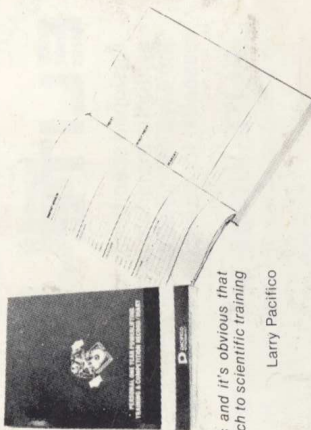


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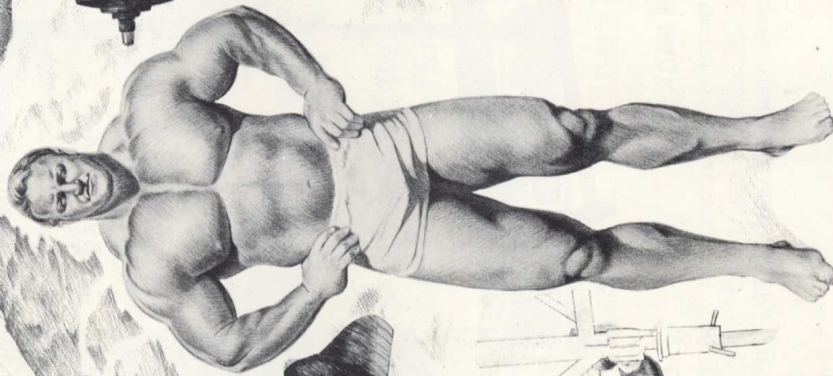
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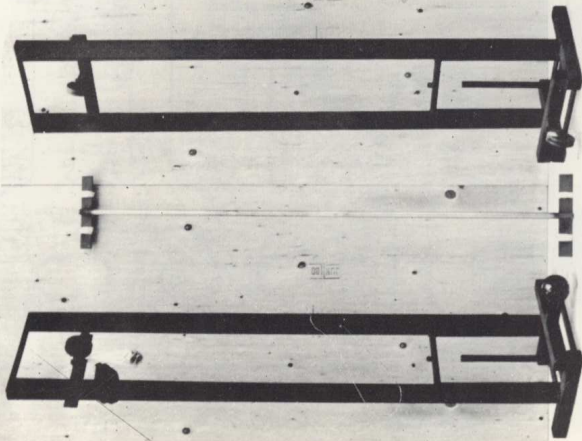
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KAZ
INTERVIEW

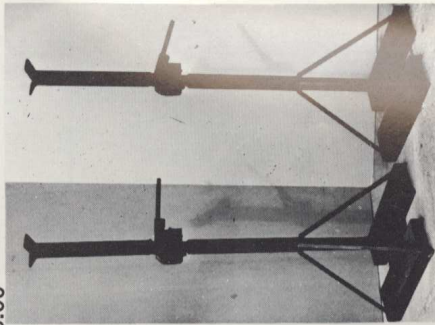
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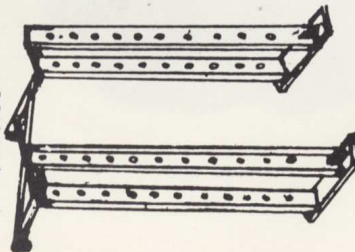
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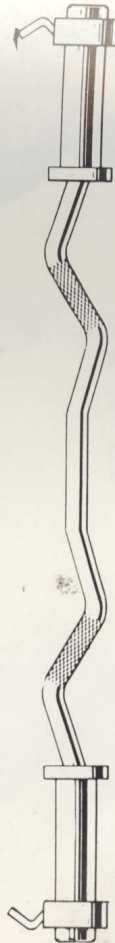


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NEXT MONTH...a profile of top lightweight lifter, Clyde Wright

ON THE COVER...original art by World Champ Jennifer Weyland depicting facets of Bill Kazmaier's strength. PL USA would like to express sincere thanks and appreciation to Jennifer for this outstanding work and she'd like to do the same for James of the PRESS RUN who helped prepare the material for reproduction.

and then when I move into the squat I'll have a strong base for lower back and hips and I won't have the great chest and shoulder thing. I will be able to keep my chest and shoulders much more forward and my head up, and I'll do much better on my bench. Then I'll move into the bench press trying to get the shoulders back over my feet, maintain the squat and deadlift. First the deadlift then the squat and then the bench press, that's where I'm coming from now.

You said yesterday you might be satisfied with 600 bench. Is that so?

Well, that's only because this is a very serious injury. I've never done anything to myself like this, mechanically. I may have to change my form in the bench press and I will be experimenting with that over the next 6 months. If the muscles don't work in that joint I have to work around it by changing the form. If I can get 500 by the end of the year I think that's a good goal. With a cycle somewhere through March, April I can do 550 or 575, I think that's very good. I'm not all that optimistic as to where the shoulder is going to be, but I may not be the great bench presser that was and the dream of 700 may be gone. It's really hard to tell at this point. I was just lucky that the pec-toral stayed on the humerus and didn't rip off so I didn't need surgery.

Let's talk about your courses a little bit. What do you think makes them different or better than other courses?

They are the 'Kaz Quests', Kaz's Cosmic Mind Power and philosophies put together. It's all my training. Naturally, you know it's by Tony (Fittou), but he sees me train and has discussed all this stuff in detail, so he knows pretty much what I've tried to do and he's tried to write it down on paper. I don't have the talents to write.

Is it for everybody?

The bench press is definitely for everybody, from the beginner to the advanced lifter. It discusses ways of pushing the bar, the set, rest days and different types of goals. It's very thorough as to the approach to the bench press. The squat and deadlift are combined rather than making them separate courses, since they go so well together. Lower back strength is important in the squat and leg strength is important in the deadlift. We tried to put them together because they should be trained together. Gaining muscular size and bulk encapsulates bodybuilding movements and bench pressing, squatting, deadlifting, altogether with the type of routine that would induce body weight gains, and gaining solid muscle mass rather than more flesh.

and helped with form and technique in the bench press and squat, power clean and high pulls. Since then, they have changed coaching staffs.

What is your association with Terry Todd at this point?

My association with Terry Todd is at a zero point. I was happy to make the move from the West Coast to Auburn because of the association with Diversified Products, and the publicity and recognition that that has brought Terry Todd.



Big Kaz... was a great interviewee, very candid and comfortable with the kind of exchange. He also handled questions from the audience at the Body Expo, in Anaheim, California where this interview took place, very professionally (as did Larry Pacifico and Mike Bridges during their seminar at the same exhibition) and is seen above as he appeared on stage, down to about 285 bodyweight. Unfortunately, due to his injury, he couldn't perform any lifts as MacDonald did, but the crowd recalled him from his appearance the previous year, where he memorably manhandled some record dumbbell poundages in the overhead press, another feat of strength where his dominance is clearly unchallenged. After the recorder (Diversified Products) has always been a very favorable one. We're glad to hear that, and wish him even more good fortune in the future. Bill's courses are advertised elsewhere in this issue and for the benefit of PL USA's British readership a special announcement follows.

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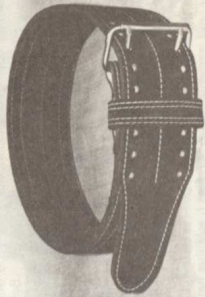


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Chuck Braxton

'The Man, the Lifter, the Legend' by WILLIE MORRIS

The above pretty well describes big Chuck Braxton: he is not one, but all three. Anyone having seen this man lift at any of the numerous contests that he has competed in the last 4 or 5 years has to be impressed with him. The man simply has Presence. When he struts into a room everything stops and you turn and look to see what in the hell is going on and there's this awesome looking individual with his white hair and in some cases a white flowing beard also.

Big Chuck stands at about 290 and tips the Fairbanks at about 290 super, but very powerful with a pair of 21 inch arms that resemble 2 Eskay hams. Chuck will be 45 years old on the 12th and his philosophy says that age bracket last year and presently holds all the records at superheavy in the 40 to 44 age bracket.

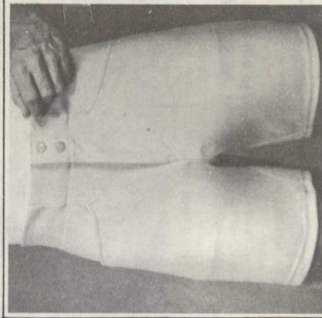
Big Chuck presently works as a shipping clerk for the Caroline Galvanizing Corp. which is located in his home town of Southern Pines, NC. He is married to very pretty lady named Mary who also is actively involved in powerlifting. Chuck is at present North Carolina's State PL chairman and is doing all he can to promote powerlifting in his home state.

In looking back on Chuck's past life, you will find a lot of ups and downs. Before getting out of the Navy at 21 with several years of olympic lifting behind him, Chuck qualified for the 1960 Olympic Trials with a 950 total while winning the 12th Naval Far Eastern heavyweight championships 2 years running. While training for the trials, he ran into the old football coach incidentally Chuck was a strong lineman for his college team in Ukiah, Calif and was promptly recruited for the flag football Oakland Football League with the Oakland Raiders, itself a new team in a new

league. Well, neither of Chuck's two dreams were to come about as Lady Luck turned her back on him and he was seriously injured while doing squats, breaking his ankle in 3 places. For the next 16 to 17 years Chuck knocked around the county trying different jobs. As the years passed, smoking and beer were starting to take its effect both physically and mentally, but in 1977, while attending a powerlifting contest in Georgia, Chuck was found a gym and started training and was shocked but not discouraged by his loss of strength. At about this time he met Mary and started entering power contests, getting stronger each meet. Since 1977 Chuck has entered and won most of the 20 or so contests he has competed in.

About this time Chuck was looking to expand his new strength gains with several miniature caps that dangerous stunts in the next couple of years, stunts like having a 8 ton truck run over his chest and breaking several ribs and then having to repeat the stunt because the driver overshot his mark, and then later almost getting himself quartered holding back 4, 600

horsepower Cessna airplanes for over a minute. And then there was the time Chuck got into a car that had been doused with 8 gallons of gas with several miniature caps that actually called for 1 gallon of gas and the result was that Chuck was severely burned from head to toe coming very close to being killed in the process. These are only a few



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of the wild escapades Chuck has been involved in at one time or another.

Chuck's goals for the future are a 700 squat, a 500 lb bench, an 800 lb press, and a 2000 total. He feels these goals are very realistic and that they are just around the corner. Chuck plans on continuing his powerlifting career for at least another 5 years and feels by then time a 900 lb DL could go from dream to a reality. Chuck has certainly proved that he is getting better with age. He loves to compete and even win. Chuck has to travel about 50 miles from his home in Southern Pines to the Iron Den in Fayetteville, so it is evident that the desire is most certainly there.

Chuck trains just 2 days a week and he believes that for him this works perfect. Some of his workouts take 3 to 4 hours to complete. He will squat heavy and bench heavy on Tuesday, and on Friday Chuck will do deadlift, bench, and include a few sets of squats. The following is a typical Tuesday workout, the weights will vary depending on what part of the cycle he is in.

Starting with squats: he goes 135x10, 225x8, 315x6, 405x4, 495x4, 585x4 for 2 sets. Next is the bench press and Tuesday is the heavy day starting off with 135x10, 225x8x2, 315x6x2, 400x4,

425x4x2; Chuck will try to add about 10 lbs per week to each lift over the entire cycle which may last several months. He does not like to push too hard in the gym. He also does everything very, very strictly. Chuck's philosophy emphasizes style; learning to do the lift correctly and adding weight later, never sacrificing style for more weight.

After the squat and bench he will do some biceps and triceps work. He prefers to do prone triceps extending up to over 200 lbs for 8 sets, for 5 sets, then a few sets of barbell curls and some situps and that's Tuesday's workout.

