

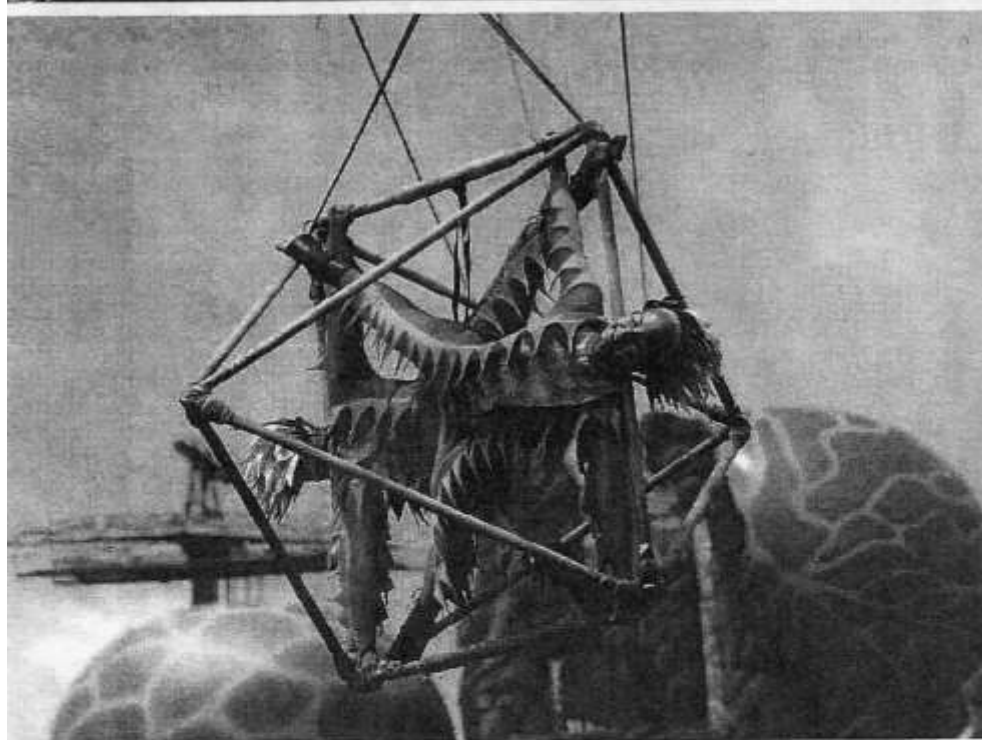
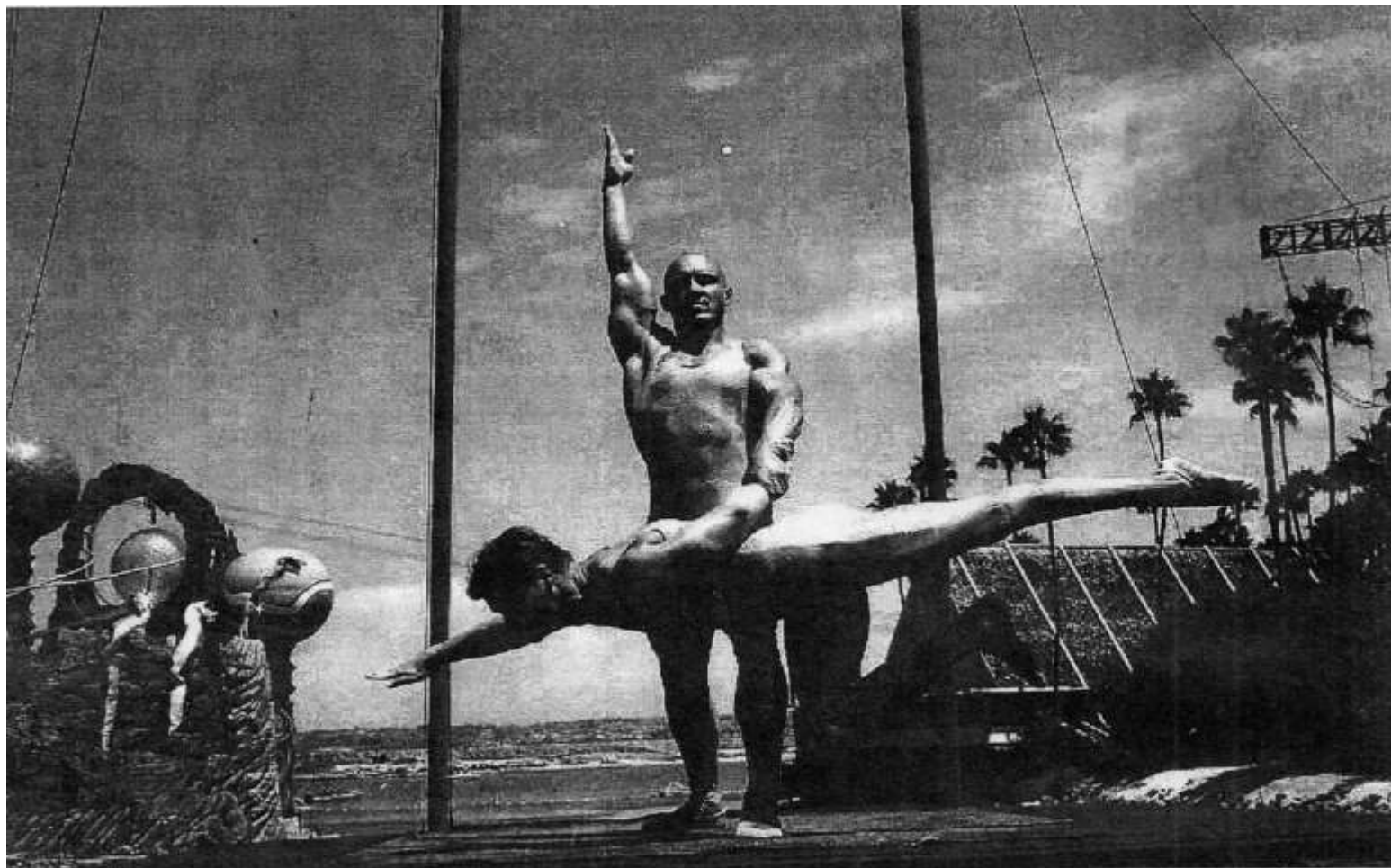
ACRO

II / Winter

World Acrobatics Society

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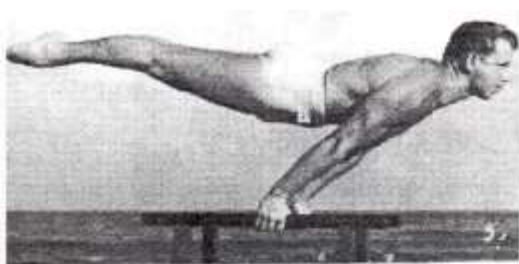




San Diego Sea World

Besides the famous Shamo Whale (pictured on our cover tossing a acrobatic div through several flips) and high flying flipping Dolphins, Penguins, etc. The San Die Sea World has many out of water stage presentations such as the balancers pictur above along with many famous acrobatic performers from around the world

Our thanks to Glen Vaughn for arranging with the Sea World Public Relations Department for these photos



LETTERS

Dear Glenn
It was good seeing you at the World Gymnastics championships in Anaheim. Here is a photo that maybe of interest to the readers of ACRO magazine.
A photo my daughter, Lisa sent to me from Hawaii. A fine statue. It is located outside the Hyatt hotel in Kaampali. A fine Statue but



alas, the grip of the top mounter appears incorrect.

Sincerely, Rick Miller
W.A.S. Life Member

Editor: The handgrip does seems a bit Unusual

* * * *

Hi Glenn,
The Letter and photo you got from Ken Farrell in Hawaii stirred up memories. Digging through my old junk produced a couple of slides...both taken in 1951 on my way to the Korean thing. One is a picture of a little cut person I "picked up" on the beach at Waikiki, and the other is me hanging around with a young South Korean commando on the deck of the ship bringing us to the party. If my memory serves me right, I think his name was Huang.

Stan

Editor: From Your Letter envelope photos it is good to see you are still very active in your balancing shows.

* *



Dear Glenn,
I received a phone call from my nice in Japan that Mr. Takashi Ono's wife had recently been appointed the Minister of Security. She has been serving in the Japanese Diet for some years. As you know Mr. Ono participated in four Olympics and three World Championships winning seven Gold, nine Silver and five Bronze medals. Mrs. Kiyako Ono was also an Olympic Bronze medal gymnast.

Sincerely Frank Endo

* * * *

Dear Glenn,
Just to let you know our friend Charlie Simms died in Oct. 03 from stroke. I believe he was about 75. Charlie started competition at Franklin HS in Los Angeles. Attended USC and was the 1952 NCAA horizontal bar champ 1953 NAAU Hor. Bar champ.



1954 National AAU All-around & Vaulting Champion. 1952 & 1956 Olympic team member. A NCAA & NAAU Judge.

Sincerely, Jack Beckner

Editor: In 1956 when Charlie was a Journalist teacher at Beverly Hills HS he helped me with our first "Modern Gymnast" magazines and did a great job photographing and writing up the "56 Olympics in Australia. We'll all miss him

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ACRO FUTURE ???

From the Editor's desk

ACRO
World Acrobatics Society



The Official Publication of the
World Acrobatics Society

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2004 W.A.S. Congress and
Instruction

ACRO, Fall - Winter

Dear WAS and ACRO Friends:

As you can see from the belated publication of this ACRO edition we have had a bit of trouble in getting our third ACRO magazine to press. Perhaps I have been a bit optimistic about the need and support of ACRO by WAS and our other acrobatics related friends from around the world.

The intent seemed to be in good faith and we have many dedicated followers. However the limited financial and article deadline support available from the World Acrobatics Society and friends is not enough to maintain the quality we strive for in the ACRO Magazine.

By going at a slower pace we have been able to put together fine quality and interesting ACRO edition.

As for the future I would suggest to the WAS Board of Directors that we continue with an 8 -12 page Newsletter. Also an Annual WAS program edition featuring bios and photos of all of the World Acrobatics "Gallery of Honor" inductees (using the format we were able to do on several of our 2004 inductees in this edition of ACRO).

Although publishing a magazine has been a task for an old hat & past editor... with the help of our computer graphics man Steve Mackey, the encouragement and help from Paula Boelsems along with the support from all our contributors ... we were able to put it all together.

"Have A Happy Handstand" ...GMS

LES STOCKTON

October 29th 1916 - April 20th 2004

At press time we learned that Les, a long time friend from Santa Monica's "Muscle Beach" passed away. Les and his wife Pudgy were perhaps the most famous of our "Muscle Beach" Alumni Association. Les held me in my first high-hand-to-hand at the beach in 1938. Les was the bottom man of the UCLA 4 Aces pictured in the last ACRO.

Pictured at right Les holding his wife Pudgy supporting partner Bruce Conner in a trio balance.



ACRO

Fall - Winter
Vol. 1 No 3 -4

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W.A.S. Vice President Paula Boelsems holding down our booth at USA Gymnastics Congress during the World Championships in Anaheim California.



W.A.S Board in Fort Lauderdale



Abie Grossfeld surrounded by fellow Olympians when he received special honor award from the International Gymnastics Hall of Fame . At the dinner awards meeting in Las Vegas

THE PRESIDENT'S REPORT

by JOHN DEINGER



In September of 2003 I attended a gathering of like-minded souls in Arizona. The occasion was to acknowledge the amazing life and accomplishments of Acrobat & Coach...Charlie Pond.

Everyone at the gathering had the opportunity to personally interact with Charlie, his wife and family members and express to Pond how he had influenced their lives as a mentor, coach and friend. *Charlie Pond passed away only days after this event.*

During his last years one of the activities Charlie was involved with was being a Founding Member and Officer of the World Acrobatics Society. He helped in establishing the mission and structure of the Society.

In tribute to Pond it is worth noting why the society was formed, who the Society is currently, what we do, and how we might direct the society toward a continuing enrichment of associations and remembrance of Legendary Acrobats.

Formation

In 1994 a large group of friends and family gathered to celebrate the 80th birthday of George Nissan. Most of the guests were Acrobats and Coaches from the gymnastic world. The face-to-face associations, shared memories, and the general camaraderie stimulated a desire to gather annually so as to renew friendships and enjoy the company and stories of Acrobatic personalities from a variety of disciplines.

Beginning in 1997 the World Acrobatics Society also known as W.A.S. came to be. The corporation established a non-profit status and developed a Constitution.

Some of the objectives of the corporation include:

- *The exchange of ideas and information.*
- *Fostering an understanding of the common elements among acrobatic sports.*
- *Providing a centralized source of information for acrobatic sports that are organized worldwide.*
- *To stress the value and need for safety in acrobatic sports.*
- *Preserving the History of the various acrobatic sports.*

These are ambitious objectives and to accomplish them requires dedicated individuals. Our Board of Directors is such a group and I believe it is one of the strongest, most talented, and capable group of Acrobats, Coaches and Administrators ever. Their combined resources can achieve many of our goals.

WAS Activities:

One of the more rewarding functions of the W.A.S. is the yearly gathering of the Society in Las Vegas. The opportunity to be around and swap stories with some of the outstanding acrobats of all time is a highlight of my year. As a diver I have been somewhat detached over the years from other forms of Acrobatics.

And I am sure that other Acrobats such as circus personalities, divers, gymnasts, professional stuntmen, hand-balancers and many other disciplines have the same type of exclusiveness.

Our yearly gathering is not only an opportunity to meet with living legends but to become educated as they explain their various techniques and experiences with somersaulting, twisting and moving through the air. Along with our speakers, videos of historical performances and amazing acrobatic feats will be seen.

An ongoing activity for the Society is to find ways of sharing the accomplishments of Acrobatic Legends with others. One way we do this is to honor a select group of individuals at our annual meeting thru Induction into the World Acrobatics Society Hall of Legends.

The ceremony includes a dinner and formal presentation of these outstanding people. It is done in the company of their peers, mentors, coaches and friends who share the bonding that acrobatic lifestyles manifest.

Another method of sharing with others is to record and maintain a database of historical accomplishments of our Acrobatic Legends. Of course this requires a great deal of energy and time because first the information needs to be obtained and then transferred to a stable archiving medium. Today it is all about digital recording and finding funds to pursue this most ambitious undertaking.

The society has a web site which is a documented file of all our Gallery of Legends and maintains a current listing of the WAS Officers, Board of Directors and other information. We will continue to expand the web site and make our exposure on the Internet more obvious through search engine cross-referencing.

