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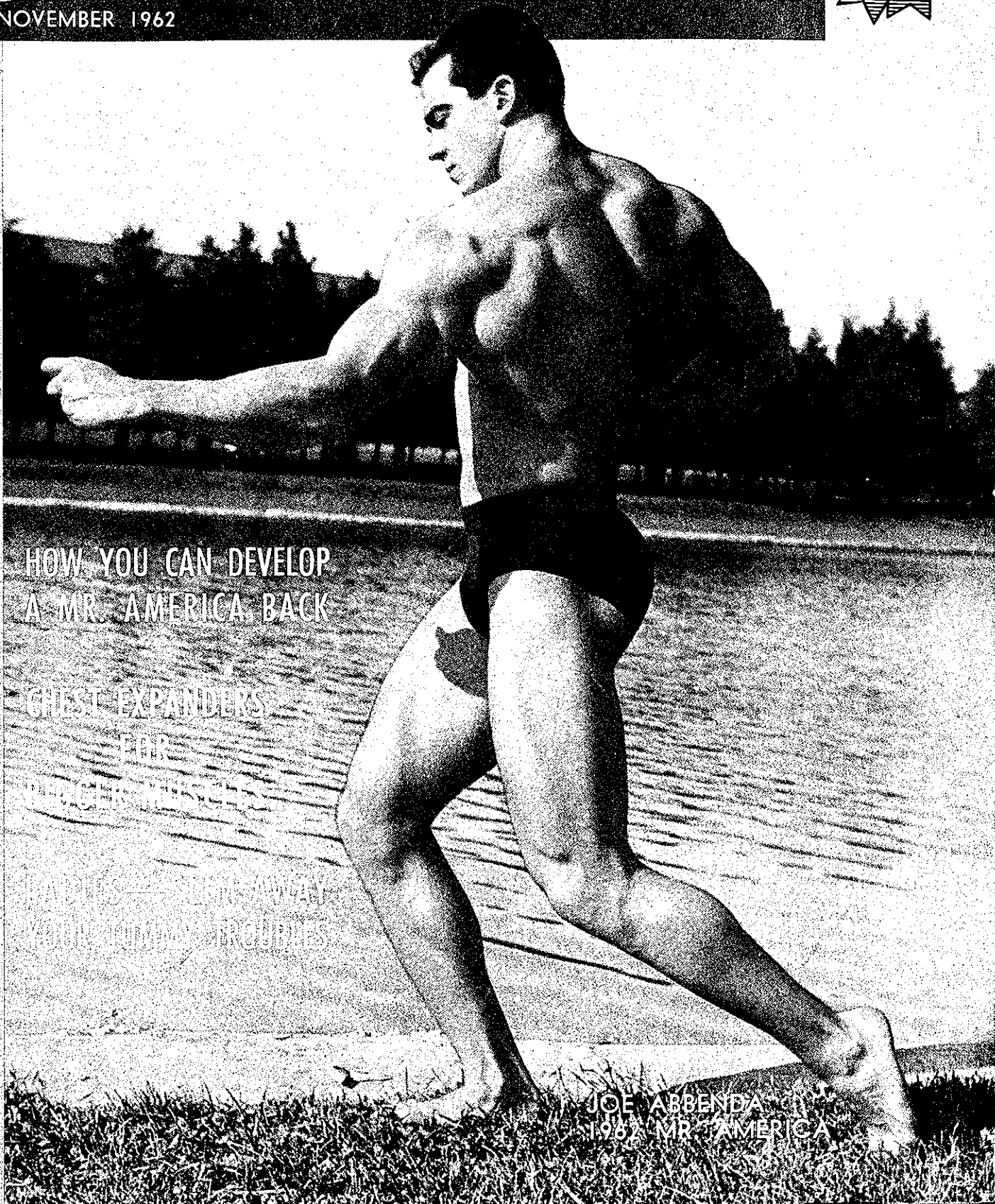
STRENGTH & HEALTH

