

FITNESS & SPORTS

Volume IV

**SUDARSHANA
MUTHUTHANTHRI**
THE CANNONBALL OF
SRI LANKA RUGBY

**SRI LANKA
WOMEN'S
VOLLEYBALL**

ROYAL COLLEGE
TENNIS 2016

**DUMINDHA
MEDDEGODA**
YOUNG URBAN MUSCLE

**KESHINI
VITHARANA**
GIRL POWER

THE STRAIGHT LEAD
JKD

Head Coach
**Sri Lanka
Football**

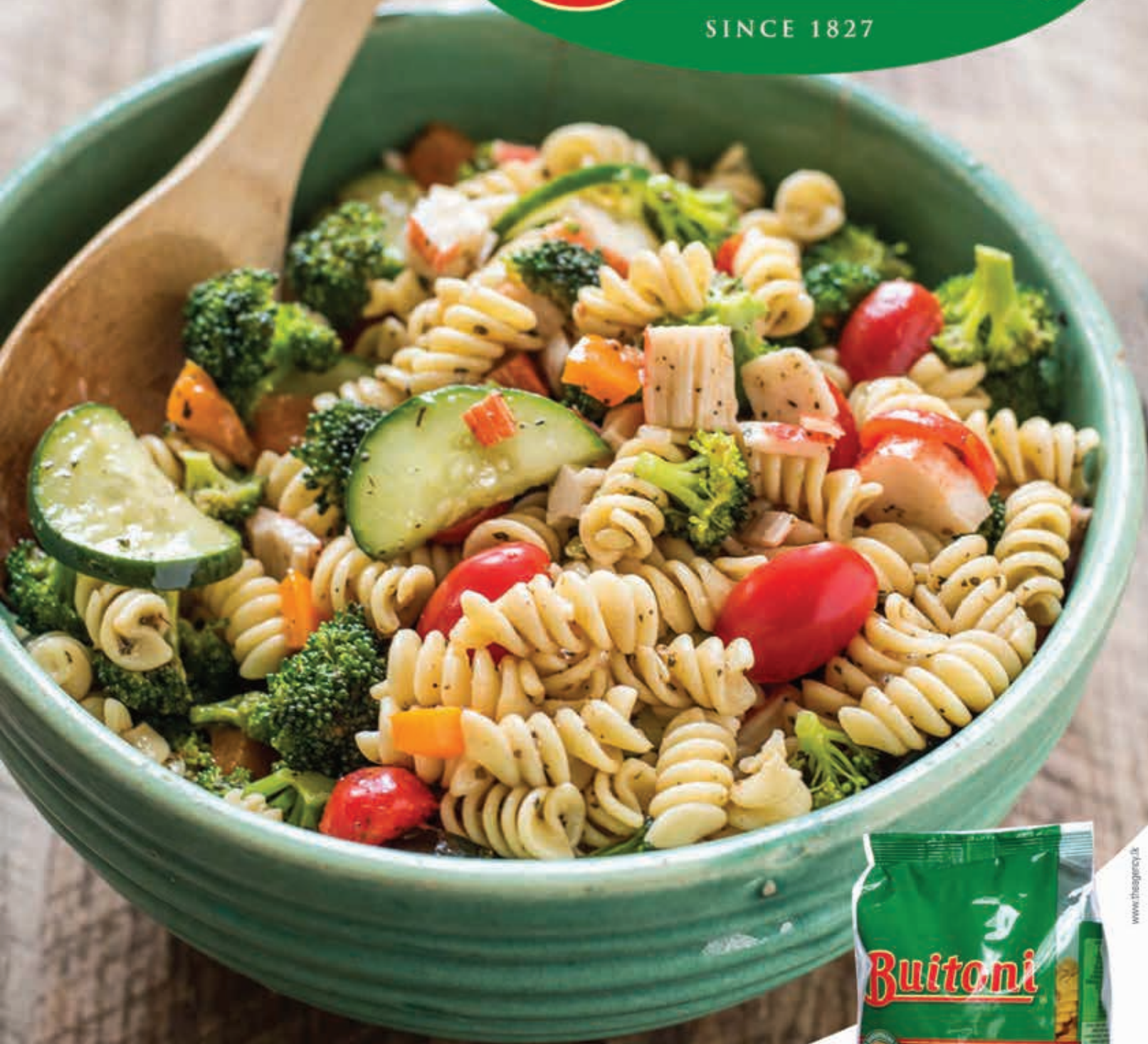
**NAVY'S
KAYAKING**
EXPEDITION
AROUND THE
PEARL