We have the beginnings of a biographical almanac of our Honorees in a printed hard copy form. It is important that this work continue with updates and improvements.

A physical home is required for memorabilia and we are currently in negotiations for a home.

Anyone attending our annual function or enjoying any of our efforts will realize that the work of Charlie Pond and other WAS founders had true vision.

The mission of WAS is stated as follows:

The corporation is a worldwide organization for the advancement of education, communication and cooperation among all individuals and organizations interested in fostering the growth, development and safety of the various acrobatics sports and preserving their histories.

The networking and cross-referencing of various Acrobatic disciplines and the desire to preserve magical moments of Acrobatic Legends are things that make our organization truly unique in the world of sports.

Charles P. Pond

November 28, 1915 - Oct 30 2003

CHARLES P. POND "Super coach" A man of history creative, competitive, innovative, imaginative and always with a winning smile

On this 19th day of October in the year two thousand and three, there came to be gathered in Phoenix, Arizona, a group of men and ladies to honor a great gentleman and a 'super' coach. His winning record, second to none, speaks for itself and will long stand in the record books.

What will not be recorded in this record of achievements will. us would not have found it possible to attend college or perhaps be even more remarkable and certainly more Charles p Pond meaningful to many of us gathered here today to honor our coach. Most of travel to Man, Athlete, Marine, Coach, Business gymnastic events or move ahead in life as we have all done. One of your crowning Man, Organizer Coach achievements is what you have done for others both in the gymnastics world and in the larger arena of life. How many of us owe you for helping us make a turning point in life that aimed us onward and upward.



Charles P. Pond

Man, Athlete, Marine, Coach, Business
Man, Organizer Coach



Your strength and determination and your amazing desire to win has made you a great coach and a great man. We all want you to know we have but one request for you. Let's do this again next year. The names inscribed here in represent a fraction of those you have influenced, remember them well as they are a part of your 'gymnastics family' and always shall be.

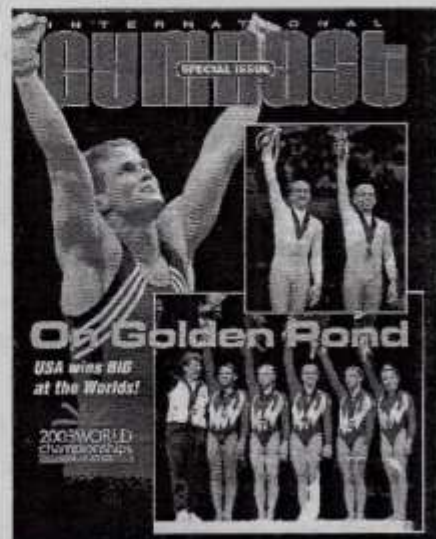
Report by Frank Bare





What a Worlds!

Although the organization and execution of the 37th World Gymnastics Championships by USA Gymnastics was first-class in most respects, the proximity of the competitive arena (Arrowhead Pond) to Disneyland certainly didn't produce the magic that many of the top teams and individuals expected. I can't remember a world championships



with so many missed routines and bizarre happenings, not to mention the inordinate number of devastating injuries. Nevertheless, some of those who escaped the negative vibrations did present some wonderful performances. What follows is a list of some of those moments.

1. **Svetlana Khorkina** not only became the first gymnast to win three world all-around titles, but she did it under some of the most difficult circumstances. As part of a less-than-stellar Russian team, she was often forced to perform after hugely flawed routines. Hence, she didn't qualify for a single event final. But what a performance she gave in the all around final. I've never seen her look better!

2. The **Chinese** teams, both men and women, continue to amaze me. They perform the most exciting and difficult routines with the best technical execution. Wouldn't it be nice if the Codes demanded it and/or judges noticed?

3. **Diane dos Santos** presented the most energized routine of the entire competition. With a floor exercise routine that included sky-high tumbling and constant movement, she was given the most spontaneous and wildest standing ovation of the competition. Her gold medal was the first for the Brazilian gymnastics program.

4. After losing **Annia Hatch**, **Courtney Kupets** and **Ashley Postell** to injury or illness, The **U.S. women**, led by a champion **Chellsie Memmel**, took advantage of the home court and wonderful team unity to capture the first world team title for the U.S. I was so proud of these girls for the way they rose to the occasion and performed with confidence and determination. They deserved a win, but I hope that this success is not a validation of the program. Personally, I think the girls were over-trained. To be sure, the program and its administrators did not choose this team; it emerged from the injury situation and the brilliant performances of **Chellsie** at the Pan American Games. By the time the competition started there were very few choices to be made. Then those six girls stepped up and did their jobs. Let's make sure the gymnasts get the credit for this win!

5. What a great battle for the all around title between American **Paul Hamm** and China's **Yang Wei**! Hamm exorcised his high bar demons from Ghent by hitting a great set on that same apparatus to win the gold. Thus, he became the first American male ever to win the title.

6. **Li Xiaopeng** of China is the most dynamic and elegant performer today. He does some of the most difficult skills and routines with ease. In Anaheim, he was virtually unchallenged on vaulting and parallel bars. I can't believe that he didn't compete on pommel horse; I would have loved to have seen him in the all-around competition.

7. Finally, **balance beam** was the worst judged event of the competition. Not only were the scores often unexplainable and baseless, but they took forever to be calculated. Many times the gymnasts waited more than three minutes on the podium before they were given the green light to perform. If the women's technical committee can create a deduction for athletes who do warm up skills on the podium while waiting forever to begin their performances, why can't they devise some kind of penalty for the judges who can't do their job in a reasonable amount of time? Maybe a simple cream pie in the face would do.

Let's not forget the enormity of running and covering a competition of this scale, we need to thank the following: **Mike Milidonis** (Managing Director), **Susan Polakoff** (Press Chief) and, of course, our dedicated team of writers and photographers (**Dwight Normile**, **John Crumlish**, **Amanda Turner**, **Christian Ivanov**, **Delphine Boerio**, **Dave Black**, **Randy Chow**, **Jeff Sipsey** and **Daniel Motz**).

Paul F. Zait



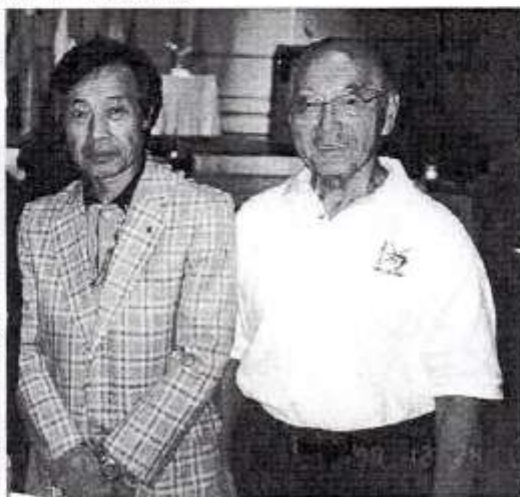
Marion Draagescu of Romania receiving IGHOF Gymnast of the Year award
Sam & Topsis Bailie IGHOF Board Members & Paul Ziert IGHOF CEO as MC



Female Gymnast of the Year Award winner
Elena Gomez of Spain.



Hardy Fink Canadian FIG Men's Technical Committee
Ernestine Russell IGHOF Board (Canadian Olympian)



Takusi Hayaca head of Japanese Delegation
& Frank Endo IGHOF Board Member



GMS IGHOF Founder with Nadia at her
HALL OF FAME portrait.



Olympian Dmitry Bilozerchev
with his wife.



Nicolae Vieru
Romanian FIG



Nellie Kim
FIG Technical
Committee



Glen Vaughn
IGHOF Board

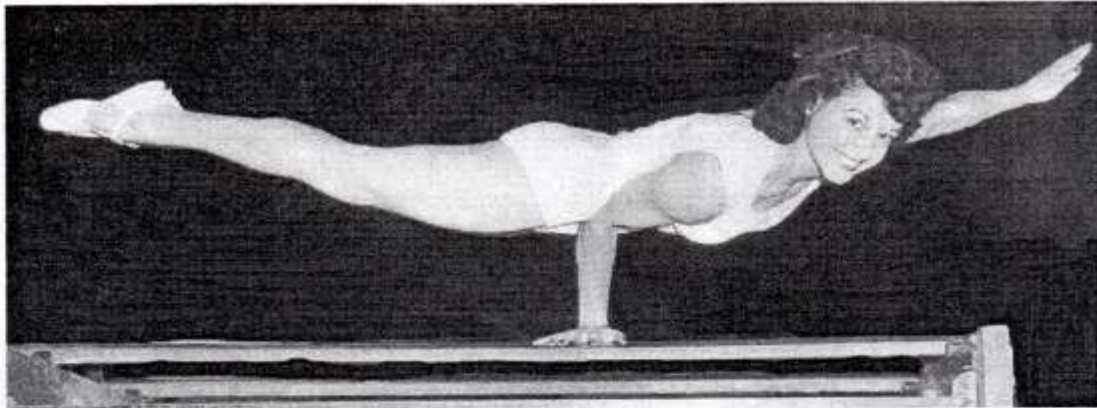


Frank Bare IGHOF Chairman & Bart Conner President

IGHOF WORLD CHAMPIONSHIPS RECEPTION

On August 12, 2003, The International Gymnastics Hall of Fame hosted a reception for all the heads of delegation at the World Championships headquarters hotel, the Anaheim Hilton. Some 200 people from 37 different countries gathered to enjoy beverages and snacks while viewing portraits of the 43 inducted members of the Hall representing 15 countries. Additionally, Gary Gibson had his very extensive world stamp collection on display. Throughout the 90-minute reception, the group was entertained by Greg Vaughn, (son of IGHOF Board member, Glenn Vaughn) on guitar, and exciting videos of the careers of the inductees, beach gymnastics and a hall of fame tour, all presented by Bart Conner through his Perfect Productions. Moreover, the 2002 Artistic Gymnasts of the Year were announced and presented with their special award. At the direction of the IGHOF, the hall of Fame selected Marion Dragulescu of Romania and Elena Gomez of Spain as the first winners of this very Prestigious award by polling over 350 members of the media plus adding in the results of an online vote by the fans. Hall of Famers in attendance were Nadia Comaneci, Nellie Kim, Bart Conner, Dmitry Bilozerchev, Frank Bare and Sawao Kato. Furthermore, all the members of the FIG Technical committee for both men and women stopped by to congratulate the Hall and its inductees. A very special thank you to Sam & Topsis Bailie for their generous contribution to this reception; without their support this event would have been impossible.

The International Gymnastics Hall of Fame is a non-profit organization with headquarters in the First National Bank Building of Oklahoma City. For more information, please contact the hall (405) 235-5600 or on the net at IGHOF.com.



First USA Women's Gymnastics

In the 1948 Olympics in London England our USA Women's Olympic Gymnastics Team won the Bronze Medal

Only team medals were awarded until 1952. In the 1948 Olympics the 1, 2, & 3rd placed gymnasts had to demonstrate. I had to demonstrate my second place in Vaulting. I would have preferred a silver medal instead.

In 1948 the women performed on the Even Parallel bars, Vaulting, Swinging Rings & Group Exercise. There were medals for top 3 in All-Around. 1st. Zdenka Hunsova (Czechoslovakia,) 2nd Vasarhelyi-Wecking (Hungary) Tie for 3rd Maria Kovi (Hungary) & Miloslova Misakova (Czechoslovakia). Team Awards 1st Czechoslovakia, 2nd Hungary 3rd USA.

Pictured at left: Helen doing a handstand on USA Olympic weightlifting Champion John Davis on the ship on the way to the Olympics.

Below: USA Team: Clara Schroth, Helen Schifano, Anita Simonis, Laddie Bakanic, Dorothy Dalton & Connie Leng

Pictured at left: Helen doing a handstand on USA Olympic weightlifting Champion John Davis on the ship on the way to the Olympics.



2003 World Championships Reunion

UT Schmid's Anaheim California

Gymnastics Reunion Weekend

hosted by
Gymnastics Alumni
of Southern
California at the 2003
Championships



Back row from left to right: Frank Endo, Doug eoger, Glenn Sundby, Art Shurlock, Steve Hug, Fred Turoff, Sam eaily, Whitey Anson, Al Luben.
Front row: Mas Watanabe, Dave Thor, Paul Tickenoffand' Fred Dennis

Attention All Former Gymnastics Participants - Gymnastics "Alumni"

In organizing this year's World Championship reunion we found no efficient way to contact former gymnasts from different programs, groups, and eras. There is a real need for a communications vehicle to help the literally thousands of past and present gymnastics participants get in touch with each other and to stay connected to the sport. There is a special needs to create a home for all the former participants of the 200 plus men's collegiate programs: that no longer exist. This need crosses and connects all affiliations from club, summer camp, high school, collegiate national, international, and even Olympic level participation. In line with this need and to foster more reunions and better communications we are developing a membership organization called "Gymnastics Alumni Network" and an associated web site which can be accessed at "www.gymalums.net" The primary mission of the network is to cater to all the gymnastics alumni who want to "remember, renew, and reconnect" with the great memories and special friends they have had through their participation in gymnastics.

Your input, suggestions and ideas are encouraged. There are a host of member benefits, resources, and communication tools that can be made available as the "Gymnastics Alumni Network" grows.

