



W. J. HUNT performing double
chair balance

The A to Z of
BALANCING
with Dynamic Strength

by

W. J. HUNT

Undefeated British Olympic
Champion and British
Record Holder

The A to Z of Balancing

Introductory

After nearly twenty years in physical culture circles, winning National and Olympic Titles, breaking amateur and professional records, appearing at all the leading theatres, and the Annual Health and Strength Displays at the London Palladium, etc., I can honestly say that "Hand Balancing" is one of the greatest aids to strength and development that I know of. Once you are able to 'Curl' or 'Press' up to a hand stand, the way to Herculean strength is open to you.

Now Balancing is not easy, but with patience and practice you can soon become adept—there is no truth in the saying that you have to be born a balancer. My efforts at the start for instance, seemed hopeless, but by following a routine I eventually mastered it, and to-day I doubt if any balancer in the world can equal my 'Strength Balances,' some of which are mentioned on page 9.

To balance by the 'press' or 'curl' requires a great deal of strength, and until you can do this your progress will be slow. Here I would like to give you a word of advice—if you need a real course of physical and mental development first, send with confidence to:

MAXALDING

Shepherdswell, Dover, Kent

Maxalding has a great reputation over the years. He gives individual attention, does not make vague promises, but delivers the 'goods.' In fact, everything he does is stamped with the hallmark of class. To Maxalding I say "many thanks for your advice, genuine interest and confidence; may you achieve even greater successes in the coming years." (for details see page 11).

The Training

EXERCISE 1.—Examine position in fig. 1—three chairs, two with seats inwards, shoulder width apart for your hands, and the third chair for your feet; body perfectly straight; keep forearms straight up and lower the shoulders down slowly as far as possible; hold it two seconds, then press up. Breathe easily; do repetitions



Fig. 1

according to your strength. Practice on the floor first, then on chairs for two weeks. This exercise is essential to balancing, as it strengthens the deltoids and abdominals.



Fig. 2

EXERCISE 2.

Take two stand chairs, place them back to back and take up position in figure 2. Lower your body, keeping forearms straight until knees nearly touch the floor, then press up to full lock. Repeat this about eight times each day for two weeks. This builds deltoids, abdominals, trapezius.

CHINESE BALANCE.—Place your hands on the floor, shoulder width apart, and fingers wide apart, with middle fingers pointing straight forward—now place knees on elbows and rock slowly forward to position in fig. 3. Notice forearms, perfectly straight, head back and toes pointing—these are secrets to perfect balancing. Hold position for a count of ten—repeat ten times first week and fifteen second week. A line drawing is used to get a clear position of forearms, head and toes, which, as I say, are extremely important.



Fig. 3

THIRD WEEK.—Back to Exercise 1. When commencing the 'dip' raise right leg slowly off the chair seat, keeping it locked with toe pointing. When you have 'dipped' your limit, your leg should be high in the air. Press up and repeat with other leg. Repetitions as before for a period of two weeks.

EXERCISE 2.—Two chairs back to back as before—'dip,' knees almost touching the floor, then press up, bringing your legs in front of you parallel with the floor. (If difficult at first, bend the knees). From this position 'dip' a little and press up again. Rest for awhile, then repeat. After practising this for two weeks, your abdominal muscles should be getting really strong.

CHINESE BALANCE.—Repeat this again about ten times, holding it for a count of twenty, rocking forward a little to put the weight on your fingers. Look at a spot on the ground between two and three feet in front of you, and **remember**, forearms upright, head back, toes pointed.

THE 'CURL UP'—It is now the fifth week, so on with the 'curl.' Never 'kick up' as it gets you nowhere—the 'curl' will get you anywhere you wish. Take up Chinese Balance, rock slightly forward so that the fingers have most of the weight—lift up your buttocks or seat and over, then commence pressing, arms and legs must, of course, lock together—as before, head back, etc. Now **slowly** come back to knees on elbows. Patience and hard practice will soon master the 'curl' which builds arm and shoulder muscles. When you can do ten perfect balances any time you wish, you will be ready for the 'Tiger Bend.'



Fig. 4

TIGER BEND.—This is indeed a stiff exercise, and many balancers fail here, the reason invariably being wrong methods. Now place hands on floor as for balance—lower forearms to the floor and kick up to position in fig. 4, which shows correct position of arms and legs, keeping the face clear of the floor. Carry shoulders forward; this relieves the elbows—bend the knees slightly and press hard on your fingers, going up to a balance. To lower, go slowly, keeping face clear of the floor. I have done sixteen repetitions daily for many years. You will get a thrill out of your first 'Tiger Bend.'

CHAIR CLIMB.—Take a stand chair, square seat, and curl up to a balance with hands at the bottom of the front legs. Lift right hand up the leg of the chair and place it at the side near the front of the chair seat—steady, now lower the chest on the seat, lift left hand to seat and press up to balance. This is excellent training, and by now if you happen to be a barbell man, you will have increased your press by at least forty pounds.

FINGER BALANCE.—This is a delicate balance and looks good. Practice a few floor dips on fingers, then a few Chinese Balances on fingers, and after a week you should be rewarded with the 'Finger Balance.'