Next workout is Saturday and this is Big Chuck's favorite day. He starts off doing his pre lift, the deadlift, 135x10x2, 225x8x2, 315x6x2, 405x6x2, 500x6, 600x5, then it's on to some pause benches with the bent bar but dropping the weight 25 lbs on the heavy sets for only 5 reps. Next it's the squats, the same as Tuesday omitting the last 2 sets and throwing in instead 2 sets of pause squats, 405x5x2; some arm work, biceps and triceps, a few sets of sit ups and that's it; a 3 1/2 to 4 hour training session.

Chuck likes to do all his deadlifts off 2 inch blocks throughout his cycle, lifting off the floor only at the contest. He says it makes the lift more comfortable, especially for a big man. Chuck also feels that a lifter should only do assistance work



Ahead of Schedule. Chuck swallowed his gum on his first lift at the All-South Invitational, but got a refill and punched out some record lifts (733 squat) that exceeded even his own forecasts. Chuck credits the crowd for his excellent performance, a crowd that even Jim Taylor marvelled at. Photo by David Linn, courtesy E.J. Kreis

of blocks for the deadlifts, and he stated that if the weight moves good off the floor and so on at the top, then the blocks will isolate the top part of the lift and allow one to handle more weight in your weak position at the top. If you are weak on the pull from the floor, then this system would not help you.

Chuck keeps a record of his workouts, and he trains alone most of the time, saying that most of the training partners he has had were not dependable or could not push him enough to help.

Chuck has made some very respectable lifts in the gym, for in-



Big Chuck versus the Big Truck Chuck had heard that the record for a truck to run over a man, with the man surviving, was a mark of 5 tons set back in 1939. Chuck decided to go for 8 tons on a Greenville, North Carolina street, but ended up pinned underneath the gas tank. The result was he kept him out of powerlifting for a few months, but shortly after he got into the more resistant jump suit, which called for him to drive into the middle of 3 other trucks that doused with gasoline and rigged with dynamite, and theoretically to emerge from the inferno unscathed. Unfortunately, as Willie Morris relates, the result was nearly disastrous and the jumpsuit went back to the drawing board. A couple of months later his episode with the 4 Cessna 172s at the Greenville airport took place. The resin Chuck used to keep his hand on the leathers worked so well that he couldn't release his grip when he wanted to, which, he confessed, "scared the hell out of me."

photo courtesy of Chuck via Willie Morris.

2 of Masters Powerlifting's Greatest. Bob Cortes and Chuck Braxton. Chuck has been quoted as saying that his body is like that of a 20 year old kid's and that he believes he can lift until he's 52 or 53. He's really one of Powerlifting's greatest characters...Don Simmons will tell you that you haven't lived until you receive a teeth-chattering friendly slap on the back from Chuck as he greets you at a meet.



1980 World Masters Champion. Chuck Braxton won the Supers easily. Chuck also does a lot of work for the kids, and gets such a kick out of it that he plans to dedicate even more time to these activities.

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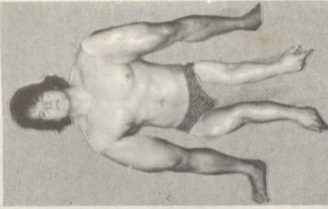
stance, a 700 squat, a touch and go bench with 500, and he has pulled 805 in the deadlift. There are only a handful of lifters on the face of this earth that are capable of these lifts at over 40 years of age.

Chuck does not use or suggest the use of wraps, tight suits, baby powder, etc. He feels that to do the lift naturally is the best way. This is one of the reasons he feels that John Kuc is one of the few naturally strong lifters around, meaning that they use their bodies and not the equipment to move big weights.

Chuck also uses quite a lot of protein and protein foods in his diet, such as eggs and milk. He is not a big eater like many lifters, but he eats good, nutritious food and lays off the junk items.

As I close this story on Big Chuck, I thought that I would add a few of my opinions. First, this story does not do this man justice; his life would make one hell of a book or even a movie. He has seen and done it all. I have had the pleasure of talking to Chuck several times and I found him to be very honest and very helpful. He has a lot of ham in him and one would certainly not call him shy, but he is not a braggart, he just simply tells it the way it is. He is very, very good for our sport and he is doing all he can to promote powerlifting wherever he goes. To be liked as well as to be respected is an honor, and to you, Big Chuck, I wish you only the best, because you are the best.

Your friend, Willie



"MAMMUT Research"—Peter Mammot, the Swedish Mammot, sends in his latest photo, and testingly reports that in 5 months of training on gorilla hormones his bench is approaching 1000 lbs. fast. Unfortunately his squat is approaching 200 lbs, due to a strange leg decrease, but the most embarrassing aspect is his deadlift, hardly 100 lbs. (mainly because of short fingers). His Guru, Dr. Massive, P.E.P. (Professor of Experimental Pharmacology) tells him that he will soon post a total of around 2200 to 1500 squat, 1940 bench, and 110 deadlift. His most interesting measurements are: Arms...28 inches, Legs...19 inches, and Peter can hardly wait for Dr. Massive's research on Mammot hormones!

American Mixed Pairs Champions PL USA author Jeff Everson with partner Cory Kneiser (seen together above) won the pairs competition held in conjunction with the American Women's Championships Sept. 4 in Las Vegas, Nev. Tim Belknap won the Mr. America contest.

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another in a fine series by PETE VUONO

2. **OVERLOADING.** Overloading is a system by which the lifter uses a device, a training partner or changes the execution of a particular lift to help him or her become accustomed to using a heavier weight than is actually lifted. The purpose of overloading has a twofold purpose. It serves to allow the crushing feeling that a heavy competition weight often has on the lifter, is a means by which the lifter can train a particular sticking point into greater strength and psychologically makes a barbell feel lighter. This author has mentioned overloading in the bench press and squat articles and the deadlift is no exception. Here are two possible techniques:

a. **Negative Training.** Negative training is a very simple technique to execute and can be done safely. Upon finishing one's deadlift routine of the day, increase the heaviest set of deadlifts for that day by 150 pounds. Get into the normal deadlift position and lift it up with the aid of two partners. If this too difficult, have the bar placed in a power rack with only about 1/2 inch for the bar to be pulled to completion. Once the bar is pulled to a standing position, the training partner can pull out the pins. Whatever the trainee chooses to get the bar into this position, this is where you start. Once in this position, hold the bar up for 30 seconds. Now begin lowering it very slowly, resisting all the way. This should be done one time and only once per week. This is a very effective method to serve to efficiently overload the muscles involved in the deadlift.

b. **The 'Touch Method'** was devised in the early days of powerlifting in California and is one of the most useful and successful overload methods anyone could possibly use. In spite of this, it has been virtually forgotten and is not used by many powerlifters.

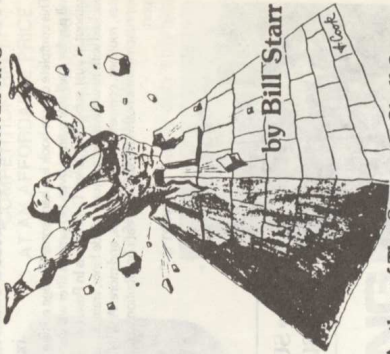
Take a barbell and put it up on blocks approximately 8 inches high. Superior to a power rack for this particular movement because they allow for more space and there is no danger to the bar or the power rack pins in the event the bar is dropped. Once the bar is up on the blocks, warm up to one half to three quarters of the maximum deadlift off the floor. For example, if the

MITCH MITCHELL lifted well at the Lansing Open meet this June, but was one of the unfortunate lifters who reported in the Michigan Reporter (7/25) a 275x 700 625 675 1800 weighing only 243. He set a state record in the squat, made the PL USA TOP 50 list, and made Masters classification. The previous year at the same meet he totaled 1365. He relates that Pam Farver looks like a real corner at 105, capable of squatting and deadlifting over 300 pounds.

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Author of The Strongest Shall Survive

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More from Ken Leistner

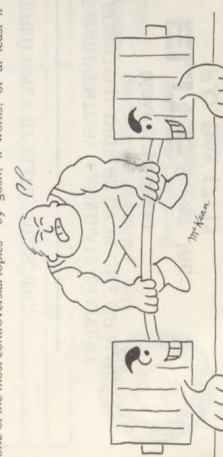
I hate to say that it's 'book review time', but one of the best kept secrets is that *Defying Gravity* is out and available. Bill Starr's new book is everything a lifter would want and I'd like to encourage everyone to get a copy. Let's face it, we're starved for information that is enjoyable to read, factual, and helpful in our quest to lift more and help ourselves.

Bill's new book deals with the most common problems with progress in the big lift. Every aspect of most preparation is covered and related topics are presented nicely. Hey, who wouldn't want to read about the effects of sexual activity on one's lifting, complete with 'armadillo' stories and the exploits of some of the greatest lifters to ever grace the platform. I could go on and on but I'd just like to tell all of you to get the book as it will provide you with many hours of enjoyable reading and rereading. The nice thing about Bill's two books is that you can go back to them again and again, picking up little tidbits overlooked in previous readings, things that spell success in the gym and success in competition. If the book is also a 'good read', as *Defying Gravity* is (much more entertaining in its own way than *The Strongest Shall Survive* due to the heavy influx of personal anecdotes and tales of the stars), then you've got a bonus book selection. I would imagine that there will be an ad or two in this issue of PL USA telling you where to get the book, but if not, and you don't know where else to turn, I've got a few dozen copies in my office (always thinking of my patients) and you can send me at P.O. Box 467, Camarillo, CA 93011.

...if the price is right, you can get any results you want from science...

Although muscle growth is still somewhat of a mystery to researchers (they find out more and more but no one yet knows exactly what happens, although many inferences have been drawn, often conflicting and commercially biased), it would appear that it is working in the past, and through the years, and consistently well, for most trainees, is heavy work on a few limited movements, done consistently, strictly, and with the intent to move lots of iron. Sounds simple.

Within the context of working hard on a few things, keep in mind a few truths: you can't train hard and long, you can't get strong if you don't train heavy, you can't get strong if you don't work intensely, you can't get strong if you don't take time away from training to allow recovery. First things first. If you try to squat to limit, be it for one or ten reps, do the same for the bench, the DL, and so forth, it will be a major lift, you'll be frazzled about halfway through. I love to have guys tell me that. No one trains harder than I do, can't understand why I can't get strong. I'll watch them train and sure enough, they'll bust butt on the first two movements and then use 20 lb dumbbells or the equivalent the rest of the way out because they simply run out of gas. Tough to make those big platform lifts waving those pea sized DBs around! Or, they'll go real heavy on Monday, doing a ton of stuff for the squat, go heavy on Tuesday, doing a repeat for the bench, do some pump work on Wed., heavy DL on Thurs., etc. Hey, after a week of that, if they get through a week, they're back to using weights they used last year, or they're laid up with a torn something or other. Never fails and this is what I mean by not being able to train hard and long. You can



EVER WONDER WHY SOME DAYS THE BAR JUST WON'T LEAVE THE FLOOR?

seems to on paper and there will be at least one guy in every gym that got results using the X, Y, or Z training method. Rest assured that any or all of these methods will not work for you.

I was once told by Arthur Jones that if the price was right, you could get any results you wanted from science', legitimately researched procedures that will, under the right circumstances give you favorable results. I often journal or write up what I mean. According to you'll machine manufacturers and you'll see what I mean. (According to you'll machine has proven to be superior to another, or work at another university or another I, etc., at one know what that means, but I'd look to cost me money. So after reporting that everyone is right and the one is wrong, how does the average guy get bigger and stronger? I always play the probabilities and go with what has worked for the vast majority of people. As stated before, you can always find an example that goes against the grain, but the value in a training method or approach lies in the average results achieved by a large number of subjects. What has worked in the past, and through the years, and consistently well, for most trainees, is heavy work on a few limited movements, done consistently, strictly, and with the intent to move lots of iron. Sounds simple.