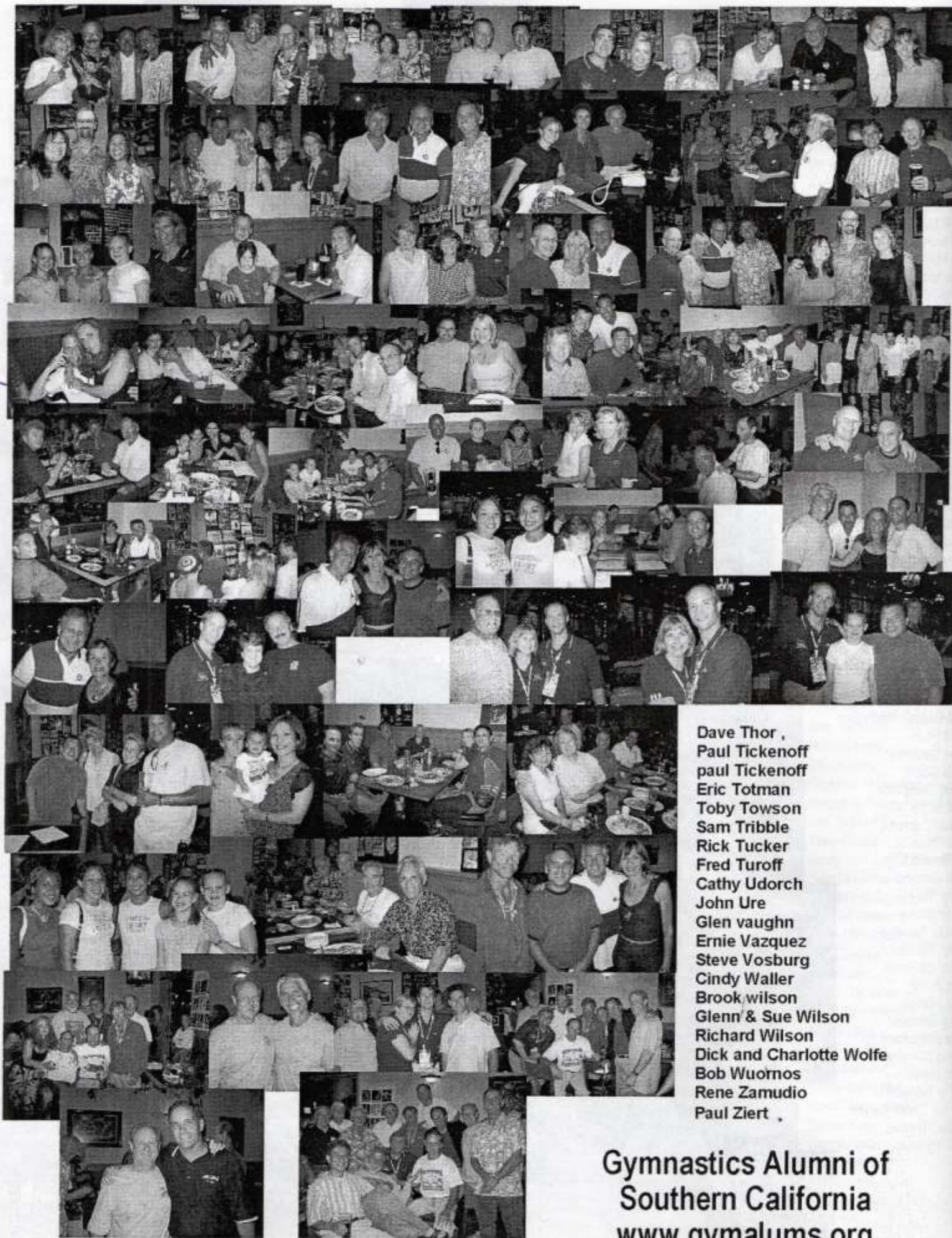
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**Gymnastics Alumni of
 Southern California**
www.gymalums.org

Santa Monica beach added **Muscle**

From the official
program of
World Gymnastics
Championships
2003 in Anaheim, CA

BY **A.B. Frederick, Ph.D.**
HISTORIAN, WORLD ACROBATICS SOCIETY

The beach in Santa Monica has given the public a variety of looks over the past century. Two main beach areas are north and south of the Santa Monica Pier and an amusement park where one finds the world's first solar-powered Ferris wheel. In the early 1900s, the north beach was a popular resort area, including a huge bathhouse with warm salt water for those wishing to escape the usually cold ocean.

The south beach gained fame in the 1930s and 1940s as "Muscle Beach." It attracted the elite of hand balancing, weight lifting, bodybuilding and fitness who performed and were observed by crowds of wide-eyed spectators. Joe Gold, founder of Gold's Gym, and fitness guru Jack LaLanne were prominent "Muscle Beach" regulars.

The beach playground was originally a Works Progress Administration endeavor offering employment opportunities for those hit hard by the Depression. The playground was opened in 1934 with typical children's equipment and some permanent gymnastics apparatus, including high and low rings, a set of double bars, several high bars and parallel bars.

Gymnastics was always an important activity at the beach playground, and after the bodybuilders and others migrated several miles south to Venice Beach in the 1960s, a variety of gymnastics activities continued as new, permanent apparatus was installed. "Muscle Beach" flourished for 25 years, until 1959. A historical marker is near the original platform but reveals nothing of the beach's remarkable history.

PHOTOS

A gymnast hurtles off the high rings at Santa Monica's beach playground in 1951.

INSET: Onlookers watch a beach gymnast perform a somersault.

Photo courtesy of Modern Gymnast

New apparatus was installed at the beach in 1962. Horizontal bars including an 8-foot Olympic bar, quad bars, eight sets of low rings, two sets of high rings, parallel bars with unforgiving steel rails, a balance beam and other portable equipment were available.



PHOTO:

Santa Monica's beach playground in 1966.

Photo courtesy of Modern Gymnast.

Santa Monica Gymfest

In August 1963, gymnastics was included for the first time in the Santa Monica Sports Festival. Olympian Art Shurlock won the all-around title in the Santa Monica Gymfest, and Olympian Rusty Mitchell was runner-up. Local gymnast J. Magdelano was third.

It was an exciting time for gymnastics in the United States. In June of that year, a new organization called the United States Gymnastics Federation, forerunner to USA Gymnastics, held its first open competition.

American gymnastics visionary Glenn Sundby organized that first gymnastics festival event and borrowed apparatus from local clubs. At the time, Sundby was publishing his *Modern Gymnast* magazine in Santa Monica, the first periodical of its kind in America, and he had been elected USGF vice president for men the previous December. Sundby was a

"Muscle Beach" regular since he was 14. Later, he made "Ripley's Believe It or Not" by walking down the stairs of the Washington Monument on his hands.

After 1963, a Santa Monica Gymfest organized for the Labor Day weekend continued as a beach event for 30 years.

BELOW:

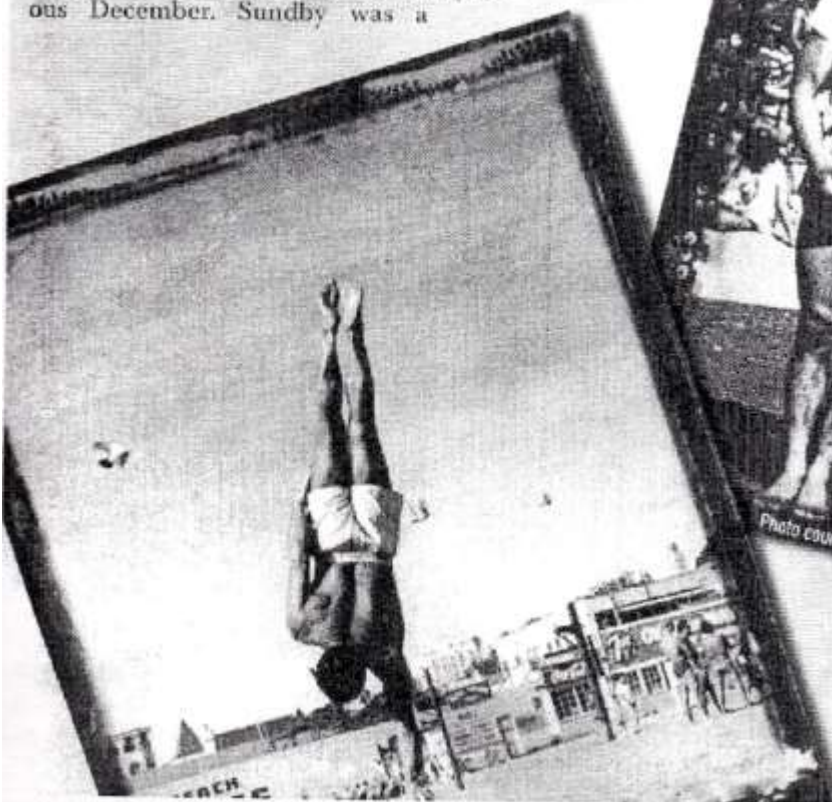
Winners of the first Santa Monica Gymfest in 1963. From left, J. Magdelano (third place), Art Shurlock (first) and Rusty Mitchell (second) receive their awards from two-time Olympian Charlie Simms (right).



Photo courtesy of International Gymnast

LEFT:

A gymnast does a handstand on the beach.



Santa Monica's beach became the national headquarters for gymnastics "X-Games" of sorts. There were "iron cross" contests for time, handstands for time and handstand push-ups on the parallel bars to see who could do the most. When the word "quad" was used by the beach gymnasts in Santa Monica, it referred to the rare quadruple somersault from the flying rings, a dismount ("flyaway") performed by only a few men over the years.

Double backs became commonplace. A rings triple-back club was established in Santa Monica by 1958 and included several trampolinists. Olympian Ron Barak, an early club member who nearly swept the Maccabean Games in Israel in 1961, is now a Los Angeles lawyer.

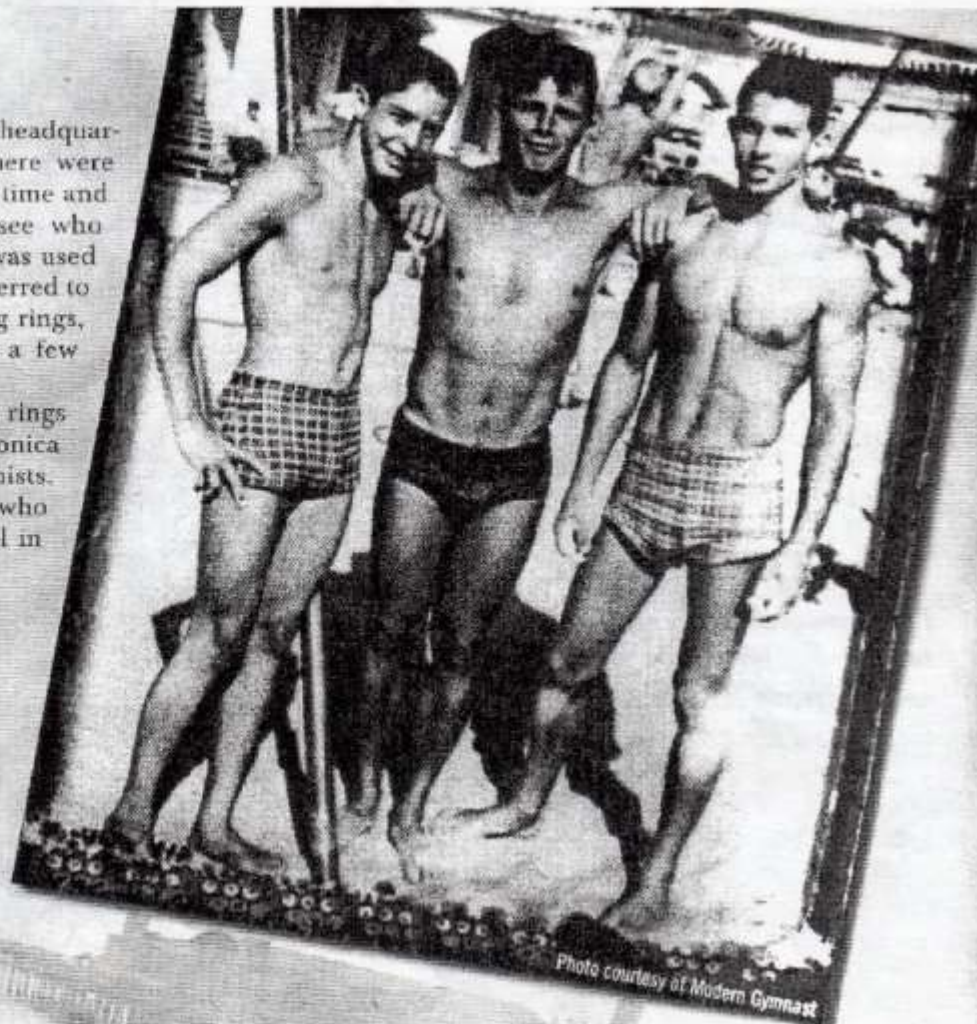


Photo courtesy of Modern Gymnast

PHOTOS

ABOVE: Early members of the Santa Monica triple-back club were, from left, Ron Barak, Barry Toward and Don McLarty.

BELOW: A gymnastics event draws a crowd at "Muscle Beach."



The "quad" was first reported by photographer Ken Sakoda in *Modern Gymnast*. The performer, recently discharged from the Army, was Dennis Sherman. Excitement about the quad grew steadily and was the main feature of the Santa Monica Gymfest in 1969.

Several years later, Mark Davis, who was often seen at the beach, decided to go for it. These young daredevils were not completely crazy. Davis, for example, executed several triples before attempting the quad, and he made sure there were experienced spotters available. He had two of the best: Steve Lerner and Ed Gunny. Describing the quad in the November 1971 edition of *Modern Gymnast*, he said:

"I saw the first two (somersaults) go by but saw none of the third. I guess you could safely say that I was lost. I just hung on to the tuck for dear life, felt the fourth flip go by then felt the spotters and the ground hit me at the same time. I had turned four for the first and last time."

Mark Davis – describing the "quad"



Photo courtesy of Modern Gymnast



Photo courtesy of Modern Gymnast

PHOTOS

TOP: A gymnast performs on the iron rings in 1962.

LEFT: Dennis Sherman goes for the "quad," a rare quadruple somersault off the rings.

PHOTOS

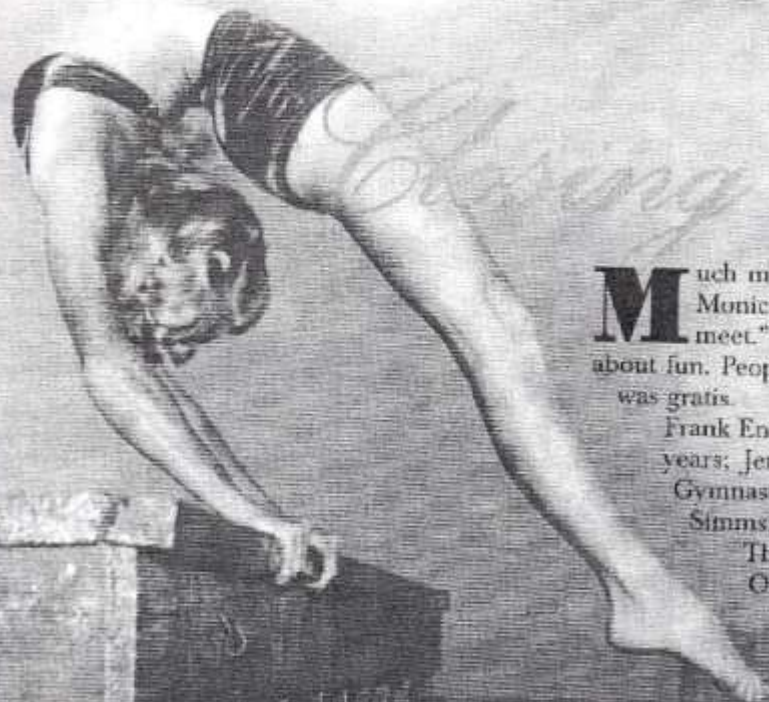
Sanford Werner climbs a rope at age 70; left, decades after he set the world record for a gun start in 1951, right.