Rs.300/-

Buitoni®

SINCE 1827



Authenticity - Tradition - Quality - Imagination

SAVOURING LIFE THE ITALIAN WAY

Baurs
Established 1897



Marketed by: A. Baur & Co. (Pvt.) Ltd. 5, Upper Chatham Street, Colombo 1
Hotline: 4 728 775 E-mail: consumer@baurs.com

www.theagency.lk

NDB

mobile banking

**PAY UTILITY
BILLS INSTANTLY**

**PAY ANY
CREDIT CARD BILL**

**FIND THE NEAREST
NDB BRANCH OR ATM**

**RELOAD ANY
MOBILE PHONE**

**ON/OFF YOUR CREDIT/DEBIT
CARDS OR ACTIVATE THEM**

011 244 8888 | www.ndbbank.com |     

A+(lka) Fitch Rating - National Development Bank PLC (PQ. 27)
is a licensed commercial bank supervised by the Central Bank of Sri Lanka.

 **NDB bank**
Our Commitment. Your Success.

**FITNESS & SPORTS
CONTENTS**

VOLUME IV

FITNESS

- 22 THE DEADLIFT**
POORNA KAHINGALA
- 68 "FANTASTIC FIVE"**
A CHALLENGING AND EFFECTIVE WORKOUT
SASHA TOLSTIKOVA
- 73 JEET KUNE DO**
MASTER JAGATH CALDERA

SPORTS

- 26 SRI LANKA FOOTBALL**
- 42 THE SPORT OF FITNESS**
ANDY SALEM ANDREWS
- 60 SRI LANKA WOMEN'S VOLLEYBALL**
- 79 ROYAL COLLEGE TENNIS 2016**



FEATURES

- 08 SUDARSHANA MUTHUTHANTHRI**
THE CANNONBALL OF SRI LANKA RUGBY
- 49 NAVY'S KAYAKING**
EXPEDITION AROUND THE PEARL
- 16 KESHINI VITHARANA**
GIRL POWER
- 36 DUMINDHA MEDDEGODA**
YOUNG URBAN MUSCLE



Making Great Clothes
for Great People !



Seasonal Sale @ **BMICH**



+94 1122 257 96 / +94 7723 466 21
hello@mooseclothingcompany.com
www.mooseclothingcompany.com
mooseclothingcompany.facebook.com



PUBLISHED BY

P E ENTERPRISES (PVT) LIMITED

VOLUME IV

EDITOR

Praveen Emmanuel Muttukumar

CONCEPT & DESIGN

AAA Creations

PRINTERS

Ceylon Printers PLC

ADVERTISING & ENQUIRIES:

praveen@pe-enterprises.com

The publishers of Fitness & Sports cannot be held responsible for the consequences of actions based on the advice contained in this magazine. The advice given is based on the practices and opinions of those individuals who have contributed to the content of this magazine. The advice and information provided by these individuals have been given in good faith and is what has worked for them, which may differ from individual to individual. Reader discretion is advised. Please consult your doctor before beginning any new exercise or diet programme or before commencing supplementation.

No part of this publication may be reproduced without written consent from the publisher.

