

# **FITNESS & SPORTS**

Volume II

**KUMAR SANGAKKARA**  
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**JEET KUNE DO**

**KETTLEBELLS**

**FITNESS OVER FORTY**



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***Dear Readers,***

Welcome to Volume II of Fitness & Sports. We are very happy to have on our cover page Kumar Sangakkara probably the greatest cricketer of all time and a thorough gent. Kumar talks about his early days playing cricket for his alma mater Trinity College and his progression to the world stage, along with his ideas for taking Sri Lanka Cricket to the future.

In the Fitness Section of this issue we talk about the importance of the chest muscles and how to build and strengthen this prominent muscle group that will surely enhance your physical presence. Kettlebells is a relatively new fitness phenomenon that is gaining immense popularity for its functional training that has benefits for both sports and personal fitness development. We talk about its history and emergence into the fitness arena as well as demonstrate two exercises incorporating this versatile piece of equipment.

The Modern Pentathlon is featured as our emerging sport for this issue. It is a very new sport in its infant stages that is growing in strength slowly. We talk about the history of the sport and its entry to Sri Lanka along with the plans for its development into fielding a national Olympic team.

As fitness enhances the quality of life especially as we progress in age, renowned Sports and Family Physician, General Thurairaja advises on Fitness Over Forty for those with medical conditions. We hope this article encourages more people over forty to exercise and enjoy a better quality of life.

The martial arts teach us to build our inner strength, gives us a positive outlook on life as well as teaches us how to protect ourselves if we are faced with a dangerous situation. Fitness & Sports covers the martial art of Jeet Kune Do which is a very functional form of self defense that has a practical philosophy that gives the foundation for the art. Jeet Kune Do is the martial art founded by the legendary Bruce Lee himself. Our article on Jeet Kune Do will talk about the history, philosophy as well as the story of a devout master in Sri Lanka along with the benefits his students derive from this art.

Fitness & Sports wishes to highlight innovative sports programmes especially those developing the youth in rural areas of Sri Lanka. In this issue we have the Special Athletics Grass Root Development programme for the Puttalam district by Senior Athletics Coach Mr. Yasarohana De Silva. This programme identifies and grows rural talent with the aim of building the next generation of Sri Lankan athletes.

We strive to make this magazine both informative and inspiring in the hope that people live the fitness life style as well as promote and encourage our local sports. The publisher of Fitness & Sports wishes to thank all the authors of the articles in the magazine who have shared their experience and generously given their time to give top quality articles that will surely benefit our readers. Fitness & Sports also thanks the advertisers for believing in the goals of this magazine and partnering with us to promote the Fitness & Sports lifestyle for Sri Lankans to enjoy!

***"To give anything less than your best, is to sacrifice the gift"***

*-Steve Prefontaine- (Former American distance runner)*



**Praveen Emmanuel Muttukumar**

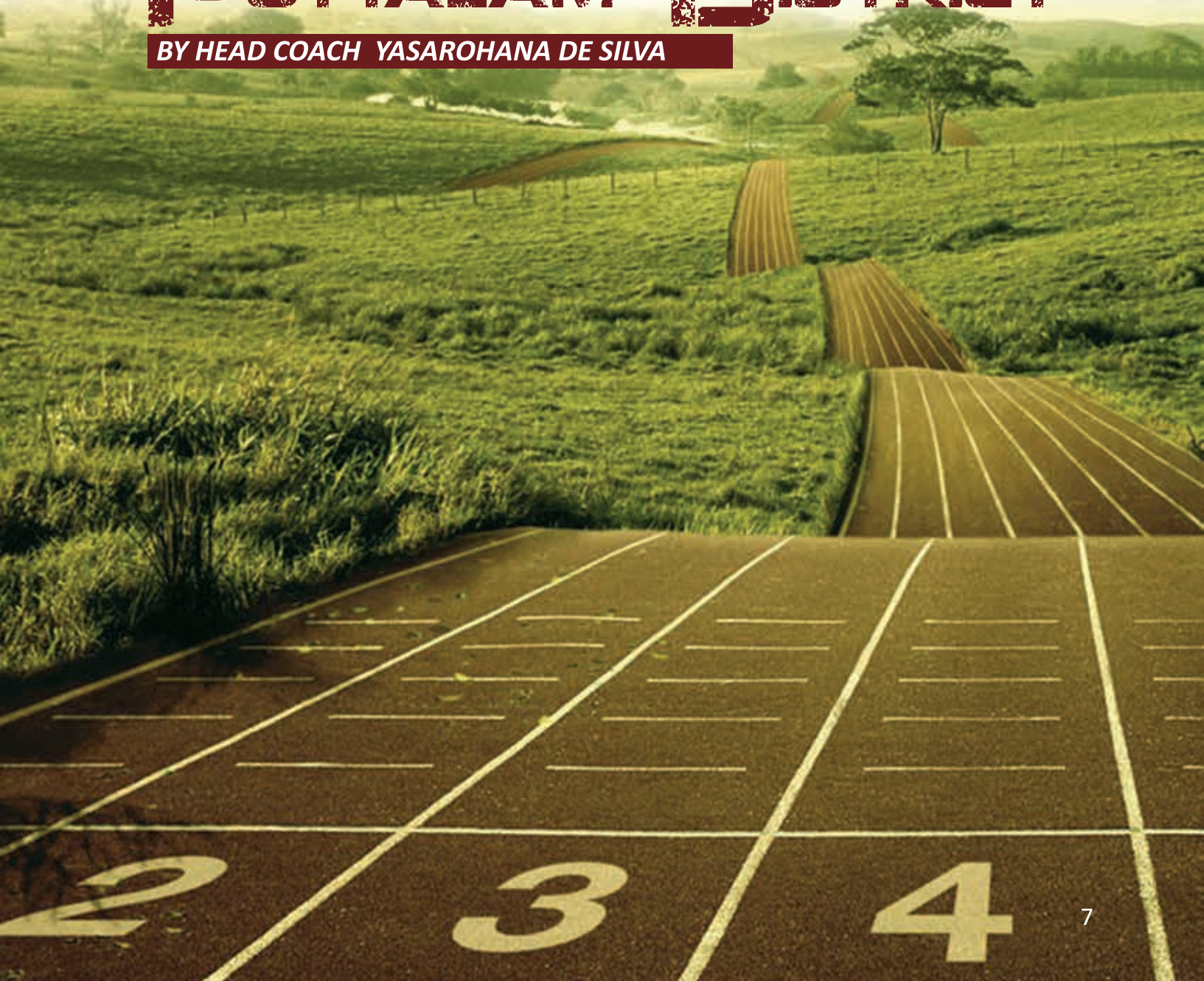
*Editor*

**FITNESS & SPORTS**



**SPECIAL ATHLETICS  
GRASS ROOT  
DEVELOPMENT  
PROGRAMME  
FOR THE  
PUTTALAM DISTRICT**

**BY HEAD COACH YASAROHANA DE SILVA**







## CHAMPIONS

are not born but nurtured through proper guidance, dedication and hard work. **Mr. Yasarohana De Silva** is the head athletics coach for the Puttalam District. He has initiated a special programme to grow the young boys and girls from the villages to International Stardom. Fitness & Sports is proud to show the spotlight on this innovative programme that grows our rural talent to become international athletes and accomplished individuals.

Due to the current shortage of top class athletes, Mr. Yasarohana saw potential in the boys and girls from the villages in the Puttalam district that came under him. This programme has two parts. It aims to

train the local coaches in the respective villages so they can return and instruct their trainees better. Mr. Yasarohana's team also trains the young athletes from the villages directly to ensure they continue to train correctly when they return home. The emphasis is on grooming the rural talent to continuously better their performance.

The programme which began in July 2013 is split into 3 categories:

### 1. Throws (Javelin, Put Shot, Discus)

The throws coach is Mr. Bonifus Appuhamy who has 35 years of coaching in the Department of Education. He has coached many former national champions in throwing.

### 2. Jumping:

**High Jump:** The high jump coach is Mr. Joseph Nixon Fernando. He has

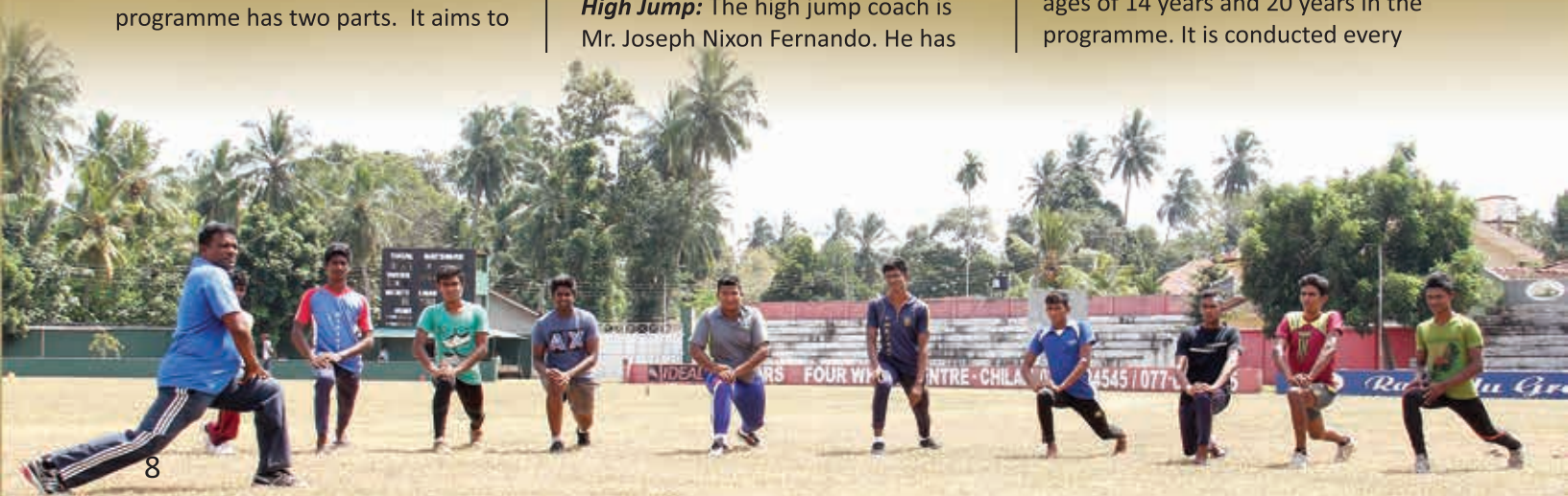
produced champions at the school nationals. His trainees have been record holders. He counts 23 year of coaching experience. Mr. Fernando is a former 3000 metre steeple chase champion in 1990/1991.