NOVEMBER 1962

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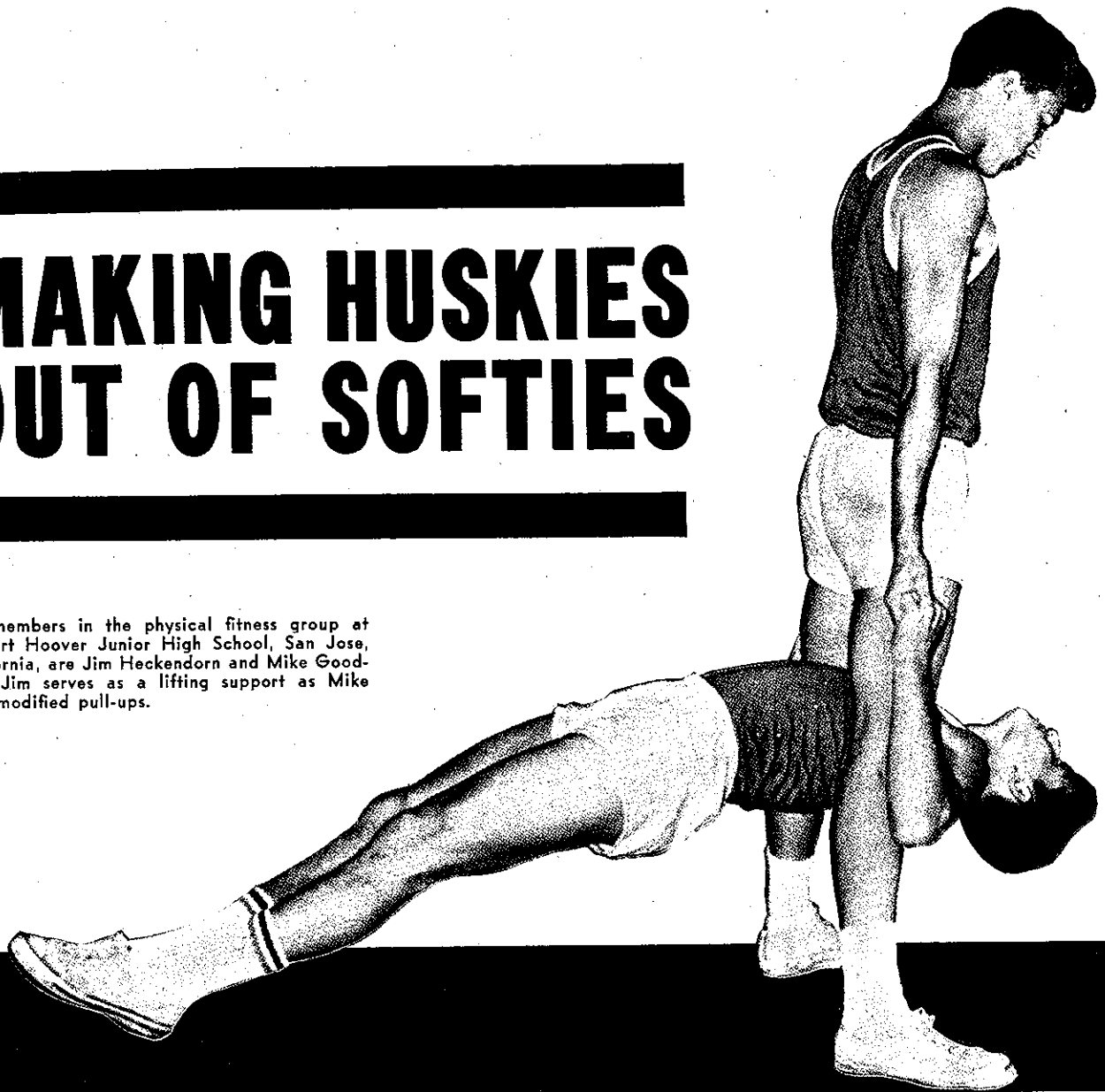
DEEPER MUSCLE

HANDS-ON TIGHTEN-UP
YOUR MUMMY TROUBLES

JOE ABBENDA
1962 MR. AMERICA

MAKING HUSKIES OUT OF SOFTIES

Top members in the physical fitness group at Herbert Hoover Junior High School, San Jose, California, are Jim Heckendorn and Mike Goodman. Jim serves as a lifting support as Mike does modified pull-ups.