**“CHAMPIONS
keep PLAYING
until they get it RIGHT”**

Billie Jean King



EMPOWERING EXCELLENCE IN SPORTS

Football | Cricket | Badminton | Netball | Volleyball | Rugby

exp^osports

Dear Readers,

Welcome to Volume IV of Fitness & Sports, the magazine that inspires Sri Lankans to live a life of fitness, and promotes sports in Sri Lanka. On our cover we are proud to have Sudarshana Muthuthanthri who represents Sri Lanka Rugby in both the 15's and 7's formats of the game. Sudarshana is a cannonball on the rugby field and gentleman when you meet him off the field.

In this volume we feature two national sports teams, Sri Lanka Football and Sri Lanka Women's Volleyball. In the school sports arena we feature Royal College Tennis. These articles give a perspective on sports at the school and national level in Sri Lanka.

In February this year, Commodore Priyantha Perera, Director Training of the Sri Lanka Navy, and his colleagues from the Navy's elite Special Boat Squadron (Navy Special Forces) circumnavigated the Island in a kayaking expedition. This is indeed a testament of a very high level of fitness and determination. The Navy's kayaking expedition around the Pearl makes for an inspiring read of guts and dedication that is inherent in our military.

Fitness & Sports Volume IV shares the stories of individuals who have achieved very high levels of fitness through dedication, discipline and hard work. Some of them have day to day jobs, and some are students, but their commitment to fitness sets them apart from the crowd and allows them to continuously grow and advance in life.

More and more Sri Lankans are realizing the need to get fit, feel better and live a better quality of life. We strive to do our part by sharing best fitness practices from individuals, elite athletes and trainers to enhance your knowledge. However, we will always first stress on mastering basic exercises and techniques. To become good at anything is to fully understand and master the basics. Training for fitness and competitive sports is no different. Physical training is continuously evolving with new workout routines to achieve different training objectives of the individual for his/her respective goals. However, the basics will never go out of fashion because they will be your foundation on your fitness journey and it is always good to go back and refresh yourself with these basic exercises and techniques. Fitness is a journey, not a destination, so enjoy the journey because it is all about you!

***"I fear not the man who has practiced 10,000 kicks once,
but I fear the man who has practiced one kick 10,000 times."***

- Bruce Lee



Praveen Emmanuel Muttukumaru

Editor

FITNESS & SPORTS

**SUDARSHANA
MUTHUTHANTHRI**

FITNESS & SPORTS



SUDARSHANA MUTHUTHANTHRI

THE CANNONBALL OF SRI LANKA RUGBY



**“HARDY”,
“VERSATILE”,
“DEPENDABLE”.**

Some of the words that can be used to describe Sudarshana Muthuthanthri on the rugby field. Off the field Sudarshana is a gentleman. He is respectful, kind and has a good sense of humour. Sudarshana, who is 25 years old, has accomplished much in his

rugby career. He began his rugby playing for his Alma Mater, S. Thomas' College Mount Lavinia at the age of 17 years, playing the position of flanker. Before he began to play rugby, Sudarshana was a basketball player and continued basketball alongside rugby, winning colours in both sports for his school. Even during his school days, he was a very hardy player who always gave 100% in every game. After his

schooling Sudarshana joined the Havelock Sports Club and was Vice Captain when he helped the “Park Club” win the Dialog League in 2012. Sudarshana went on to Captain the Havelock's Sports Club the following two seasons. Under his captaincy the Havies were placed 3rd in the League in 2013 and were League Runners up in 2014.

Sudarshana Muthuthanthri represents the national side in both the 15's and 7's formats of the game. He always gives nothing less than his best, making every tackle count and with the oval ball tucked under his left arm dashing through the opposition like a cannonball. Sudarshana took the helm of the Sri Lanka Rugby 7's team in 2015 for the first leg of the Asian Sevens Series in China where we (Sri Lanka) were placed 4th, and he was appointed as the Captain of the Sri Lanka Rugby 15's team for the 2016 Asian Rugby championship held in Malaysia where Sri Lanka was placed 2nd . Sudarshana was appointed the Sri Lanka Captain for the 7's Team at the Monaco Rugby Sevens which is the qualifier for the Rio Olympics Rugby Tournament. Despite Sri Lanka not qualifying for the 2016 Olympics, the experience of playing with the other teams will serve as a good learning curve for the future.