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you don't really push anything too hard and this is how most lifters do it. That's how so and so does it, and he has had so but he doesn't. Fine for so and so but he doesn't. In case you haven't noticed, if you were, you wouldn't have to read this, except for the entertainment value. You've got to work hard and I mean heavy, just do too much on any one workout and don't do too much overall work. Again, you've got to push some weight because if you don't you will get crunched once you try to handle the big dead lift movements. Some guys, big names, occasionally get away with relatively light training and can still put it together when it counts. Chip McCain is an example of this and I think all of you know how much I like and respect him. Prior to the 1980 Seniors, Chip told me that he hadn't used more than 705 in his squats, yet got up there and blew away 771 and gave all of us a thrill with 800 plus. Of course, he damn near killed seven people trying to set up for his last one and this is one of the problems inherent in not training with heavy weights. Also keep in mind that Chip is one of a kind psychologically. He gets more out of his lift than most and very few other lifters know and very few other lifters care to focus themselves as his. Still, the point is clear. I feel that one must get the proprioceptive training and the psychological confidence that comes with using good standards. I've often mentioned in early writings in this magazine that I could do 330 for 30 reps in the squat, weighed about 155 at the time, was in great cardiovascular condition, strong, but got burned with 380 or so, only because my body would lock up and rebel once a 'heavy' weight was put on my back. I just couldn't adapt to is psychologically and physically. Thus, somewhere in your preparation, heavy weights are a must. Intensity is a number we can go over again and again and is perhaps, the key to this entire rap.

WEST COAST OPEN

- Friday, 20 Nov, 6:00 PM Women's Division
- Saturday, 21 Nov, 11:14-181 Men's Division Class II and Open
- Sunday, 22 Nov, 1:58-2:18 Women's Division Class II and Open

The meet will be held at North Salem High School, in Salem, Oregon. For further information contact Kenady's Gym, 503-390-0728

I'm going to save that goodie for next month because there are at least three major points of view I want to discuss at length: the Eastern European view, Arthur Jones' concept of it, and what I will term 'other'. No matter what your beliefs re this piece of the pie, the bottom line remains that if you do too much, you won't be able to come back and do it again shortly thereafter. One of the biggest misconceptions, I feel, in the entire weight game, and here is one that is sure to bring a ton of cards and letters my way, is the belief that one can train four, or five, or six days a week as long as they split the routine in such a manner that the upper body or bench is being worked one day and the 'lower' body or legs and low back are getting the next. 'Yeah, well, I get lots of rest' cause I'm only benching twice a week with assistance work on the off days except for those off days where I do squats or DL. Right! The body is a system and one can't separate one part of the system from the other. The chemical changes that are required for one to get strong, are completely and you're left with overtraining, staleness, injury, sluggishness, loss of enthusiasm, or the major by-product for the athlete that they become exhausted. The idea is to stimulate growth without doing so many necessary exercises that you don't eat at 7 am in order to feed the arms, dinner for the calves and thighs, lunch for the pecs and triceps, late night snack for the sex organs in case the old lady is feeling frisky after midnight. No, it doesn't

work quite like that, my man. One doesn't sleep in order to rest the up- per body only, one sleeps and eats to rest and then feed the system, your body. Training should be the same. You can split and split the split but you're still dealing with one potential of she stays with it and I believe you'll be seeing her at the Women's Nationals, looking for a top spot. Remember, you read it here first. Is Dr. Mike Zimmer still pushing the iron?? Can Jay Rossiglione avoid the browns and lifters. We all should do as much as we can for the sport. Stay high (or, uh, heavy, and stay high (or, uh, something like that).

whole thing up in November. I'd like to take this time to congratulate Tim Weidman on getting another fine meet up in Middlebury, VT and congratulate Kathie Nichol, our only female lifter, for winning a potential of she stays with it and I believe you'll be seeing her at the Women's Nationals, looking for a top spot. Remember, you read it here first. Is Dr. Mike Zimmer still pushing the iron?? Can Jay Rossiglione avoid the browns and lifters. We all should do as much as we can for the sport. Stay high (or, uh, heavy, and stay high (or, uh, something like that).

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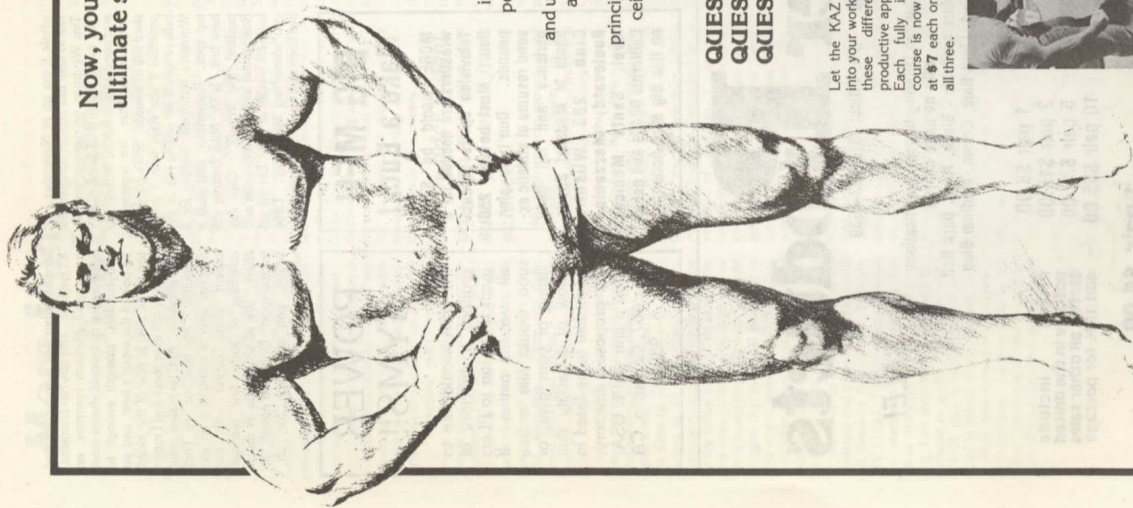
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The Biomechanics of Powerlifting

by Tom McLaughlin, Ph.D.
 Director, Biomechanics Laboratory
 Dept. HPR, Auburn University
 Auburn, Alabama 36830

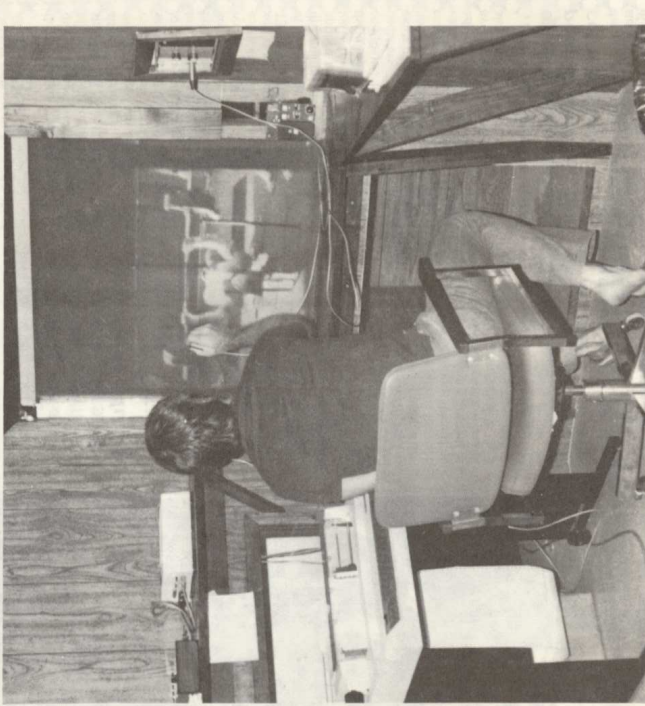
Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, and THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS and he has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the AMERICAN SOCIETY OF BIOMECHANICS, and the INTERNATIONAL CONGRESS OF SPORTS SCIENCES. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistant Professor at Auburn University, Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center. He was also an invited Research Professor of Biomechanics at UCLA in 1979.

ASSISTANCE EXERCISES ABDOMINAL TRAINING PART TWO

moveable vertebrae in the low back. An estimated 85 to 90 percent of all serious back injuries occur here at L₄ and L₅, S₁ (where

L₄-L₅ is between the fourth and fifth lumbar or low back vertebrae, etc.). Why so much trouble in the low back? Man's evolutionary change from a quadruped to an upright bipedal posture has often been blamed, but even quadrupedal animals have been found to have back problems.

One major reason for all the low back problems in man is related to the abdominals. The logic here is similar to the discussion in last month's article. Indeed, it has been estimated that as much as 85 percent of all low back problems are due to weak abdominals. Chances are that if you hurt your back today, the first thing you will be told is physical therapy will help. You do as you are told. You do sit-ups or ab work in your rehabilitation program. So to answer the question of whether the powerlifter should train his abs, the emphatic response is such added work, possibly more than doing slugs, leg raises, etc. 'Ab training is important!' Please look next month for my ad. (Ab



Biomechanics Research. At Auburn University involves rear projection of lifting films onto a special screen. The calibrated high speed cameras provide indication of the time between frames, and scaled measurements are taken from the projected image, so that accelerations and corresponding forces can be determined. I hope the PL USA readership are identified by the operator and fed into the computer for processing. I feel that it may be of great consequence to your personal training routines. The work is scientifically verifying and demystifying many myths about the sport, and I thought the last articles on ab training were quite usable. photo courtesy Tony Fliton.

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Startin' Out

A special section dedicated to beginning lifters.

STRETCHING

Timothy Seavey is a student at UC Berkeley, majoring in exercise physiology and stretches one hour every day. He lifts weights as well, though not competitively. Those wishing to correspond with him can write 34 Rock Lane, Berkeley, CA 94708.

Probably the most neglected aspect of a lifting training regimen has been the lack of specific flexibility (stretching) exercises. Stretching would, however, benefit any powerlifter in two ways: 1) correct stretching will result in greater flexibility, which means that injuries will be minimized and technique will be generally improved; both due to the increased range of motion of specific muscle groups; and, 2) correct stretching will also shorten the recuperation period normally required after a heavy workout since the muscles are given a relaxed and healing massage.

Notice that I said correct stretching; there is a wrong way and a right way to stretch. The wrong way to stretch involves several bouncing movements combined with the use of outside force (momentum caused by the bouncing motions, contraction of specific muscles involved in the stretch), and will generally lead to a very slight, if any, increase in flexibility. In order to increase the range of motion of a joint, the surrounding muscles must be RELAXED, not contracted (as when occurs during lifting a weight or while bouncing in a stretch). When a muscle is contracted, the potential for achieving maximum joint-muscle flexibility becomes severely limited. None of that for us, however. The correct way to stretch consists of the application of four principles: 1) relaxation, 2) breathing, 3) correct posture, 4) holding the stretch. As I have already said, the use of bouncing movements, and excessive muscular contraction is counterproductive. Incidentally, bouncing a stretch is an excellent way to test a muscle or tendon. When performing a given posture, try your best to hold it for 10-15 minutes. This first principle actually encompasses all of the others. The second principle, that of breathing, is also crucial, since by breathing properly you will be better able to

relax, (the next time that you get angry or excited, notice how hurried and irregular your breathing becomes). By proper breathing I mean taking deep, full breaths in and out of the nose, not through the mouth. Breathe through the mouth only if you have difficulty breathing through the nose. The third criterion, correct posture, means that the proper technique should be observed while performing the stretch. As an example, let us take the forward bend from the standing while bending the knees stretch. While bending the knees many people (not just lifters!) will automatically bend their knees due to the unusual strain placed on the hamstrings. However, by bending the knees, the hamstrings are shortened rather than being stretched. Thus, by bending the knees many of the benefits are removed from the hamstrings and are placed onto other areas. This last criterion relates to the final one: holding the stretch. All stretches must be held for a specific number of breaths. (I never advise holding a stretch for a certain number of seconds - who wants to be constantly peeking at his watch?) Try to breathe in as deep and relaxed a manner as possible, and count the number of breaths (preferably exhalations) taken while holding the posture. How many breaths? Take as many as you want, but hold each stretch until you feel sufficiently loose to proceed either to another stretch or to the workout. Do not be concerned with your flexibility; rather, concentrate instead on feeling the effects of each stretch, and you will find yourself getting more flexible automatically. Again, remember that there are just four simple principles involved in proper stretching. So go ahead and enjoy the pleasant labor of each workout (even the little time after each workout would do no harm) and watch your lifts zoom up! Even better, why not stretch on your off days too?