Rope climbing, abandoned by the Amateur Athletic Union in 1962 as a national event, got a boost at the Gymfest. You could count on former AAU champions Bob Hammond and Sanford Werner to compete. Hammond won the AAU title in 1955 and Werner won in 1951.

Two world records are held by Southern Californians for a 20-foot rope. Don Perry, a six-time AAU champion, has the record for a self-start of 2.8 seconds. Werner set the record for a gun start when he won the AAU title with a 3.1-second climb in 1951. Today, at age 72, Werner will climb anywhere there is a rope.

Adm. Raymond "Ben" Bass, who won the rope climb at the 1932 Olympics in Los Angeles and was a hero in World War II, settled in Glendale and promoted rope climbing for youths until his death in 1997.



Clinging up the gym
Much more could be said about the three decades of the Santa Monica Gymfest, known to California gymnasts as the "beach meet." The annual Labor Day weekend gatherings were all about fun. People volunteered their time for the event, and all judging was gratis.

Frank Endo of Gardena, a nationally rated judge for more than 50 years; Jerry Todd of Arcadia, second honoree of the National Gymnastics Judges Association; two-time Olympian Charlie Simms; and coach Bud Marquette were frequently involved.

The Gymfest ended as it had begun, with a former Olympian emerging from the shadows to win once more. Steve Hug, a two-time Olympian with three consecutive NCAA all-around titles, won the beach championship at age 40 in 1992.

If you're in Southern California near the Labor Day weekend, you might consider a trip to Santa

PHOTO

A beach gymnast puts on an exercise in flexibility

Monica's beach playground, where the ghosts of the area's gymnastics glory years gather. ■

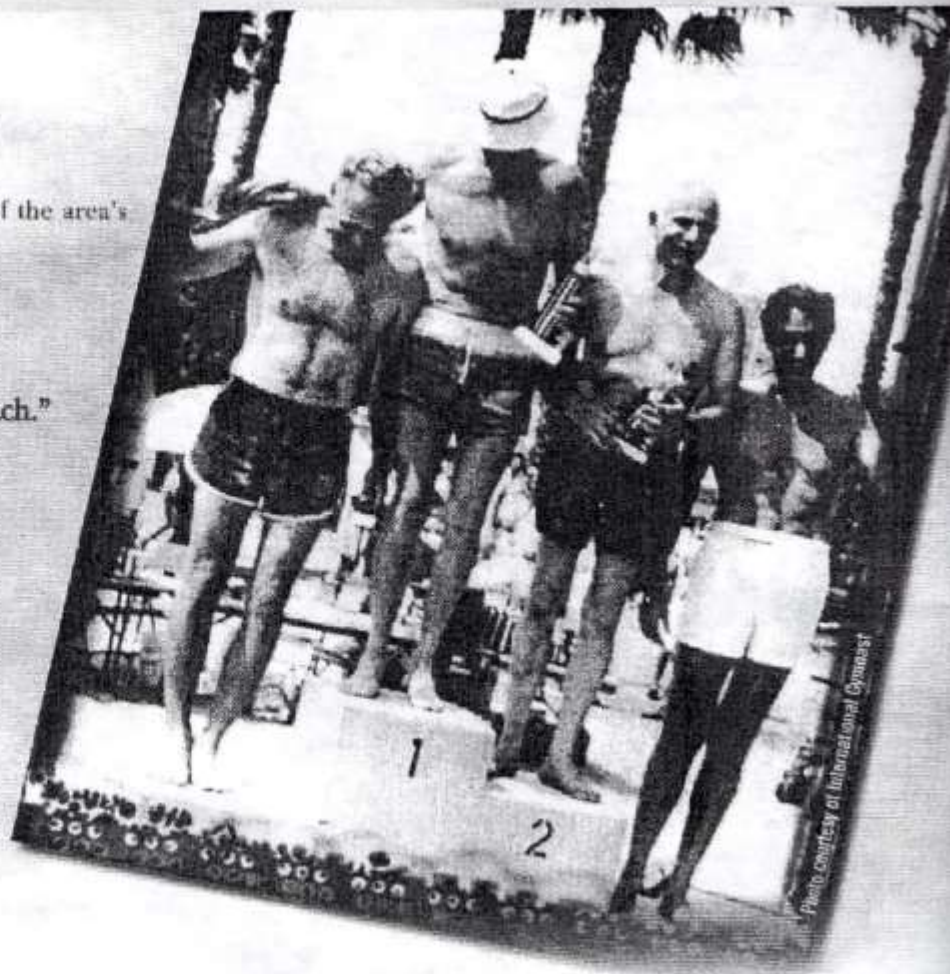
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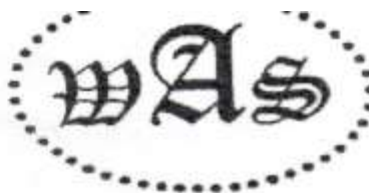
Harold Zinkin, "Remembering Muscle Beach."
Angel City Press, 1999

Glen Sundby, founder,
International Gymnast magazine

PHOTO:

Winners of the Santa Monica Gymfest 50-and-older rope-climbing competition in 1988, from left, Paul Paley (third place), Bob Hammond (first), Sanford Werner (second) and Gene Greenstadt (fourth).





WORLD ACROBATICS SOCIETY

2004 CONGRESS SCHEDULE OF EVENTS

Wednesday, April 28

4:00 PM Board of Directors' Meeting – WAS Suite-Hampton Inn Tropicana

Thursday, April 29 Convention center – Hampton Inn Tropicana

8:30 AM	Registrations (desk attended all morning)
9:00-11:30	*Informal instructional and entertaining presentations
11:30-2:00	Lunch break
2:00-4:00	* Informal instructional and entertaining presentations
5:00-6:00	Social hour (cash bar)
6:00-6:30	Catered Buffet Dinner (Hampton Inn Convention Center)
6:30-9:00	Gallery of Honor Induction Ceremony

Friday, April 30 Convention center – Hampton Inn Tropicana
9:00-Noon WAS Business Meeting and Elections

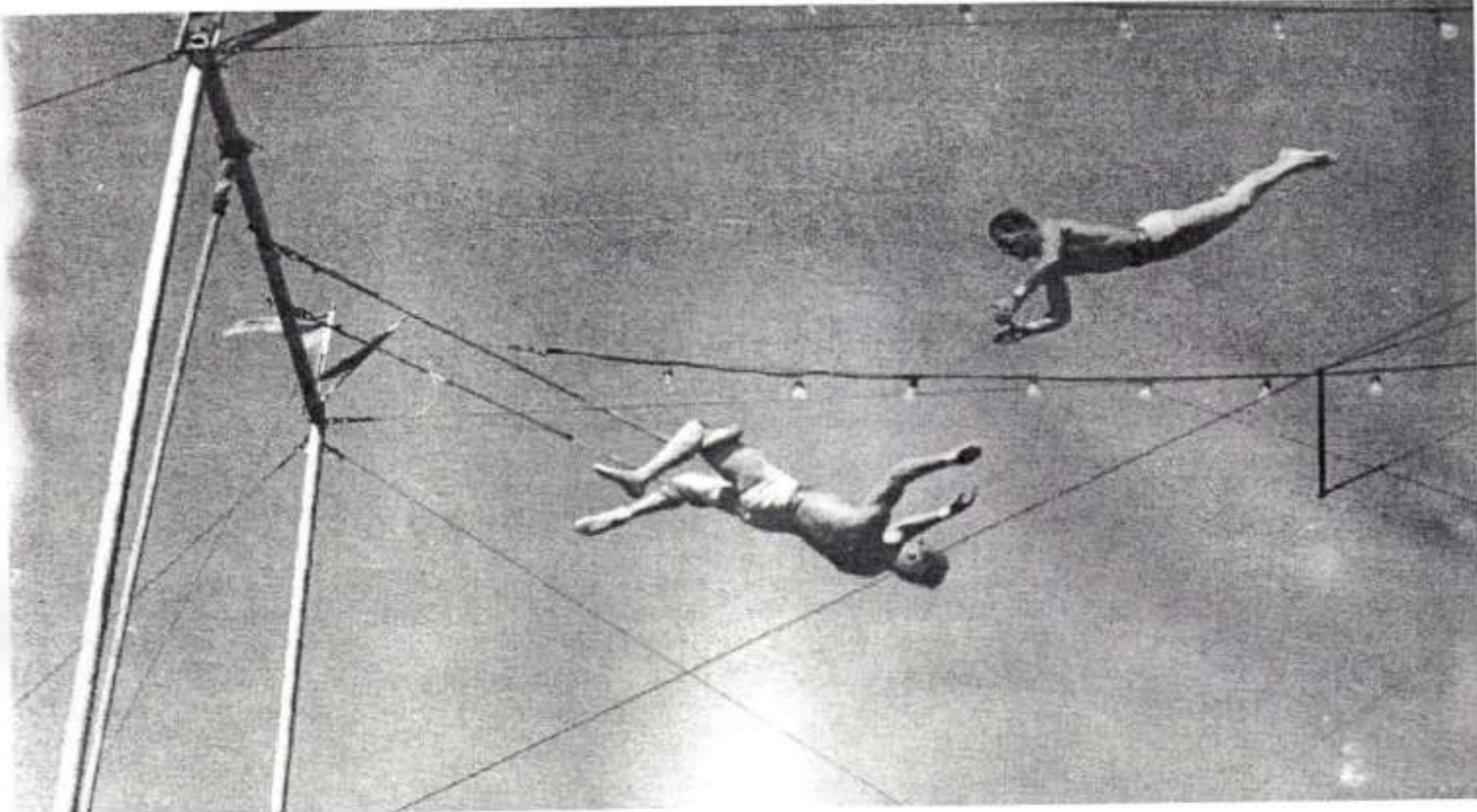
*Presentations by Robbie Bollinger, John Bowers, Frank Bare, Jr., et. al., are tentatively scheduled. There will probably be time for some ad lib presentations—bring your tapes!

Gallery of Honor Inductees for 2004 are:

Fay Alexander (posthumous)
Karl Carsony
Vickie Draves
Paul Fina
Karl Heger
George Hery
Mason Kauffman

Dick Kimball
Micki King
Don Leas
Bill Meade
Bill Roetzheim
Bob Yerkes
Jimmy Yongue





Bob Yerkes catching Fay during their years together

Fay Alexander

Fay Alexander was the greatest trapeze flyer of his time. No one in his era could touch him for form, dedication and skill. Starting his career as an acrobat in an act with his younger sister, Dorothy, at 5 years old, they soon graduated from the amateur talent shows (many of which they won) to the professional theater tours on the Orpheum Circuit. They earned enough to help support the family through the big depression. When they were in high school they broke up the act. It was not long after that Fay met Ted DeWayne through Muscle Beach In Santa Monica. He was looking for a partner for his new Risley-teeterboard act and felt Fay could be the perfect person. He taught him along with another young fellow by the name of Bill Snyder. After a few months of rehearsal they began to perform in night clubs and theaters around Southern California and then joined a Circus. They were very well received and were working well when DeWayne was drafted for World War II. Fortunately the three stayed together by enlisting in the Coast Guard and Joining Rudy Vallee's Coast Guard Orchestra show.

When it closed they were assigned to the Victor Mature's Show selling War Bonds across the nation. They spent some time at sea before the war ended. On discharge from the service they returned to the Clyde Beatty's Circus for the season. DeWayne had ideas of taking his own show out and so Fay and Bill would try to learn trapeze between shows to be ready. It was pretty much trial and error. A couple of years later the flying act left the Beatty's show and they filled in and never quit. Fay had other partners over the years including one of this year's inductee, Bob Yerkes. Fay always made them look good and his act was known in the U.S. and around the world as the flying act of excellence. Cecil B. DeMille, the great movie director, thought so highly of Fay when he doubled Cornel Wilde in the film "The Greatest Show on Earth" that he honored him with a special coin. When Fay doubled Tony Curtis as well as a stunt for Burt Lancaster in 'Trapeze', Lancaster was so impressed with his work he declared that the movie could not have been made without Fay. Over the years Fay has won many other accolades such as the first person to be inducted into the Circus Ring of Fame in Sarasota, inducted into the Circus World Museum as well as the

Ringling Circus Museum. For 3 years his act was voted as the most outstanding variety act the American Guild of Variety Artists which was presented on the Ed Sullivan's TV Show. Perhaps his most outstanding contribution to acrobatics was to revive the triple somersault which had not been performed in a show since Alfredo Codona had 20 years previously. Fay died in 2000 at the age of 75 at his home in Sarasota, Florida. He is survived by his wife of 50 years. Rose LaMont, a sister Dorothy Tubbs of Big Bear, California. Among Acrobats Fay will long be remembered as an outstanding man, performer of unusual excellency and teacher.

Who was well liked among his fellow performers and audiences. He achieved greatness following his dreams and performing on the trapeze.



The flying Alexanders



Arnold congratulating Yerkes on stunt well done of Arnold as his double in "Commando"

Bob Yerkes

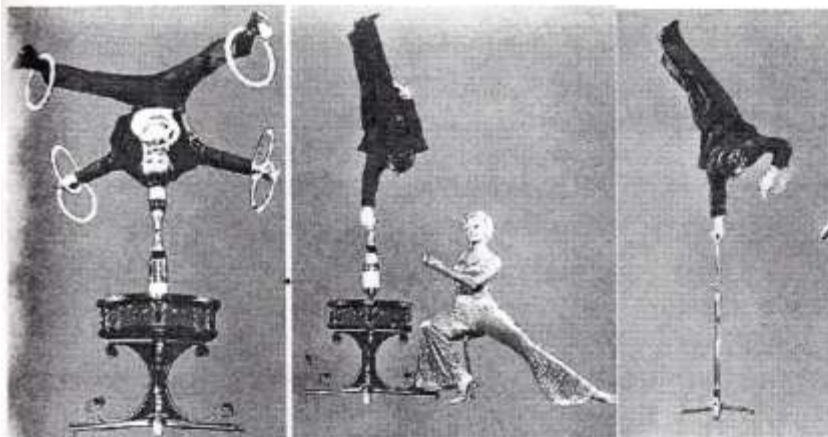
While in grammar school Bob ventured to Santa Monica Muscle Beach and fortunately was taken under the wing of the supervising director. The bug to be an acrobat bit him and he never let go!