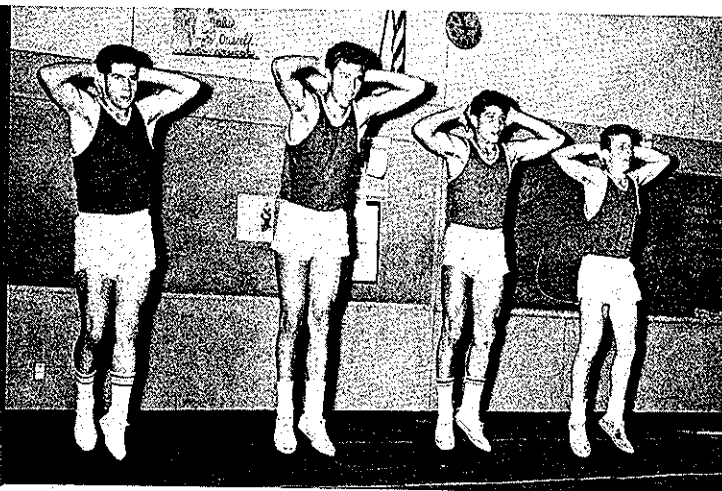
By Ray Van Cleef

A NONATOMIC type of bomb exploded in our midst several years ago with the release of the shocking results of the Kraus-Weber tests. Our complacency was so badly jarred by the glaring physical deficiencies of our youth, as revealed by the comparison with European youngsters in the simple basic muscular tests involved in the 15 years or research. It was a disturbing blow to our national pride to learn that 57.9% of our children failed one or more of the six tests for strength and flexibility compared with 8.7% deficiencies for the European children. A whopping 35.7% of the failures of our youngsters involved the five strength tests in the examination, and on this same basis the European youngsters had only 1.1% failures.

Prompt action is taken under the leadership of President Eisenhower to alert the American public to the vital need for improving the level of physical fitness of our youngsters. In short order the President's Council on Youth Fitness and the President's Citizens' Advisory

Committee launched a campaign. To a large extent these groups attacked the problem of our expanding millions of weaklings with propaganda. Unfortunately there was far too little organized program action and the allotted expenditures were insignificant to cope with this epidemic of flabbiness. It is appalling that in our land of two-car garages only approximately 50% of the boy students in high school have physical education. A few years back 91% of our elementary schools were lacking gyms. The inadequacies in our school facilities are of monumental proportions. Talks and publicity without the needed tools to work with have about the same effect as firing blanks at a target.

The tempo of the campaign to rescue our young softies, victims of this push-button way of life, has been intensified by President Kennedy. This more dynamic effort in this physical fitness crusade has motivated more action and greater expenditures in the direction of progress. Encouraging results have been



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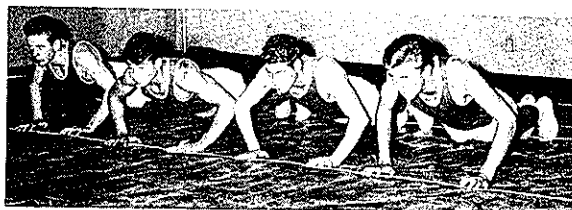