Suspended along with discus man Ben Plucknett, Australian shot putter Gael Mulhall has been suspended 'for life' from participating in international track and field meets by the International Amateur Athletic Federation after a positive test for steroids at a track meet in New Zealand last January. Gael was ranked 18th internationally in the shot (60 ft. 10 1/4 in., PR) and 2nd in the World in Powerlifting. We thank reader Fred Domowitz for this information. Fred also points out that many I.A.A.F. file suspensions end in a few months after appeals.

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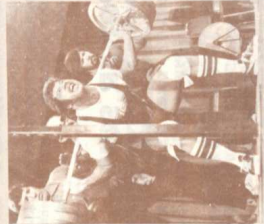
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PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Blassiotto, Ed.D. and Ed Ritter, Ph.D.

INSOMNIA AND WHAT TO DO ABOUT IT

Physiologists agree that in order to promote muscle growth and increase strength, proper rest, nutrition, and exercise are required. If any one of these factors is neglected, significant decrements in performance can be expected. A serious weightlifter can usually control his diet and exercise routine, but sleep is a factor which may be especially troublesome. For instance, many lifters find it nearly impossible to sleep the night before competition.

There are several types of sleep disturbances, but the most common is insomnia—the inability to fall asleep within twenty minutes or so after going to bed.

CAUSES OF INSOMNIA

1. **Cognitive Arousal.** Being kept awake by thoughts is one of the most common causes of insomnia. This is especially likely if one's self-esteem is threatened. After going to bed, the lifter may be preoccupied with a wide range of thoughts about competition. He may experience anxiety about missed lifts. He may still be speculating about who the competition will be, and what kind of shape they'll be in. He may be undecided about strategy: "What should I open up just try to win?" There may be fears about the prospects of injury, apprehension about possible failure, or even being able to make weight. Especially noteworthy and ironic is the fact that worry about not being able to fall asleep is self-fulfilling; such thoughts preclude the rapid onset of sleep. Even positive expectations, anticipated successes, etc., can be just as disruptive of sleep as negative expectations.

In general, then, worrying, attempting to solve problems, and having a lot on your mind is likely to interfere with sleep.

2. **Physiological Arousal.** A second cause of insomnia involves physiological arousal. Studies have shown that poor sleepers have higher levels of physiological arousal before and during sleep than do good sleepers. Muscle tension and physical discomfort interfere with sleep. In addition to the physical past lifters disrupt their normal eating habits in order to drop weight for competitive physical practices produce physical discomfort which can also cause sleeplessness.

C. Go to bed at the same time. This will promote temporal conditioning of sleep. In many ways, we are conditioned to do things at certain times. If we routinely eat lunch at 12 o'clock, we'll actually learn to be hungry at 12, and we will probably be tired even if we avoid being hungry anyway! If you consistently work out at 10, then when 10 o'clock comes around, it will be hard to resist working out. Likewise, if you consistently go to bed at a certain time, then you'll feel sleepy at that time—your body becomes conditioned. For example, if you're used to going to bed at 11:30 eastern time, and you stay overnight in the central time zone, you'll find yourself getting sleepy an hour early because while it's 10:30 on the dial, it's 11:30 in terms of your body. Sometimes we attempt to go to bed early—even though we're not tired—thinking that we could use additional time for sleeping, we tend to take longer to fall asleep.

D. Standardize your bedtime routine. That is, try to carry out the same sequence of activities before going to bed. Take a bath. This will help reduce physiological arousal as well as make you more fun to be around! Brush your teeth, etc. Establishing a sequence of behaviors leading to sleep will help induce sleep.

E. Restrict the bedroom for sleep or sleep related activities. Eating, watching TV, listening to the radio, and reading in bed are undesirable habits. For those sleepers who say they have no trouble falling asleep while reading in bed, they may not have a sleeping problem, but they certainly do have a reading problem. They'll tend to get sleepy even when they don't read. Also, bedroom readers may find that the bed gradually loses its status as a stimulus for sleep. That is, when you first try reading in bed, you soon fall asleep, but you gradually learn to stay awake for longer and longer periods. This may be bad in terms when you get in bed to read rather than fall asleep immediately to sleep.

You've probably already thought about it, so we'll point out that bedroom sex is OK. For most guys, it usually doesn't last very long (a common complaint) and most guys fall asleep soon afterwards anyway

unstimulating environment. In the bedroom, you should eliminate or reduce noise and light—use heavy drapes over windows. Make sure the temperature of the room is comfortable. A steady hum of a quiet motor can be used to mask more distracting noises, but you may have to "neutralize" the neighbor's dog.

F. Daytime naps reduce your need for sleep and make it less likely you'll be able to sleep at night. Also, frequent naps can become a habit and cause you to develop a need for them because of temporal conditioning.

G. Leave the bedroom if you can't sleep. If you aren't asleep within ten minutes or so after going to bed, get up and leave the room—do something else—enjoy yourself and then return when you feel ready to sleep.

2. **Progressive Relaxation.** As we pointed out, cognitive and physiological problems such as insomnia frequently result from the absence of other types of problems. Specific problems in living, stresses, crises, etc., may have to be resolved if they are the primary cause of disturbed sleep; but keep in mind that sleep disturbances can continue even after such original causes are resolved because of the disruption of effective stimulus control of often accompanied by verbal sug-

gestions of "warmth", "heaviness", and "tranquility". What the technique does is get you to focus your attention on pleasant internal sensations and avoid disturbing thoughts. You end up being relaxed and since not much thinking is required in order to use the technique, you are not kept awake by cognitive arousal.

The following is an abridged list of exercises which will show you how to go about using the technique. First of all, you should lie down or sit in a comfortable chair in a setting which is free from distractions. For each muscle group, slowly tense the muscles, hold the tension for a few seconds, and then release the tension, while thinking of the cue word "relax".

Do each exercise twice before going on to the next one:

1. Make a fist with your right hand—feel the tension for a few seconds and then let go—relaxing.
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(another common complaint). In general though, satisfying sexual activities do relax both body and mind. That is, try to carry out the same sequence of activities before going to bed. Take a bath. This will help reduce physiological arousal as well as make you more fun to be around! Brush your teeth, etc. Establishing a sequence of behaviors leading to sleep will help induce sleep.

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Such tensing and relaxing exercises are done for the face, neck, back, stomach, hands, arms, buttocks, thighs, feet and toes until the entire body is relaxed. Your breathing should be slow and deep while you are doing these exercises. Remember to vividly think the word "relax" and "feel relaxed" as you release tension.

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Manufacturers have also noted that sleeping pills can cause a type of physiological hangover with symptoms of lethargy and weakness. Thus a lifter who takes sleeping pills the night before a contest may find himself tired and weak even after sleeping that drug induced sleep is not as restful as natural sleep is far better to avoid developing a dependency on any drug.

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sleep. The techniques discussed should go a long way towards helping you back to normal restful sleep.

SLEEPING PILLS

Many lifters try to alleviate their sleep problems by taking sleeping pills. In many instances, this is very unfortunate because not only can pills cause a drug dependency, they usually have limited effectiveness and frequently exacerbate sleep problems in the long run. The effects of sleeping agents are variable, unpredictable, and often result in a strange combination of excitation and depression of the central nervous system. Even in small doses, sleeping pills can produce side effects such as dizziness, blurred vision, headaches, ringing in the ears, and relaxation of muscle tissue. Strangely enough, some people are affected in a reverse way. They experience nervousness, tremors, restlessness, and irritation of muscle tissue.

Manufacturers have also noted that sleeping pills can cause a type of physiological hangover with symptoms of lethargy and weakness. Thus a lifter who takes sleeping pills the night before a contest may find himself tired and weak even after sleeping that drug induced sleep is not as restful as natural sleep is far better to avoid developing a dependency on any drug.

While sleep disturbances are often symptomatic of other psychological problems such

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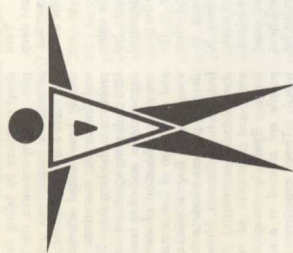
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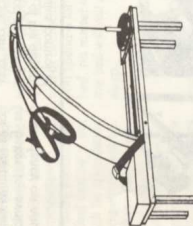
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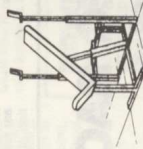


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New Orleans



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1981 MASTER★ELITE! OPEN POWERLIFTING CHAMPIONSHIPS

Saturday, October 31, 1981
Columbus Central YMCA

40 W. Long St.
Columbus, Ohio 43215

Contact: Gary Benford
Director of Physical Fitness
614-224-1131 x212

'Come on out and see who has the best Powerlifting Team in Ohio'

	MEN	WOMEN
★ MASTER	114 124 132 148 165 181 198 220 242 275 387	97 105 114 123 132 148 168 181 181
★ ELITE	981 1064 1146 1279 1400 1505 1593 1675 1796 1796 1857	639 683 753 782 827 867 881 1033 1130

An Invitation and Request
This is an invitation and request for you and your teammates/friends who are master or elite male lifters to participate in a powerlifting research study. This will not affect your performance in any way.

The testing will take place in the exercise physiology laboratory at the Ohio State University in Columbus, Ohio. The testing date is at your request, however, there is a power meet at the Columbus YMCA Sat. Oct. 31st for master and elite powerlifters only, and the testing on you could be done the day before the meet, the day of the meet, or the day after this contest.

If you could possibly make the trip to Columbus some other time (if you're not competing in the October 31st meet), before or after that contest, the testing day and time could be arranged for your convenience; this can be scheduled on a weekend or weekday at any time, (only one day necessary, for 2 hours).

I am a graduate student at OSU and also an elite powerlifter, and train at Louie Simmon's gym here in Columbus. My study is designed to examine various physical parameters of top-ranked experienced lifters such as you. (It is important to have at least 30 lifters for subjects)

The fitness areas for testing include: percent body fat (determined by underwater weighing), vital lung capacity, blood pressure, EKG tracings, and Cjbox strength testing.

The purpose of this study is to collect data for future publication to educate physicians, coaches, and athletes about unique, top-ranked athletes in the world of weightlifting. This may become one of the most important studies reported in recent sports medicine research about powerlifters.

These tests (when done in a hospital or lab) can cost up to \$100.00, but will be performed free of charge for participants in this study. I greatly appreciate any support and help you could give me by participating. There is also a chance for you to assess your own personal physical fitness levels.

Manah Liggert
PS...all correspondence regarding this matter may be forwarded to Manah Liggert c/o Gary Benford, Columbus YMCA, 40 W. Long St., Columbus, Ohio 43215 (614-224-1131, ext 212)

Region 1 Corrections...Barbara Burns lifts in the Women's Unlimited class of 292 126 297 716 were left out of the report in the August issue. Carlton Shtnik also did not get credit for his first 2000 total in that meet.

BANTAMWEIGHTS

(123 1/2 lb./56 kg.)

TOP 100

POWERLIFTING USA Achievement Patches!! If your name is on the list, or you make the list in any category, then you can purchase the patches you qualify for...TOP 20 patch \$6.00, TOP 50 patch (\$3.50)...and the lift identification patches are \$2 each.

