

STRONGEST MEN OF THE WORLD

The aim of writing this book about the World Famous Strong Men and New Systems of the Sports items is to inspire the modern youth and encourage them to possess a healthy body and a sound mind.

The book gives a brief account of the ancient Indian methods of physical exercises and the present day facilities available for the youth to gain proficiency in sport items of their choice as also the diet details and calorie contents of the food eaten.

The martial arts like Wrestling, Boxing, Weight Lifting, Body-Building, Special Yoga Methods to gain extraordinary strength, Stick Fighting, Karate, Judo etc., have been discussed in detail, with brief histories and the technical skills they need with illustrations and photographs wherever necessary.

The book discusses the right age for the youth to take to sports, who among them will make a mark and in which sport item. The exercises for the general public of all ages as well as youth, the care they should take, the principles of health etc., have been discussed in the book.

The book focuses on the Indian Champions who achieved International fame by dint of sheer hardwork and single-minded devotion to the sport they chose to master. The Strongmen of Andhra Pradesh also have been discussed in the book. In addition, the book deals with the champions of different countries who won International recognition in their fields of specialization.

The highlights of the book are the life and achievements of the Indian Strongmen like 'Kaliyuga Bheema' Kodi Ramamurthy Naidu of World fame, Gama Phailwan of equal greatness in his field who both demonstrated to the Indian system of training is in no way inferior to the western methods, if not superior to these of the west. Other equally powerful fighters like Rehim Sultanwala and Stansilas Zybesco have also been discussed in detail.

The boxing kings Mohammed Ali, Holifield, Tyson, Lunnex Luwis, the seven times Mister Universe title holder Arnold Squartznaggar and the 97 year old Monohar Aich have been discussed with relevant details as also the Russian Weight Lifters. An account have been detailed about the Karate King Burce Lee, his life and achievements. Along with these specialized world sports, the Indian art of archery also been included.

The Author himself is a sports enthusiast with personal experience in the field of physical exercises for building a good body and healthy living. He has authored many books of general interest.

It is hoped that this book would help the youth as a guide and reference book and encourage them to gain proficiency in their chosen field and bring credit to the State and the Country like the World Masters of the earlier times.