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**OLYMPIC GAMES
WEIGHTLIFTING
SCOREBOARD**

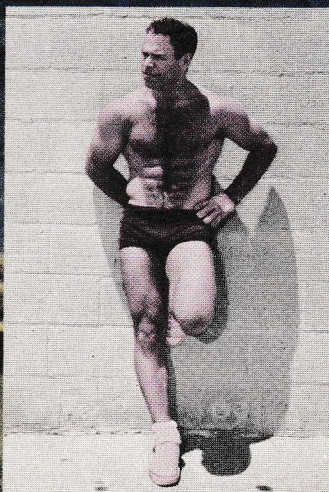
**MR. AMERICA
on
BACK DEVELOPMENT**

CAMPUS FEATURE:

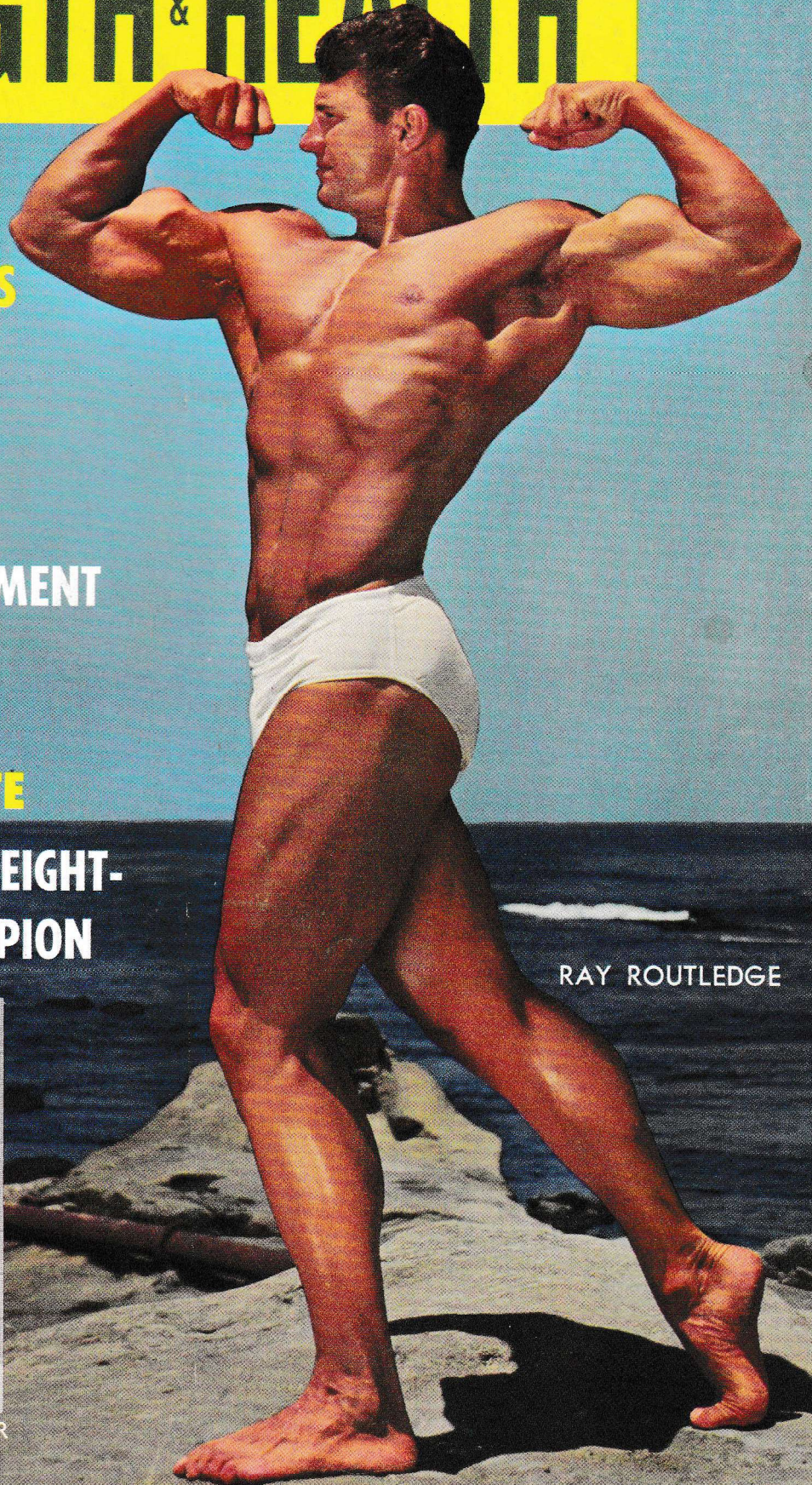
**JUDO at
SAN JOSE STATE**

**HANDBALL'S WEIGHT-
TRAINED CHAMPION**

RAY ROUTLEDGE



TRI-CROWN HANDBALLER
JIMMY JACOBS



Sensible Physical Training

THE TRIPLE-CROWN KING OF HANDBALL

JIMMY JACOBS

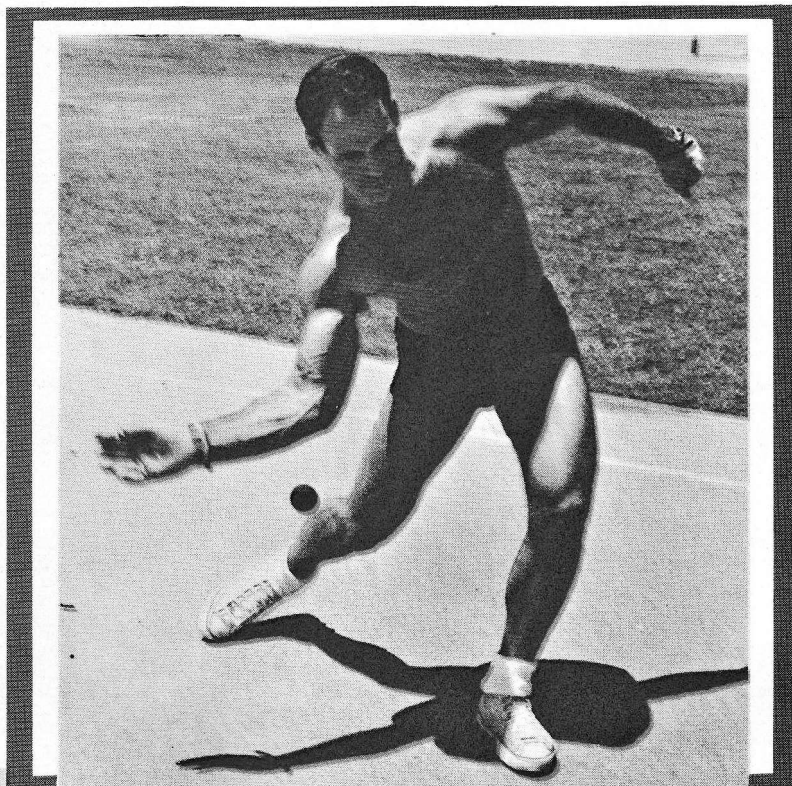
BY EARLE LIEDERMAN

TO be proclaimed champion is an honor, but to become a champion or three different events of national recognition is of triple value. And such is the achievement of Jimmy Jacobs for 1960!