The rugby experience that Sudarshana has accumulated in his career along with his sheer ferocity and commitment makes him a force to be reckoned with, and a valuable asset for the Sri Lanka Rugby Team. Fitness & Sports is proud to have this talented, disciplined, dedicated young gentleman to grace the

cover page of Volume IV. Much can be expected from this young man, here is what he has to say....

F&S: How did you come to play rugby and how did you end up playing the flanker and number 8 position?

Sudarshana Muthuthanthri: I started out at school in the U-18 team as a wing three quarter for one year and shifted to play flanker in my last year for the College 1st XV. I really like the position in the third row because it has a lot more involvement in

the game, there is a lot of work that can be done in this position than staying out on the wing. There is also a high work rate involved and the energy that you bring into the team from the third row is very rewarding. I played both the flanker and number 8 positions and still continue to alternate between these two positions.

F&S: How big is the difference in the standard of school rugby and club rugby and what did you do in order to make that transition?

SM: In school rugby if you are strong and fast you will survive the school structure. If you're a big boy, and can run fast and tackle hard, you will be a good rugby player at school. When it comes to club rugby there is more structure in place with game plans and defense plans, where you have to play according to structure. The biggest change from school rugby to club rugby that I faced was the structure and the strength levels. In school rugby you're playing against other boys but in club rugby





you're playing against men. So the fitness, strength levels and the size of the other players in club rugby are also one of the biggest differences. I had to get accustomed to the structure of club rugby and up my fitness and strength levels in order to be competitive at the club level.

F&S: You're a very hardy player who gives 100% on the field, what motivates you?

SM: I think that everyone has a reason on why they play rugby. For me, why I play rugby is because I like to get on the field with my friends and represent my country, family, school (not forgetting the place where I started rugby), and my teammates whom I consider as family.

F&S: Where does the power

come from for you to make those hard hitting tackles?

SM: The power comes firstly from God and then from the training that I do on the field, the gym sessions, and diet. There is a lot of hard work that needs to be put in during the off season that will help during the season when it matters the most.

F&S: Do you prefer a particular format of rugby or you enjoy both in equal measure?

SM: 15's is a longer version of the game and there is a lot of strategy and tactics involved in playing the sport. 7's is a shorter version of the game and those 14 minutes go by really fast. You have to be really fit to enjoy 7's. The two styles of game play are totally different. I would say that I like the 15's game a lot because I enjoy playing in an environment

which involves a lot of physicality and tactics. Even though I do enjoy both forms of the game I would say that 15's has a special place in my heart.

F&S: Which international rugby player do you look up to?

SM: In the 15's game there are a few players that I look up to in my position. Number 1 would be Richie McCaw, the former All Black twice World Cup winning captain (2011, 2015) and who is also the most capped test rugby player of all time. There is a lot to be learnt from him as a player and as a human being. He is an inspiration to many ruggierites around the world and also to me. The second international player that I look up to is Australian Rugby Union player David Pocock who plays flanker and number 8 as well. Much can be learnt from

him especially how he returned to the game after a serious injury and played in the World Cup final in 2015.

F&S: What are your favourite strength training exercises?

SM: I like my back squats, my bench presses, my deadlifts, the power cleans and the rest of the power endurance exercises.

Best exercises for 1 rep max:

- Squat: 210 kg (462lbs.)
- Bench Press: 135 kg (297lbs.)
- Deadlift: 235 kg (517 lbs.)

F&S: Describe your gym routine?

SM: During the off season (2 to 4 months prior to the season) we look to bulking up and improving our strengths levels so we do strength exercises such as bench presses, deadlifts, squats and all the big compound exercises for high repetitions to build muscle mass. We do 4 to 5 sets of 6 to 8 repetitions per exercise.

