

# GET UP!

Volume 1, Issue 15

I February 2003

## Talk about fat loss and shivering!

The water bottles in my weight room are all frozen solid again. The garage gets about two minutes of sun at dusk, so the typical temperature is about freezing. Rhett and I had a morning snatch workout this week and the bar was so cold that the skin would adhere after each rep.

Rhett had an insight about competition: "We are training with an ice cold bar that doesn't rotate, on a two foot by eight foot platform, bundled in clothes, freezing, and it is 8:00 am. Lifting in a meet should be a breeze!"

Yep!

### Our mission? To teach everyone:

1. The Body is One Piece
2. There are three kinds of strength training:
  - Putting weight overhead
  - Picking it off the ground
  - Carrying it for time or distance
3. All training is *complementary*.

## Fan Mail!!!

Dan,

Really enjoyed your article from Elwood Suggins of Pismo Beach. Dragging a dead sea lion up and down sand dunes sounds like a terrific workout. I'm wondering if the temperature always has to be over ninety to get a good pump going?

Anyways, I'm finding the waiter walk to be the best short workout. I have a 30 yard course in my warehouse. I do three sets with each arm. Occasionally, or whenever I'm feeling frisky, I start off with one set of both dumbbells over head as a warm-up. You have to be careful not to arch your back or you're going to pay big time by the third set.



MAY 1981

*Gary carrying the Editor... early training regime.*

The family and I went skiing for the first time this winter. I found there is a huge difference in my strength. I went on the slopes all day without getting tired. By the way, we do the kind of skiing where you ride up and ski down. Your readers probably prefer to pull a sled up and ride down.

Take Care

Gary

*Yes, on the carrying of dead mammals, we find that the smell of decaying carcasses enhance the training environment. In addition, the entire editorial staff was shocked to find out that one of our readers usse the "Ski Lifts" when skiing. Our staff ski day **requires** thongs only and we carry each other up the mountain then slide face down the hill. This does cut into other activities for a few days.*

*The Editorial Staff.*

*Note: Gary is my brother...who patiently taught me my first lessons in the discus.*

# GET UP!

Volume 1, Issue 15

I February 2003

## On Passion!

It is funny how often the parallels between life in the real world and sports lead me to understand both a lot better. I had been reading some of those hybrid muscle magazines that cater to men's fitness, health, stereo, DVD player, and clothing needs and I found myself realizing something is missing: in most men's search for "whatever," e.g. youth, riches, success, women, they immediately lose all credibility.

Huh? Trying to look cool...earring, tattoos, pink hair, puka shells, open black shirt with matching black suit...makes you look...well, it makes you look like you are trying to look cool.

Yet, if a man actually take the time to talk to women (shocking!), generally one will find that the way to interest a member of the opposite sex has very little to do with the earrings, tats, and hair.

The same thing that makes a great athlete great is the key to success in life...**Passion!**

Recently, at the Super Bowl, a roomful of women all swooned for Jon Gruden, coach of the Tampa Bay Pirates in Pewter Pants Football Team. Gruden, who never met a scowl he didn't like, has something...something...that make women pull the chairs forward and watch a rather pointless game after the first quarter. My friends, according to my wife, Tiffini, there is nothing more "intriguing" than a man fully focused, fully centered, doing something he loves. And, you don't need to go to Hawaii to buy puka shells.

So, before GET UP! starts reviewing DVD players and British Sportscars, let's talk about Passion...again!

We have covered this before!

In the first edition of GET UP!, we reviewed an interesting idea from John Powell. John, double bronze medalist at the Olympics and former World Record Holder in the discus, discovered that the Master athlete needs to break their thinking into two "phases." The first phase is a time to train muscle and nerve, but the second phase may be more important.

Let's review the original post:

## Phase Two from Issue One

John had only one word: **Passion**. From the Latin, "to suffer," I can't think of a better word to describe the Love/Hate/Suffer/Fury that is required to improve as an athlete. Sadly, many young athletes have all the physical gifts, yet no passion. "The Love of the Game" is a perfect title...for a disappointing movie.

Passion. Well, how do we get it? Master athletes can teach the youth here:

1. Travel to a lot of meets.
2. Hang out with your competition for long periods afterwards.
3. Read everything, watch everything you can about your sport.
4. Travel some more. Hang out some more. Learn more.
5. Spend **your** money on your sport!
6. See number four above!

Yet, something is missing. I think George Matthews hit it on the head when he discussed hypertrophy. For Phase One, we can focus on speed and technique (nerve and muscle), but in Phase Two...as we build passion in our hearts...we need to build muscles in our body.

As a matter of interest, short spurts of intense training increases the natural Growth Hormones of the body...the anti-aging drugs. In Phase Two, a serious attempt to both raise GH and build muscle are a yin-yang relationship!

The research, although it is tough to discover, seems to point to several things, if you want to increase GH (and hypertrophy).