He won the National AAU title, the United States Handball Association crown and also the National YMCA top recognition. And he also held these three titles back in the year 1956. No other man has ever been a triple-crowned champion at handball since competition began. Consequently it makes Jimmy Jacobs really a Mr. Somebody in this sport.

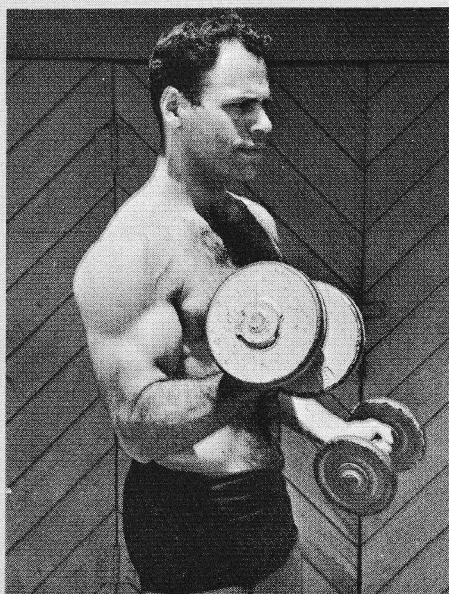
It becomes delight to present a fellow who is such a standout amongst mankind and who reigns high in any given sport, but to be privileged to relate about a triple-crowned national champion makes the offering an elation to me.