During the season we look to cutting down the repetitions and loading up the bar more. We aim to do 3 to 4 sets of 3 to 4 reps. We focus on achieving a high level of intensity in our training. The exercises do not vary much; we add more weight to the bar and do them in a more explosive manner.

F&S: Describe your daily diet (including supplementation)?

SM: Breakfast is cereal and milk. I take multivitamins to help my immune system.

Lunch is usually rice, potatoes, manioc (compound carbohydrates), proteins come from either chicken, beef or eggs

cooked in a curry. Sometimes I have two protein sources for lunch.

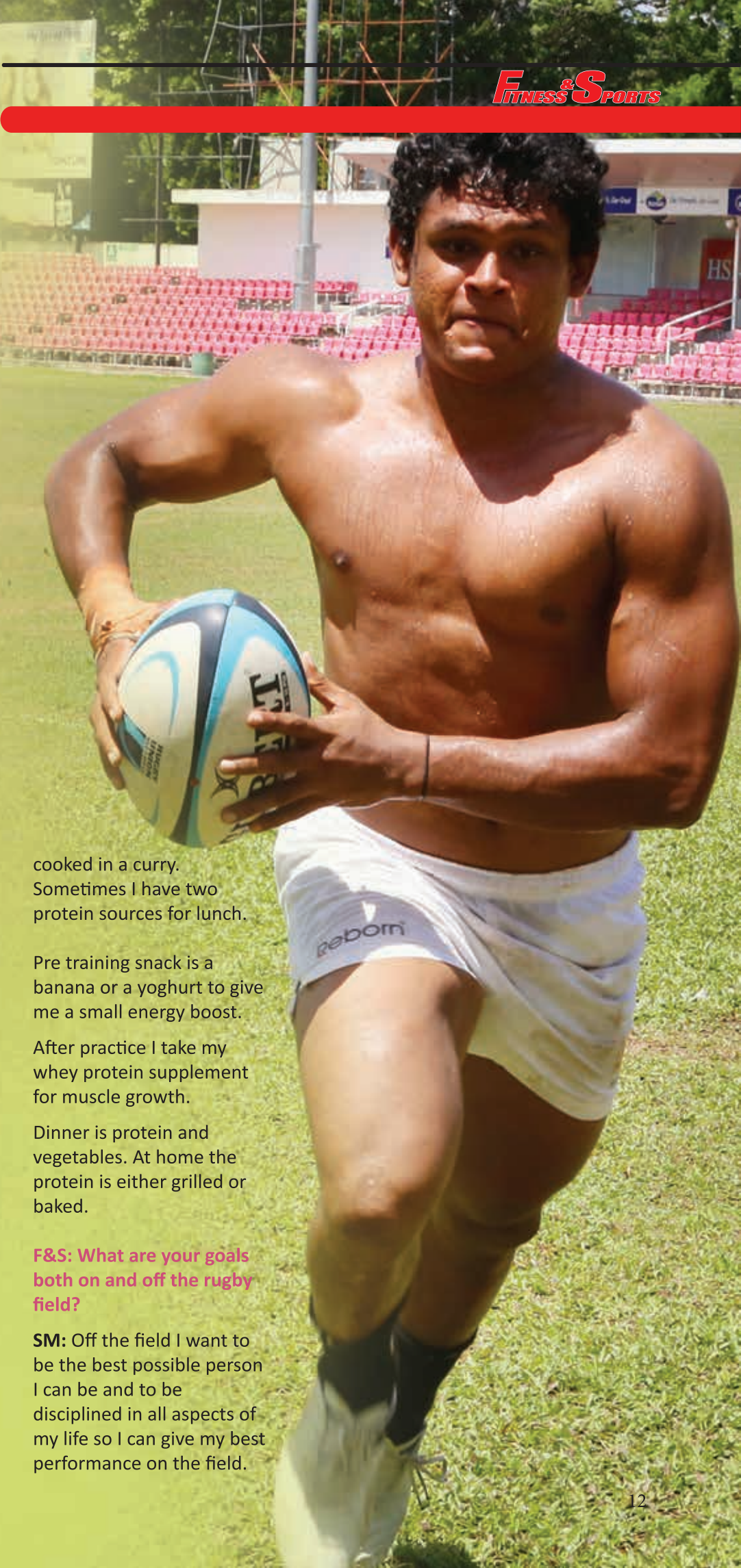
Pre training snack is a banana or a yoghurt to give me a small energy boost.