**Long Jump:** Mr. Roshan Priyantha is the long jump coach for the programme. He is a former National record holder for the decathlon(10 track and field events) in 2001. He is a former record holder and placed 6th in the Asian Championships in 2002. In 2008 he was the National 110 metre Hurdles Champion.

### 3. Track

This comes under Mr. Yasarohana himself. The track events are 100m, 200m, 400m, 800m, 1500m, 5000m, 110m and 400m hurdles.

There are 50 children between the ages of 14 years and 20 years in the programme. It is conducted every





month during the weekend. Currently it is a day's session but the plan is to have it for the whole weekend so the kids can learn more.

## THE TRAINING

The session starts at 8 a.m at the grounds and at 10 a.m they have a break where they can absorb what they have learnt, take their lunch and then come back for the afternoon session at 3 p.m which finishes at 5pm. The training sessions are very physically intense which is why the rest periods are long to give enough time for recovery and to absorb the coaching. During the recovery period the coaches talk to the children about their individual workout plans and also motivate them. This recovery time is also used to train the local coaches.

## THE PUTTALAM DISTRICT, A HOME OF PAST CHAMPIONS

The Puttalam district has produced many international level athletes. Such as

*Sunil Gunarwardhena (100m & 200m)*

*Bruno Fernando (High Jump)*

*Dervin Perera (400m)*

*Ravindra Kumar Fernando (400m)*

*Hilary Perera (100m)*

*Jani Chaturangani (100m & 200m)*

*Chandrika Subhashini (100m & 200m)*

*V Ratnakumara (400m & 800m)*

Out of the team of 6 athletes that ran in the Sydney Olympics 4 athletes were from the Puttalam district. This shows that this district is certainly not short in talent for athletics.

## GOOD SUPPORT FROM THE MINISTRY OF SPORTS

Funding for this programme has come from the Sports Development programme from the Ministry of Sports. Mr. Yasarohana commends the ministry for supporting this initiative. The funds obtained are used to pay the coaches, provide lunch to the children as well as to help them meet their travel expense.





## THE WAY FORWARD

Mr. Yasarohana believes that if the sessions are extended to another day it will make a big difference to the training as more ground can be covered. Also special training is further needed such as beach running and hill running. This will be very beneficial for the kids to get stronger.

Currently gym facilities for athletics training in this district are not available. Weight training is now a staple for all sports training as a stronger athlete is a better athlete. So the incorporation of weightlifting facilities in the district will also further enhance the standards of these young boys and girls who have the potential to win medals for the country.

This programme can be introduced to other districts as well. This will nurture the talent from the grass root up to the international meets. The village athletes of today can become the Olympic champions of tomorrow.

## THE VOICE OF THE YOUNG ATHLETES

**B.M Harshini Prabodha**

**16 years**

**Triple Jump**

**Achievements: U 18 John  
Tarbet(Public Schools) Triple  
Jump Record Holder 2014:  
11.98 metres**

I started athletics when I was 12 years old. I have learnt a lot from joining this programme. The coaches guide us well and my jumps are improving a lot.

My goal is to qualify for the U-18 Asian Youth Championship in Qatar this May.

**W. Brian Rajitha Malshan**

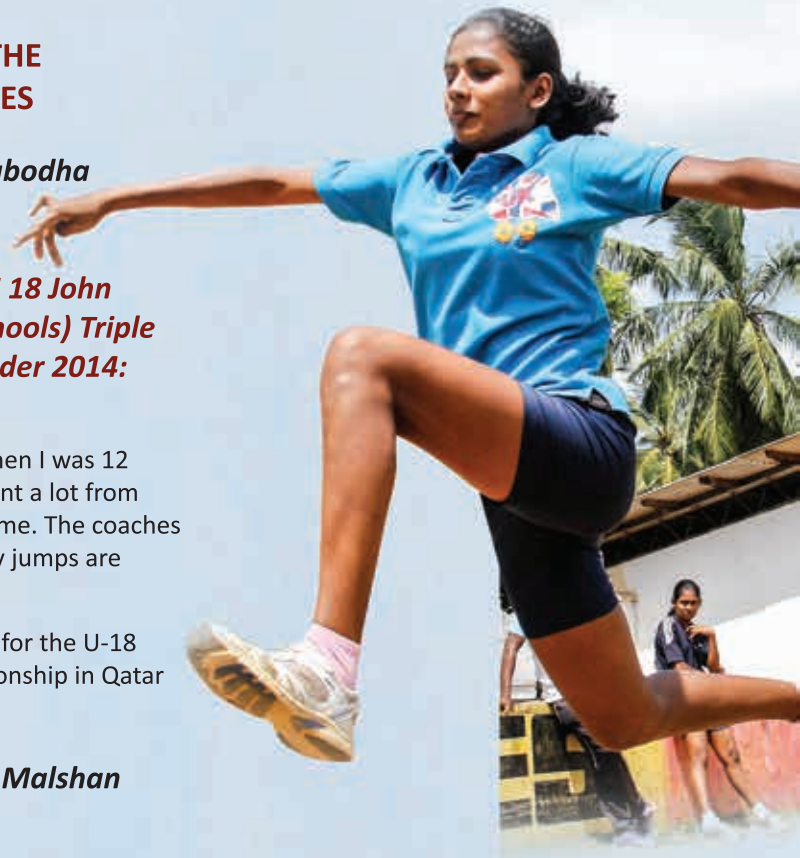
**19 years**

**Javelin**

**Achievements: 2014, John**

**Tarbet (Public Schools) 1st  
Place, All Island 2nd Place.**

My goal is to participate in the next South Asian Games. I find the coaches here very encouraging. I look forward to coming to this programme for training.





## ATHLETICS GRASS ROOT

**S.R Prabodini Nuanjala**  
15 years

**Event: 100m, 200m, Long  
Jump**

**Achievements: 2014 John  
Tarbet (Public Schools) 1st  
Place for the 200m. 2nd Place  
for the 100m & Long Jump.  
2013, John Tarbat 1st Place in  
long jump. All Island 3rd place  
for the long jump.**

I want to compete in the coming Asian Youth Championships in Qatar. Participating in this programme continues to improve my abilities.

**C. Anisha Dilshani Fernando**  
17 years

**Discus**

**Achievements: 2014, All  
Island, John Tarbet (Public  
Schools) and Junior Nationals  
1st Place for the discus. I did  
the same in 2013.**

I began training since I was 13 years old. There is a lot to learn from the coaches in this programme. They do their best to build us to become better athletes.

My goal is to break the Sri Lanka record for the discus in 2018.













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JEET KUNE DO



# JEET KUNE DO

"A Philosophy And an Art" by Master Jagath Caldera

## JEET KUNE DO

### *The Story of Jeet Kune Do*

When one hears the words Jeet Kune Do there are few things that come to mind. For those familiar with martial arts they think of Bruce Lee, for some they think of some sort of martial art and others they just don't know.

Jeet Kune Do when translated into English is "The way of the intercepting fist". The founder of this art is none other than the martial arts legend himself Bruce Lee. To understand Jeet Kune Do it is important to know where it came from and how it came. That is why we will now go to its beginning.

Bruce Lee studied Wing Chun in Hong Kong under the Wing Chun master, Yip Man before he migrated to the United States. In the United States Bruce Lee taught his own brand of Wing Chun calling it Jun Fan Gung Fu (Jun Fan was the Chinese name given to him by his parents).



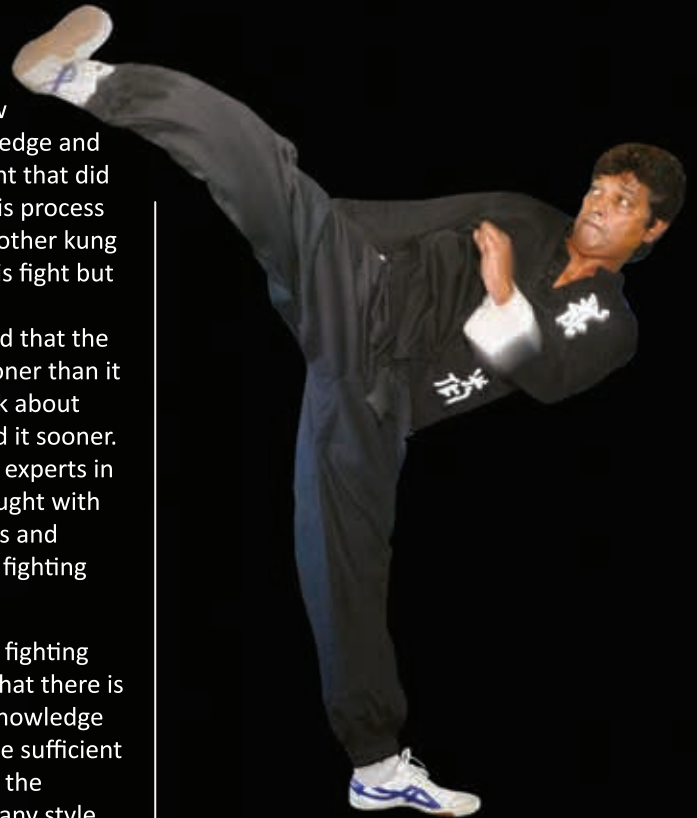
Devoting himself to the study of martial arts, Bruce Lee was seeking new ways to improve his knowledge and fighting ability. One incident that did help him significantly in this process was a fight he had with another kung fu man. Bruce Lee won this fight but he was not happy with his performance as he believed that the fight could have ended sooner than it did. He then began to think about how he could have finished it sooner. Some of his students were experts in other martial arts so he fought with them to learn the strengths and limitations of the different fighting arts.

