 2000 mg Sustained Release 60 tabs 6.40
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- Vitamin E 1000 IU 60 tabs 10.25
- Vitamin E 1000 IU 90 tabs 14.50
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- Ultra One Sustained Release 90 tabs 9.70
- Mega Mins (Multi-Mineral) 60 tabs 14.00
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- Prostate 130 mg 90 tabs 5.75
- Spinec 250 mg 90 tabs 3.00
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- Betaine Hydrochloride 600 mg (for improved digestion) 90 tabs 4.50
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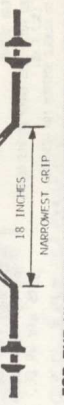
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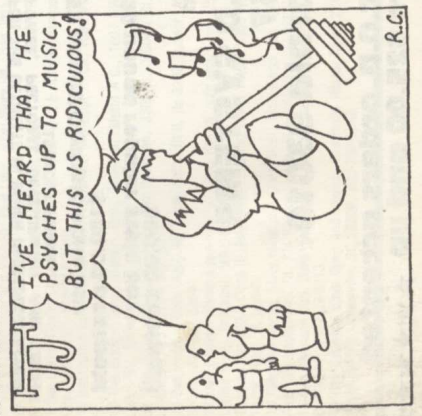
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..in a photo by
Saito, courtesy
Susumu Yoshida
Haruji Matanabe
gets his WR DL.



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JAPAN SELECTION CHAMPIONSHIPS FOR
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