After practice I take my whey protein supplement for muscle growth.

Dinner is protein and vegetables. At home the protein is either grilled or baked.

F&S: What are your goals both on and off the rugby field?

SM: Off the field I want to be the best possible person I can be and to be disciplined in all aspects of my life so I can give my best performance on the field.



My daily training goals in the gym would be to increase my strength levels, muscle mass etc. On the rugby field I aim to get better on the technicalities so that I keep improving as a player to give my best performance for my country and club that will bring pride to my family and teammates. Right now I am studying accounting and finance and looking to finish my education in another 2 years. This is a goal I have for my life.

In rugby I achieved my goal of captaining Sri Lanka and I am looking forward to winning the Asian 7's Series, representing Sri Lanka in the Olympics, and to win the Hong Kong 7's.

F&S: Which Asian countries give us (Sri Lanka) the toughest challenge and what should we do to counter them and be successful?

SM: Playing against Japan and Hong Kong have been really tough for us the past two to three years. It is not because they have more talent than us. In fact our guys are faster and more skilled than them in every aspect of the game. However we are at a disadvantage as we do not have the facilities that these countries provide. Their training programmes are similar to the rugby programmes of top tier nations like New Zealand, South Africa, Argentina, and Australia. Also, most of their players are full time rugby players and they get looked after all 12 months of the year. They also have separate squads for 15's and 7's. In Sri Lanka most of our guys play both formats of the game. Some rugby players would like to specialize on only one format of the game as they may be better suited to a particular format of

rugby and this would certainly better our performances in both 15's and 7's rugby.

F&S: How important is mind power in rugby?

SM: The mind is the most important thing. The tougher you are in the mental aspects of things the better you will be as a rugby player on the pitch. Everything starts from the mind. It does not matter how well you have trained or how good your diet has been if your mind is not focused 100% during the game. You must have good mental preparation leading towards your game.

F&S: What special qualities catch your eye in a girl?

SM: The girls' physical appearance forms the first impression because you don't know the girl. Later on as you get to know her better her values and her personality becomes more attractive than her physical appearance.

F&S: Who do you wish to thank who have supported you and who continue to encourage you in your rugby career?

SM: I thank God first. Everything is possible when God is on your side. My family has supported me right throughout. Their belief in me helps push me forward. My friends from my school days played a major role by encouraging me to play rugby. Also, my coaches and trainers from my younger days who helped make me the player I am today.

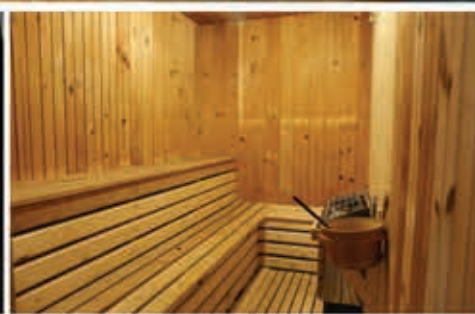
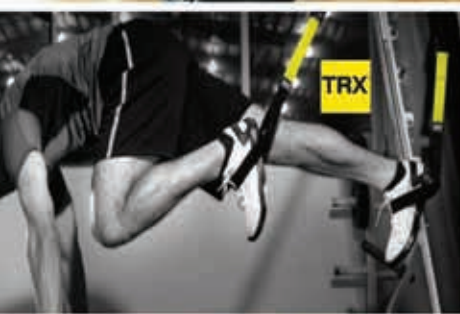
F&S: What words of advice will you offer the school ruggerites?