100s of these patches have been sold, they go good with any color warmups or gym bag. ORDER TODAY, each time a list is updated it becomes harder and harder to make it, so, if you qualify now, ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

For USA lifters competing from September 1980 through August 1981

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	510 Dunbar, C 3/28/81	320 Dunbar, C 3/28/81	512 Cross, M 2/27/81	1230 Dunbar, C 3/28/81
2	450 Wilson, W 11/23/80	300 Wilson, W 11/23/80	512 Milan, E 7/11/81	1230 Milan, E 7/11/81
3	424 Heath, D 8/20/81	292 Heath, D 8/20/81	495 Burt, M 10/6/80	1145 Burt, M 10/6/80
4	420 Paterni, N 6/20/81	292 Koca, R 8/1/81	480 Castro, M 11/15/80	1107 Koca, M 11/15/80
5	415 Kestek, M 10/1/80	280 Baudie, M 2/21/81	470 Kucsek, T 10/4/80	1105 Paterni, N 6/20/81
6	410 Ring, J 3/21/81	275 Tolson, V 3/28/81	460 Drago, J 1/31/81	1102 Drago, J 1/31/81
7	407 Cole, J 3/28/81	275 Kucsek, G 4/4/81	435 Mason, M 6/13/81	1102 Yehzhu, D 8/13/81
8	402 Kojanovic, P 4/11/81	270 Drape, J 1/31/81	435 Paterni, N 6/20/81	1075 Nguyen, G 4/1/81
9	402 Kojanovic, P 4/11/81	264 Kojanovic, P 4/11/81	430 Reposa, D 6/27/81	1063 Reposa, D 6/27/81
10	402 Kojanovic, P 4/11/81	264 Kojanovic, P 4/11/81	429 Davis, A 12/6/80	1055 Castro, M 11/15/80
11	391 Yehzhu, D 8/13/81	258 Mason, M 6/13/81	405 Spader, S 8/1/81	1052 Spader, S 8/1/81
12	385 Lefing, M 10/16/80	255 Mason, M 6/13/81	425 Mersbach, M 4/11/81	1047 Koca, R 8/1/81
13	385 Lefing, M 10/16/80	255 Mason, M 6/13/81	425 Cameron, S 5/16/81	1047 Koca, R 8/1/81
14	385 Lefing, M 10/16/80	255 Mason, M 6/13/81	425 Miller, R 7/25/81	1047 Koca, R 8/1/81
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A happy Superheavyweight Champ, Paul Wernn with his wife Barbara.

out at sets of 4. About midway through, he starts phasing in triples and finishes up with triples and doubles, with a single rep attempt which he starts out working on sets of 7 reps, trimming the sets down to 5 reps towards the middle of the cycle and continuing almost completely throughout the cycle, as he believes it makes the most progress this way. He will switch to triples at about 10 minutes before a version of the Finnish Deadlift (due to a dislike of high reps in the deadlift) and stops deadlifting 1 1/2 or 2 weeks prior to the meet.

Paul believes in keeping his workouts simple and he works hard. He makes steady progress. He has been a flash-in-the-pan type (not being around lifting a long time (since 1970) and will probably be around a lot longer. The shirt he sometimes wears says the most for his philosophy "POWERED BY CHRIST".

PS...athleticism must be in Paul's blood. His grandfather was North Carolina's long distance running champion back in the 1930s, and still holds some of the records for the 45 mile run. He was known as Paul "Hard Rock" Simpson.

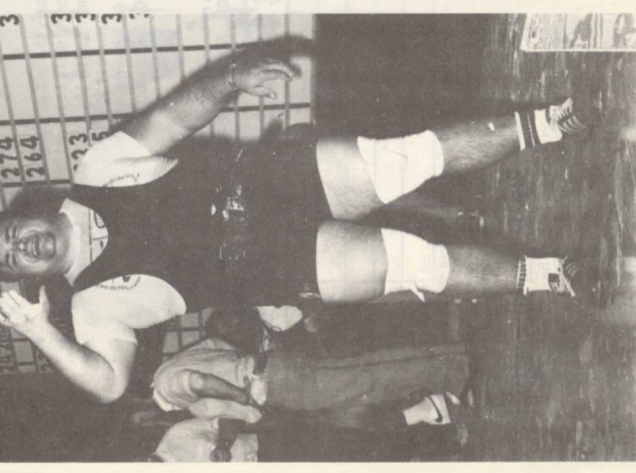
PAUL'S TRAINING PROGRAM

Paul says that his recent switch from an 8 week pre-meet cycle to a 12 week cycle has helped him. To begin his cycle, he starts the squats

It appears that the insurance policy, paid for by part of each lifter's USPF registration fee, and designed to provide benefits for lifters suffering accidental injury at meets and to protect meet directors from liability, has been cancelled due to non-payment of premiums. As I understand it, the original premium (based on an assumed enrollment of 15,000 lifters) was \$39,000. This amount was financed over a period of several months, with monthly installments on the order of \$4700. Incidentally, this rate (approximately \$2.60 per lifter) was quite a good one, thanks to the insurance industry and shopped around quite a bit on behalf of the USPF to find the best deal. I believe it was also agreed, as part of the policy, that if there were fewer than 15,000 lifters enrolled, an appropriate refund would be made to reflect the actual enrollment (which will probably end up around 8,000). The insurance company, American General (who is also insuring the 1984 Olympics and handled the recent World Games), has been more than cooperative, however, most of the recent payments have been quite late and two of the payment checks (issued by Joe Zarella and written on the New England Powerlifting Association account) have bounced. On September 23rd, since the USPF was 2 months in arrears, and still owed on one of the bounced checks from a previous payment, the policy was technically cancelled, although the finance company officials stated that if they received a cashiers check for the \$14,000 plus that was owed they would restate the policy. Joe Zarella was informed of this, however, as of Sept. 27, no cashiers check was in hand.

It is possible that this policy will be reinstated at some later time, but the payments have not been made, but in the mean time meet directors who are concerned by the actions of Joe Zarella, c/o 13215 E. Penn St., Suite 400, Whittier, California 90602 for details on other policies which may protect them (telephone 213-698-9781).

PL USA will not, at this time, discuss the various stories and theories about why these payments were not made on time and why some of the payments bounced, however, it has come to our attention that the payments for the IBM computer leased by the USPF in order to maintain registration records are also several months in arrears. It is our sincerest hope that money is available to pay for the trip of our United States team to the World Championships in Calcutta, India.



I can't HEAR you!!...Paul's not above asking for a little spectator response. The roar he got from the crowd at the 79 Worlds prior to a WR attempt was among the most memorable moments in modern Powerlifting.

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Potency * Effectiveness * Convenience

Dedicated Powerlifters know that peak performance is supported by explosive power and sustained endurance. This calls for a no-nonsense nutritional program.

We train powerlifters. We understand competitive stress, and we can help you achieve your maximum efficiency.

We have chosen eight tablets. They contain optimum amounts of the vitamins, minerals and enzymes which meet your special needs.

• High Potency B Complex and Vitamin C with Bioflavonoids are in sustained release form. Your body will be supplied with these vital nutrients over a 6 to 8 hour period, for complete utilization.

• The all-important Minerals are Amino Acid Chelated for your greatest assimilation.

• The oil base Vitamins A, D and E increase your oxygen efficiency and insure proper mineral interaction.

• And we've included the digestive enzymes which will enable you to build toward your goals with maximum protein and fuel food absorption.

As a finishing touch, we've put these eight tablets into an airtight packet for super convenience in daily doses.



Each Pack contains:

Lipo Soluble	500%
Vitamin A (Palmitate)	25,000 IU
Vitamin D (Erad. Ergosterol)	600 IU
Vitamin E (d-Alpha Tocopheryl Acetate)	1000 IU
Vitamin C Complex (time release)	3333%
Vitamin C (Natural Ascorbic Acid)	2000 mg
Selected Natural Rose Hips	500 mg
Hesperidin Complex	50 mg
Rutin (Green Buckwheat)	50 mg
B-Complex factors (time release)	100%
Folic Acid	8533%
Vitamin B ₁ (Thiamin HCl & Yeast)	130 mg
Vitamin B ₂ (Riboflavin & Yeast)	130 mg
Vitamin B ₆ (Pyridoxine HCl & Yeast)	130 mg
Niacinamide	850%
Vitamin B ₁₂ (Hydro Cobal. Conc. & Yeast)	2167%
Biotin	44%
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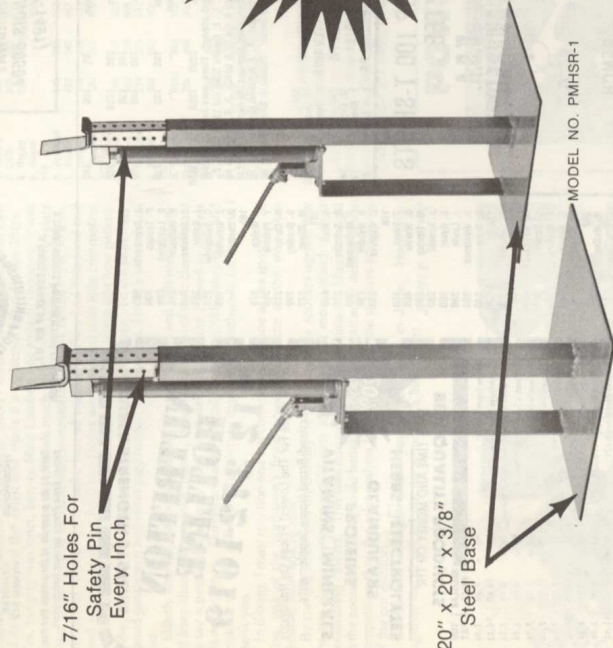
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Nutrition Corner

BY JACK DIGANGI

BIO-AVAILABILITY OF NUTRIENTS FROM FOODS

In this article, I am going to cover an interesting facet of nutrition—the nutrient availability from foods. Although you may feel secure that your PL diet is adequate, you need to be aware of nutrient absorption characteristics.

One limit to this article is the chemical and preparation interference. Special nutrient availability. Clinical factors such as surgery, infectious diseases, allergies, parasites, etc. should be attended by a physician.

Products such as lavative aids mineral oil or large quantities of food fiber materials may reduce absorption efficiency. Don't extend yourself on these products, as they do more harm than good.

PROTEIN:

The processing of food generally increases the digestibility of protein, for example, the blanching or toasting of soy protein. However, excessive heat can reduce the quality of protein. In theory a steak 'very well done' does not have the quality of a medium-rare steak. Don't worry though, we generally receive twice as much protein as we really need.

CARBOHYDRATES

High temperatures induce a 'caramelization reaction' which renders non-digestible carbohydrate material. The crust on bread or the favor of coffee are the result of this CHO degradation.

Fiber, or CHO, example of a non-digestible CHO. It is usually composed of cellulose, hemicellulose and pectin.

The sugar lactose found in milk is often not tolerated due to a lack of the lactase enzyme. If you have excessive flatus (gas) or diarrhea or similar GI problem, check with

your physician as you may have a lactose inadequacy.

LIPIDS:

Under normal conditions, we utilize about 95 percent of ingested lipids. Most lifters would not even sit down to a dinner prepared with rancid oil—an experience worse than 3 reds on an opener!

VITAMINS:

Efficient absorption of vitamins from food requires a normal healthy intestine. The fat-soluble vitamins, A, E and K require sufficient dietary fat and bile excretion for effective absorption.

The majority of vitamin loss is in the food preparation, at home. Remember to prepare vegetables with a small amount of water and at a low temperature.

MINERALS:

Studying the effectiveness of mineral absorption is extremely difficult. Mineral (chemical form) binders called chelators and sheer particle size are some of the factors involved.

Animal Iron (Heme-Iron) is more efficiently absorbed than is plant (non-heme) iron. However, Vitamin C does help iron absorption possibly by reducing iron to its ferrous form.

Even at this writing, more data is necessary to better understand the bio-availability of nutrients. The purpose of the article is to make you aware that acquiring adequate nutrition takes some thought and consideration. Those intense workouts are useless unless your nutrition is spot-on! R.D. Administrative Dietitian

From a Meet Director...this is an article that I felt needed to be written. 'Praise for the Praiseless' maybe? - People who never get enough recognition for the support that they give to the Sport of Powerlifting - People who drive hundreds of miles, just to help put on a meet - People who come to watch a meet and end up judging or loading, and listening to the sarcastic remarks about their judging - People who spend 12 to 15 hours and longer, just to HELP OUT with a meet, with never a word of thanks or gratitude from the lifters, and most of them are lifters themselves.