From his study of different fighting styles, Bruce Lee realized that there is no complete martial art. Knowledge of one art alone may not be sufficient to win a street fight where the opponent does not follow any style. To win a fight on the street the style must be practical and effective. What Bruce Lee did was remove what he believed was not practical from the different arts and only kept what he thought were the essential fighting moves. He said "The truth in combat is different for each individual". He absorbed what is useful and rejected what is useless. With this philosophy and purpose Bruce Lee created Jeet Kune Do, "using no way as way". This became the foundation of Jeet Kune Do.

To study Jeet Kune Do, one must have an empty mind and should be free and formless, just like water, advised Bruce Lee. Jeet Kune Do or JKD as it is popularly known is not only a very effective and practical fighting system but also a way of life whose practice preserves both the body and the soul.

***Master: Jagath Caldera***  
***Jagath Caldera is 51 years old and has practised the martial art jeet kune do for almost 20 years. Here is his story...***

I come from Nugegoda, I practised



the Gojorio style of Karate with my friends who were karate students. They taught me the karate moves they learnt and I practised with them. Around the same time I also studied boxing at St John's Nugegoda for 2 years. Though I trained in boxing I was unable to compete as I was over the age limit for competitions at that time.

After leaving school I continued to practise karate with my friends and went for grading to the late Sensei Dammika Jayakody. I earned a Yellow Belt. Then I began to study Aikido for a year under Sensei Kumar Ratnam and earned the 9th Kyu.

At the age of 22 I began to study Jeet Kune Do which I continue to train, learn and teach. My first Jeet Kune Do instructor was Master Praja Nanayakara. I was his student for 5 to 6 years. I also trained in Aikido under him.

In 1995, I began conducting my own classes in JKD in the Borella YMBA. In that same year I also started teaching in Gampaha, Kegalle, Nittambuwa, Maharagama, Weyangoda, Wellawatte, Nugegoda and Ananda College in Colombo. At that time classes were once a week for a 2 hour session.



## JEET KUNE DO



During that time, two goals came to my mind.

1. *To teach the true art of Jeet Kune Do to Sri Lanka*
2. *To be the number 1 Jeet Kune Do instructor in Sri Lanka*

After I began classes, foreigners also came to learn under me. There were two English nationals who trained under me and when they went back to England they introduced me to British Jeet Kune Do instructor, Master Dave Carnel. I sent him my training video and he sent me his training schedule. We both shared our methods. I incorporated his methods to my training sessions.

At the turn of the century I had many students. There was also a growing

interest in martial arts in Sri Lanka and I was becoming well known in this arena. I used to conduct my classes in rented spaces as I did not have a teaching space of my own. I was like a gypsy travelling and teaching my art. I realised that this had serious limitations for my students and my own personal training.

In the year 2000 my first own teaching space was my home in Nugegoda. It was a small place but strong to withstand the practise of Jeet Kune Do. I taught classes seven days a week. I had now over 200 students. In addition to this I taught in schools.

It is of utmost importance that we better ourselves in whatever we do. As soon as the internet came to Sri Lanka I used the resources available

on the web to further my knowledge of JKD and its practice. My students also brought me books on Bruce Lee's own fighting methods along with a video. I still keep researching on Jeet Kune Do for the benefit of my students and myself.

My aim is to spread the philosophy of Jeet Kune Do and its fighting methods throughout Sri Lanka. This will make our people stronger both mentally and physically. It will also enable them to handle any kind of situation. Most importantly it will help them find happiness in life, which at the end of the day is what life is all about.

### **Fighting Fit**

An individual with any fitness level can begin the study of Jeet Kune Do. Afterwards it is important to gradually increase their level of fitness to practise the art to their best ability. Jeet Kune Do physical training involves stretching and strengthening. Both body weight exercises and weight training exercises are used to strengthen the body for Jeet Kune Do. If you see the pictures of Bruce Lee, he was very muscular, fit and agile.

### **Examples of Some Body-Weight Exercises**

**Warm up & Stretching:** We do full body stretches as well as upper and lower body stretches. We do a 5-6 minute on the spot jog to warm up. We then follow with jumping jacks and other forms of jumping exercises.

**Push ups:** This is done on both the palms and the knuckles. Different variations of the hand positions are used to strengthen different muscles. If you can do 40 push ups without stopping then you are in good condition for Jeet Kune Do.

**Sit ups:** This is done with the knees bent for full sit ups and half sit ups.  
**Leg raises:** We do different types of leg raises at different angles to further strengthen the stomach muscles. It is important that we focus special attention to the stomach area.



# JEET KUNE DO



## The Jeet Kune Do Students Speak:

**Upul S Opanayake**  
35 years

**Hair Dresser (Owns his own salon, Classic Salon Malabe). Lectures at Dreamrone Beauty College.**

*Trained in Jeet Kune Do: 8 years*  
**How has Jeet Kune Do helped you?**  
*Before I started Jeet Kune Do I trained in other martial arts. I felt that those techniques had limitations in the advanced stages. I wanted to improve my fighting ability. I came across Master Caldera's leaflet and had it for ten years before I approached him to teach me. Jeet Kune Do has given me confidence to face any professional challenge and has helped me become more skilled in my profession.*

**Thavisha Sandakalum**  
19 years

**A-Level student at Malabe Boys Model School**

*Trained in Jeet Kune Do: 6 years*  
**How has Jeet Kune Do helped you?**  
*I got attracted to this martial arts after watching martial arts films. I tried other martial arts but I noticed that they placed too much emphasis on forms. I then started studying Jeet Kune Do and found this to be a very practical art for both building one's confidence and self defence capabilities. Jeet Kune Do has helped me become a better person as well as physically stronger and healthier. It has helped both my mind and body. Master Jagath is like a father to me as he is always there to help us.*

**Ashen Isuranga**  
19 years

**Student at Asoka College Colombo 10**

*Trained in Jeet Kune Do: 5 months*  
**How has Jeet Kune Do helped you?**  
*I came to this gym to lift weights and then I saw them practice Jeet Kune Do. My parents were not keen at first. I was very fat. After I began training I soon developed muscles and I am also a lot fitter. My mother is now encouraging me as she sees the benefits that Jeet Kune Do has brought to my life.*

**Gayan Vimukthi**  
17 years

**A-Level student at Malabe Boys Model School**

*Trained in Jeet Kune Do: 5 months*  
**How has Jeet Kune Do helped you?**  
*My father knows Master Jagath, so he brought me here to keep me from trouble. This art has made me focused and more disciplined. My studies have also improved after taking up this art. I am enjoying practising Jeet Kune Do very much.*



## Weight Training Exercises

Weight training is done on days the students are not training in Jeet Kune Do techniques as to prevent over training. Exercises are done for 3 Sets of 8 repetitions.

- **Bench Presses** (Flat Barbell, Incline Barbell, Flat Dumbbell and Incline Dumbbell Press)
- **Military Press**
- **Barbell Squat**(Full & Half Squat)
- **Leg Press**
- **Upright Rows**
- **Barbell Rows**
- **Bicep Curls and Forearm Curls**



**JAGATH CHANDANA CALDERA**

*Jagath is the founder & chief instructor of the Sri Lanka Jeet Kune Do Association registered under the Sports Ministry. He is also the physical fitness & mental well being trainer of the Sri Lanka Golf Team.*

*Jagath has been trained by International Jeet Kune Do instructors such as Rocky Randel. Rocky Randel was trained by Dan Inosanto a student of Bruce Lee making Jagath a 3rd generation student of Bruce Lee. Jagath is also a certified Jeet Kune Do Instructor from The Liahona Warrior Arts International USA.*

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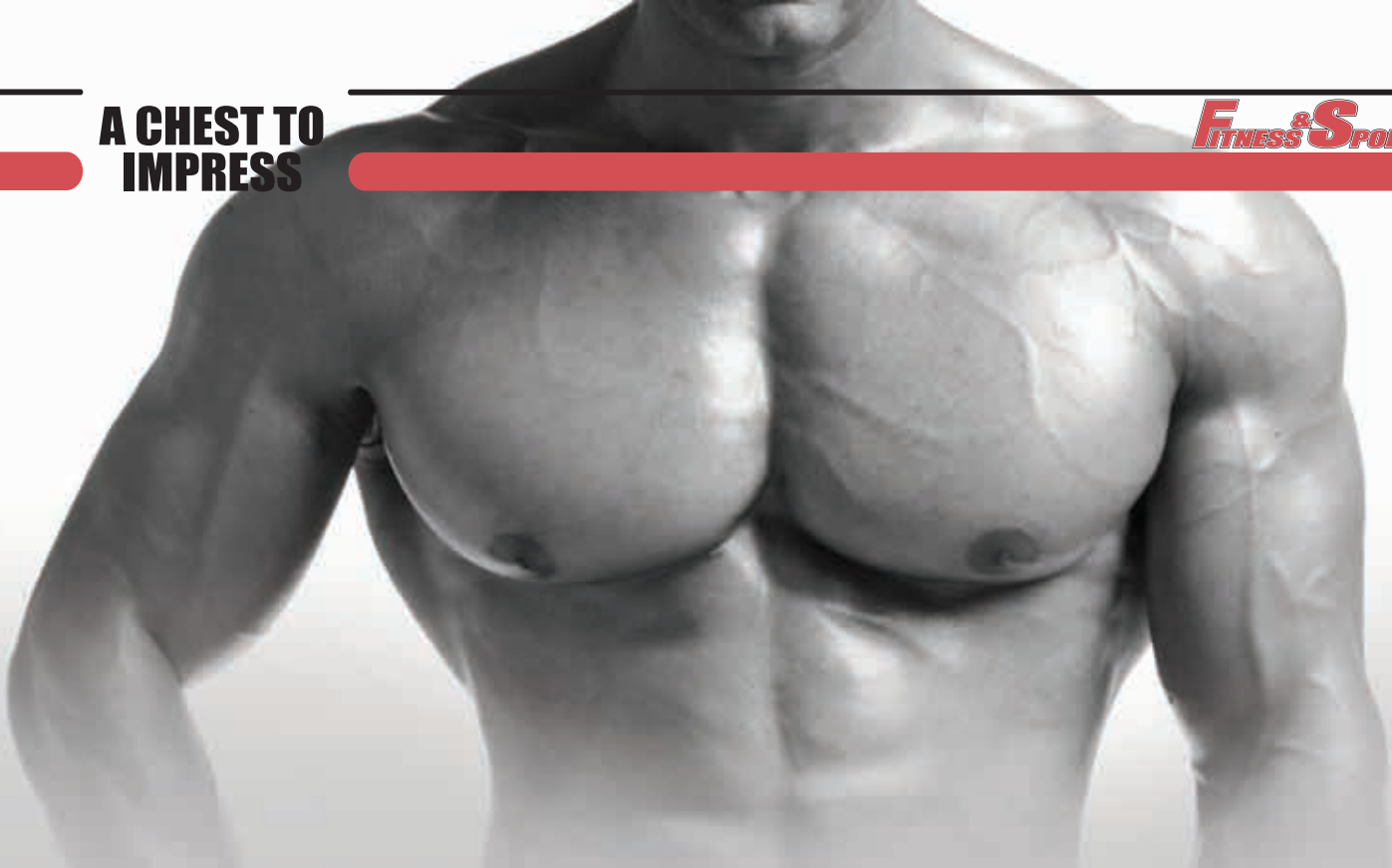