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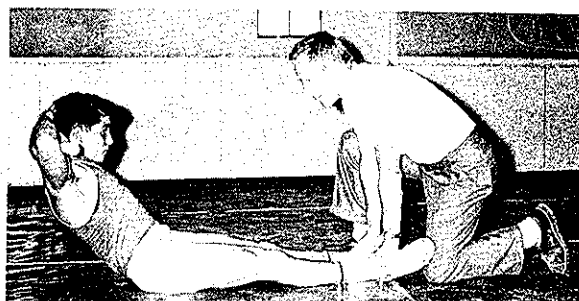
achieved in certain areas where the fitness program has been directed by qualified persons possessing dedication and enthusiasm for their mission. Yet at this stage only the surface has been scratched in this challenging assignment. Current proof of this situation was recently disclosed by Bud Wilkinson, the Special Consultant to the President on Youth Fitness. A survey involving nearly 10 million pupils in public schools revealed that 26% of the boys and 23% of the girls could not pass a simple physical test of pull-ups, sit-ups and squat thrusts. A satisfactory rating on the chins required just 3 repetitions for boys between 16 to 17 years, 14 sit-up for ages to 17 and performing 4 squat thrusts in 10 seconds. The standards for the girls in this elementary test were easier still. Considering the kindergarten nature of the exercise requirements it is shocking that such a large percentage of teen-agers were below this minimal physical rating.

The theme of this article is not to focus undue attention on the negative side of the problem, but to call attention to one of the bright spots in the youth fitness crusade. Publicity on the subject of the physical status

(Continued on page 44)



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A group jumps in unison. From left, Mike McDonald, Jim Hackendorn, Mike Goodman, and Wayne Garcia. The exercise builds stamina and conditions legs and lungs.

A long knee bend on top is typical barbell exercise in Herbert Hoover program. Former Mike Goodman is highest rated student in physical fitness.

The same group as above performs repetition method to develop arm, shoulder, and chest muscles.

Under the watchful eye of Cameron (left) coach of boys physical training at Hoover Junior High Mike Goodman performs knee while holding a 10-pound bar behind his neck. His record is 400 reps in this position.

The hoard apparatus provides a measure of arm strength and agility. Boys also find it interesting.

Records prove that nation-wide American youths are weaker than their European counterparts in climbing ability. Not so Wayne Garcia, who improved from 7 to 16 repetitions in this exercise as a result of his school's fitness program.

Like so many of today's teenagers, Mike McDonald once weighed in his physique. Here he stands at 160 pounds. Mike's fitness testing increased from 113 to 245 pounds in a short time.



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G

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MAKING HUSKIES

(Continued from page 41)

of our youth has, like in the matter of juvenile delinquency, so overemphasized the shortcomings as to foster pessimism. We need to shift more attention to our achievements so as to not only give recognition where it is deserved, but to inspire others in the direction of progress.

For a number of years I have observed the out-of-door physical training activities at Herbert Hoover Junior High School in San Jose with special interest. Since my home is situated approximately a quarter of a mile away I have been a frequent spectator. This avid interest has been motivated by admiration for the vigorous diversified program. Time and time again I have watched the young teen-age students, girls as well as boys, running the 600-yard lap around the playing field as a regular part of their training. Many schools, especially at the junior high level, have been justly criticized for sugar coating the P.E. program to the extent that it is little more than a recreation period. Athletic games and sports are by no means neglected at Hoover Junior High, but the emphasis is rightly on physical fitness.