1. Eat some protein before lifting...ten to twenty grams.
2. Monitor rest periods between sets (one minute rests have shown, in some studies, to spike GH)
3. Use "full body" lifts, such as my favorites:  
*Power Clean and Front Squat*  
*Power Curl*  
*Clean and Press*  
*Overhead Squat*  
*Good Morning or variations*  
*Clean grip snatch*  
*Power snatch*

4. Don't be afraid to "bodybuild." Get those arm curls, triceps extensions, lat pulls, whatever.

Put your time in during Phase Two building your **Passion and Body**.

# GET UP!

Volume 1, Issue 15

I February 2003

## That's Good Advice!

In the last few issues, we have discussed a few ideas that can help one rekindle the passion that drives great athletes. Let's look at a few obvious ideas:

1. Keep a journal. If I could recommend only one thing, it would be to keep this on-going conversation with yourself. As you link the days together and watch the ebbs and flows of your training and life, you can pick out the clues that lead to success in *your* life...athletically and real!

2. Buy books and videos on your sport. Recently, I watched a video on the snatch and discovered that I know nothing

about this lift. I have been snatching since 1975, but I never knew the importance of the jaw and staying on the heels. Yet, one minute after pressing the "stop" button on the VCR, I was in the gym banging away again...I was "rekindled!"



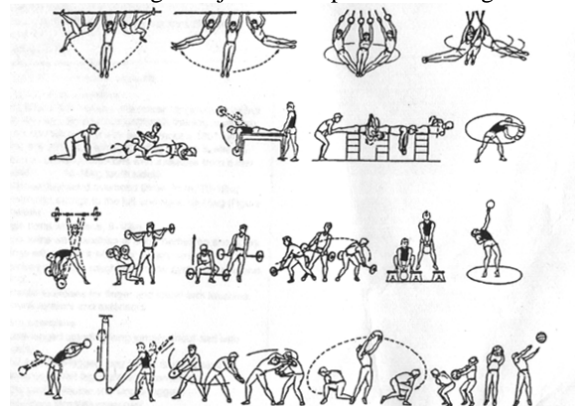
Read magazines, books and internet articles that apply to your sports and *try new things!*

3. Practice both single and wide focus in your sports. Single focus would be bowling alone on one lane trying to just throw strike balls...ignoring all spares. In your sport of choice, you should occasionally strive to fix just one thing: **all** your resources should pour into attacking or improving one aspect of training. Wide focus is what a football coach does: the coach measures and adjusts his 92 man team, seven assistants, four managers, bus drivers, et al to deal with the opposing team and the whims of the officiating staff. Both, single and wide focus can be exhausting...but for different reasons.

Single can be "boring," yet every athlete needs the "groove" from multiple repetitions. Multiple focus can simply over stimulate the senses. The Highland Game experience is a study in multiple focus: dancing,

pipng, drinking, eating, noise...and up to ten different athletic events with only a few that share any technical skills.

A couple of ideas for training multiple focus: listen to music you hate while you train; train for three sports (throw, lift, carry, whatever) in a single training session; train in extremes...cold, heat, fasting, time of day, odd locations; learn a new sport! Finally, invent new ways to train your current sport...seriously, "think outside the box" and restructure your whole training...or just one aspect of training.



"Passion" fuels the athlete far beyond the next workout, the next week or the next season. It also may be the secret cure to aging!

## Bow and Arrow...for lifting, too?

In 1977, Skyline College welcomed Wolfgang Linkman as a coach. His knowledge of English was not the best, but his wealth of information on track and field was amazing!

As Eric Seubert and I tried to understand Linkman's ideas we soon realized that the **KEY** to throwing was the idea of "SSSSSHHH KU!"

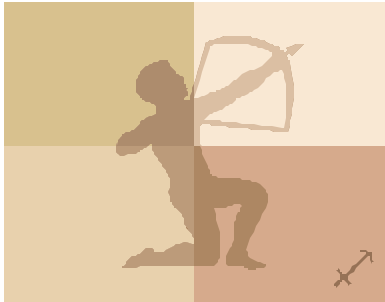


# GET UP!

Volume 1, Issue 15

I February 2003

Hmmm? Well, Wolfgang couldn't explain it in English, but with his body and actions, he demonstrated that great distances come when you pull on a muscle, then it pops back. It would later be called "prestretch" by some, but I still like the original insight...that the athlete must strive for a "Bow and Arrow" every time they attempt to master a sport.



For the shot putter, this is easy: the throwing wrist to the elbow is the arrow, and the body is the bow:



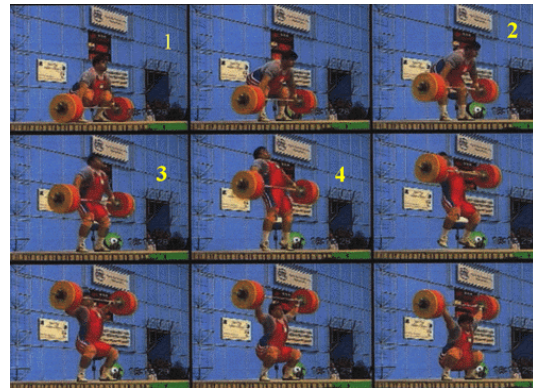
For the discus thrower, it is important to get the chest to the "front" then SSSSSSH KU!