# **Build A Chest To Impress**

*By Poorna Kahingala*





Our physical appearance gives the world a first impression about ourselves. It can either show a personality that is confident and powerful or one that is timid and mild. The body part that gets noticed first is the chest muscles or in science terms the pectorals. From the days of our forefathers who were hunters and gatherers, a big strong chest gave a message to would be attackers to back off or stay away. In today's modern cosmopolitan world a strong chest that fills out a shirt or business suit tells the world that the individual is confident and should be treated with respect irrespective of his position. That is why in the military there is a minimum chest requirement to qualify to enlist. This is because a big and strong chest indicates masculinity or machismo so to speak.

A developed chest holds equal benefits for a woman but in different ways due to her different physical structure from a man. For a woman a developed chest brings out the femininity in that region of her body, showing her physical beauty whilst giving her increased upper body strength.

For both men and women a developed chest shows confidence

and enables us to push away danger. The chest muscles help us push objects away and gives us speed and power, that is why it is a very important muscle group. In competitive sports the chest is strengthened to improve performance especially for sports like rugby, track and field, boxing, swimming, wrestling and martial arts. In short, an individual with a strong chest is not going to be easy to push around because he or she can push back!

## HOW TO BUILD A STRONGER CHEST

The chest muscles consist of two parts, the upper and lower chest. In this article we are going to talk about developing the overall chest muscles. If you wish to progress in your training then there are exercises that specifically target the different parts and angles of the chest which we hope to discuss in future articles. To build a house a strong foundation is most important. To build a strong body the basic exercises should be done correctly. Even as you further your training you should still continue the basic exercises as they are the best for overall strength training.

“  
**A  
BIG  
STRONG  
CHEST  
GAVE A  
MESSAGE TO  
WOULD BE  
ATTACKERS  
TO BACK OFF  
OR  
STAY AWAY.**

”





## THE PUSH UP/PRESS UP

The basic exercise to build the chest muscles is the standard push up. This is a body-weight exercise that does not require any equipment and can be done in the comfort of your home or even bedroom. Many people have built strong and powerful chests by doing lots of push ups. Push ups is one of the qualifying exercises for entry into most of the armed forces all around the world. The standard push up works mainly the chest but also works the shoulders and triceps.

This is how to do a standard push up/press up (See Photos for Demonstration)

- 1. Place your palms slightly wider than your shoulders in line with your middle chest. Your fingertips should point in front of you.*
- 2. Keep your back straight and your feet should rest on your toes. An imaginary line should run from your heel to your head.*
- 3. Go down slowly until your chin is close to the floor as possible without touching the floor. Only bend your elbows and maintain a straight back.*
- 4. Breathe in when going down and breath out when coming up. Keep a steady pace at all times.*

Your first goal should be to do 1 push up with perfect form. Then increase the number gradually until you can do 10 good push ups without stopping. When you are able to do 10 pushes ups without stopping then take a 2 to 3 minutes rest and do another set of 10 push ups. Aim to do 3 to 5 sets of 10 push ups, with a 2 to 3 minute rest in between sets.

It is best to do push ups 3 times a week with a day's rest in between the workout. This will give your muscles a chance to rest and grow stronger. After about a month you will notice your chest developing and your arms will also tone up. Your upper body will become stronger. If your goal is to be toned and strong then doing push ups alone is fine for your chest.







## THE BENCH PRESS

The main weight lifting exercise for building upper body strength is the bench press. This exercise strengthens and builds the whole chest. It is known as a compound exercise because though it targets mainly the chest, it also works and strengthens a range of other muscles such as:

- **Anterior Deltoids (Shoulder Muscle)**
- **Trapezius (Upper Back Muscle)**
- **Biceps brachii and Triceps brachii (Muscles of the upper arm)**
- **Brachioradialis (Forearms)**

Please note that the muscles in the legs also get worked in a smaller capacity during the bench press.



### *Execution of the Bench Press*

1. It is best that the bar is a standard 45 lb(20kg) Olympic bar. Also it is advised that you have someone watching over you ready to assist in difficulty so you do not hurt yourself.
2. Lie on a flat bench with your feet planted firmly on the ground. Your body should rest comfortably and your buttocks and head should be firmly rested on the bench.
3. Grip the bar at a width slightly wider than your shoulders.
4. Arch your back slightly then lift the bar to your arm's length. Keep it parallel to your middle chest (nipples).
5. Make sure the bar is straight and its weight is evenly distributed. Your eyes should face the ceiling above the bar. Hold this position till you feel comfortable with the weight.
6. Inhale and lower the weight at a medium pace to just above your nipples. (Do not bounce the bar off your chest). Your elbows should go down to a 45 degree angle. The bar should come to a complete stop at this point
7. Then exhale while pushing the bar away from your chest to the start position. Maintain a controlled medium pace throughout the exercise.
8. Warm up with just the bar for 2 sets of 10 repetitions before you begin your working sets (With plates).
9. When you add the plates on to the bar do 3 to 4 sets of 8 to 12 repetitions with a 2 to 3 minutes rest in between sets.
10. Do not be in a hurry to lift heavier weights, increase the pounds gradually.
11. Make sure you maintain the correct form at all times.





Poorna Kahingala is a personal trainer for many high profile people in the country. He is a former Sri Lankan National Weightlifting Champion and record holder. Poorna has also been the manager for the Sri Lankan Weightlifting Team. He has represented his school Nalanda College in rugby. Poorna is an International referee for weightlifting. Poorna is a member of the Asian Weightlifting Committee making him the first ever Sri Lankan to be elected to this committee.

For advice Poorna can be contacted via [poornakahingala@gmail.com](mailto:poornakahingala@gmail.com)



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# **KUMAR SANGAKKARA**

**A Cricketer and a Gentleman Par Excellence**



Kumar Sangakkara is considered to be one of the greatest cricketers of all time. He has dominated the ICC Test Batting Rankings for over a decade along with AB de Villiers and currently is number 1 in the ICC Test Rankings. Kumar is the first cricketer to score 150+ runs in four consecutive Test Matches and is the only batsman in history to score four consecutive centuries in ODI matches which he achieved in the recent 2015 ICC Cricket World Cup. Described as “the most polished and prudent batsman” in cricket, Kumar is also a polished and articulate speaker. He was the youngest person and the first active international player to deliver the MCC Spirit of Cricket Cowdrey Lecture in 2011. His honest and articulate speech won him much praise from the cricketing community as well as from those outside of cricket who happened to hear it. Kumar was named as the Leading Cricketer in the World in 2015 in the Wisden Cricketers’ Almanac. Kumar Sangakkara is a husband, father, renowned cricketer and a gentleman. Fitness & Sports hopes you find the interview with him informative and inspiring.

**Fitness & Sports: What led you to pick up the bat and play cricket? And how old were you?**

**Kumar:** I played cricket at home with my siblings along with badminton, tennis, table tennis and swimming. I have played sports since my childhood. When I was 16 years old I focused on cricket and gave up the other sports. I had represented my

school Trinity College in these other sports along with cricket at different age groups.

The reason I chose cricket was because it was a team sport, a lot of fun and my friends all played cricket. As the cricket season was long, more time was needed to focus on cricket which meant I had to give up the other sports.

**F&S: When you were a school boy cricketer, what were your goals?**

**Kumar:** To play in the big match and to win school colours were my long term goals. The short term goals were to score the runs needed to get colours and win games. This was the driving force of not only myself but also my team.

In 1996 after we won the World Cup I wanted to play for the country. Our world cup win revolutionized the face of cricket and it inspired me. Any player should want to play for the country but should not expect to play. As a 19 year old school boy I had represented Sri Lanka in the U-19 age group against India. At this stage I felt I was not up to the same standard as my other team mates.

**F&S : Who has been your biggest source of inspiration on and off the field?**

**Kumar:** My parents, siblings, wife, kids and various coaches along the way have all helped me come to where I am today.





**F&S: When you were a schoolboy cricketer, what was your most memorable occasion?**

**Kumar:** When I was chosen to play for the Big Match (Kandy Battle of The Blues). In my first Big Match I scored a half century.

**F&S: What is your favourite format of cricket and why?**

**Kumar:** Test Cricket because this format of cricket challenges you

mentally, physically and technically. There is no harder challenge in cricket than playing with such intensity for five days.

**F&S: You are a multi-faceted individual who has played many sports, studied law, considered to be one of the greatest batsmen ever to grace the game and a devoted husband and father, how were you able to achieve all this and be the man you are today?**

**Kumar:** Balance is what you should constantly strive for in life. I am very lucky to have an understanding and supportive family. Cricket has always been in the forefront of my life. As you grow older your mindset changes and you prioritize as a result you forego other things. I value most deeply the time I have at home with my family. I have retired from ODI and soon I will retire from Test Cricket so I can spend more quality time with my family.

**F&S: Being an active sportsman from a very young age, did fitness and working out play a role in your training or was it just practicing the sport that made you fit for matches?**

**Kumar:** Until I got into the national cricket system we used to formulate our own fitness regime. We played touch rugby and trained in other sports to keep fit. In my time at school, the gym was used by rugby players and not by cricketers. I started going to the gym as part of the training routine when I got into the A side. From then onwards I developed a holistic view on fitness.