Jimmy is now 29 years old, stands 5 feet 9 inches and presently weighs 175 pounds. He has been playing handball about 12 years. And he entered this sport after he finished his college career merely to try a new physical field. He then had no thought of ever becoming more than



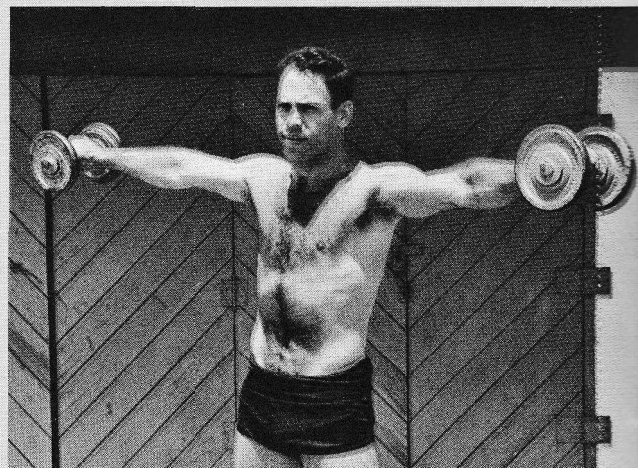
This form won numerous national titles for Jimmy Jacobs.

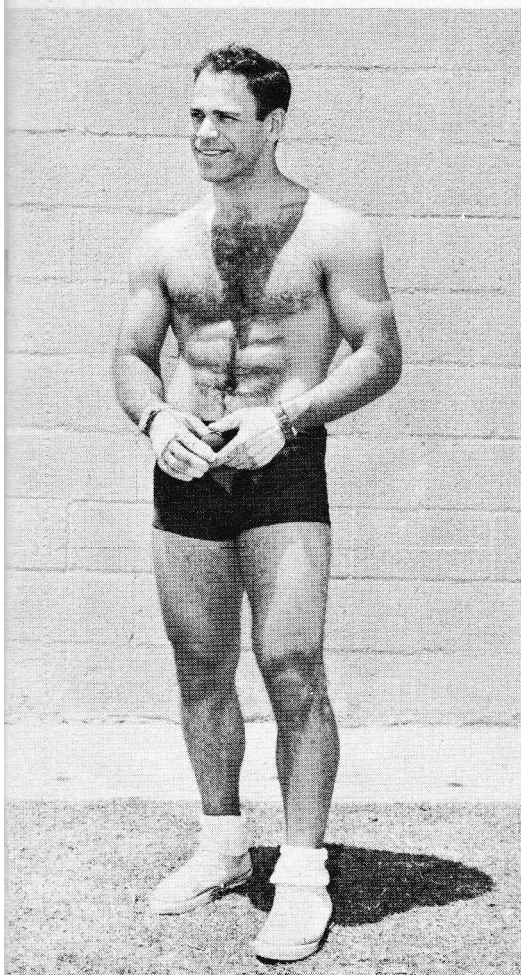
CECIL CHARLES PHOTOS



Alternate dumbbell curls with a pair of 25-pound weights strengthen and limber ace handballer's arms. He does one set of 35 reps for each exercise in his routine.

This exercise, the lateral raise, must be credited as the reason for Jim's broad shoulders and exceptional deltoid development.





In relaxation stands Jim Jacobs, the triple handball champion for 1960, after a practice session on the outdoor courts at Venice Beach, California. Here is a well-proportioned fellow who owns mighty useful muscles which are saturated with speed and flexibility. He also packs considerable power into hitting the ball. Jim is 5 feet 9 inches tall, weighs 175 pounds.

a good player. He seemed to enjoy the game as a hobby.

Some people drift into activities naturally and also seem to be destined to make good at such pastimes, and so it was with Jacobs. He soon found himself being able to hold his own with more experienced players. It then wasn't long before he again found himself able to defeat these players. This naturally offered encouragement. It acted as an impetus and an objective. He then took up handball seriously. He determined to become as good a player as possible. How quickly he did this surprised even himself.

Now then, handball, as all know who play it, requires great speed, an extra quick eye and also perfect muscular control in addition to a goodly amount of power and stamina. This latter can only be acquired from constant practice, increasing endurance and obtaining perfection in all muscular reflexes.

To play three or four games of handball consecutively and in keen competition with a top award as a goal is far above just plain recreation. It becomes a battle—a do or die propulsion fortified with grit which surpasses pleasurable handball activities. It is almost a rough fight whereby injuries are common. In fact Jimmy received a severe one back in 1958.