From my point of view, these are the dedicated men and women of Powerlifting and the people who will cause the continued world wide growth of our great sport. You all know who you are and writing articles like this can never give you enough thanks.

Sincerely, NICK R. KIRKES

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TRIVIA

Larry Pacifico won 9 consecutive World Powerlifting Championships titles, and after nearly severing his finger in a lifting accident, he presided at the National meet, coached the National Powerlifters Association team. Can you name another individual who has also been to each of the first ten World Championships, including several years as a competitor?
 ANSWER: Tony Fitton.

Mike MacDonald is one of Minnesota's greatest lifters. He set ALL of his current World Bench Press Records have been set in another state. Which state is this, and why is it so?

ANSWER: The state is California. Mike set his 198 lb. mark of 562 in 1980 at a meet in Lebec, CA, his 220 mark of 576 at the Boddy Expo in 1981.

One reason Mike's records were all set out of state is a critical lack of International Category referees in the upper Midwest. He has to travel to contests where the required referees will be in attendance.

We'll dig up more trivia in coming months, but if you have a special question or your lift record is in to 'TRIVIA', Box 467, Camarillo, California 93011

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The SHORT LEG SYNDROME and YOUR ACHING BACK

by **TIM McCLELLAN, Assistant Coach, Surfbreakers Powerlift Club**

If you suffer chronic, excessive lower back pain, you may have a virtually unrecognized postural deviation. This deviation commonly affects men and women, whether athletic or non-athletic. Known in the medical world as 'short leg syndrome', this source of persistent aching pain can be identified and corrected. Victims of unequal leg length can take immediate measures which can resolve their aching back pain.

Surprisingly, a mere 1/4 inch difference in leg length can be the direct cause of severe lower back, hip and leg pain. Furthermore, it can produce other harmful physical deviations such as acquired scoliosis (an S-shaped curvature of the spine), pelvic tilt, or uneven shoulders. Resulting muscle imbalances will also contribute to aching pains normally relieved by sufficient rest and proper exercise. In addition, prolonged abnormal pressure on the spine may cause a twisting effect of inter-vertebral ligaments and disks. Knee complications and hamstring tears can also result simply from unequal leg length.

What causes the 'short leg' anomaly? Generally an unilateral asymmetry of the lower extremity is caused by unequal bone lengths, by abnormal bone alignment, or from long term poor mechanics of movement. For example, poor rehabilitation of an injured knee. Most leg discrepancies are from birth, however, traumatic forces such as those resulting in complete or compound fractures play a dominant role in incidence. Again, virtually everyone can have this deviation, including all-star pitcher Jim Palmer, whose discrepancy is rumored to be a full inch due to an adolescent bout with polio.

Unfortunately, due to a lack of awareness, very little by means of remedial work is done, and the pain becomes chronic. In too many instances all physical activity must be modified or halted, with the end result being a frustrated athlete thinking, perhaps old age or weight training was the cause. A recent study reports Americans spend \$5 billion a year for tests and care of their backs, not including big dollars spent on disability, work compensation and lawsuits.

Our world record holding coach had competed for 17 years with short leg syndrome. At one point in his life, Fred Glass was deadlifting approximately 4 times his bodyweight. A few painful years later he could barely rise from an easy chair. Everyone concurred, 'too much lifting' had given him the

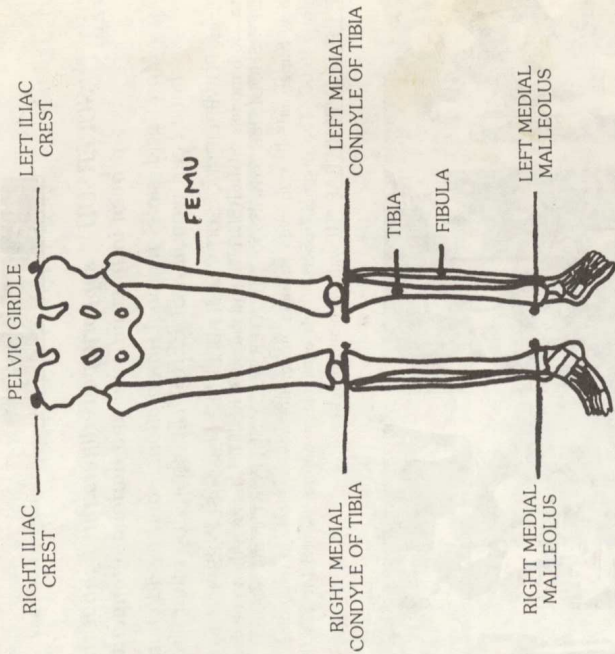


FIG. 1. Skeletal landmarks of the lower extremity (anterior view)

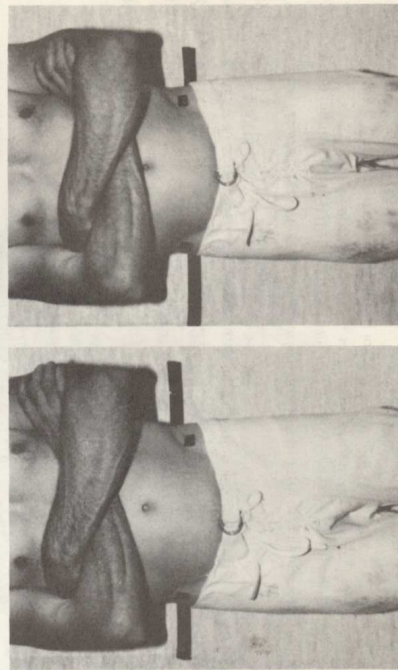


FIG. 2A. Fred standing without correction.

FIG. 2B. Fred standing with correction.

back trouble. In reality, an unnoticed shorter leg was causing the disability. The result? Glass was sidelined from lifting.

Years of visits to medical doctors, chiropractors and osteopaths produced no positive results. Bedrest, medical manipulations and physical therapy could only provide temporary relief. Severe stress, the herniated disks and severe muscle spasms. The problem remained unidentified, and the pain persistent.

For 2 years after coming out of retirement Fred squatted with the bar on his back with a noticeable tilt. We tried every idea imaginable to get Fred to carry the bar so it would be level. We were unsuccessful, never suspecting that his left leg was 5/8 inches shorter than his right leg. As hard as he tried, Fred just had no concept of 'level'.

Only after reading about short leg syndrome in a book, could Glass make the necessary adjustments to eventually climb out of his easy chair pain free. I am happy to say that he is competing again, as he currently holds the World deadlift record in the 40-49 year old class. By the way, today he stands corrected, and squats with a level bar.

IDENTIFICATION. You may wonder how you can determine short leg syndrome. For starters, stand barefoot with your legs together. Have someone measure from the floor to your iliac crest (the hip bone; fig. 1). If the distance from the floor directly to one iliac

crest is greater than that from the floor to the other iliac crest, you have a leg length discrepancy. If you do indeed have a deviation, measure from the medial malleolus (inner ankle prominence; fig. 1), to the medial condyle of the tibia on the same leg. Do the same on the other leg to determine whether the shorter bone is the femur (the long bone above the knee). By measuring from the floor to each malleolus, it is possible to determine if the problem lies below the ankle.

Another method of detection in your home is by looking into a mirror. Simply mark a dot on the iliac crest to see if they appear parallel. Figure 2 A shows the unevenness of Mr. Glass' legs when he stands uncorrected. The tape in the background represents a parallel line to the floor. Fig. 2 B shows Fred's short leg syndrome amended. I'm proud to say that a local M.D. found my photography to be 'remarkable' in showing deviation. He further recommended X-rays as the ideal way to get precise measurements.

Correction of short leg syndrome must be done carefully. For up to a 1/2 inch difference, the preferred procedure is to insert a full length insole lift to compensate for the discrepancy. It must be lightly fitted into the shoe's insole, and worn on the shorter leg. Here it will provide added length to the shorter leg, which will level the pelvis. If, for example, the deviation is 1/4 inch, simply add a 1/4 inch insole to your

shoe. If the difference is over 1/2 inch, add a tapered insole measuring 1/2 inch under the heel tapered to 3/8 inches beneath the ball of your foot to the toes. Shoe inserts can be homemade with foam rubber, leather or almost any material. A trip to the cobbler is another means of acquiring a suitable lift. Please note that the lifts effect may cause some additional discomfort, which in 2-5 weeks should diminish as your back muscles readjust. Remember that proper warm up, which includes slow motion muscle stretching is IMPERATIVE vice.

Special thanks to Keith McClellan, R.N. for medical research and advice.

THE VIRGINIA OPEN

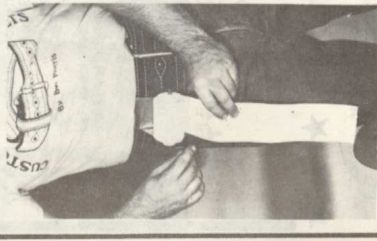
November 7th, 1981

Location: Stanardsville, Virginia
Open Division: Trophies 1st, 2nd, & 3rd place
Novice Division: Trophies 1st, 2nd, & 3rd
Female Division: 5 places by Formula
Masters Division: 1st thru 5th by Formula

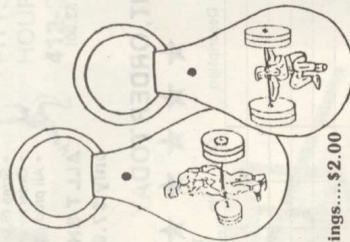
1st, 2nd, 3rd place Team Trophy
(Open Division Only)

For more information call or write to Willie Morris, Box 5, Rt. 810, Stanardsville, VA 22973 or call 804-985-7660 Tues, Thurs, and Sun evenings only.

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INJURIES

THE CASE OF THE INJURED SHOULDER

By Willie Morris

Almost anyone reading this article, at one time or another, has probably had the misfortune of a minor or major injury of some kind and yours truly has had a rather severe one for several months.

My particular injury occurred around the 1st of March. I was doing some negative bench pressing with a heavy weight. I would take the weight out of the rack and very slowly let it down to my chest. At this point I would have my training partner, Brian Miller, help me back up while still straining.

After a heavy set of 3 reps which, incidentally, I was doing after my bench routine, I felt some rather sharp pains in my left shoulder. I can now see that if I would have backed off for a few weeks I would not be writing this article today, but I was lifting in the Virginia State championships in 3 weeks and the last thing I wanted was a lay-off. (Does that statement ring a bell out there?) I continued training the next 3 weeks and the pain had to affect my squat and especially my shoulder.

After the contest, my shoulder was very painful so I took 2 weeks lay-off. After that I returned to the gym and while doing a set of bench presses with 250 lbs the pain came roaring back worse than ever. Another 2 week lay-off followed and I was dying to get back to those heavy weights because another contest was coming up in a few months and, man, I had to be ready, injury or not (smart thinking, right!).

WHAT TO DO ABOUT THEM!!

My shoulder needed rest, but I had to lift, look well with the shoulder. I would work through it. I went back to my gym, this time using light weights and a lot of reps and DMSO but again the pain kept coming back. By this time I was more than a little ticked off. How could this be happening to me. Man, I have all the rotten luck. I made an appointment to see a specialist and had x-rays and they showed no apparent damage. The arthrogram came up positive also, so thank God there was no damage to the acromion clavicular joint or the rotator cuff. Perhaps it was a little tendonitis, said one of my doctors. All this time I was using most heat, ultra sound and DMSO and still some light training just trying to work around my injury. At this time my friend and doctor, Bob Fritz, had me come by his office. (Oh, I almost forgot; I had a cortisone shot in my shoulder and it stopped the pain for 5 days but then it came afterwards.)