Acrobatics did not come easy to: Bob but he had Some of the best teachers in the world at Muscle Beach. They saw something in him and continued to spot him until he got it and when he was in junior high in 1947, he ran off to join Ted deWayne's Circus. Here he was expected, to be an all around acrobat and he did trampoline, teeterboard, Risley, ground tumbling, high comedy dives, horizontal bars and whatever came along. While performing his teeterboard act some years later with a different show his partner and friend, Fay Alexander, needed a catcher for the flying act he was performing when his catcher did not show up. Bobby learned in 2 days practice and filled in. From then on, Fay and Bob with their wives formed the 'Flying Alexanders' and for many years performed with all the major circuses in America. When Fay hurt his shoulder, Bob formed his own flying act known as the Flying Artons. Not only was he in many major circuses, he produced some of his own. He had done some stunt work and wanted to return to California so he settled down in the San Fernando Valley where he made his back yard into a circus training yard. Many important movie 'performers and people have learned their craft there. Bob has literally taught hundreds. He quickly became well known in Hollywood and coordinated the S.H.A.R.E. Show (fund raising by movie actresses and wives of movie stars.) Circus of the Stars for 10 years, Gladiators for six years and produced the 4th of July show at the Rose Bowl for four years.

He has done stunts in many films and is proud to say he has doubled such people as Dick van Patten, Delia Reese and Arnold Schwarzenegger among others. He worked many times with Russ Saunders (W AS Honoree 2002) and Paula Del! (Honoree 2003) in films and television shows as well as in live shows with the Russ Saunders Teeterboard-Adagio Act and Risley Act. He is a member of the prestigious Stuntmen's Association of Motion Pictures and has won several awards from the film community for his stunt work. Now in his 70's Bob continues to be active in the stunt field, coordinating, teaching, rigging and performing in the film industry. In his private life he is very active in the Media Fellowship International and serves on the Board of the Christian Film and T.V. Commission. This last March he was awarded the special Faith and Values Award at the 12th Annual Movie Guide Awards for his tireless and superior efforts in helping Entertainers "understand God's love in his capacity as one of the premiers stuntman in the world.. As a very multi-facet acrobat from supporting position Thru the middleman to the top position, on the ground or in the air, in all kinds of acrobatic acts from trampoline, teeterboard to Russian Swing, Trapeze catcher to being shot out of a cannon and all being done with precision and perfection. With all the many things he has accomplished, he deserves more than most to become a member of the World Acrobatics Gallery of Honor.

Bob doing high wire walk across Hollywood Blvd





Karl Carsony

Born in Austria in 1924, Karl Schrom known professionally as Karl Carsony, began his acrobatic career in a gymnasium equivalent to the YMCA. He was so inspired that he set his goal to go to the Olympics however World War II came along and his whole life was turned upside down.

He was put in the German army and was taken as a POW by the Americans. He spent the last 3 years of the war at Ft. Carson in Colorado where he continued to practice gymnastics when he could. On return to Austria he wanted to return to the USA and decided he could through show business. He began to train his younger twin brothers, Joseph and Englebert who were ten years younger than he. (His mother had 25 children of whom 18 lived). At 14 years of age the boys were very adaptable.

(Of interesting note is that Karl chose the name of Carsony from the name of his prison camp and that it went well with the name of Karl.) The trio soon started to do small shows but quickly graduated to the big time as the act was so well done with such smooth balancing and acrobatics it was well received by audiences and agents. They performed in many of the famous places in Europe and soon were being sent around the world to all the continents of the world except Antarctica. There was hardly a well-known place of the times that the brothers did not appear. Soon they were booked into the United States where they performed in many of the major cities and on major television shows. While they working at the famous Hollywood night club, Ciro's they began to frequent the World Famous Santa Monica Muscle Beach. They taught some of their balancing to the regulars and picked up a few ideas from them. It was about this time (1952) that an all-important booking at the new Del Webb Sahara Hotel in Las Vegas came their way. Las Vegas then became their home. From there they traveled to all the big cities of the world.

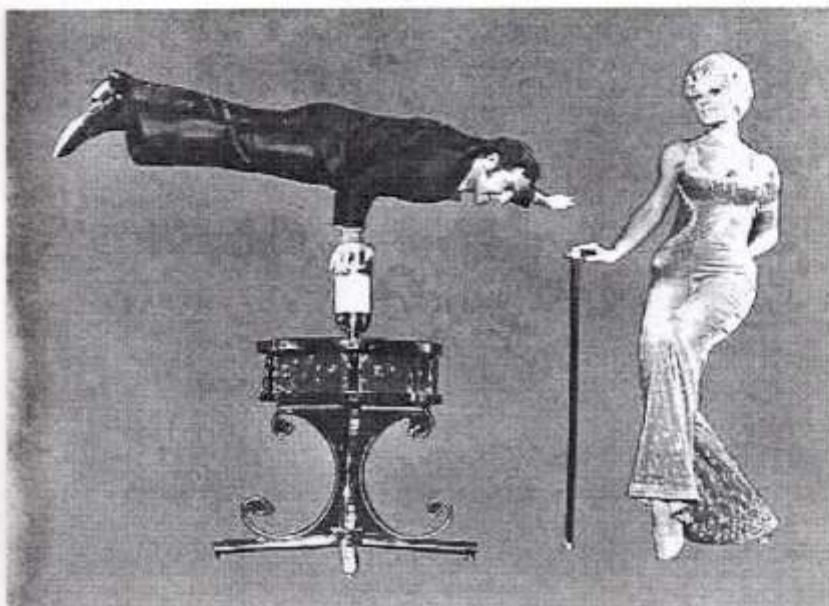
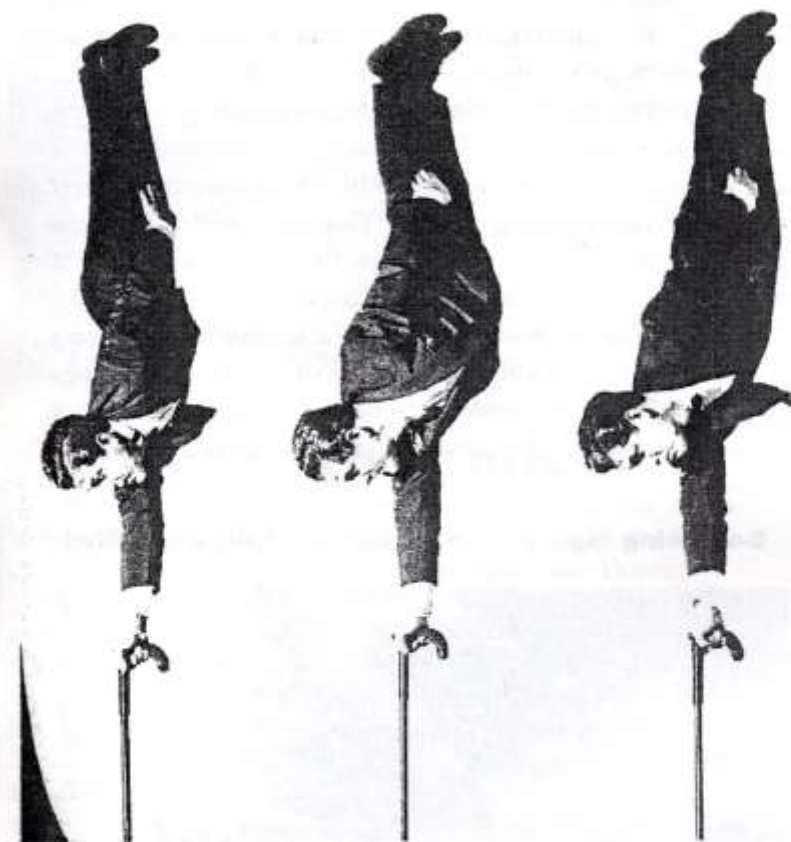
After the untimely deaths of his twin brothers 6 months apart in 1964, Karl joined a comedy musical act called the Goofus which he worked in for four years before he continued on as a solo assisted by his wife Margo whom he had met while working at The Lido in Paris.

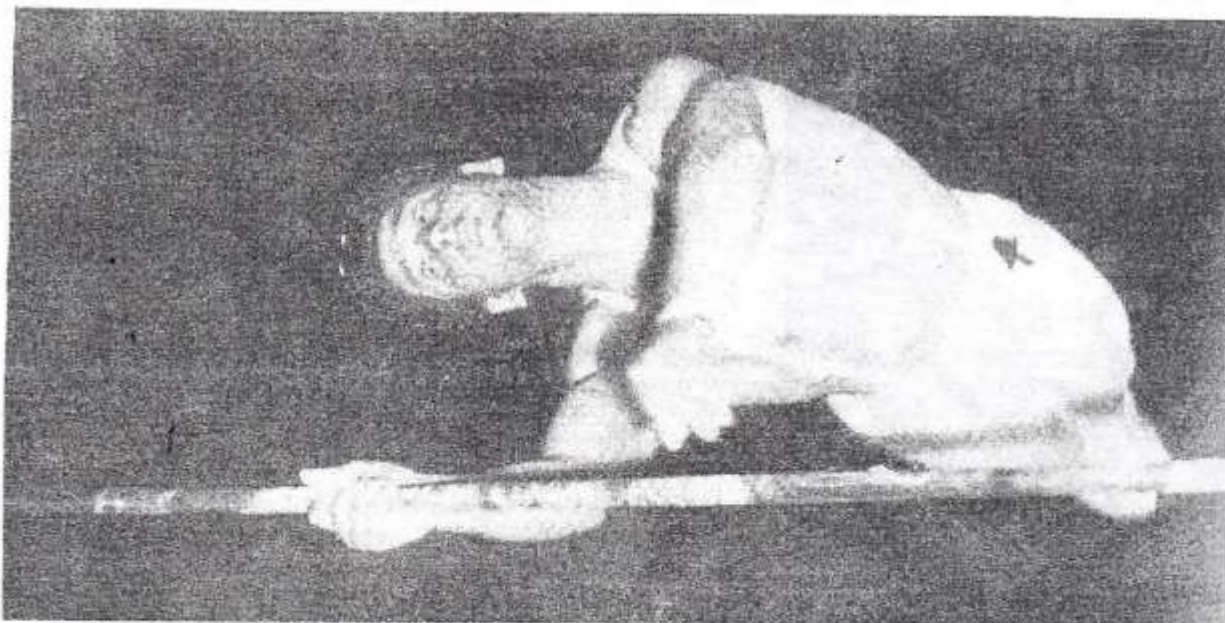
Karl has worked every major club in Las Vegas with many of the famous that we all are familiar with such as touring with Liberace, Dean Martin and Jerry Lewis, Lena Home, Andrew Sisters, and Lily

St. Cyr plus many major television shows such as Ed Sullivan, Talk of the Town, Hollywood Palace, Merv Griffin Show and Lawrence Welk.

Since his last performing days he has enjoyed himself by playing golf almost every day and restoring antiques. He also has produced shows including one for 7 years as The Plaza downtown Vegas.

Some of the unusual acrobatic skills he performed was a one hand on a cane, smoking a cigarette while upside down in a one arm, using 8 hoops while doing a handstand and one of his most original, doing a one hand handstand on a standing microphone.





Paul Fina

University of Illinois Record Team Championships

NCAA 1939, 1940, 1941, 1942

Big Ten 1939, 1941, 1942

National AAU 1940, 1941

Personal

1940 Olympic Honorary Team Member

1944 Olympic honorary Team Member

NCAA All Around 1940 (Tie)

Big ten Champion Horizontal Bar (1939)

Parallel Bars (1939)

Nat'l AAU Champion Floor Exercise 1946

Illinois All Around several (1937-1950)

Ohio State All Around 1936

Medalled over 100 times from 1936-1950

International Gymnastics Team 1947

Gymnastics Honors

National Hall of Fame CIRCA 1960

International FIG Brevet Judge 1970

Pan American Games Gymnastics Chairman 1959

Greater Cleveland Hall of Fame

Gymnastics Olympic Committee 1968 & 1972 Games

Gymnastics Activities

An organizer of the U S Gymnastics Federation

International Judge for the 1955 Pan Am Games

Chairman for the International Summer Gym Clinic

American Sokol Organization Board 20 years

NCAA Gymnastics Judge and Big 10 Judge

Illinois High School Judge for several years

USGF Council member for American SOKOL's

(note USGF Now USA -GYMNASTICS)

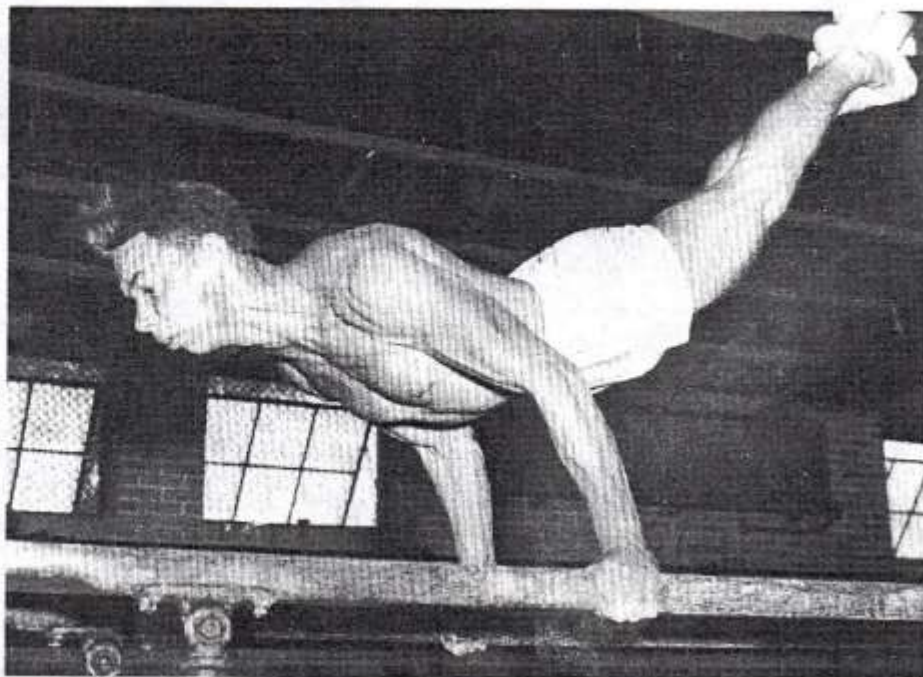
A College Teacher for 12 years as an Assoc. Professor

Bill Roetzheim

After having a very successful Collegiate and Olympic Gymnastics life history, Bill became a Coach and then Athletic Director of the University of Illinois at Chicago. He also became a judge at numerous high level gymnastic meets. Bill judged at every Olympics from 1960 through 1996 (9 in all-the '80 Olympics were not attended by the USA.)