Several months ago I was invited by the P.T.A. of Hoover Junior High to be the guest speaker at their final term program. This opportunity was welcomed as an appropriate time to focus attention on the merits of the exceptional physical training. To accomplish this objective to proper advantage provided the desired reason to acquire some research details from the faculty of this department. It was then that I became acquainted with the fact that Cameron (Bob) Campbell, the head of P.E. for the boys, was a protégé of the late Dr. C. H. McCloy of Iowa State University. Readers of *Strength & Health* well remember Dr. McCloy's informative articles that were a significant asset to the advance of weight training. Needless to say, Bob Campbell is a booster for the merits of this type of progressive exercise. His department has a special barbell training program as an after school project that is designed to improve the 7th graders toward an upper level rating in physical fitness. The weight training group is expertly supervised by Ron Portal of the P.E. staff. Les Carlson, the other member of the department, also has a busy schedule in the program to improve the fitness standards of all students and to provide guidance in a wide variety of athletic skills. These three teachers have a dedication and enthusiasm for their work that provides inspiration by example to the pupils. It is a stimulating sight for the impressionable teenagers to observe their coaches training, such as a brisk keep-fit run around the athletic field or making use of the

barbells.

The philosophy of the physical education department at Hoover Junior High is governed by the idealism of this creed: "We hope to develop each student to the maximum of his physical and organic capabilities within the limits of sound educational policies. With increased urbanization of our society has come an alarming decrease in the physical and organic vitality of our students and adults alike. It is the clearcut responsibility of the physical education department to correct this situation. The Hoover program accepts this responsibility and attempts to correct what has become an issue of grave national concern."

This challenging mission becomes an earnest endeavor from the very first with the new 7th grade students. An inventory of each student is made recording his results on basic fitness tests. The examination involves push-ups, winged sit-ups, overhand chins, standing broad jump, 50-yard dash and 730-yard cross-country run. The card for each pupil also lists his age, height and bodyweight. A rating in points is tabulated based on achievement standards. At least twice a year a complete evaluation examination is given so that each pupil will be alert as to his progress and special needs for further improvement. There is a desirable competitive stimulus to rate among the leaders in physical fitness. The top ranking boys are selected to serve as drill leaders in the 8 to 10 minutes of vigorous calisthenics at the start of each class period. Those that excel are accorded honorary recognition in sports banquet program near the end of the school year. A high rating in fitness at Hoover Junior High has as much prestige, if not more, among the students as it does to be a star athlete. Needless to say, those at the upper level in physical fitness usually excel in sports.

A prime objective in the training program at Hoover is to properly involve the forms of exercise that make for muscular, organic and cardiovascular fitness. The type of free hand movements executed in the first part of the routine are calisthenics if a strenuous order and performed so that there will be a vigorous demand on stamina. This is followed by active participation in a sport in season. The class period is concluded with a run of 730 yards at a stiff pace. This type of rigorous program produces results that are manifold in benefits to the pupils.

The tests furnish specific evidence as to some of the gains. Incoming 7th graders at Hoover failed to measure up to the national average in pull-ups for this age level. In this basic test they rated 1 1/4 movements compared with 2 for the national average. By the

IN ALL THE WORLD NO OTHER MAGAZINE LIKE THIS . . .

time the Hoover students are outgoing 9th graders they scored an average $6\frac{1}{4}$ movements to rate more than twice above the national average of 3. This physical deficiency among the incoming 7th graders was greater in sit-up test. Here the average score was only 16 reps to the national average of 31. The improvement of the outgoing 9th graders at Hoover registered exceptional progress with an average of 92 movements compared with 39 for the national average. This is even more extraordinary when taking into consideration that 83% of the 9th graders performed 100 consecutive sit-ups with the arms held rigidly back through the test. In fact, the boys were stopped at 100 reps so as to not allow the test to become a time-consuming marathon. To make the sit-ups more difficult for the 9th graders a padded 10-pound bar is held behind the neck. This is a recent innovation. Mike Goodman, who ranked with the highest fitness score last term, performed a remarkable demonstration in doing 400 consecutive sit-ups with the 10-pound bar held behind the neck. The outgoing 9th graders at Hoover also excel in the 600-yard run. In this test of stamina the average time for the distance was 1 minute and 52 seconds compared with the national average of 2 minutes and 22 seconds.