Dr. Fritz gave me a 5 days supply of Axoid and a muscle rub called myoflex. I was told to go very light and if the pain came back to stop. I was also to use heat prior to exercise and to ice the shoulder down afterwards.

My shoulder is better now, a little tight perhaps, but I am able to bench slightly for reps without pain. So, if your doctor says to rest, don't go to your doctor right away, and remember there is always another contest down the line and lastly, don't try to diagnose your injury by yourself. By seeing a qualified doctor early you can save yourself pain and lost training time.



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British Benchers on the Move! Barrie Nelson, of West Yorkshire reports that since it seems that all Americans are Bench Press experts, the Britishers have started a new kind of Bench contest: 1 1/2 bodyweight for as many reps as possible in competition style (top for a clip on each rep, except a recent meet where Geoff Chandler, who got 20 reps. He had done a 435 single at 181, and just missed a 451. They're hoping such contests will produce a benchner of two, which Barrie says they certainly could use!

Whether you're a Big Name or No Name, send in your picture and details to this new feature.



Gavla Crain's recent award of the Oklahoma AAU Association's Sullivan Award qualifies her for the National World Record Holder in the 114, 123 and 132lb weight classes. **Mark Beckerle** has broken 28 World Records, and this year won both the Women's National Powerlifting Championships and the Women's World Championships. **Gavla Crain** thought she did "okay" at the Aussie Nationals, merely placing out Record lifts of 468 303 440 1212 at 165, but she's aiming for a lot more at this bodyweight at the Women's Worlds. You may be seeing more of **Bev** as she was recently limed by the new version of "YOU ASKED FOR IT" visiting Canada for an Exhibition.

WHO'S WHO IN POWERLIFTING

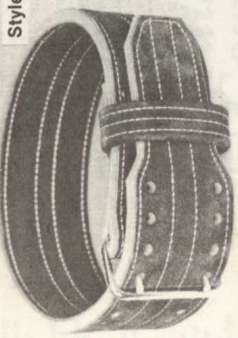


Mark Beckerle is a 22 year old police officer who has been training less than 2 years. He is a great "psyche" lifter and is always good for 30-40 lbs more in competition than in the gym. At the Nevada State meet Mark pulled a 672 deadlift on his 3rd attempt, after doing only 620 in the gym. He's gone 9 for 9 in every contest and improved steadily. Photo by Gary Menaker.

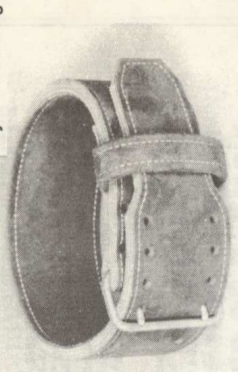
Gary Giglia (19) of Kenmore, NY weighs 275 lbs. After 1 year of competition starting in 1979, he won 8 trophies in 6 contests, set a bench press record, won the New England Powerlifting Championship's Best Teenage lifter award and qualified for the Teenage Nationals. He's dropped his body weight from 325 to 275. Photo courtesy Gary Giglia.

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3N1	1	Nat.	7-mm	chrome	3"	none	28.00
3S1	1	Suede	9-mm	chrome	3"	1	42.00
4N1	1	Nat.	7-mm	zinc	4"	none	31.00
4N2	2	Nat.	11-mm	zinc	4"	1	51.00
4N3	3	Nat.	13-mm	zinc	4"	1	61.00
4N2C	2	Nat.	11-mm	zinc	4"	2	55.00
4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2	Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3	Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1	Suede	10-mm	zinc	4"	1	54.00
4S2	2	Suede	12-mm	zinc	4"	1	64.00
4S3	3	Suede	13-mm	zinc	4"	1	74.00
4S1C	1	Suede	10-mm	chrome	4"	2	60.00
4S2C	2	Suede	12-mm	chrome	4"	2	70.00
4S3C	3	Suede	13-mm	chrome	4"	2	80.00
4S1CD	1	Suede } with insert color	10-mm	chrome	4"	2	69.00
4S2CD	2	Suede } with insert color	12-mm	chrome	4"	2	79.00
4S3CD	3	Suede } with insert color	13-mm	chrome	4"	2	89.00

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WAIST SIZE _____

SOUTHWEST NATIONAL NOVICE POWERLIFTING CHAMPIONSHIPS

This meet is open to anyone in the USA meeting the eligibility requirements!

Date: January 16 and 17, 1982

Location: Crossroads Mall, I-240 and I-35, Oklahoma City, Oklahoma. The lifting will be held in center court in this, the largest shopping mall in the United States with literally thousands of spectators! This should provide our novice lifters with a terrific opportunity to promote their sport in front of the public!!!

Times: Lifting will begin at 10:00 a.m. on both days.
Weigh-in will be held from 8:00 to 9:30 a.m. each day.

Divisions: There will be both a Men's and a Women's division.

Definition of Novice: Anyone who has never placed first in a powerlifting competition is now designated a novice according to a USPF decision made at the Sr. Nationals in 1981.

Weight classes: Men's - 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW
Women's - 97, 105, 114, 123, 132, 148, 165, 181, SHW

Individual Awards: First through fifth place winners in each division will receive a large, beautiful trophy. The first place trophies will be at least 40 inches tall!!!!

Team Awards: The first place team will receive a 400 lb. set of York Olympic weights and a trophy. Second place receives a York E-Z curl bar and a trophy and third place will receive a trophy.

Entry Fees: Men's Or Women's Division - \$20.00 Entry deadline is Jan. 8, 1982.
Team Entry - \$40.00 Late entry will be \$25.00.

Meet Directors: Richard Peters and Marlon Fisher.

NAME _____ ENTRY BLANK _____ WEIGHT CLASS _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ PHONE _____ BEST TOTAL _____

DIVISION _____ TEAM _____

I hereby release all claims for injuries or damages which I may incur in this meet against Richard Peters, Marlon Fisher, the USPF, and Crossroads Mall.

Signature _____ Parent Or Guardian (if under 21)

Return entry form with entry fee to:
Southwest National
P.O. Box 1753
Norman, OK 73070
(405) 321-1852

3RD ANNUAL SOONER CLASSIC 7/25-81-OKLAHOMA CITY OKLA-(KILOS)

WOMEN	OK	BP	DL	T
J. Thompson (105)	92.5	65	102.5	248.5
B. C. Jones	92.5	65	110	247.5
C. Carpenter (24.5)	85	65	110	230
D. Mills (148)	85	47.5	102.5	245
T. Algie	85	65	105	255
T. Algie	75	35	90	200
J. Woodraka	177.5	100	172.5	460
B. C. Jones	160	92.5	177	430
M. Butler	150	85	182.5	417.5
C. Woodraka	145	137.5	200	652.5
D. Woodraka	177.5	110	227.5	515
D. Woodraka	197.5	115	190	501.5
C. McElbra	182.5	120	215	497.5
R. Baer	187.5	117.5	190	475
C. Fowler	187.5	100	182.5	447.5
S. Ventrass	160	97.5	185	422.5
G. Griffin	---	---	---	---
M. Martin	227.5	147.5	245	620
G. Bacon	227.5	145	240	612.5
C. Coston	215	130	212.5	557.5
R. Moran	180	137.5	232.5	550
M. Campbell	182.5	127.5	227.5	537.5
F. Neelin	137.5	120	187.5	445
G. Patton	---	---	---	---
181	---	---	---	---
J. Spradling	260	152.5	282.5	700
R. Smith	267.5	155	272.5	695
R. Scott	267.5	150	242.5	660
M. Curry	200	130	250	605
M. Curry	197.5	145	220	562.5
J. Grant	212.5	115	230	557.5
R. Munoz	210	---	---	---
J. Luczak	182.5	---	---	---
198	---	---	---	---
T. Lazante	295	170	280	745
K. Jones	242.5	170	260	672.5
K. Brown	242.5	145	275	662.5
T. Mitchell	242.5	150	252.5	645
K. Brown	215	140	210	565
J. Fre	180	125	235	540
E. Shinsacker	185	120	227.5	512.5
M. Davitt	220	150	230	605
J. Heche	145	110	---	---
B. Luckhart	---	---	---	---
198	---	---	---	---
M. Hanson	310	165	307.5	782.5
D. Farnas	320	187.5	282.5	770
D. Brooks	282.5	205	272.5	762.5
R. Siller	280	145	275	700
G. Field	272.5	155	250	677.5
M. Castle	242.5	137.5	245	672.5
L. Ventress	220	140	230	590
H. Turner	155	132.5	182.5	470
206	---	---	---	---
J. Hecham	300	187.5	325	770
J. Hecham	245	197.5	295	737.5
L. Reed	272.5	137.5	295	705
R. Heier	220	150	240	610
275	---	---	---	---
D. Moore	357.5	222.5	287.5	867.5
B. Campbell	322.5	150	240	812.5
B. Taylor	205	150	240	595
R. Staker	340	230	325	885
R. Heier	280	147.5	237.5	665
C. Box	---	---	---	---
Champion: Richard Peters, Sr. West Coast Champ	---	---	---	---
Ok. 2. Duncasville Ath. Club, Duncasville, Tx, 3.	---	---	---	---
Scott AEP Ft. Cobb, Belleville, Ill.	---	---	---	---
lifters coming from 14 states. There were lifters from Texas, Kansas, Missouri, Illinois, Minnesota and Ohio. I would like to apologize to the lifters for the new convention center that was promised to us. This was home out 2 days before the meet and we to only have one bathroom and made the meet run longer than we hoped for. Sorry, guys.	---	---	---	---
There was good competition in all weight classes records set. Donnie Brooks from Norman set a new BP record with 205 kg (451 lbs), and Larry Hanson from Tulsa, opened in the DL with a new table record with 307.5 kg (677 lbs). Also there	---	---	---	---

were 26 meet records set. If anybody would like a copy of the meet records, just drop me a line and I would like to give special thanks to everybody who helped me make this meet possible. Announcer: Richard Peters. Head referee: J. D. Ginn. Scorekeepers: J. Billingsley, C. Wardell, R. Warren. General help: M. Horton, R. Mitchell, G. Gill, K. Jones. I probably forgot some people, but these people really made the meet work. Also a thanks to all of the lifter and spectators, some traveling a long distance to compete. These are the true winners. There are a few meet T-shirts left and if anyone would like to have one, state size, color (tan, blue, gray) and address to: 1480 E. 14th St., Oklahoma City, OK 73101. I am looking forward to seeing you in the upcoming year and hope to see them next year at the Sooner Classic.

Crain's Corner

ANSWERS TO YOUR TRAINING QUESTIONS BY RICKY DALE CRAIN



1980 World Champ - Rickie Crain
Question: When wrapping my knees for the squat, there is a problem with losing circulation in my legs. Is this normal or am I doing something wrong?
R.B. Answer: You could be wrapping too soon before you lift. Either wrap later or don't wrap so tight to begin with, but the best plan is to wrap tightly just before your attempt.

Question: When wrapping your knees for the squat, what is the best way to wrap them?
R.B. Answer: There are basically two ways to wrap your knees. One is to start at either the top or bottom and wind the wrap straight across, method I call in one pass. Another method is to lay a foundation wrap at the top or bottom and then cross the wrap up and back down. The first style is probably better for big men, as the criss cross style uses up more wrap.

For answers to your training questions, write to **CRAIN'S CORNER, Box 467, Camarillo, CA 93011** and we'll use them as soon as we can.