**F&S: You hit boundaries with such ease and you are performing extremely well even as you get older how would you explain this?**

**Kumar:** In cricket a lot of skill and timing is involved. Hitting boundaries is not about brute strength, it is about timing, placement and touch. However strength does play an important role but it should not inhibit your flexibility and balance. The fitness and strength work that I have done does help. It is important to always strike a balance. Being at peak physical and mental condition is what we should strive for.

**F&S: Do you lift (weights)?**

**Kumar:** I lift weights as part of my training schedule, however I do not lift a huge amount of weights. My bat weighs around 2 lbs and 12 ounces so swinging that incorporates strength.

Individual gym sessions are done during the off season and during the season it is more structured group sessions. Exercises are customized to the individual's needs and to suite their position. We have a mix of heavy sessions, power sessions and endurance sessions. No two sessions are the same. During the season it is about fitness maintenance sessions and rehab sessions.





**F&S: How would you say, cricket has evolved from your first international debut to the sport today?**

**Kumar:** Athletic ability has increased, the rules have changed, players have become more skilled and strength and fitness plays an important role now. The game has improved and it keeps improving. All positives on how the game continues to evolve.

**F&S: What are your suggestions to take Sri Lanka Cricket into the future?**

**Kumar:** We need to structure our system for the top players to further challenge them to become better. The feeder system has to become fine-tuned and of a higher quality. We need to have higher standards for fitness in selection. The existing facilities need to be further improved. There needs to be less teams playing in the tournaments for the top players in the 19-25 age category to ensure a greater focus on the game and to further drive the players.

**F&S: What methods would you propose to identify talent at a young age so our young boys can be groomed to reach their potential?**

**Kumar:** It is very important to have a centre of excellence with good talent scouts and a good coaching structure.

**F&S: How has the discipline of being a professional sportsman helped you in your personal life?**

**Kumar:** It has helped me in decision making, given me patience, helped me deal with both success and failure and given me a perspective on life. Time spent away from the sport also helps you play the sport better. It is very important to distinguish between playing the sport and your time away from it.

**F&S: Now, what are your goals in cricket and in life?**

**Kumar:** To play a few more test matches and have a few victories. Spend time with my family and have a positive impact on those around me as well.

**F&S: What words of advice would you like to offer the young cricketers of Sri Lanka who look up to you that would also inspire them to stay motivated in cricket?**

**Kumar:** Be secure and confident in themselves. Talent without hard work and the right plan is of no avail. Develop your talent into ability.





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At Standard Chartered, sustainability is integrated into the way in which the bank carries out its business, and the bank's Seeing is Believing platform has already benefitted the Sri Lankan community at large with a USD 1 million contribution over a period of five years for vision projects under the Ministry of Health's Vision 2020 agenda by funding eye screenings, spectacles distributions, cataract surgeries and other similar activities for young and old. Avoidable blindness has been a focus of Standard Chartered's

sustainability initiatives since 2003. Seeing is Believing is a global initiative and has raised over USD 32 million, half of which has been donated by Standard Chartered through its dollar-for-dollar matching initiative.

In the spirit of supporting the visually handicapped the bank believes that encouraging Sri Lanka's Visually Handicapped XI

was an excellent reiteration of not only its brand promise "Here for good", but also of the work it is committed to in raising awareness of and addressing curable blindness. As such, Standard Chartered extended its support to the Sri Lankan Visually Handicapped XI in their cricket encounter with the Australian Visually Handicapped XI who toured Sri Lanka in 2014. This tour provided the final honing phase





for the local sportsmen before they flew out to South Africa for the World Cup in November that same year. The bank also helped raise funds for the team's world cup bid by leveraging on the South Africa and Pakistan tours together with Sri Lanka Cricket.

The Sri Lankan Visually Handicapped XI has displayed its talent and prowess and its sheer determination to excel. This team finished third in the inaugural T20 World Cup Competition - a little

known fact despite the popularity of cricket and our sighted cricketing heroes in this country. Standard Chartered's partnership with Sri Lanka Cricket to introduce a community investment perspective to international cricket tours, yielded some much needed support for our Visually Handicapped XI, and is a glowing example of corporate social responsibility in raising awareness as well as funds to support a very commendable cause.







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KETTLEBELLS



# KETTLEBELLS

## A FITNESS PHENOMENON

*by Sasha Tolstikova*



# KETTLEBELLS

What if I told you there was an exercise modality that is so efficient that you would reap faster gains in far less time than more traditional methods? Furthermore you could cut your workout time in half because this program encompasses both strength and cardio elements in one great package. You will also be able to improve your balance, power, coordination and flexibility while building incredible core strength, burning fat and creating a beautifully lean muscle tone. Sounds too good to be true doesn't it...but it isn't. This incredible fitness tool does exist - and it is the kettlebell. It is almost impossible to believe that a humble cast iron weight resembling a cannonball with a handle could be at the centre of a fitness phenomenon, but let me assure you that the incredible benefits of this exercise modality has been documented for centuries.

## THE HISTORY OF THE KETTLEBELL

Archaeological records show evidence of kettlebell use in Ancient Greece. Kettlebells made their way to Russia at the beginning of the 18th century. Initially used as a measure of weight, it's health benefits became quickly recognized by vendors and strong men who would lift kettlebells to show off their prowess at festivals

and fairs.

In 1880 doctor Kraevsky introduced exercises with kettlebells and training with kettlebells became common practice for people in rural areas, the military and Olympic athletes. Soviet Olympic weightlifters utilized kettlebells unilaterally in order to strengthen the weaker side of their bodies. To this day, countries of the Old Soviet Eastern Bloc rely on kettlebells for supplementing the training of many of their athletes and armed forces.

Kettlebells were virtually unknown to the rest of the world until 1998 when Pavel Tsatouline, former Soviet Special Forces physical training instructor, wrote an article discussing kettlebells in a popular American magazine for strength athletes. This article was hailed by many readers for its insight.

## THE KETTLEBELL RECEIVES CELEBRITY STATUS

In 2002, the kettlebell made it on to the Rolling Stones Magazine Hot List as 'the Hot Weight of the Year'. A great proof of the effectiveness of the kettlebell was the physique of lead actor Gerard Butler in the film 300. Butler used Kettlebells to develop his Spartan warrior physique for the Hollywood blockbuster.

## KETTLEBELL SPORT

Kettlebell Sport is well established in Russia and only in Russia there are up to 1000 well qualified Kettlebell coaches. This sport is also getting popular around the world. Russian athletes have proved to the rest of the world that they have mastered the efficiency of kettlebell movements and can perform high repetitions of the exercises during world championships. These days some Russian world champions are traveling around the world and conducting workshops and sharing their knowledge with students. Kettlebells as a result are used in major sports development programs ranging from swimming to rugby, which shows the versatility of this humble piece of equipment.

## THE EFFECTIVENESS OF THE KETTLEBELL

So what makes the kettlebell so effective? Unlike a traditional dumbbell the kettlebell's center of gravity is extended beyond the handle, which facilitates ballistic and swinging movements. This permits swing movements and release moves with added grip, wrist, arm and core strengthening. The unique shape of the kettlebell provides the "unstable force" for handling which is key for the effectiveness of kettlebell exercises. Typical kettlebell exercises





## KETTLEBELLS

build strength, endurance and flexibility, particularly in the core, lower back, legs, and shoulders, and increase grip strength. Unlike the exercises with dumbbells or barbells, kettlebell exercises often involve large numbers of repetitions. Kettlebell exercises are holistic as they work several muscles simultaneously and may be repeated continuously for several minutes or with short breaks. This combination makes the exercise partially aerobic and more similar to high-intensity interval training rather than with traditional weight lifting. The principle of High Intensity training is performing exercises with high levels of effort, which is fantastic for fat burning, and gives you lean muscles in no time as well as a super fit body.

The kettlebell is an amazing fitness tool for men and women at any level of fitness. As a personal fitness trainer, I have yet to find any client who has not benefited from the kettlebells.

If you have been wanting to start an exercise program or are tired of spending so much of your precious time doing workouts, I challenge you to give kettlebells a try! Get in touch with a qualified instructor to teach you proper form and give you expert guidance. I'm sure that you will find this workout with a bell quite a ball!

### SWING

1. Place a Kettlebell in front of you. Stand with your feet hip width

apart. Pick up the Kettlebell with both hands holding the handle. Start swinging the Kettlebell forward and backwards in a small swinging motion so you build a rhythm and get used to the weight of the Kettlebell.

Make sure your core (lower back and stomach) is driving the motion, keep your back straight and keep your eyes always gazed on the Kettlebell even when you swing it behind you. When you swing the Kettlebell behind inhale and try to keep it above your knees. Remember this is a swing not a squat.



**1st Step**

**2nd Step**



## KETTLEBELLS

2. Exhale while pushing your hips forward and swing the Kettlebell in front of you. Keep your arms straight. Avoid driving the Kettlebell up by using strength from your arms.

Power for the swing movement must come from your hips and core. Keep your core engaged throughout the movement. Allow the Kettlebell to drop back and swing between your legs with the same momentum.

***Aim for 20 reps. 2/3 sets***

### LUNGE

1. Hold the Kettlebell upside down close to your chest. Keep your feet together. And focus your mind on your core (lower back and stomach).
2. Step back with your left leg to a lunge position. Place your left heel on the ground and drop your left knee closer to the ground. Allow your upper body to fall forward a bit. Keep your shoulders back, chest open and back straight. Place your right foot flat on the ground and press through the heel.
3. Exhale while stepping forward with your left leg, and press your arms straight up. Then bring your hands back to chest and repeat the desired amount of repetitions.