CONTROL.—Hold a balance for one minute, meanwhile open both legs, bend alternate legs, cycle slowly. This will give you good control. Walk forward on your hands commencing with twenty steps—make a small pair of floor bars about six inches from the floor, place a stud between bars and practice dipping until you can pick up stud in your mouth. Try placing both hands together side by side, and kick up to a balance—place one hand on top of the other and kick up again. These are wonderful methods of control. When you have reached this stage you can experiment on your own with advantage. The following are a few ideas.

VARIOUS

(a) Balance on a pair of steps for confidence (a strong pair of course), dip and press up.

(b) Take two stand chairs, hold the backs in the centre, place back legs of one on the front of the seat of the other chair and curl up to a balance. This looks well performed on a table for displays.

ARE YOU TAKING CHANCES YOUR STRENGTH

How strong men guard their weakest point

What makes a man a champion? How do virile record-breakers manage to endure the intense physical strain needed to win through? Are they really supermen?

No. They are not. They are ordinary men—but with this difference. They pay due attention to keeping themselves fit. Not just in good trim, but at a peak of fitness that allows every nerve and muscle to work in complete harmony.

One of the major secrets of their fitness and vitality is the care they take of the muscles of the lower abdomen. For it is here that the body's centre of power lies—and it is here that strain first shows itself. Someone has said that Man is as fit as his abdominal muscles—and this is a simple truth of the first importance to anyone who seeks to conserve strength and virility.

Why these muscles are vital

First, let us realize that fatigue is merely nature's distress signal—a sign that work, or exercise, is taxing our muscular strength. The muscles that first feel the strain of exertion are the hard-working muscles in and about the abdomen and loins. They bear the whole stress of man's upright carriage. If they are not strengthened and supported they will have their revenge.

One famous sportsman after another has realised this secret of strength and endurance. One after another has voiced his gratitude to the support that braces and strengthens the muscles of the lower abdomen and vital organs—the Litesome.

What is it - what does it do?

The Litesome was designed in co-operation with leading surgeons and physicians to give the correct support and protection for the abdominal muscles and vital organs. Made from soft, washable, unshrinkable material, the Litesome is light, hygienic and comfortable to wear. It braces and supports all the time, even during the most strenuous exercise, banishes fatigue, preserves vitality and strength. Yet, except for the sense of well-being it gives, you will not know you are wearing it. All you know of your



WITH THE FOUNDATIONS OF AND STAMINA?

Litesome, once you put it on, is the glorious braced and buoyant feeling that helps you to sail through physical stress and strain and feel as fresh as ever. All the time, like a firm, gentle hand, your Litesome gives the lower abdomen the scientific support and protection it needs.

HOW TO FIT AND WEAR THE LITESOME STANDARD MODEL

For maximum benefit fit the Litesome so that the front is below the navel and the back is over the hip bones. This may appear strange, but wearers will quickly appreciate the Litesome's scientific design

"Litesome is a boon to every man; it gives you that extra confidence. A bridge of stone requires a key-stone—let Litesome be your physical key-stone. My present balances and feats of strength require perfect abdominal support, and my confidence is 100% with the Litesome."

W. J. HUNT

Undeclared British Champion

MAYFAIR MODEL: This super model combines all the advantages of a waist belt with the exclusive features of the Litesome invention. When ordering either model, your waist measurement should be given

From Sports Shops, Outfitters, Chemists . . .



STANDARD MODEL ... 6/10
MAYFAIR MODEL ... 15/2

LITESOME

FIT WEAR FOR MEN

If difficulty C.O.D. (State waist size) from
FRED HURTLEY, Ltd. Keighley, Yorks.



(c) A straight balance looks well. First lower your head slowly between your arms, then carry your legs over your body. In this exercise your toes are **not** pointed up.

For the interested pupil there are numerous balances, rolls, iron arms, hurdle jumping, dropping off a table on hands, jumping on and diving over a chair, balancing on blocks and chairs, etc. By varying your balances you will fit yourself for display work, or even stage shows.

ADVANCED HERCULEAN BALANCING

You should now have a perfect balance, great strength and confidence, and for the following balances you will need all three.

HURDLE JUMP.—Make a small hurdle four inches high, and about four feet long. Take up a balance a few inches away from hurdle—bend your legs from the knees, snap them up quickly and this should carry you over the hurdle. Remember, don't bend arms until you leave the floor, and use a mat for the sake of your wrists. I jump a 16" hurdle comfortably.

IRON ARM.—This is one of the hardest balances in the world of balance, and few balancers can execute a real 'Iron Arm.' Study the position carefully—lie on the floor face downwards, place hands as for balance near your hips; a flat hand is hardly possible, so the fingers take the first strain (this is where your finger balancing helps). Arch the body and just press to balance, but **do not** roll at all. Take a deep breath—lift hard with legs in the arch and press with all you have on the fingers.

This of course will take time, but if you are keen and master the 'Iron Arm' it will be worth all the effort you have made.