An impressive illustration of the degree of gains among students at Hoover is graphically clear in checking the inventory record cards of some of the top fitness students of the recent graduating class. Mike McDonald, for example, weighed 116 pounds as an incoming 7th grader and 145 pounds before graduating as a 9th grader. His time in the 50-yard dash was improved from 7.3 to 6.5 seconds and in the broad jump from 5'10" to 7'1". As a 7th grader 9 chins was his limit and this was increased to 15 reps and the push-up test registered an improvement of from 13 to 40 complete movements. In the sit-ups Mike performed 17 reps as a 7th grader and before he graduated from the 9th grade he came to the maximum limit of 100. His fitness score rated 213 points when he made his entrance into Hoover in the 7th grade and before the end of the 9th grade this was increased to the high level of 395 points. Wayne Garcia, a classmate, improved from a mediocre score of 230 points to a top total of 426 points as a 9th grader.

The girl students at Hoover have a physical fitness program that is broad in scope and has high standards in objectives. Vigorous type of calisthenics and running are key elements in the training conducted under the skilled supervision of Miss Erlaine Gregory. Noteworthy progress is made with the girls, but it is not as outstanding as with the boys. It is more difficult to motivate teen-age girls to excel in physical fitness, especially when they



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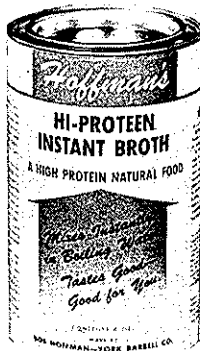
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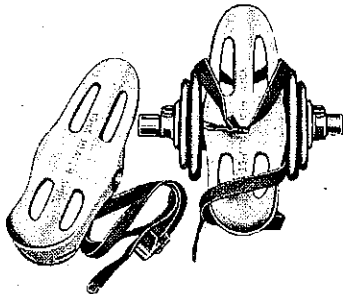
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are commencing to be glamour conscious.

This country has a need for a great many more schools with a physical fitness program of the Hoover Junior High calibre. The alarming problem of the deficiencies of our youth would be greatly reduced if this were achieved. Hoover School in San Jose is an illustrious example of the fact that softies can be transformed into huskies amidst our push-button environment. The key factor to this success is having qualified leadership that functions with enthusiasm and persistent ambition for progress. • end

THE INCREDIBLE

(Continued from page 25)

years of Judo (15—I am now a third grade black belt) I thought I knew how to maintain balance. I thought. I faked high with my hands and went in low to push his midriff. But he wasn't there when I arrived. Holding his hands lightly on mine he avoided my attack and in the same moment I bounced off the wall. I tried repeatedly but never once did I penetrate his posture. His feet moved very little but the acute sensitivity of his body to my touch permitted him to neutralize me and push and pull me at will. Often he pulled me forward so sharply that my ear nearly grazed the ground and then, at the last moment, he would catch me, saving me some nasty consequences. His art goes beyond technique and I have never experienced anything so relaxed and yet so frighteningly efficient in my life.

Since that time—18 months ago—I have been fortunate in practicing at Cheng's house every Sunday. A teacher of the old school, he doesn't impart his knowledge systematically, preferring to sit and observe, making an occasional remark or sally onto the playing area where he rocks someone off the wall. But the practice becomes eminently enlightening when he ventures out and *with relaxed arms and body* pushes the 200-pound brute (you couldn't budge) into the air. If you are skeptical—as I was the first few times—you can brace and stand before him and he will serve you the same *sans* effort.

When you observe that his method is in defiance of every combat sport in the West, he laughs and says that the West knows nothing of *ch'i*. *Ch'i* is basic to T'ai-chi. It is the inner air or energy, believed to be stored just below the navel. The mind (*I*) directs this energy throughout the body according to need. But the *ch'i* cannot move in a rigid tense body—that is why if there is a secret to T'ai-chi it can be summed up in one word: relaxation.

The relaxation of T'ai-chi, however, is not the same thing which we Westerners regard as relaxation. Cheng's relaxation is one in which all strength