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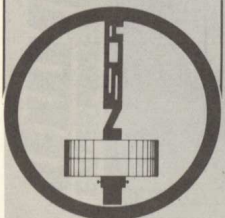
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ATHLETIC SPEED



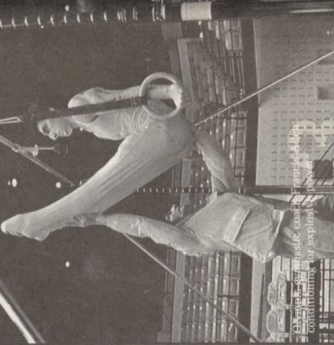
ATHLETIC STRENGTH



Billy Sims, strength coach at the Detroit Lions' hospital



ATHLETIC POWER

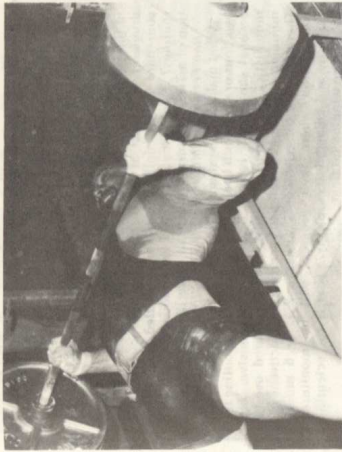


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600 Barbell Blasted Tom Hardman rams up this World Record 605 at Jay Hees's All Star Invitational. photo by Dave Linn courtesy Jay Hees.

SOUTHEASTERN ALL-STAR INVITATIONAL-8/7-8/81 NASHVILLE, TN (KILOS)

SO	BP	DL	T
132	165	137.5	295
M. Cross	165	95	225
S. Alford	160	107.5	177.5
148	232.5	147.5	325
W. Thompson	210	150	210
J. Bozza	182.5	115	220
A. Kirschner	190	115	207.5
M. Binion	177.5	105	205
D. Crater	262.5	122.5	307.5
T. Hicks	240	160	245
R. Poley	210	150	210
158	217.5	135	235
T. Vetrano	210	150	210
G. Herring-guest	270	170	262.5
188	275	185	367.5
W. Baughn	265	155	277.5
B. Hardman	232.5	152.5	290
D. Bing	235	162.5	212.5
D. Hopper	205	150	205
198	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
208	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
220	265	155	277.5
L. Schroeder	500	325	500
235	170	85	230
W. Merritt	280	130	275
242	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
250	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
260	265	155	277.5
L. Schroeder	500	325	500
270	170	85	230
W. Merritt	280	130	275
280	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
290	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
300	265	155	277.5
L. Schroeder	500	325	500
310	170	85	230
W. Merritt	280	130	275
320	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
330	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
340	265	155	277.5
L. Schroeder	500	325	500
350	170	85	230
W. Merritt	280	130	275
360	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
370	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
380	265	155	277.5
L. Schroeder	500	325	500
390	170	85	230
W. Merritt	280	130	275
400	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
410	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
420	265	155	277.5
L. Schroeder	500	325	500
430	170	85	230
W. Merritt	280	130	275
440	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
450	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
460	265	155	277.5
L. Schroeder	500	325	500
470	170	85	230
W. Merritt	280	130	275
480	277.5	205	265
M. Stone	250	172.5	250
J. Cummins	237.5	165	222.5
490	257.5	135	265
P. Beckham	182.5	127.5	205
D. Dauch	275	185	367.5
500	265	155	277.5
L. Schroeder	500	325	500

BARBARIAN CLUB CONTEST 2 8/23/81-BELLEVILLE, ILL.

SO	BP	DL	T
123	175	120	245
M. Rizzato	148	100	200
148	200	130	270
W. Thompson	181	110	210
J. Kelly	275	210	350
198	410	255	450
V. Madfield	420	285	410
220	400	280	520
232	325	500	1325
242	170	85	230
250	280	130	275
260	275	185	367.5
270	265	155	277.5
280	232.5	152.5	290
290	235	162.5	212.5
300	205	150	205
310	277.5	205	265
320	250	172.5	250
330	237.5	165	222.5
340	257.5	135	265
350	182.5	127.5	205
360	275	185	367.5
370	265	155	277.5
380	232.5	152.5	290
390	235	162.5	212.5
400	205	150	205
410	277.5	205	265
420	250	172.5	250
430	237.5	165	222.5
440	257.5	135	265
450	182.5	127.5	205
460	275	185	367.5
470	265	155	277.5
480	232.5	152.5	290
490	235	162.5	212.5
500	205	150	205

ORANGE COUNTY CLOSED 7/12/81-WARWICK, NY

SO	BP	DL	T
114	187	115	253
J. Kelly	148	77	242
G. Remo	187	104	242
M. Rizzato	154	88	231
B. Merritt	264	209	325
148	165	110	210
158	286	214	374
B. Lipincatti	181	110	210
181	418	253	496
198	380	286	418
V. Madfield	385	259	380
B. Cron	352	259	402
P. Lamparillo	325	214	413
242	275	181	210
275	501	303	523
L. Schroeder	501	303	523
328	181	110	210
338	418	253	496
348	380	286	418
358	385	259	380
368	352	259	402
378	325	214	413
388	275	181	210
398	286	214	374
408	181	110	210
418	418	253	496
428	380	286	418
438	385	259	380
448	352	259	402
458	325	214	413
468	275	181	210
478	286	214	374
488	181	110	210
498	418	253	496
508	380	286	418
518	385	259	380
528	352	259	402
538	325	214	413
548	275	181	210
558	286	214	374
568	181	110	210
578	418	253	496
588	380	286	418
598	385	259	380
608	352	259	402
618	325	214	413
628	275	181	210
638	286	214	374
648	181	110	210
658	418	253	496
668	380	286	418
678	385	259	380
688	352	259	402
698	325	214	413
708	275	181	210
718	286	214	374
728	181	110	210
738	418	253	496
748	380	286	418
758	385	259	380
768	352	259	402
778	325	214	413
788	275	181	210
798	286	214	374
808	181	110	210
818	418	253	496
828	380	286	418
838	385	259	380
848	352	259	402
858	325	214	413
868	275	181	210
878	286	214	374
888	181	110	210
898	418	253	496
908	380	286	418
918	385	259	380
928	352	259	402
938	325	214	413
948	275	181	210
958	286	214	374
968	181	110	210
978	418	253	496
988	380	286	418
998	385	259	380
1008	352	259	402
1018	325	214	413
1028	275	181	210
1038	286	214	374
1048	181	110	210
1058	418	253	496
1068	380	286	418
1078	385	259	380
1088	352	259	402
1098	325	214	413
1108	275	181	210
1118	286	214	374
1128	181	110	210
1138	418	253	496
1148	380	286	418
1158	385	259	380
1168	352	259	402
1178	325	214	413
1188	275	181	210
1198	286	214	374
1208	181	110	210
1218	418	253	496
1228	380	286	418
1238	385	259	380
1248	352	259	402
1258	325	214	413
1268	275	181	210
1278	286	214	374
1288	181	110	210
1298	418	253	496
1308	380	286	418
1318	385	259	380
1328	352	259	402
1338	325	214	413
1348	275	181	210
1358	286	214	374
1368	181	110	210
1378	418	253	496
1388	380	286	418
1398	385	259	380
1408	352	259	402
1418	325	214	413
1428	275	181	210
1438	286	214	374
1448	181	110	210
1458	418	253	496
1468	380	286	418
1478	385	259	380
1488	352	259	402
1498	325	214	413
1508	275	181	210
1518	286	214	374
1528	181	110	210
1538	418	253	496
1548	380	286	418
1558	385	259	380
1568	352	259	402
1578	325	214	413
1588	275	181	210
1598	286	214	374
1608	181	110	210
1618	418	253	496
1628	380	286	418
1638	385	259	380
1648	352	259	402
1658	325	214	413
1668	275	181	210
1678	286	214	374
1688	181	110	210
1698	418	253	496
1708</			

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9/12-13/81-MIDDLETOWN, NY

52kg	M. Rizzato	192	115	253
55kg	M. Rizzato	341	220	383
59kg	M. Gask	374	198	440
63kg	R. Herbst	248	248	402
67kg	S. Svanstrom	303	231	407
71kg	D. Barry	176	159	259
75kg	R. Ferro	395	274	491
79kg	B. Lippincott	308	238	414
83kg	C. Cusack	336	220	374
87kg	J. Varnone	551	319	573
91kg	W. Conroy	473	330	485
95kg	R. Scarzino	418	225	457
100kg	B. Varnone	567	347	562
105kg	B. Scarzino	468	325	511
110kg	M. Massone	440	319	515
115kg	C. Varnone	407	358	475

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The SQUAT

The Effects of Conformity and Perceptual Error in Judging Parallel Lines: an Attempt at Defining Problems in Judging the Squat.

by Fred Hatfield, PhD, Fitness Systems, Inc.

There is a branch of psychology that deals with how the brain interprets visual information. The study of perceptual information, the early part of the century, and the research that has been done is often remarkably suited to application in the world of sports officiating. Yet, surprisingly, it has only been in rare instances that any such applications have been made. It is time for many reasons, not the least of which is the tendency I would like to propose here that perhaps judges (particularly U.S. judges) applying their own various criteria in judging the squat. Now, this isn't surprising in light of the ambiguous way in which the official IFF rules on the squat were written. (I would like to propose here that perhaps the rule clearly and unambiguously state that there could be only one (and especially, recently) I have been appalled at meets over this problem. I have never been amused. The problem is that judges simply don't know clearly enough how the squat should be judged. Of course, there are exceptions, but exceptions don't cut it for the guy who trains all his or her life and bombs in the squat because of poor judging rather than poor squatting. There are enough of you bombardiers out there for me to believe that I have a sympathetic ear to this article. So please bear with me while I ramble through a few hard facts about the science of perception and try to apply them to judging the squat. Perhaps a few judges out there who consider themselves a 'tough judge' or a 'fair judge' or perhaps one of those 'give it to the lifter judges will begin to see that, if there are unambiguous criteria, then there should be only one kind of judge.

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Cysteine, 30 tabs.	\$3.68	Raw Adrenal, 60 tabs.	\$7.96
Phenylalanine, 60 tabs.	\$9.96	Raw Pituitary, 60 tabs.	\$7.16
Hyxazine, 60 tabs.	\$10.00	Raw Thymus, 60 tabs.	\$5.56
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B-15, 200 tabs.	\$11.60	Raw Intestine, 60 tabs.	\$6.76
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114 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
123 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
132 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
148 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
165 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
181 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
185 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
198 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
220 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
242 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
275 SO	BP	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
318 SHW	SO	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
318 SHW	SO	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
318 SHW	SO	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
318 SHW	SO	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda
318 SHW	SO	270	P. Honda	270	P. Honda	270	P. Honda	270	P. Honda

THE PROBLEM OF CONFORMITY

There is a basic human tendency in one to temper his judgments in deference to the judgments of others. This is particularly true if those others are perceived as important. Deferential judgments are made as a consequence of the others' desire to establish with them a following because of compliance with it. If the squat appears to be judged harshly by two judges, there is a human tendency for the third judge to begin judging more harshly so as not to appear as a fool in the eyes of his peers. Even one judge (who is perceived as important by the other two) can cause this phenomenon to occur. I can't offer the standard bit of advice to such judges that they

THE PROBLEM OF PERCEPTION

Many scientists have experimented with illusion. An example from the research literature tells of a man placed in a chair with a pivot on the back. The chair or the room was then rotated and the man was asked to line things up straight. Such a task proved to be nearly impossible for the majority of subjects. The reason was that bogus cues (false information) were fed to the subject without his knowing it. Many other such studies reveal the extreme difficulty in judging what's parallel, straight or level. When the bogus cues were eliminated, the difficulties in judgment appeared to diminish significantly. In judging the squat, distracting visual information (we may refer to it as "perceptual noise") can be easily eliminated through a problem. I have never been amused. The problem is that judges simply don't know clearly enough how the squat should be judged. Of course, there are exceptions, but exceptions don't cut it for the guy who trains all his or her life and bombs in the squat because of poor judging rather than poor squatting. There are enough of you bombardiers out there for me to believe that I have a sympathetic ear to this article. So please bear with me while I ramble through a few hard facts about the science of perception and try to apply them to judging the squat. Perhaps a few judges out there who consider themselves a 'tough judge' or a 'fair judge' or perhaps one of those 'give it to the lifter judges will begin to see that, if there are unambiguous criteria, then there should be only one kind of judge.

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