***Aim for 10-12 reps with each leg. 2/3 sets***



**1st Step**



**2nd Step**



**3rd Step**



## KETTLEBELLS

### Sasha Tolstikova

is an American Council of Exercise certified personal trainer with a wealth of experience in helping clients get in the best shape of their lives. Sasha's training tool of choice is the kettlebell, with certifications from IKFF, KetAcademy and IKSFA. Sasha has competed in many international kettlebell events such as endurance marathons and competitions, such as the Annual Thailand Kettlebell Meet 2014 where she won a gold medal for best female lifter in Long Cycle discipline. Sasha has trained with and run workshops with some of the world's top kettlebell coaches, including multiple world record holder Sergey Rachinskiy. Sasha conducts both group classes and one on one sessions at the Lifestyles Gym. For advice Sasha can be contacted at [\*s.tolstikova@gmail.com\*](mailto:s.tolstikova@gmail.com)







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# THE MODERN PENTATHLON

*By Nishanthe Piyasena*





## HISTORY

The modern pentathlon is an Olympic sport that consists of 5 disciplines. These disciplines' are **swimming, running, laser pistol shooting, fencing and horse riding**. Pierre de Coubertin the founder of the modern Olympic games is considered as the father of the modern pentathlon after modifying the ancient pentathlon. The modern pentathlon has been an Olympic sport since 1912. De Coubertin believed that this sport above all other sports **“tested a man’s moral qualities as much as his physical resources and skills, producing thereby the ideal, complete athlete.”**

## ADOPTING THE MODERN PENTATHLON IN SRI LANKA

During the 2012 Olympic Games, the United International Federation of Modern Pentathlon (UIPM) wanted to extend support to Asian Countries. Following that message in 2013 Sri Lanka obtained full membership of UIPM. In 2014, we had an awareness and coaching training programme conducted by a well known international coach from UIPM, Alexandre Franca a Brazilian. He conducted a training programme for 8 coaches and 12 athletes in Sri Lanka. The coaches were from the disciplines, swimming, running (400m to 800m) and laser pistol shooting.

In the initial stages of adopting the modern pentathlon we can compete in the Biathle( running, swimming) and Triathle (running, swimming, laser pistol shooting). We can compete in these events right up to the World Championships. After which we can compete in the Olympics for all 5 sports in the modern pentathlon.







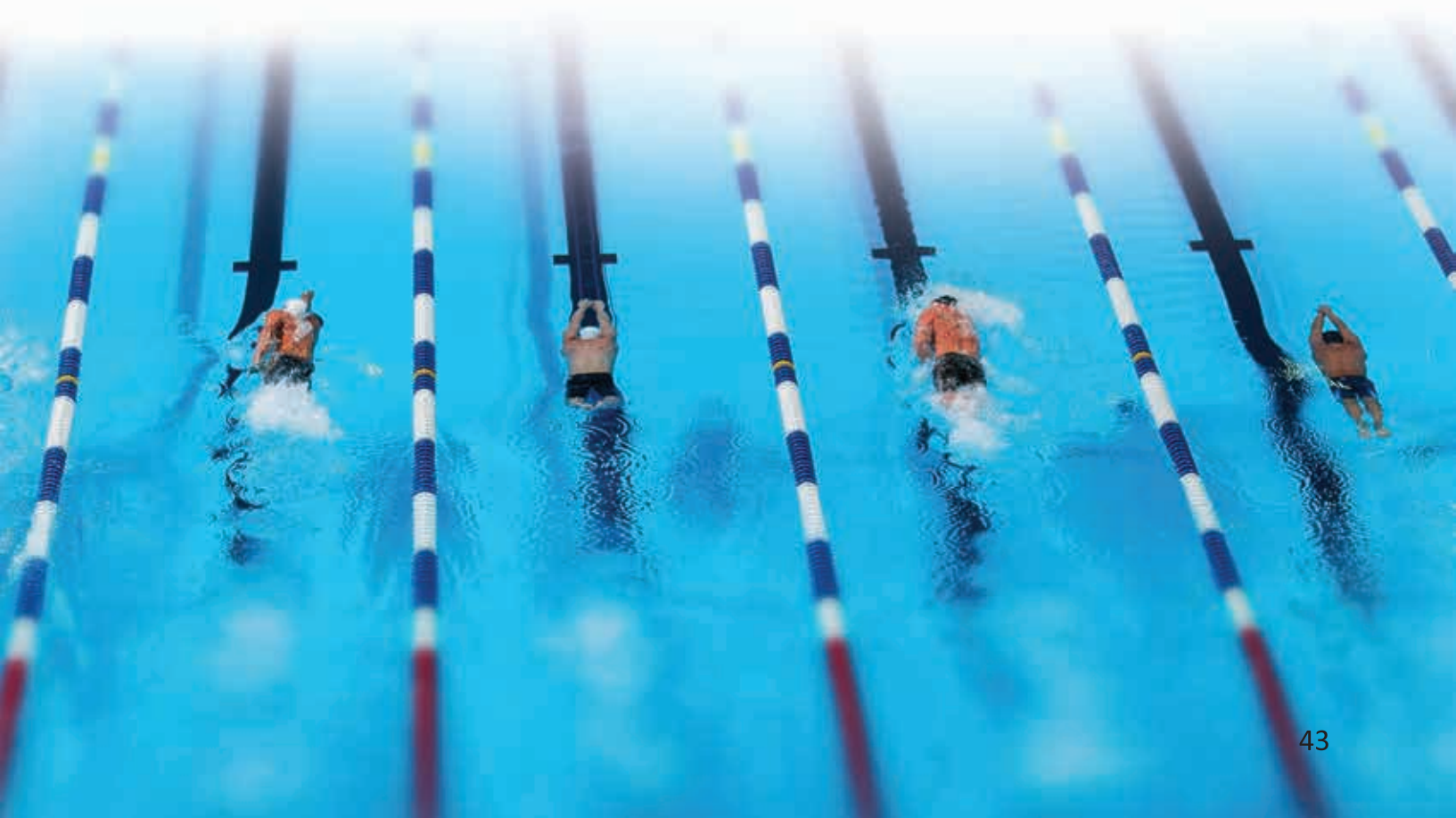
## TAKING THE SPORT TO HIGHER LEVELS

As the Modern Pentathlon is a recently adopted sport we do not field a national team at this point in time. We currently field only school teams. We have started with 8 International Schools in Colombo. The first Biathlon competition will be held at the end of July 2015. We hope to do a Triathlon at the end of this year. We hope to include zonal schools in the near future followed

by national schools with the aim of growing the sport to compete in the Olympics.

We have a great opportunity to join with the National Olympic Committee Sri Lanka (NOCSL) to celebrate Olympic day on 23rd June 2015 in Mannar. Modern Pentathlon Federation of Sri Lanka (MPFSL) was invited to organize and conduct a Biathlon event and training with introductory workshops within schools in Mannar.

It has been easy for us to access this sport because of the existing facilities available for running and swimming. However, we need more pistols (Laser) to do the Triathlon. We already have three level 1 coaches accredited by the UIPM. I am very confident that the modern pentathlon will grow in popularity and more talented athletes will be attracted to participate in this up and coming sport. We can achieve success with hard work, commitment and encouragement.







**Nishanthe Piyasena** is the Secretary General for the Modern Pentathlon Federation in Sri Lanka and a Founder Member. He is also the Assistant Secretary General for the National Olympic Committee of Sri Lanka. Nishanthe has played cricket for Mahinda College, Galle. He obtained a diploma in Mountain Biking in Japan where he did his higher studies. He was the sports administrator, holding positions Secretary General/ Vice President for the Sri Lanka Cycling Federation since 2007-2011. Nishanthe is also one of the founders of the Triathlon Federation of Sri Lanka. Nishanthe is an International Technical Official for Triathlon and an International Judge for Modern Pentathlons.



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# Importance of Exercise & Fitness For The Adult Over Forty With Medical Conditions

*Major General (Dr.) C. Thurairaja USP- (retd.)*

Advanced Technology and Automation in modern civilization, has led to a compulsory lack of physical activity and the consequent negative effects on health in the older population. The increasing levels of inactivity in old age contributes to many chronic diseases, which has been described as Non Communicable Diseases (NCDs) by the World Health Organization (WHO). This established the fact that lack of physical activity has become the leading cause of many chronic diseases and disabilities.

There are at least 17 NCDs listed that include Coronary Heart Disease or CHD, Stroke or

Cerebral Vascular Attack (CVA), Diabetes, Hypertension, Colorectal Cancer, Stress and Anxiety, Osteoarthritis, Osteoporosis, Low back pain and Obesity to name a few.

It is accepted that regular physical activity has beneficial effects on a variety of health conditions, and exercise remains as a public health strategy that can reduce disease. Planned regular physical activity has a variety of beneficial effects by reducing disease and disability to improving quality of life in older persons. The levels of physical activity and exercise in our lifestyle, play a vital role in quality of ageing and being independent in carrying out essential activities for oneself throughout life.

WHO 2002 statistics also established that over 60% of the world's population are sedentary or not active enough to gain the health benefits of being physically active. This has recognized the role of exercise in chronic medical conditions and WHO has recommended guidelines to be followed in exercise protocols for many conditions, including:

- **Exercise and Cardiovascular Disease**
- **Exercise and Cancer**
- **Exercise and Diabetes**
- **Exercise and Depression**

Prior to initiating an exercise program, in older adults with chronic health conditions, an appropriate activity plan in consultation with their physician that focuses on cardiac risk factors and physical limitations should be



obtained. A pre-exercise evaluation should be followed such as:

- i. Consult a physician before beginning exercise
- ii. Be informed on exercise aspects. In other words, learn as much as you can about exercise by reading and talking to Trainers and Sports Physicians.
- iii. Learn safety precautions before you do any exercise.
- iv. Commence a physical activity that has less impact on your feet like walking rather than jogging or running.

The purpose of planned exercises in the older adult is to achieve health related fitness and retain functional capabilities such as:

- i. Cardio Respiratory Fitness to improve function of Heart, Lungs and Circulation.
- ii. Body Composition of proper Body Weight and Body Fat recommended for the body type.
- iii. Musculo–Skeletal Fitness – to preserve body fitness of Flexibility, Muscle

Strength, Muscle Endurance.

The exercise session should follow a format, that is given below to get maximum benefits:

- i. Warm up session.
- ii. Stretching period to mobilize all large groups of muscles and joints.
- iii. The Training or Conditioning Period should include:
  - a. Aerobic session which should be continuous for at least 20-30 mins.
  - b. Strength training segment that can include push-ups, squats, sit-ups for core muscles and some resistance exercises using free weights to strengthen large muscle groups.
  - c. Flexibility exercises or stretching session.
  - d. Warm down session, that brings down your heart rate from exercise levels gradually.
  - e. Stretch again to relax the muscles that have been exercised.