Bill was President of the US Gymnastics Federation, and Chairman of the Men's Technical Committee of the FIG in which he oversaw bi-yearly rules changes in International gymnastics.

Bill is now retired, living in Plant City, Florida with his wife B.J. who he married while in College over 50 years ago.



Bill Roetzheim



Meade Tuck

William T. Meade

Bill Meade, the venerable coach of Southern Illinois University (SIU), is one of two Penn State athletes making an immense impact on gymnastics in the United States. Meade's teammate, Harold Frey, is the other one. Both men came under the influence of Eugene Wettstone, the "Dean" of American coaches, and were inspired by him to pursue gymnastics coaching after graduation. Frey was a founder of USA Gymnastics. He coached at "Navy Pier" in Chicago and later at the University of California (Berkeley). Meade is a former administrator for the national governing body originally called the United States Gymnastics Federation. His early leadership helped the new organization to grow. Meade learned gymnastics at Warren HS (Warren, PA).

He won state HS titles in tumbling and parallel bars in 1941. Although enrolled at Penn State in 1942, he shortly thereafter entered military service. He returned to the Nittany Lions after the war competing for Penn State from 1947-49. He was the EIGL tumbling champion in 1948 and 1949. After graduation he coached for seven years at the University of North Carolina (1949-56) and then moved on to Carbondale, IL in where he coached the SIU team until it was dropped as a varsity sport in the latter Eighties. He began recruiting efforts for his new "Saluki" team almost

immediately since most of his gymnasts were inexperienced. His most "seasoned" gymnasts that first year were Roger Council and Chuck Ehrlich. Council later coached Kurt Thomas at Indiana State University and became Executive Director of the USGF after the departure of Frank Bare. Eight years later, 1964, coach Meade's team won the first of four NCAA team titles (1964, 1966, 1967 and 1972) having been runner up for three years prior to 1964. The "Salukis" were a power to contend with for a decade under the brash but lovable coach. Meade recruited a number of prominent gymnasts to his program including Olympians Fred Orlofsky and Rusty Mitchell who went on to coach at Eastern Michigan and the University of New Mexico respectively. Another Meade gymnast, Bruno Klaus, founded one the most successful gymnastics camp in the world known as the International Gymnastics Training Camp near East Stroudsburg, PA. After "Southern" lost its team, Meade was hired by the NGB to work as an administrator. Later he founded Podium International, a company which sets up podia in accord with FIG specifications for gymnastics meets. The Meades reside in Carbondale, IL.

1 Stuller, Stu, "A Touch of Brass." USA Gymnastics, July/August, 1984, pp. 8-9

2. A "Saluki" is a tall, slender dog with roots in the Middle East.

James S. Yongue, Sr

James Yongue's unusual talent as a young, competitive diver in Louisiana was quickly recognized by Coach Jeff Hennessey, who began coaching him at age 13 on the Trampoline. He was soon competing nationally and around the world. By the age of 16 he won the Trampoline Nationals. Jimmy continued competing and won many titles in both the AAU and NAJA as well as some international titles in Trampoline and Tumbling from 1963 to 1969. He was a member of 12 USA international Trampoline and Tumbling Teams. In 1970 he was listed in the "World Book of Outstanding College Athletes of America". As a result of 2 separate tragic accidents that ended his trampoline performance and competition, he began his outstanding career as a trampoline, tumbling and diving coach, sharing his superior knowledge and ability with youths in Memphis, TN. Eventually with his own business in Lafayette, Louisiana, he was coaching full time. Outstanding champions he coached included

Chris Eilersten, Junior Olympic National Champion and the first performer to perform a triple twisting somersault. She also won National titles in Synchronized with partners Jim Cartledge, Homer Sardinia and Mason Koffman under his tutelage. There were other National Champions such as, Charlie Watkins, Stuart Ransom and Ann Thompson. And there were numerous National Champion teams that he coached. He was awarded Coach of the year in 1973 and 1974. He continued his fantastic coaching career until 1998 when, because of his earlier injuries he had to slow down.

Some of the other honors Jimmy has received include having a Jimmy Yongue day proclaimed by the Mayor of Breaux Bridge, Louisiana which is the Crawfish Capital of the World in April 1966. Twenty years later he was proclaimed an Honorary Cajun by the Mayor of Lafayette, Louisiana in April 1986.

Now his coaching is limited due to his physical condition but he continues to coach at Bruno's International Gymnastic Camp during the summer season and enjoys sharing his knowledge with the young people as usual.

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latAKROBATYKI
SPORTOWEJ
1953 - 2003

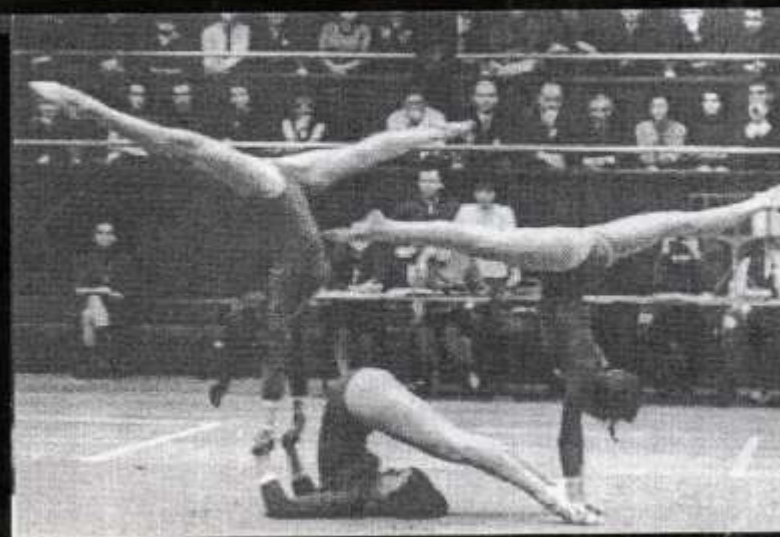
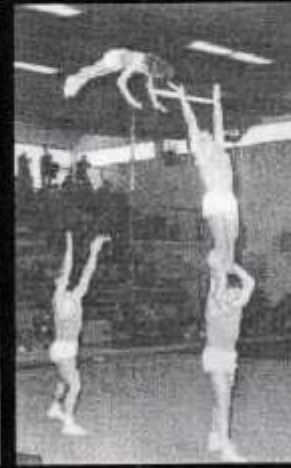
50 Years of Polish Acrobatics

Report By Paula Boelssem



Mr. Konrad Zielinski graduated from the Academy of physical Education in Warsaw in 1957. During his sport activity he has won the Polish championship title in "Men's Fours" 10 times (1956-66). In the fours he was the top man. For his sport achievements he has been awarded the title "merited Champion of Sport". Working in acrobatics of the Club Targowek-Warsaw, which he established in 1958. Between 1961-81 his club won the Polish team title 18 times. Mr. Zielinski has been coaching competitors in tumbling, pairs and group events who won from 1974 -1991 in championships of the World, Europe and World Cups...5 gold, 26 silver and 52 bronze medals. He has been awarded the title of "Merited Coach". Konrad has been active from the very beginning of Sport Acrobatics as a organized sport in Poland. He has worked out judging rules, competitions rules as well as classification routines, determining development directions of sports acrobatics.

Note the 50 year booklet pictured above has over a hundred action photos of all events.



The King of Kong

By Paul Anderson

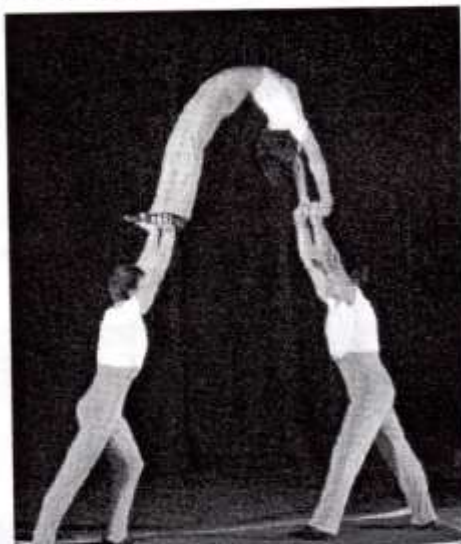
With so many major acrobatic conventions annually in Europe, it would be hard to pick out the best one. Yet the acrobatic convention in Kong, Denmark is the king of them all.

Kong is a tiny village 30 km south of Odense in Denmark where a folk school plays host every year to a week long convention. The 26th week of the year is marked on the calendar of hopeful acrobats. It is by invitation only and there is space for 125. In early April requests for invitations are sent and confirmations are received. Most of the participants are from Northern Europe, but some have come from as far as South Africa, Israel, Mexico and even two from the U.S.

What makes it so special? Well for one thing the food. There are three "all you can eat" meals a day as well as an evening snack. Everyone eats together in the dining hall. With a workout of 8 hours or more a day one has a big appetite! The kitchen staff tells us that we eat 3 times as much as a normal group convention there. With good food and housing in the dormitories, there is not much to worry about except learning the next trick. In fact there is no reason to leave the site for the entire week, and most people don't.



125 acrobats with nothing to think about except working out. The gym is open 24 hours, but most days it is empty by 1 a.m....after all there is the sauna and rest to think about. The gym is set up with a trampoline, an air track, teeter boards, unicycles, juggling equipment, and plenty of mats. Most of the attendees however work specifically on hand balancing. In fact on sunny days, the lawn outside the gym is the place to balance.



With all these people who would just as soon work outside on the open grass, it is clearly not the gym or the food alone that brings people here. It is the people themselves that make this a great convention no question. This was fourth year in a row that Emil Angelov, a Bulgarian coach, headed the workshops, giving personal attention to everyone attending. Emil was the third man in a four man group that for eight years running competed at the international level. Being the middle man, Emil understands the top mounter as well as the bottom technique. In his mid forties, he still has a solid planche. So who gets invited? This is not a convention for sports acrobatics although many participants are world class. This convention is attended by performing artists, circus performers, trainers and teachers from Northern Europe. The average age is middle thirties....way over the hill for acro, but don't tell this group that! In Kong, the feeling is that acrobatics is for life.



To mention a few of the folks who like to come to Kong, there are the very talented brothers Frank and Jorg Weisser from Bielefeld, Germany. They own their own company and perform on the weekends. Frank and Jorg are identical twins who when they started acrobatics were the same size. Now Jorg, the base is nearly 10 kilos heavier than Frank. Frank's one arm is so solid he makes it look easy! They are both jugglers as well, each bounces juggling 7 balls.

Also jugglers are Albert Wittbrock and Astrid Schone and their two sons. They come from Northern Germany; Astrid grew up and trained in former East Germany. She competed in women's pairs and used to perform a straddle press on her partner's feet while her partner was in a high Manta. Now she and Albert perform an adagio together at theatres and festivals around the world. Other world travelers are the acrobatic troupe Coexistence, Manuel Mayorga, from Mexico City, Zora Nekodemova from Prague, and Didier Oberle from France. These three acrobats trained in Moscow at the famed circus school.

Two teachers of mention, Jim Klinkhamer an architect from Amsterdam and his wife Det Rijven teach classes in Amsterdam and several of the people at the convention have been trained by them. Their superb technique allows them to perform high end tricks that make younger acrobats envious.

The convention is in Denmark so we mustn't overlook the Danes. Soren Flor and his partner Lotte are as excellent and versatile as they come. They both teach and train at the circus school in Copenhagen.

What a truly amazing group. One week every summer 125 acrobats are king in Kong. If you are interested in experiencing a week in Kong, contact me, Paul Anderson at axpaulxo@yahoo.com in March to get an invitation. Good Luck getting in and maybe I will see you in Denmark in 2004.

Body Mind Mastery

by Dan Millman



Training Inside Out

You, the acrobat, are a dynamic whole greater than the sum of your parts. By integrating those parts the body, mind, and emotions — through training, you reshape your life.

Training, once recognized as a mirror of your life, reveals both your weaknesses and strengths as you hike up the path to your potential. At the highest level, as you enter the *zone* — the moment of truth — training has the power to lift your spirits to a higher plateau so that you experience life in a new way.

I use the terms *training* and *practice* interchangeably as the intention and commitment to improve or refine a skill. Body mind mastery, however, transcends skill improvement for its own sake; rather, it can be a path and process to develop a balanced body, mind, and spirit.

The musician practices music, the athlete practices athletics, the body mind master practices *everything*.

You may practice a sport, but do you still practice handwriting, or walking, or breathing? How often do you fully engage yourself in each daily task, whether walking or washing the dishes, in order to fully experience the potential of each moment? This awareness is a reward far richer than any fleeting victory.

My Discoveries About the Larger Arena

As a collegiate gymnast, several key insights shaped my approach to practice and teaching. After winning a world championship and coaching an NCAA Champion and top U.S. Olympian, I decided I was onto something.

It began when I realized that I enjoyed teaching even more than learning. I loved to learn, but no matter what I achieved, only one person benefited. Teaching others awakened in me a renewed sense of meaning and mission.

In the process of teaching and coaching, I noticed that athletes' problems learning or improving were tied to weak fundamentals. To raise their potential — their *talent quotient* — athletes needed to rebuild their foundations for success: strength, suppleness, stamina, coordination, balance, rhythm, timing, and reflex speed. This understanding led me to great success as a gymnast and coach. At the same time I observed in my own life that my ability to do handstands and somersaults didn't help much when I went out on a date! Nor were these skills useful when I got married, had children, faced financial issues, or confronted the hundreds of other challenges in everyday life. This realization began my search for the fundamentals necessary to create success not just in sport but in daily life.