*But I never understood the role of the Bow and Arrow in the weight room until recently!*

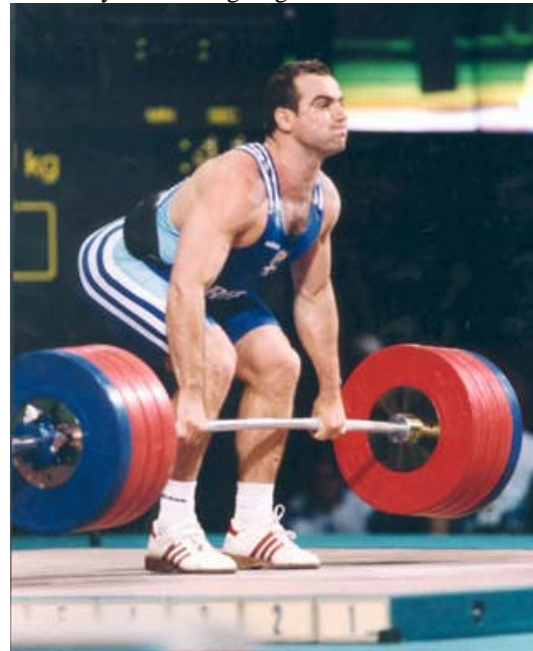
Oh, Sure...

For the Bench Press, this is obvious, but how about the O lifts?



Recently, in Denis Reno's weightlifting Newsletter, he noted that the Bulgarians are taught to focus the entire pull **on the heels**. One training session later, the teachings of Linkman and the Bulgarian training ideas made perfect sense!

The "arrow" of the Olympic lifts is a straight line pointing up from the heels. Yes, the **heels**...if you ever get on your toes in the quick lifts, you better have a light weight on the bar because you are not going to make the lift!



# GET UP!

Volume 1, Issue 15

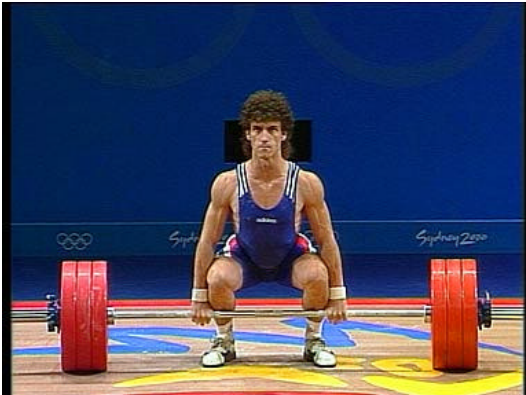
I February 2003

## The "Bow?"

First, I have to insist you try focusing on the heels only style...it works. A good drill for teaching this method is to put your toes on a piece of wood or two ten pound plates and do your regular workout. I can snatch and clean off of a 2 x 4 now with just a minimal jump back.

To get the Bow, you have to do two things that have become obvious if you have followed O lifting the past few years.

**One:** you have to lift with the head up and the jaw "jutting" forward. I have Rhett make "raptor" noises to teach him to hold that head forward...this will naturally keep the shoulders well over the bar. The jaw is one of the tips of the bow.



**Two:** you have to really stress the Romanian Deadlift Position.



The "bottom of the tail bone" (or you can use another anatomical hint) is the other end of the bow. The farther you can stretch out the two ends of the bow, the faster that arrow is going to shoot up!

## How to Train This?

**1. Try lifting with your toes on a board or plates...just try it!**

*At first, this is going to seem odd. But, if you had pull a train towards you hand over hand with a*

*rope laying on your back, would you dig in your heels? If you say "yes," you probably will understand why you pull on your heels.*

## **2. Try this sequence...snatch or clean**

*Stand tall with the bar in the snatch or clean grip. Lower the bar by pushing your butt back...don't lower the bar, push your butt back as far as you can. When you can't go any lower, snatch or clean the bar from this position. With the bar snatched or cleaned, lower the bar in stages until you just touch the floor...barely...and snatch or clean it again. **This is one rep! Rest and Repeat!***

With this sequence, you will find that you naturally stay on your heels...if you don't, you will fall flat on your face!

Strive to find the "Bow and Arrow" in all your sports. One little hint: in the weightroom, we live on our heels, in athletics, we live on our toes. Keep looking for opportunities to add the Bow to your sport!

## Next Issue:

We've been promised some articles regarding one lift a day training and cycling macronutrients, as well as more "life journey" articles.

Got something to say? Write an article!!!

Published by Daniel John

Daniel John, Editor  
Copyright © Daniel John, 2003  
All Rights Reserved

Any unauthorized reproduction is strictly prohibited.