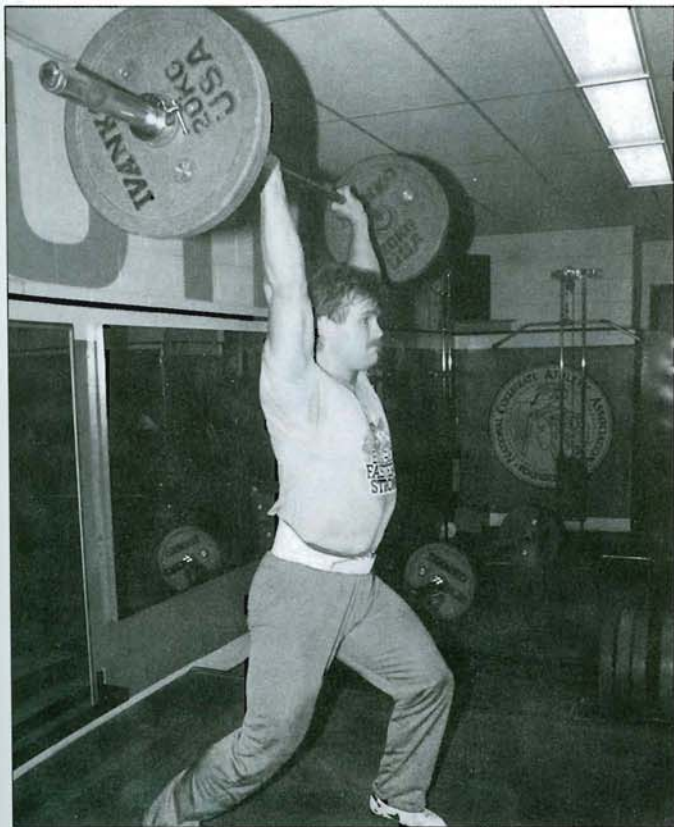


PAYING YOUR DUES



Stefan Demonstrating Pulling Power to David on the Snatch Lift.

Editor's Note: David Chiu has been a long time Olympic Lifter and just recently won the Collegiate Nationals. I have seen David lift in at least 5 meets so I know that the marks he earned in the National Championship were truly spectacular. Here is his story in his own words:

As I stood with the other heavy-weight medalists during the awards ceremony at this year's National Collegiate Weightlifting Championships, I heard Vince Labosky from the University of Kansas say "I can't believe I flew 1500 miles just to get second!"

Actually, the Jayhawk javelin thrower had come ever so close to taking the golds, just losing his final attempt as the jerk fell behind after a powerful but taxing clean. With a bravado that belied the shock I was in over sweeping the golds, I replied "Hey, I drove almost a thousand miles to get here!"

Not only had the see-saw battle between Vince and I netted me the golds, but we had challenged each other to the extent of smashing our previous personal bests. I wound-up totalling fully fifty-five pounds better than my previous best! I finally began to understand how it was all possible when my friend Gerry Ray said, "Don't be so surprised Dave, you've paid your dues."

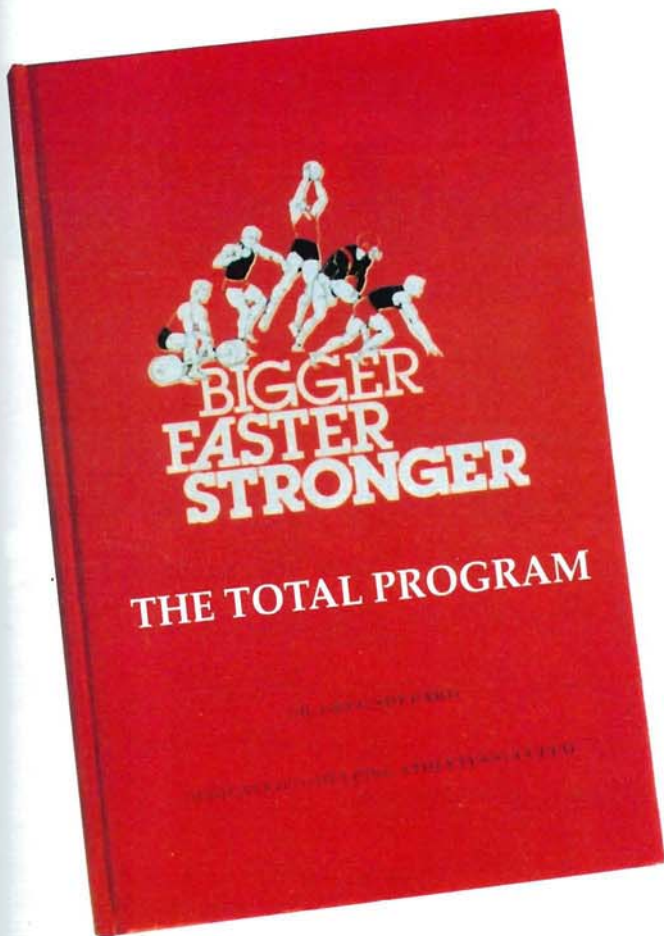
Gerry had often encouraged me with that phrase before, but this time it really hit home. He had trained and competed with me for nearly two years, helping me hammer out technique problems, develop workout schemes, and sweat through heavy squat cycles while others took the summer off. Gerry's comment made me realize that my hard work had prepared me in strength and technique to produce great progress in the heat of competition.