For athletes, scores, performance times, or win-loss records often serve as the primary measure of success. You may have talent in turning somersaults; hitting a ball into a hole, over a net, or into the stands; throwing touchdown passes, or shooting a basketball into a hoop; but these movement skills have little application in daily life. The internal qualities you develop through these activities, however — mental focus, emotional energy, and the ability to relax the body under stress — can improve the quality of every moment.

Today, some Olympic ski jumpers warm up with Tai Chi Chuan and Aikido masters teach golf clinics. Eastern cultures have always known that mind training is essential for physical success. We are only now coming to realize that each culture, with its rich diversity of language and beliefs, contributes to the well-being of the whole. Our potential will blossom in the sunlight of deeper awareness. The time has come to awaken the body mind master — the peaceful warrior — within each of us.

Nature's way is simple
and easy,
but men prefer what is
intricate and artificial.
— Lao Tzu

For fifteen years I trained with great energy in the sport of gymnastics. Even though I worked hard, progress often seemed slow or random, so I set out to study the process of learning. Beginning with standard psychological theory, I read studies of motivation, visualization, hypnosis, conditioning, and attitude training. My understanding grew, but only in bits and pieces. Reading Eastern philosophy, including the traditions of Taoist and Zen martial arts, expanded my knowledge, but I still lacked the understanding I sought.

Eventually, I turned to my own intuitive experience for the answers. I understood that infants learn at a remarkable pace compared to adults. I watched my little daughter Holly at play, to see if I could discover what qualities she possessed that most adults lacked.

One Sunday morning as I watched her play with our cat on the kitchen floor, my eyes darted from my daughter to the cat and back again, and a vision began to crystallize; an intuitive concept was forming in my mind about the development of talent — not just physical talent but emotional and mental talent as well.

I noticed that Holly's approach to play was as relaxed and mindless as the cat's, and I realized that the essence of talent is not so much a presence of certain qualities but rather an *absence* of the mental, physical, and emotional obstructions most adults experience.

After that discovery I found myself taking long walks alone, observing the forces of wind and water, trees and animals — their relationship to the earth. At first, I noticed only the obvious — that plants tend to grow toward the sun, that objects fall toward the earth, that trees bend in the wind, that rivers flow downhill.

After many such walks, nature removed her veil, and my vision cleared. I suddenly understood how trees bending in the wind embodied the principle of *nonresistance*. Visualizing how gentle running water can cut through solid rock, I grasped the law of *accommodation*. Seeing how all living things thrived in moderate cycles, I was able to understand the principle of *balance*. Observing the regular passing of the seasons, each coming in its own time, taught me the natural order of life.

I came to understand that socialization had alienated me (and most adults) from the natural order, characterized by free, spontaneous expression; my young daughter, however, knew no separation from *things as they really are*. Still, such insights seemed more poetical than practical, until, in a single moment, the final piece fell into place. I was taking a hot shower, enjoying the soothing spray, when my busy mind suddenly became quiet and I entered a reverie. The realization stunned me: *The laws of nature apply equally to the mind and the emotions*. This may not seem like a big deal to you, but I dropped the soap. Grasping how nature's laws apply equally to the human psyche, itself inseparable from the body, made all the difference for me. The principles or processes of training were no longer merely physical. They became *psychophysical*. My perceptions even made a subtle shift: where once I viewed the world as a material realm, I now began to see a world of subtle forces and flowing energy, thus reaffirming our unbreakable connection to the laws of nature. After fifteen years of gymnastics, my real training had finally begun. All that remained was to put this understanding to use. As I did, the fruits of training began to spill over into daily life. Training became a way of life, not just a means to an end. And the game of athletics became a vehicle of body mind mastery — training for the game of life.

In describing the river of life, or the delicate, ephemeral existence of the butterfly, or the sway of trees in the wind, the Chinese sages were painting pictures, drawing metaphors that pointed

of the natural laws, the source of all human wisdom. Master teachers have each pointed to the same truth: that personal growth requires us to integrate the wisdom of life experience with the laws of nature.

Pursuing success in sport and life, I sought to learn myself to the following lessons and laws:

Principle 1: Nonresistance

There are four ways to approach the forces of life:

- Surrender to them fatalistically. Rocks, because they are inanimate, have little choice but to surrender passively to the natural laws.

- Ignore them and, in ignorance, experience accidents, or create unnecessary struggle by swimming against the natural currents of life.

- Resist them and create turmoil. If we resist what is — the natural flow of life — we waste energy and fight ourselves.

- Use them and blend with nature. Like birds that ride the wind, fish that swim with the current, or bamboo that bends to absorb the weight of fallen snow, you can make use of natural forces. This is the real meaning of nonresistance. You can express the law of nonresistance in many ways:

- Don't push the river.
- Let it be.
- Go with the flow.
- When life gives you lemons, make lemonade.
- Turn problems into opportunities and stumbling blocks into stepping-stones.

There is always something to accomplish. On days of slow physical progress, you can cultivate patience and trust in the natural process of growth. Nonresistance transcends passive acceptance and actively rides the currents and cycles, making use of whatever circumstances arise.

True nonresistance requires and develops sensitivity and wisdom. For the master, outer accomplishments are significant only as indicators of one's alignment with natural law. Master golfers, for example, make intuitive use of the wind, of the direction the grass grows, of the moisture in the air and the curves of the land. They use gravity by letting the weight of the club head guide the swing in a relaxed rhythm. Master gymnasts learn to blend with the forces and circumstances in their environment. Masters of tennis learn to use the texture of the court to their advantage.

In daily life, those of us who resist change inhibit growth. Bob Dylan reminded us that those who aren't busy being born are busy dying.

**What a caterpillar calls the end of
the world the master calls a
butterfly.**

— Richard Bach

You can use your opponents' movements to your advantage through nonresistance. A martial arts principle teaches, "If pushed, pull; if pulled, push." Apply softness in the face of hardness — absorbing, neutralizing, and redirecting force. Body mind masters reject the adversarial mindset,

they cease perceiving and resisting "enemies." Rather, they view opponents as teachers or sparring partners who challenge them to bring out their best.

**In Judo, he who thinks is
immediately thrown. Victory is
assured to those who are physically
and mental nonresistant.**

Robert Linssen

Stress happens when the mind resists what is. Most of us tend to either push or resist the river of our lives, to-tight circumstance rather than make use of things as they are. Resistance creates turbulence that you feel as physical, mental, and emotional tension. Tension is a subtle pain, which — like any pain — signals that something is amiss. When you are out of natural balance, you will feel this tension. By listening to your body, you can take responsibility for the turbulence in your life rather than blaming circumstances or other people.

Athletes commonly resist the natural processes by *trying*. The word "try" itself implies weakness in the face of challenge. The moment you try, you are already tense; trying, therefore, is a primary cause of error. In more natural actions, you don't try. You simply walk to the refrigerator, write a letter, or water the flowers; you don't have to try, yet you perform these tasks easily and naturally. But when faced with something you consider an imposing challenge — when self-doubt arises — you begin to try. And when

Competitors feel pressure and begin to try, they often fall apart.

**When archers, shoot for enjoyment,
they have all their skill; when they
shoot for a brass buckle, they get
nervous; when they shoot for a prize of
gold, they begin to see two targets.**

— Chuang Tzu

To illustrate the effect of trying too hard, imagine walking across a four-inch-wide plank of wood suspended a few inches off the ground. No problem, right? Now raise the plank ten feet over a pond filled with alligators. Suddenly you begin trying harder. You feel tense. You have the same plank but a different mental state.

Life is a play of polarities. Whenever you *try* to accomplish something, you often experience — and create — internal forces in direct opposition to your goal, just like those who *try* to lose weight but end up gorging. You can measure this opposition in your own physiology: if you *try* to hold your arm straight, you'll tend to tense your extensor muscles (triceps) but also your flexor muscles (biceps). You end up fighting yourself and wasting energy. If you *try* to stretch you may feel your muscles tensing in resistance. Dieters who *try* to diet only experience stronger hunger — or gain back what they lose. And novice golfers who *try* to wallop the ball often end up topping it into the rough.

**In all activities of life, the secret of
efficiency lies in an ability to
combine
two seemingly incompatible states:
a state of maximum activity
and a state of maximum relaxation.**
—Aldous Huxley

Body mind mastery entails using less effort to create greater results. Even while engaged in intense competition *masters* experience a sense of "letting it happen" without strain. This may seem like idealistic fantasy, but numerous descriptions of the lives of martial arts masters testify to the existence of this kind of grace under pressure. The higher the stakes, the calmer, clearer, and more relaxed these masters became — indeed they became unbeatable. Peaceful warriors like Morihei Ueshiba, the founder of Aikido, at more than eighty years of age could evade an attack wielding a razor-sharp sword, tapping him on the nose with a fan, while remaining relaxed and breathing deeply.

Body mind masters take an easy, relaxed, progressive approach while working within (but at the stretching point of) their comfort zone, thereby avoiding the burnout that accompanies a stressful approach to training.

If you gently take a child by the hand and lead them smoothly, the child is more likely to follow than if you give a sudden tug. Our subconscious minds work the same way. In the long run, it works better to use a carrot than a stick.

If you play golf, don't *try* to hit the ball, just let the club swing. If you're a gymnast, form the intent, then let the body pirouette. If you play basketball, let the ball go through the hoop. In life, form clear goals, prepare, then let things happen naturally, in their own good time.

Every bamboo shoot *knows* how to bend with the wind, but masters have the insight to build windmills. Understanding the spirit of nonresistance, you create a partnership with nature. You take the first step on the path of body mind mastery.

Principle 2: Process

**Life was never meant to be a
struggle, just a gentle progression
from one point to another, much like
walking through a valley on a sunny
day.**

• Stuart Wilde

Let's take a look at some key points in the process of learning:

- In athletics, as in life, development follows demand. With no demand, there is no development; with small demand, small development; with improper demand, improper development.
- Demand requires motivation. Without the internal motivation to energize a demand, there can be no consistent response.

• Motivation requires meaning. Your motivation responds to your values in life, it must offer an improvement or benefit that you desire.

• Demand takes the form of progressive overload. I persistently asking yourself slightly more than you're comfortable with, slightly more than you are capable of, you improve.

• Progressive overload occurs in small increments within your comfort zone. You need to stretch your comfort zone but not ignore it. Most athletes instantly work outside their zone, and they experience extremes of fatigue, strain, and pain. By staying within (but near the top of) their comfort zone, masters take a little longer to improve, but their improvements last longer.

• Development (through overload) requires a tolerance for failure. Development inevitably entails a constant stream of "little failures" along the way to our ultimate goals.

• Tolerance for failure comes from an intuitive grasp of the natural process of learning. Unrealistic expectations create a frustrated athlete; realism needs patience. By understanding natural laws, you develop a realistic, lighthearted approach to temporary failures and come to see them as stepping-stones to your inevitable progress.

By gradually increasing demand, training develops you step by step. When you make realistic and gradual demands on the body, the body will develop. If equally progressive demands are made on the mind and emotions, they will develop as well.

Within your natural capacity, you will adapt, change, and grow in response to demands made on you. This process of accommodation reflects a law that has allowed human beings to evolve and survive through time.

Even rocks are subject to the law of accommodation. If you grind a rock with a tool, it will gradually change its shape. But if you grind it too quickly, the rock may break. Gradual demand for change, within your current capacity for change, brings the surest results. Climbing a mountain is best done in small steps. If you try to do it in huge leaps, the result may be counterproductive.

In the larger picture, as the law of accommodation reminds us, mistakes are the stepping-stones to success — if we learn from them. So don't worry about making mistakes; they are a natural part of the process. Trust the process of your training; trust the process of your life.

Many of us are so goal-oriented that we forget to enjoy the journey. I'm reminded of an ancient Chinese curse: "May you achieve all your goals." Paradoxically, if you enjoy the process of striving for your goals, you are more likely to reach them and to discover for ourselves that getting there is more than half the fun.

Accommodation is a law, as certain as the law of gravity. Yet most of us don't trust the law because of self-doubt or confusion. You may wonder, "Can I really become good at this?" "Will I be able to accomplish my goal?" "Will I find success?" A more useful question is not "Can I?" but rather "How can I?" Progress is mechanical: If you practice something over time, with attention and commitment to improve, you will. The degree of improvement, however, depends on many factors you'll discover as you read on. Some people have the unique combination of psychological, emotional, and genetic qualities necessary to become world-class, but anyone who practices over time can become competent, even expert in any chosen endeavor.

Principle 3: Balance

Every athlete recognizes the need for balance. Yet balance is far more than a sense of equilibrium; it is a *great principle* informing every aspect of our bodies, our minds, our training, and our lives. I call it the Goldilocks principle: "Neither too much nor too little." Body mind masters, naturally oriented toward balance, move neither too quickly nor too slowly, neither too actively nor too passively, neither too high nor too low, neither too far to one side nor to the other.

Balance determines the correct pace, timing, and accuracy that athletes depend upon. The human body itself depends upon a delicate balance of blood chemistry and body temperature. It must breathe neither too quickly nor too slowly; it must develop into a unit neither too fat nor too lean, neither too muscular nor too emaciated. Even your intake of water and essential nutrients must be balanced. Everywhere you look, you can see the law of balance at work.

The law of balance is the recognition of natural limitations. It is possible, of course to go beyond the boundaries dictated by this law, just as you can temporarily resist the other natural laws, but eventually you pay an inevitable price because every action has a reaction, and the more extreme the action, the more extreme the reaction. When you are in balance, you become immune to impatience and frustration because you recognize that for every *up* cycle there will naturally be a *down* cycle — and vice versa. It's just not realistic to expect only "ups."

Progress in life generally consists of two steps forward and one step back. Some days are high energy days and others are not. Understanding this, your mind and emotions remain in calm when training has its ups and downs, buoyed by the higher wisdom of the law of balance.

Natural order accounts for progressive development through time. In nature, one season follows another, without haste, in the proper sequence. A tree grows from a seedling as an adult grows from an infant. Progressive development doesn't work backward, and the process can't be rushed; it's all programmed into nature's order.

Only the human being is in a hurry. Our minds race faster than life. Ignoring the law of natural order, we set deadlines for ourselves, rushing to reach these arbitrary goals. It's true you must make *some* goals; they're essential for movement in life. Without them, you wouldn't get out of bed in the morning. Yet you should not make rigid *time* goals. They are inherently unrealistic, because you cannot predict the future.