“  
**Over 40 is the era when it is not how long you live, but how healthy and fit you are that matters.**  
”

The older adult thus needs to identify the different aspects of fitness such as flexibility, cardio-respiratory endurance and strength to be trained.

Physical fitness also requires proper nutrition. In the elderly a healthy diet is an equally important factor that should have a balanced amount of nutrients, from varied foods such as fruits, vegetables, proteins primarily from fish,



dairy products, and nuts. A healthy diet includes restrictions on minimal amounts of caffeine, sugar, fat, salt, and alcohol.

Aerobic exercises are particularly needed in the lifestyle of the older adult to condition and strengthen the heart, respiratory system, muscles, and immune system. The Center for Disease Control (CDC) Physical Activity Report of 1999 has listed aerobic exercises in order of maximum benefit as follows:

1. Cross-country skiing – most gyms have ‘cross-trainer’ machines that duplicate the same movements.
2. Jogging and running
3. Skipping rope – older persons should do this on a soft ground or floor.
4. Aerobic dance or jazz exercise.
5. Swimming

6. Bicycling – indoor or outdoor.
7. Skating – roller or ice.
8. Jumping jacks.
9. Running in Place.
10. Stair Stepping.
11. Walking.

Walking however is the most commonly advised exercise, as it can be done anywhere, at anytime with the least resources and with least impact on your feet and legs. In China and Hong Kong another form of exercise, Tai Chi, is increasingly popular as it emphasizes slow deliberate repetitive movements with force or strength in movements to achieve aerobic fitness. As an older adult with an injury, disability, weight problem, or diabetes, starting or maintaining a regular exercise routine can be a challenge. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you have never exercised before, you may not know where to begin. Or perhaps you think you're too

old or frail, or that exercise is boring or simply not for you. The first principle is to motivate yourself. In such a situation, select an exercise with an intensity that can be modified by you for safe participation. This principle of caution is followed even in athletes in competitions where they are separated into categories such as Masters and Senior Athletes.

Safety measures are mandatory even if it is only walking for exercise.

1. Pre-exercise medical questionnaire form called PAR-Q to be completed.
2. A routine medical examination.
3. Clinical exercise test to assess safe exercise limits are the first steps.

The exercise session should pay attention to the following precautions:

- i. Appropriate shoes that are safe and effective for exercises based on foot characteristics and comfort and keep up with technology in shoes.



- ii. Comfortable clothing, which includes proper attire if too hot or too cold.
- iii. Run and walk with a friend.
- iv. Night time, stay within well lit areas.
- v. In Cold and windy weather dress properly, to keep from getting wet and be prepared to limit or cancel activity if too windy and chilly
- vi. In heat and humid weather, avoid dehydration, drink water, get acclimatized and limit or cancel activity if extreme heat & humid factor is high.
- vii. In High Altitude locations gradual acclimatization to exercise is important.
- viii. In environments where pollution is due to traffic, avoid high concentration of traffic, determine best times of less traffic and postpone activity if pollution levels are high.

There are other equally important safety measures that begin after planning your route and time of walk.

- i. Walk facing oncoming traffic.
- ii. Walk daytime or in well-lit areas at night
- iii. Walk with a friend or a group at all times

- iv. Notify local police station of group's walking time & route.
- v. Do not wear jewellery.
- vi. Do not wear headphones, or turn volume down to hear outside sounds, to be aware of your surroundings

In addition there are frequently asked questions by 'walkers' -

- i. What time of day is best?
  - Choose the most convenient time for your schedule
  - Choose a regular time-the same time every day
  - Timing may depend on the activity you choose
- ii. Can I eat before exercise?
  - It is best not to eat a meal for 2 hours beforehand
  - Be sure to drink plenty of water before and during exercise
- iii. Should I exercise when I'm sick?
  - Do not walk for exercise if you have fever
  - Wait for 24 hrs. after the fever has gone.

The keys to exercise for those over 40's, include:

- i. keep safety in mind
- ii. Choose, an activity that

“  
**When you are over 40's Exercise becomes more of a Medicine.**  
”

will be fun for you and.

- iii. Drink, plenty of water before, during and after exercise.

Regular exercise and increased aerobic fitness in the over 40's is associated with a decrease in Lung diseases, Alzheimer disease, hypertension, cancer, diabetes, heart disease, osteoarthritis. The need, to devise an appropriate activity for each medical condition becomes important.

**Major General (retd.) (Dr.) C. Thurairaja USP**

*FFIMS. MD (Rad.) DMRD (Lond.) DMRD (L'pool). MBBS.*

*Former, Medical Advisor & Director, Army Medical Services.*

*Former, President, Sri Lanka Sports Medicine Association. SLSMA*



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## AQUINAS DIPLOMA in ENGLISH

For anyone above 16 years and studied upto G.C.E O/L  
(students, school leavers, those who are employed or unemployed)

### Course Schedule

**Weekday Morning Course (Tue-Fri 8.00-12.30pm)**

Commencement: 15th Sept **Application deadline: 1st Sept**

**Weekday Afternoon Course (Tue-Fri 3.00-5.15pm)**

Commencement: 21st July **Application deadline: 4th July**

**Weekday Evening Course (Tue-Fri 5.30-7.45pm)**

Commencement: 21st July **Application deadline: 4th July**

**Weekend Course (Sat/Sun 8.00-12.30pm)**

Commencement: 19th July **Application deadline: 4th July**

## EXAMINATION PREPARATION CENTRE Cambridge Examinations

- KET - Key English Testing
- PET - Preliminary English Testing
- FCE - First Certificate English
- CAE - Cambridge Advanced English

For students above 12 years and any young learner keen on improving  
English language skills

Commencement: 11th August 2015

**Application deadline: 1st August 2015**

Applications From the Office or download from [www.bci.lk](http://www.bci.lk) (select "Department of Languages")  
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## IELTS - International English Language Testing System

For those who wish to study, work or live abroad  
(especially UK, Australia and Canada).

Commencement: 22nd July

**Application deadline: 11th July**

## PROFESSIONAL ENGLISH

For those who are in employment or business and wish to improve  
skills in speaking, listening, reading and writing.

Commencement: 22nd July

**Application deadline: 11th July**

## AQUINAS CERTIFICATE/DIPLOMA IN IT

For those who are interested in starting a carrier in Information and  
Communication technology.

**Weekday Morning Course (Tue-Fri 8.00-12.30pm)**

Commencement: 08th Sep **Application deadline: 21st Aug**

**Weekday Afternoon Course (Tue-Fri 3.00-5.15pm)**

Commencement: 22nd July **Application deadline: 4th July**



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**PROFESSOR SIRI KANNANGARA**  
**FROM THE VILLAGE**  
**TO A DOCTOR**  
**FOR THE**  
**SPORTS STARS**





## **PROFESSOR SIRI KANNANGARA**

is a consultant physician in Rheumatology and Sports Medicine. His contributions to the field of sports medicine are many. They include:

- Visiting Medical Officer at Concord Hospital (Formerly Head of Department of Rheumatology).
- Visiting Medical Officer at Ryde and Mona Vale Hospitals.
- Visiting Medical Officer at Mater Misericordia, Seventh Day Adventist Private Hospital.
- Foundation Director of the New South Wales Institute of Sports Medicine.
- Chief Medical Commissioner to Soccer Australia and Medical Consultant to the Socceroos.
- FIFA Medical Committee Member and Medical Instructor.
- Fellow and Examiner of the Australian College of Sports Physicians.
- Visiting Lecturer and Clinical Fellow in Sports Medicine at the University of New South Wales.
- Olympic Doctor to the Australian Team in Barcelona, Atlanta and Sydney.
- Clinical Associate Professor of Sydney University.
- Awarded the Order of Australia for services to sports medicine and rheumatology.
- He has been a medical consultant to Sri Lankan cricketers since the 1970's. During the 1996 World Cup, quite a few members of our Sri Lanka team consulted him such as Arjuna Ranatunga, Aravinda De Silva and Chaminda Vaas to name a few.

Now let us look at the man behind the achievements, how he got to where he is and his passion for sports

that helped him to help others to go beyond their own potential. Siri as he is affectionately known hails from the village of Bandaragama. His father was a clerical officer who later became a civil servant and his mother was a Sinhalese school teacher. At four and a half years, Siri told his father that he wanted to attend Royal College in Colombo. With the encouragement of his mother he sat the entrance exam and got admission to Royal Primary. He refers to his mother as the lady cox who guided their family boat.

As Royal Primary did not have a boarding he was boarded in Colombo when he was five years old. From his place of boarding he came to school in a rickshaw everyday. When he reached the fifth standard his parents could not afford to pay for his lodgings so he had to travel to school from his village which at that time was far away. He would rise at 4.30am and have his well bath which was very cold. Then at 6am he took the bus from Bandaragama to Panadura and from Panadura he took



the train to Bampalapitiya. At Bampalapitiya he would cross Galle Road and take the bus to school. To save 5 cents to buy Kadala he would sometimes walk from Bampalapitiya to school which was in Reid Avenue. As he says

“  
**KADALA IS THE POOR MAN'S PROTEIN.**  
”

At school, Siri realised that in order for him to get recognition, he had to excel not only in studies but in sports as well. He started playing sports in the fifth standard in Royal Primary. He started by playing football for school at the tender age of ten years. He soon achieved his goal of excelling in both studies and sports.

When he moved to Royal College he represented the college in hockey, table tennis and basketball. He was the vice captain for the junior basketball team who were runners up in the tournament that was held in Jaffna. Mind you, he played all these sports barefoot as shoes were a luxury for most boys then. He also says that being boarded enabled him to focus his time on studies and sports as there were no other distractions.

In the year 1964, Siri entered medical college and represented the university in table tennis, basketball and hockey. He captained the combined universities team for both table tennis and hockey for the tournament played in India. In 1970 Siri Kannangara qualified as a doctor. He went straight to New Zealand after passing out as he loved Rugby

and especially the great All Blacks. In Sri Lanka he followed them on the local newspapers which was his only access to international sports.