Persistence is the key - working intelligently and consistently is the key to success. In a world of fast food and fax machines, many lose patience and go for the quick fix. In sports performance this shows up in the temptation to use drugs, especially steroids for strength. Besides suspension and long-term side effects, a healthy long run vision of achieving one's potential thru paying those dues is a strong motivation for resisting the temptation to dope-up. Taking the long run requires more self-confidence, and probably allows a longer stay once one gets on top; drugs may get one there faster, but leave one like a horse driven too far too fast. Strength is better developed from a fire in the heart than from a monkey on the back.

**"Don't Be Surprised
at Success
If You've
Paid Your Dues"**

Along with a long-run attitude, intelligence and openness are important elements of success. By intelligence, I mean using effective programs that keep one from going stale. I often used the sort of incremental PR's that BFS advocates as stepping stones to major increases in performance. By openness, I mean searching out and trying new programs and exercises, and accepting good coaching. I have been very fortunate to train around world-class athletes who have given me many excellent tips; for instance, I learned how to pull with both power and proper technique from the great Swedish discus throwers and BFS clinicians, Stefan Fernholm and Goran Svensson.

More recently, I gained some excellent ideas and motivation at the U.S. Olympic Festival, where PR's in the jerk and total earned me a silver medal. To reach this level, I have had to pay a lot of dues, both figuratively and literally (I've had to foot the bill of going to competitions). To reach my ultimate goals, I'll have to pay a lot more; I believe I can make it, and so can you.



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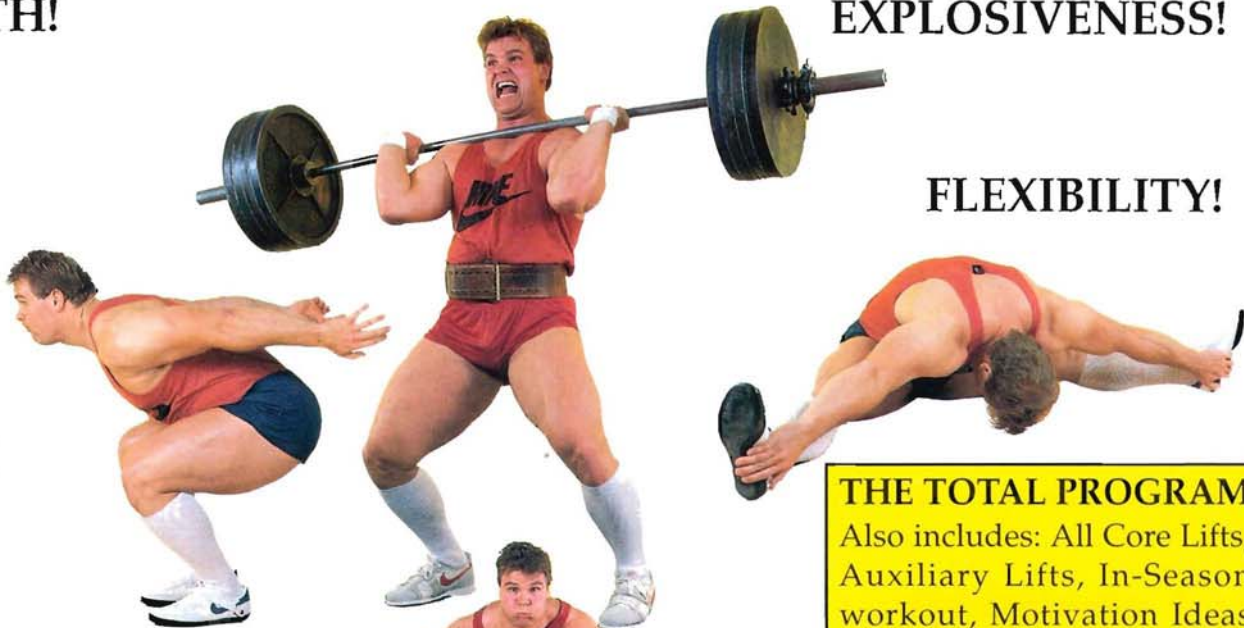
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