The more long-range your goals are, the less realistic they will be. You can foresee the *direction* of your progress, but you cannot foresee the *pace*. Life holds too many surprising twists and turns, and you will experience too many changes to accurately predict how much time your goals will take.

Progress is a function of both time and intensity. You can spend less time and more intensity, or more time and less intensity. They must be balanced. If you overtrain, you may make more rapid progress and even enjoy a short period of glory, but you will eventually experience a natural consequence of imbalance: burnout.

Whatever cycles you pass through, no matter what your pace, it's best to trust in natural order — to enjoy each day, come what may, with all your energy and humor. Humor is a good sign that you have a balanced perspective. After all, no matter how magnificent our athletic aspirations or achievements, we remain tiny specks in the great universe; missing a putt or double-faulting a serve is hardly going to shake up the cosmos. are not.

Everyone at one time or another thinks, "I should be doing better — I should be achieving faster." This is often an indicator that we've forgotten the law of natural order. Like the word "try," the word "should" has little place in the mind of the natural athlete. "Should" implies dissatisfaction with things as they are. It is the ultimate contradiction; it's the trembling foundation of neurosis. Your time is too valuable to spend stewing over things that Of course, whether training seems too intense or too easy depends upon your capacity. You need to modify your regimen according to your own needs and capacities. I often reminded my students, "Don't trust me; trust yourself."

One good measure of your alignment with the law of natural order is your level of comfort and enjoyment during the process of training. Certainly, you have good and bad days, but in general if you push yourself too much, too long you will lose the excitement that drew you to training in the first place. Find balance or find burnout.

An Olympic swimmer once stated publicly that she would be glad when the Olympics were over so she would never have to look at another swimming pool. Can you imagine carrying the same attitude about your life? "I've achieved success, but now I can't wait until it's over."

Balance your life between pleasure and pain. Become sensitive to the natural order of things. Practice nonresistance by making use of whatever you meet on your own path, your own journey. Follow a step-by-step process, and trust what comes. Working within natural law, you will not only find self-discovery and success, but you will enjoy life more with each passing year. Training mirrors life; life mirrors training. By examining one, you come to understand the other.

Alignment with natural laws provides the first keys to success in sport and life. In the following chapters you can apply these principles to transcend limiting beliefs and behaviors, hurdle emotional blocks, and develop body mind talent — all steps in your journey up the mountain path.

The Power of Awareness

Life is a *great school*, and nature is the ultimate teacher, but without awareness, or free attention, you won't hear the teacher. Awareness transforms life experience into wisdom and confusion into clarity. Awareness is the beginning of all growth.

Learning for the body mind master is more than *knowing* something new; rather, it involves *doing* something new. The process of learning naturally involves errors. Errors aren't a problem as long as you learn from them. Mistakes are fine, but intelligence means never repeating mistakes. Masters make as many mistakes as anyone; but they learn from them. To correct and learn from an error, you first need to be fully aware of it. Awareness of a problem is the beginning of the solution.

The usual measure of how you are progressing in a sport is the results: if you win the match, sink the putt, accomplish your goal, then everything seems fine, but if you lose, you know *something* is wrong. In sports, relationships, or business, you may be "sort of" aware of what you're doing wrong, and vaguely try to correct it. Often, however, you return to familiar and comfortable habits *even when they don't work*.

One athlete who was literally being run into

the ground under the authoritarian rule of an abusive coach was describing to me yet another in a coach. When my freshmen on the Stanford long line of injuries. When I asked him why he gymnastics team underwent this process of insight, didn't find another coach, he replied with a sigh, awareness, and disillusion, they would tell me in "Well, at least I'm used to him."

Awareness transforms that vague "something" and were "going downhill." This concerned me — into a specific action you can correct or improve. As until I saw films of them the year before, when it Lily Tomlin once said, "I always wanted to be became obvious that they had improved radically. somebody; maybe I should have been more They had simply raised their standards and were more aware of their errors."

**Most problems precisely
defined are already partially
solved.**

—Harry Lorayne

If awareness were solely an intellectual capacity, then infants couldn't learn. But awareness extends far beyond conceptual understanding to a whole-body sensitivity arrived at through direct experience. Trying to learn or improve a skill without specific awareness is like trying to apply a stamp without adhesive — it just won't stick.

**Learn to think
with the whole body.**

**Taisen Deshimaru,
Swordmaster**

In training, as in life, errors are always with us. Learning is a process of refining errors to the point where they no longer prevent our desired goal. Errors exist even in our space program, but they have been minimized to an almost invisible level. Even the "perfect 10.00" routines of Olympic gymnasts contain errors, but they are small enough to be considered irrelevant.

Smaller errors make the master.

On your journey to mastery, you must become aware of weaknesses as well as strengths. Awareness of your weaknesses enables you to strengthen them and improve consistently. Awareness of your strengths breeds confidence, inspiration, motivation, and satisfaction.

Awareness, Disillusion, and Success

Ancient wisdom reminds us that awareness heals. But healing isn't always pleasant; it may also bring disillusion — freedom from illusion or wishful thinking. Until we achieve such awareness, healing can't begin. Like a heavy drinker's first realization that "I am an alcoholic," awareness is sometimes painful, but it is invariably useful.

During my first few months training in the martial art of Aikido, I felt disillusioned and frustrated. Proper execution of the Aikido movements requires relaxation even while under attack. In the face of this demand to relax, I began to notice tension in my shoulders. At first I thought the training was *making me tense*. In fact, it seemed to be more tense than ever. But I came to realize that I was only becoming aware of tension I had always carried.

This awareness, while troubling, allowed me to see and move beyond my tension tendencies and to learn dynamic relaxation.

This feeling that you are "getting worse" is a sign of growing awareness. For example, only when writers are able to read their last draft and see their weaknesses can their writing progress. Awareness in sport, in relationships, in any learning often entails a momentary drop in self-esteem, a dent in self-image. Most of us prefer to keep our blind spots because of our built-in defense mechanisms; we tend to resist awareness. It's critical to understand the power of awareness and the process of disillusion. A willingness to clearly see and acknowledge one's many mistakes — to doggedly but temporarily make a fool of ourselves — opens the path to body mind mastery. When you feel like you're "getting worse," you are finally aware enough to get much better.

**Then the time came
when the risk it took
to remain tight in a bud
was more painful than the
risk it took to blossom**

— Anai's Nin

**I learned to speak as I
learned to skate or cycle:
by doggedly making a
fool of myself
until I got used to it.**
George Bernard Shaw

The Margaret Analogy. At Oberlin College, I once had the pleasure of coaching a dedicated diver named Margaret. Her progressive growth of awareness in learning a particular dive parallels the stages we all go through in training — and in daily life.

After her first attempt at a dive, she had no awareness of what she had done wrong and had to rely entirely on my feedback.

After several attempts, she could recount what she had done incorrectly after the dive was finished and the errors had been made.

Before long she was becoming aware of her errors during the dive.

Finally, in one attempt, her awareness was integrated with body, mind, and emotions before the dive, and the errors were corrected before they were made. The dive was beautiful.

This example has profound implications for daily life, because we go through the same process in all kinds of learning situations.

There is a great difference between *recognizing* an error, which comes after a simple explanation, and *accepting* an error as an error — an acceptance that implies full responsibility for its correction. Full awareness implies willingness to change, and you may not be ready to do that. An example is a young woman on a gymnastics team who was overweight.

She recognized that she needed to lose her extra fat. She could see it in a mirror. Yet it took her an entire year to become fully aware of this weakness as an error. For a long time she resisted recognizing what was apparent to her friends — in the same way alcoholics may go their entire life ignoring the obvious.

Transformation begins with awareness of a problem; it is the beginning of the solution.

Feedback Aids to Awareness

When you know you're doing something wrong but don't know exactly what it is, use these awareness aids:

Other Students. The good and bad examples of those training with you can provide valuable lessons and models. Beginners remind you of your own progress. When you observe them improving as you did, you understand that you can also continue to improve. Advanced students serve as examples. Learning from example is the way infants learn — probably the most natural way to learn. Advanced athletes can inspire you by showing that high-level skills are possible.

Visual Feedback. Nothing serves the growth of awareness so instantly and so well as seeing a film or videotape of your own movements. Even a mirror can help you become realistic about your strengths and weaknesses.

The Coach. A videotape or film can show you what you look like, but only a teacher can pinpoint your specific errors in order of priority. A teacher is an intelligent feedback aid who can analyze and communicate information about errors and the ways to correct them. The coach or teacher who has journeyed farther up the mountain can show you how to avoid the pitfalls and overcome the hurdles.

Exaggeration. If you have no access to films or teachers or videotapes and want a shortcut to awareness, then deliberately exaggerate your errors. If you are slicing your golf ball or constantly falling in one direction, do it even worse — on purpose. In this way the error becomes clarified and your awareness expands. At the same time, your errors become conscious, deliberate, and controlled instead of unconscious — far easier to correct.

ACRObits

Happy 90 th

Gymnastic Super Giants George (Trampoline) Nissen and Gene Wettstone (famous PENN STATE Coach) both graduates from the University of Iowa celebrated their 90th birthday recently.

* * * *

Congratulations Newt

A Beautiful Bronze Plaque has been hung in the new University of Michigan Gymnastics Gym



NEW LOKEN GYMNASTICS TRAINING CENTER

Newton C. Loken, Ed
Gymnastics Coach
Professor Emeritus
1947 - 1983

12 Big Ten Gymnastics Team Titles
2 NCAA Gymnastics Team Tittles
2 NCAA Trampoline Team Titles
72 Big Ten Individual Titles
20 NCAA Individual Titles

Acro-Cheer

In March more than 3,000 Cheer-leaders from throughout Southern California, Arizona and Nevada performed lively routines at the amphitheater next to the Oceanside city Pier. These large modern Cheerleading groups do a fantastic job of flips and pyramids and the National TV coverage is growing each year. Team have from 5 to 20 members in several age groups and perform 2 1/2 minute routine. A real WAS Event with tumbling, pyramids and adagio type pitches.

ACRO, Fall - Winter

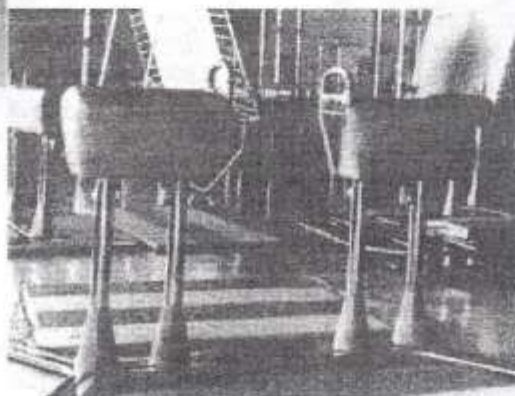


SportsAcro In Vegas

While in Vegas for the Annual winter meeting of the IGHOF I visited the Hotel Tropicana Casino Lounge and enjoyed a excellent Mixed Pair routine performed by the "Duo Joy" Sports Acrobatics Champion from Poland.

A Rare Horse

While looking through some earlier MG editions of the 50's I ran across this photo of the X-N Side Horse... I wondered where is it now? With all the equipment variations today along with a lot of special gymnasts that would have ball with this horse.



X-N SIDE HORSE

For many years we have heard of the Side Horse without the middle section that past Olympian Frank Cumisky had pastured in his backyard in New Jersey, and of the seemingly unlimited number of moves and combinations that could be performed thereon. It now looks as though this special type horse may enter the field of the thoroughbreds, perhaps not as a competitor but at last as an exhibitor, for the Nissen Corp's experimental stable has just unveiled an X-N Side Horse for exhibition use. Side Horse jockeys line up and show you colors

Famous Strong Man

Eugen Sandow, the popular strong man of the Eighteen Nineties, the father of British Physical culture, was a circus Acrobatic Stare in his youth, and and even in his later days when managed by the Greet Flo Zigfeld included a back flip with a pair of 56 pound dumbbells held in his hands as part of his Great Act



X-N SIDE HORSE

Have Handstand...Looking for Strong 'Bottom Man.'





THE DAY I MET THE OLYMPIC DIVING CHAMPION VICTORIA DRAVES

It all began in 1941 when I entered Senn High School in Chicago and attended the welcoming show for all new ninth graders. On stage was a high bar and some gymnasts were doing giant swings but when Gaylord Hughes, dressed like a little boy with shorts and a lollipop began doing them, I knew what my lifes work would be.

I joined the team, coached by "Big Al" Bergman and I lasted four months. I was cut from the team when they discovered I was too weak to even hang on the bar. I began training myself at the Wilson Avenue Y.M.C.A. and Montrose Beach and in three years I had reverse giants and a standing back.

In the summer before my senior year, I decided to be a diver. I reasoned that to be good I would need a high hurdle step and for two months I hopped on one leg all the way to the Sovereign Hotel pool and back. When I tried out for the diving team, again "Big Al" the diving coach, said you have a great hurdle, now lets see your dives. I said that I spent so much time on my hurdle I didn't learn any dives. I was the fifth diver, and they took the top four to the State Championships in Champaign, Illinois for the finals. There I was left out again.

After coming home from the army I ran into "little" Stevie Anderson, one of the four top divers. He asked me if I was going to Soldiers Field to see the Victoria Draves Water Show. I said I would go with him and introduce him to Victoria, since she was an old friend of mine. After the show we were waiting by the dressing room when I thought maybe this gag had gone far enough. Coming out of the dressing door Victoria began running toward us arms outstretched. As if in slow motion, she ran past me and embraced Steve with hugs and kisses. Then I discovered, he had been training all year with her and her coach husband Lyle Draves. She invited him to dive in the warm ups the next day so I invited myself and she reluctantly agreed.

I waited with anticipation for the hours to pass. Standing there in the center of Soldier Field on the high diving board platform while people streamed in to their seats, Victoria began her approach for her signature dive, the half gainer. Frozen in midair, silhouetted against the white clouds of the Chicago Skyline I vowed that if I ever got married and had a daughter, I would name her Victoria after the world's most perfect woman.

I did have a daughter, Victoria Jackson, who achieved some notoriety on Saturday Night Live, so the name continues to live on with distinction.

Author Jim Jackson

Amos Alonso Stag

Athlete of the Year Award (Gymnastics-Diving) 1952

University of Chicago

**Before he
was the
Governor**

**Mid 70's
in
Fresno
California**

**Dewayne
Zinkin
Jr**

**Harold
Zinkin**

&

**A
R
N
O
L
D**