Prior to this year, 1958, he was National Champion for three years—1955, 1956 and 1957. As the result

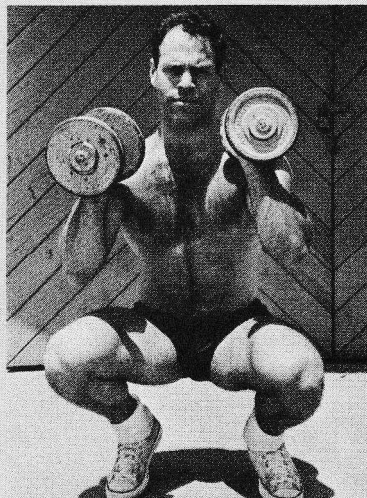
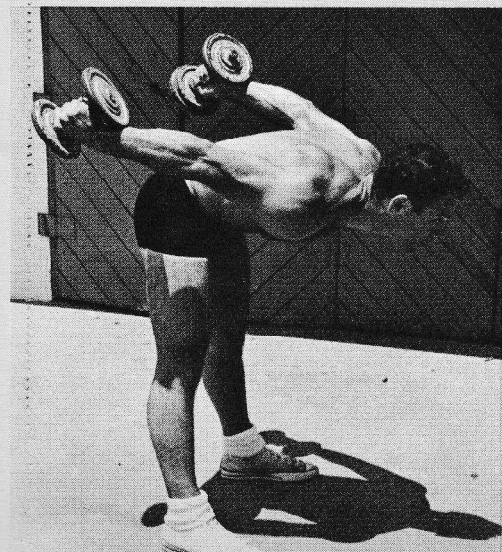
of a collision with an opponent, he hurt his shoulder and therefore was forced to quit further playing for the season. This afforded Johnny Sloan to win his match by default and thus become champion for that year. And Sloan also held the title the next year, 1959, as Jimmy Jacobs was forbidden to play any further handball by his doctors who found he had a heart ailment due to having too much oxygen in his blood. However, the medicos were kind enough to give him the green light, so to speak, this year, 1960, and so Jimmy staged an intensive comeback with that proverbial blood in his eye. Mind you, after a two-year layoff he fought his way through all the preliminary games and into the semi-finals and then into the finals until he defeated Johnny Sloan and became, once more, the National Champion! And as mentioned previously, he also won this year, the National YMCA title and the National USHA (United States Handball Association) title to once again become the triple-crown holder.

Uses weights to help conditioning

Jimmy Jacobs is not a bodybuilder, nor does he desire to get large muscles. He only wants the necessary improvement particularly needed for his handball ability. However, he does recognize the value of light weight work because he uses a pair of 25-pound dumbbells three times

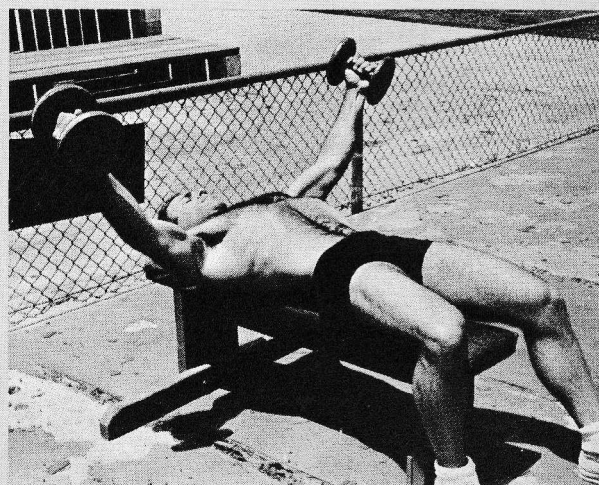
(Continued on page 46)

Seldom seen exercise raising bells backwards as body bends forward vigorously affects triceps and posterior deltoids.



Deep knee bends with dumbbells strengthens legs and lower back and also serves to improve balancing ability.

Lying or supine laterals work chest and frontal deltoids. Jimmy Jacobs uses this routine three times weekly after playing three games of handball.



by knowing his adversary's style from prior observations but also by concentrating upon his own subterfuge when in full activity during the match. All this may be somewhat comparable to a boxing match, in a way.

Jimmy is a clean living fellow who neither smokes nor drinks intoxicants. Neither does he eat any fried foods. He takes his daily vitamins and controls his rest and sleeping hours. He is a business man who seems to always find time to squeeze in hobbies and recreational activities. One of his rather unique hobbies is the collecting of fight films.