Siri interned in a New Zealand hospital in Christchurch and played hockey for a local university as an outside team member. Siri got two scholarships to do postgraduate work in the UK in London's famous Guy's Hospital. He worked in sports medicine and rheumatology. The chief medical officer at this hospital was a former All Black, the late Hugh Burry a great player and great man. Hugh Burry's hometown was in Christchurch New Zealand and he guided Siri on the course of sports medicine. Sports medicine became a lifelong journey for Siri where he made his name amongst the leading international sports personalities and teams. Not bad for a simple village boy from Sri Lanka!

**Siri says,**  
“  
**SPORTS TAUGHT ME DISCIPLINE, RESPECT FOR AUTHORITY AND HOW TO ACCEPT VICTORY AND DEFEAT WITH EQUAL GRACE AND HUMILITY. I DO NOT SMOKE OR CONSUME ALCOHOL. MY**  
”

**ADVICE TO SPORTSMEN IS 'LIFE BEFORE SPORTS'. SPORTSMEN SHOULD THINK OF THEIR LIFE AFTER THEIR SPORTS CAREER. IF YOU HAVE TO DO SOMETHING THAT WILL MAKE YOU ACHIEVE A GOLD MEDAL BUT HURT YOU AFTER YOUR SPORTS CAREER THEN DO NOT DO IT. SPORTS SHOULD HELP YOU LIVE A BETTER LIFE EVEN AFTER THE COMPETITION IS OVER.**

”





## SINGER EMPOWERS SCHOOLS RUGBY

With only two weeks to go in the completion of Singer Schools Rugby season, teams and fans alike are reaching a fever pitch. For the eleventh consecutive year, Singer and the Sri Lanka School Rugby Football Association (SLSRFA) have succeeded in organizing a tournament that has helped nurture victorious teams, winning players, and championship habits. The blue-chip corporation's support of this hallmark event is in keeping with its long-term goal of empowering Sri Lankan youth throughout the nation.

Up until Singer came onboard as a prime sponsor of schools rugby in 2004, the sport was perceived as being the exclusive province of elite urban schools. Indeed, at the time, schools rugby was played by only 24 institutions mostly from Colombo and Kandy, as it was limited to those who could afford

the equipment and training required to excel. Mr. Susantha Mendis, General Secretary of the Sri Lanka Schools Rugby Football Association (SLSRFA), noted that "most of the 'A' Division teams have the advantage of sourcing sponsors and other forms of support to secure high performance." He pointed out that "the provisions of many schools around Sri Lanka belonging to the lower divisions are provided by the SLSRFA, with the help of Singer."

Today, up to one hundred schools, urban and rural, participate in the Singer Schools Rugby tournament. Many rural students and schools are now able to compete in the sport, thanks, in part, to the on-going sponsorship of Singer (Sri Lanka). The schools rugby programme breeds promising sportsmen, who may, one day, go on to compete at the national level.

More importantly, the retail giant believes that sports help build the discipline, respect, cooperation, and championship character needed by young leaders. By supporting Sri Lankan youth across the country, the Company is investing in the future of the island.

Singer (Sri Lanka) enjoys a long history with the sport of rugby in Sri Lanka. From sponsoring the Trinity College and Royal College 1st XV to backing the Bradby Shield for 26 consecutive years, the company is continually demonstrating its commitment to the game.

In spearheading the development of Sri Lankan school rugby, Singer has been actively involved not just in the organization of high profile sporting events but also in building the infrastructure

necessary for long-term rugby success. In addition to the financial support given to schools every year, the Company also invests in upgrading rugby grounds and pavilions, while providing facilities and equipment to the School Rugby League as well. Singer firmly believes that establishing the right building blocks is crucial to sustainable sporting success.

The company's attitude in this regard isn't limited to rugby; over the past 2 decades, Singer has invested over a billion rupees in a diverse array of sports in the school, mercantile, and national arenas. For example, it has sponsored school cricket league, schools hockey, and motor sports events, amongst many others, all with the long-term vision of raising sporting standards to international levels.

This philosophy is at the heart of the way Singer conducts its own business affairs. From implementing an unrivalled distribution grid that numbers over 410 retail outlets to setting up a service network that covers the entire island and includes 10 regional service centres and more than 100 service franchise agents, Singer does everything it can to ensure that its customers get world-class products and service. After all, no matter where in Sri Lanka, Singer believes that all Sri Lankans deserve the very best.





# KANDY SPORTS CLUB

**THE RUGBY KINGDOM IN THE HILLS**







**KANDY  
IS  
MY  
CITY;  
RUGBY  
IS  
MY  
GAME**



### **Kandy Sports Club**

or KSC as it is popularly known is an esteemed rugby football club steeped with an illustrious history. The club's past stalwarts who have contributed immensely to the club include gentlemen like Sir Richard Aluwihare, Col Stanley Ratwatte, Mr.

Chandra Wijenaik, Mr. J. J. Loam, Dr. C.D.L. Fernando Mr. E. W. Balasuriya, Dr. Sarath Kapuwatte, Major Denzil Kobbekaduwa, Mr. Y.C .Chang, DIG Nimal Lewke, Mr. Dharmasiri Madugalle, Mr. Philip Buultjens, Mr. Maurice Perera, Mr. S B Pilapitiya, Mr. Gal Bandaranayake and Mr. Malik Samarawickrama, all who have made the club to what it is today. This club from the hills has been the fire in the belly of Sri Lankan club rugby with its highly motivated players and its diehard fans who travel to every fixture to cheer their club. For the residents of Kandy, the Kandy Sports





# KANDY SPORTS CLUB

Club is not just a sports club but an institution that represents its people and they in return cheer their hearts out at every game. The Kandy Sports Club has also played an integral role in shaping Sri Lankan rugby as many of its players have represented and captained the national side. Fitness & Sports finds it fitting to highlight the story of this Rugby Kingdom.

## HISTORY

Kandy ABCD (Athletic – Boating – Cricket & Dancing) Club was founded in 1874 by a group of Coffee Planters and other activists. The sports club also included other sports such as Football, Hockey and Polo. Fourteen years later in 1888 the name was changed to Kandy Sports Club.

The club home ground was Bogambara until the British Colonial Army took it over during the Second World War in 1939. After the war, the Kandy Hospital used the Club House as the House Officers' quarters. Kandy Sports Club continued to play Rugby at Bogambara with no Club House, but used the facilities at Kandy Garden Club, Kandy Club and Queens Hotel for social activities and meetings.



## THE CHANGE: FROM NITTAWELA DUMPING GROUNDS TO INTERNATIONAL RUGBY STADIUM

In the year 1949, the Kandy Municipal Council released the garbage dumping grounds at Nittawela to Kandy Sports Club for conversion to a rugby ground. Nittawela ultimately became the present grounds for the Kandy Sports Club. Ground work was facilitated by Ford Gunatillake, George de Silva and Stanley Martin whose untiring efforts made it possible.

The old Club House was built by Ceylon Tobacco Company whose Leaf



Manager was Mr. John Penny, the President of the Club. The Club House was opened by the Governor General Sir Oliver Gunatillake in 1954. In the same year Kandy Sports Club came to the finals of the Clifford Cup for the first time under the leadership of S.B Pilapitiya.

It was the heydays of European planters but Dharmasiri Madugalle, Philip Buultjens, Maurice Perera and Gal Bandaranayake broke the ranks of the Europeans and joined the Captain S.B Pilapitiya, losing to CR & FC in the Finals. Thereafter in 1955 under Ken Macpherson, and in 1978 and 1979 under Major Denzil Kobbekaduwa and Y C Chang, Kandy made it to the finals again losing to CR & FC. In 1981 Kandy Sports Club also made it to the finals and lost to CR & FC under Ervin Howie.

## RUGBY KINGS

The "Golden Era" of the Club was made possible with the entry in 1992 of Malik Samarawickrama, a great promoter of Sri Lanka Rugby. At this time a group of Colombo players led by Priyantha Ekanayake and his brother LB, Imtiyaz Marikar, and Shyam Sidiqe joined the Club. This combination with the local players enabled them to win the Clifford Cup in 1992. It also had a marvelous impact on schools in and around Kandy, particularly, Kingswood, Dharmarajah, St. Anthony's, Vidyarthi

and St. Sylvester. This had an effect on the composition of the Kandy team who earlier depended only on Trinity College which has a grand Rugby tradition.

Although the club had been getting in the finals sporadically over the years, Kandy started winning an occasional trophy over the years since 1992; it was Malik's vision that the club must achieve Championship Status, and that they did in 1994 winning the league. Kandy won a double in 1995 and tripple in 1997 under the captaincy of Lasantha Wijesuriya. The coach was the highly disciplined Nimal Lewke from the Sri Lanka Police, who had to travel regularly from Vavuniya where he was stationed.

The year 1999 was their 125th Anniversary and to celebrate the occasion the Club organized an International Rugby Sevens Tournament at the Bogambara Stadium. This tournament got International Rugby Board Satellite event status.

Kandy has won the 'Triple' in 1995, 1997, 1999, and from 2002 to 2011, the President's Trophy from 1997 to 2009, were the Caltex League Champions in 1994, 1995, 1997, 1999, and in 2002 to 2011 - 15 times in 18 outings in a row from 1994 to 2011.







Kandy also won the Clifford Cup Knockout Tournament in 1992, 1993, 1995, 1996, 1997, 1999, 2000, and from 2002 to 2012/13 (18 times in 20 outings), and were runners up in 1954, 1955, 1969, and 1978. No Tournament in 1998. More recently Kandy won the double in 2014-2015 under the Captaincy of Sean Wijesinghe and Coach Johan Taylor, whose contributions went a long way in this success story.

The Dialog League Championship Trophy and the prestigious Clifford Cup sit gracefully in Nittawella.

### **THE FUTURE**

Kandy Sports Club hopes to build on its past legacy forged by gentlemen and great rugby players and to continue its winning ways. The Club brings joy to the residents of Kandy from all walks of life that live for Rugby. Fitness & Sports wishes the Club much success in continuing to take Sri Lankan Rugby to greater heights.







WE  
**CONGRATULATE**  
OUR TUSKERS FOR WINNING  
THE ASIAN RUGBY FOOTBALL  
UNION CHAMPIONSHIP  
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