Remember in balancing you are only handling your body-weight, so you can train in the home, on holiday or out in the fields—a decided advantage over barbell training. If you find it extremely difficult to press to a balance after say five or six weeks, **don't despair**, as weeks, or even months are nothing to worry over. Your triceps or shoulders will probably be letting you down. So place a cushion near a wall, kick up to a balance with the cushion under your head, keeping feet in one position. Dip about two inches and press up—add a little each practice until you can lower to the cushion.

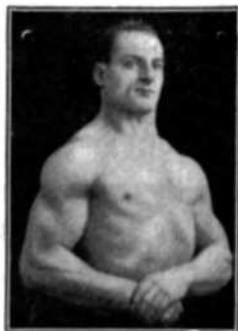


Fig. 5

W. J. HUNT showing terrific arms and shoulders. Winner outright of Maxalding Silver Cup.

LEG STRENGTH

I hardly think you will perform these exercises first attempt unless of course you are exceptional. They are useful exercises to master.

(1). Stand with feet together, commence to raise the right leg and at the same time bend the left knee and lower to position in fig. 8. Stretch right arm out and try to touch right toe with your leg parallel with the floor. If it is difficult at first, steady yourself by placing left hand on the floor as in photograph, then raise to standing position, on to your toe and lower. Rest and repeat. Practice until you are able to do it without touching the ground. It is difficult, but it will soon come to you.



Fig. 8



Fig. 9

(2). Take hold of right toe with your right hand; now lower till right knee touches the floor without releasing the toe. Go slowly down noticing the position of the left arm. Bend forward touching left knee with left elbow and lift up till elbow points up in the air—relax and stand up, still holding the toe. These exercises will strengthen your legs and also develop your will-power and determination.

FEATS OF INTEREST

Whilst serving in the R.A.F. as a P.T. instructor, I performed in front of the staff officers at Cosford, a feat thought nigh impossible. I dived over a full grown horse into a handstand, and repeated it many times on request. I also dived over a man into a steady balance and jumped off the parallel bars every day. At the British Weight-lifting Championship, Memorial Hall, London, I jumped on to a chair from a handstand, and dropped from a height of six feet—the first English athlete to accomplish these feats. I do not advise pupils to attempt these as they are really dangerous and very difficult. I am the only athlete in the world to be awarded two gold jewelled Maxalding Medals.



Fig. 10

W. J. HUNT

Showing Amazing
Dorsal & Back Development



A perfect balance by John Stocks of Sheffield—a tribute to Hunt methods—note perfect position of arms, head and toes.

MAXALDING HAS STOOD THE TEST OF TIME

Mr. A. M. Saldo, champion athlete, author, lecturer, foremost scientific trainer and world traveller, founded the Maxalding School of Physical Training in 1909, and since then has devoted the whole of his time and energies to building up the great reputation that this method now enjoys. During these years of uninterrupted success, hundreds of other systems have come and gone, along with all kinds of training apparatus and gadgets. Maxalding has stood the test of time and goes from strength to strength.



Mr. A. M. SALDO

SUCCESSFUL BODY-BUILDERS PRAISE MAXALDING

Mr. W. J. HUNT (Strength Champion and Leading Equilibrist) says: "MAXALDING ALWAYS DOES IT."

Mr. JAMES EVANS (Well-known All-round Athlete) writes: "MAXALDING—WITHOUT IT, I SHOULD STILL HAVE BEEN IN THE QUEUE."

Mr. NORMAN GRUNDY (Physical Excellence Winner) writes: "I ONLY HOPE I CAN DO AS MUCH FOR MAXALDING AS IT HAS DONE FOR ME."

Mr. HERBERT LOVEDAY (Britain's Perfect Man) writes: "I SHALL NOT, LIKE SOME, HIDE THE FACT THAT I HAVE USED MAXALDING IN MY TRAINING."

Other names, known in the physical culture and body-building spheres who have trained on Maxalding are—Mr. Ernest Allen (Super Exponent of Muscle-Control and Artistic Posing), Mr. Ronald Chillington (Youthful Hercules), Mr. Leslie McCurdy (Famous Irish Equilibrist), Mr. Rex Ferrus (South African Strength Champion), and Messrs. Geoffrey Greenwood, Vic Alderson, Walter Stocker, M. Ralph, C. Buckie and others too numerous to mention here.



Mr. COURTLANDT SALDO

BORN IN THE PROFESSION

Courtlandt Saldo (son and chief assistant of A. M. Saldo), who has spent his whole life in the study and practice of scientific training, including five years in the Army P.T. Corps during the war, where he widened his experience by organizing training in all degrees from the remedial treatments in hospitals, to the tough Commando hardening training. He is six feet in height and built in proportion.

ALL INTERESTED PERSONS

are invited to write for an expert opinion of their prospects in gaining physical improvement. Details required are age, occupation, physical ambitions, name and address. A personal letter, accompanied by a 10,000-word, illustrated brochure will be sent gratis and post free to any part of the world under plain, sealed cover.

PLEASE WRITE IN COMPLETE CONFIDENCE TO:

MAXALDING, (J.H.) SHEPHERDSWELL, DOVER, KENT