He owns thousands of fight films

Twelve hundred of these motion picture films are of the very oldtime fights prior to 1919, such as Corbett-Fitzsimmons bout; Jack Johnson-Jess Willard fight; Tommy Burns-Jack Johnson scrap; the Tom Sharkey-Jim Jeffries fight in 1899, etc., etc. And when you stop to think, it forms a supendous collection! I doubt if any other man in the world has as many oldtime fight films as Jimmy has collected. He keeps searching all parts of the world for those which he as yet has not been able to secure. He also has several thousand motion picture films of pugilistic encounters of later periods and up to the present date. I have seen but one of the huge piles of metal encased films that he showed me, and he mentioned that this is but an infinitesimal fraction of what he has stored in extra large storage vaults. What a hobby, yet interesting, don't you think? He's had many television offers for these films but seems to not care to release them at present. He merely collects them just as you and I might save postage stamps or coins in a piggy-bank.

Jimmy Jacobs has a reputation that preceeds him. All I have met and who know him, have told me what a swell fellow he is. I learned this for myself upon meeting him for the first time recently. And in the sports world there are no formalities as everyone is called by his first name.

My initial impression of him was first his superb speaking voice. It is of rich deep baritone quality and vibrant and he speaks like a professional actor with every syllable distinct and without the least bit of affectation. He is a natural and a personage who is obviously used to mingling with people.

It was a privilege for me to get him to drive to Venice Beach, California, where I had him photographed by Cecil Charles, our staff photographer, and the results are shown herewith.

Handball has rewarded Jimmy with fine abdominals, although his lateral dumbbell raises are greatly responsible for the superlative deltoids he owns. And he credits this weight exercising for much of the smashing power shots and the deft precision he uses whenever he "turns on the pressure" at will dur-

ing any championship match. He really does have amazing power in his serves and returns, both of which have been notably reported by newsmen who have covered his matches. His accuracy with the corner kills with the ball and his electrifying serves bewilder many of his opponents. And so it proves that there is much more to handball than the mere batting back the ball after it has been served. Skill, speed endurance, strength are all leading factors and to these must be added experience as well as muscular, mental and reflex coordination, whenever topflight handball is mentioned.

To spectators at a championship handball match there prevails a tenseness comparable to that at a baseball game wherein the bases are loaded and the batter has three balls and two strikes called on him. It becomes a hushed breath-taking moment as the next pitched ball is sent towards the plate! And so it is with each shot at handball. But handball, being much speedier than baseball, makes this tension keener and nearly continuous. One marvels at the agility, the speed, the trickery used in kills and the seemingly impossibility to make return shots manage to hit the right spot on the wall where the player intends the ball to strike. That's skill! Consequently it arouses applause and cheering every time.

One who plays handball can better appreciate all this. And I myself can also, as a good many years ago I used to play Angelo Trulio, the former and great national champion. Trulio was a young chap then yet an exceptional player. On the many occasions I played him I can't recall anything but being the victim of Trulio's uncanny serves and returns.

Anyway, it takes a handball player to fully appreciate all the finer points of the game. And I might compare it to Olympic lifting. Unless one is such a lifter he cannot fully appreciate the technique, the power nor the intense

concentration and timing so needed by all who successfully accomplish the great heave-ho. Or, perhaps it might be a bit likened to bodybuilding. No one fully realizes all the hard work and tedious time a well-muscled fellow has had to undergo to acquire his prize winning physique. Only they who have been through the ordeals can fully know this. Spectators at handball games are entertained but players among these onlookers get greater appreciation out of every play.

Handball is a wonderful sport as well as a very beneficial one and I highly recommend you become interested as a play if you are not one as yet. It will give you those limber muscles, enhance your lungs and flexibility and also act as a recreational sport. And who knows but what you, yourself, through lots of practice and experience might become a titleholder? Jimmy Jacobs never knew it until he progressed with the game throughout the years. He didn't surprise himself by becoming a three-crowned champion; he earned his laurels and titles through persistent grueling contests and also by possessing a body thoroughly conditioned to stand the pace.

When you consider that he held the triple crowns for three years prior to his injury, was prevented from entering any contests for two years, and then staged a comeback this year to regain all his titles, it convinces me that he ought to remain the triple champion for a good many more years to come. And I hope so, because each of his crowns fits him. He is too intelligent and educated to be anything but modest and unpretentious, which has made him the interesting personage with whom everyone enjoys associating.

Jimmy wants me to see all his fight films; but tell me, how long will it take and how will I be able to see over five thousand films, 1200 of which will wing me back to the golden days of my youth? I fear I may see only a small portion of them, and yet I want to see all of them!