SM: I would say always aim to be better than what you are today. If you played well today think about on what you can improve for your next game. Always try to improve yourself as an overall athlete. Be humble in what you do and respect others around you and those who have helped you along the way. Always listen to the opinions of others and figure out what is right for you and not right for you. Work hard towards achieving your goal. Having a goal when you are young in school will help you achieve it in the future.



The power comes firstly from God and then from the training that I do on the field, the gym sessions, and diet.





Gym Sauna Steam Room Swimming Pool Jacuzzi

Hours of operation 6 .00 am - 9.00 pm

TONE
fitness centre

T: +94 11 2422001 /Ext. 299
www.ramadacolombo.com


RAMADA
COLOMBO



You may need **Extra Nutrients...**

You need balanced nutritional supplement to get more energy & strength for your day to day life!

Vitagen is a nutritional supplementary meal replacement enriched with Calcium, Vitamins, Minerals & Complete Protein.

Vitagen...

Smart Life... Great Taste!



Product of Australia



From House of

Maliban

**KESHINI
VITHARANA**

FITNESS & SPORTS



**KESHINI
VITHARANA-
GIRL
POWER**



KESHINI VITHARANA

is a 19 year old young lady who lives the fitness lifestyle. Keshini began her fitness journey with gymnastics and ballet at a very young age while living in Australia. She continued these activities until she returned to Sri Lanka at the age of 7. Upon her return to the Motherland, the fitness buzz lay temporally dormant in young Keshini till she turned 13. Realizing that she needed to make some lifestyle changes for her health, she began rowing for her school, the Asian International School (AIS) with the encouragement of her parents. In the two years that she rowed for AIS she won a bronze medal at the Sri Lanka Rowing Nationals in 2012. "In 2012, I decided to take some time off rowing to focus on my studies" says Keshini. The young lass continued her fitness regime, working out at a regular gym until February 2015, when she found CrossFit.

"Crossfit has been a life changing experience for me and I have found an incredible passion for it, which is what led me to win the title of the Fittest Woman in Sri Lanka from CrossFit Inc. I also took part in the first local CrossFit competition in Sri Lanka, the GRIT THROW DOWN where I was placed second in the Women's Category. While doing CrossFit, I became interested in Olympic Weightlifting and I have trained with the national weightlifting coach. I have won 3 Gold Medals for Olympic Weightlifting; at the 2015 Colombo District Championships,

2015 Western Provincial Championships and the 2016 Colombo district Championships" says Keshini.

There is another dimension to Keshini that makes her a well-rounded individual. At school she was a straight A student and won an Edexcel world prize. She was also placed 1st in the world for Business Studies at the June 2014 Advanced Level Examinations. After completing an internship at Asia Pacific Brewery (Part of the Heineken group), she is currently studying for her Bachelor's Degree, majoring in International Business and Management at the Australian College of Business and Technology. Prior to this she was a CrossFit coach at the GRIT Sports and Fitness gym for about 6 months. Below is an interview with Keshini Vitharana, from who we can expect to achieve more accolades in the fitness world.

Fitness & Sports: Why did you pick rowing as a competitive sport?

Keshini Vitharana: When I was younger, I was quite overweight. At the age of 13, I was about 67 kg. I just wanted to get fit. I had tried many sports but I found rowing interesting because it is a really challenging sport. For rowing you have to learn the proper technique. It takes a lot of practice and dedication to row.

F&S: As a competitive rower in school, how were you able to achieve straight A's in your studies?

KV: There was a lot of commitment involved. 5 hour training sessions after which I would go home and stay up all night to study. It is about trying to find the right balance between studies and sports.

F&S: With a busy schedule at school and rowing, were you able to have time for hanging out with friends?

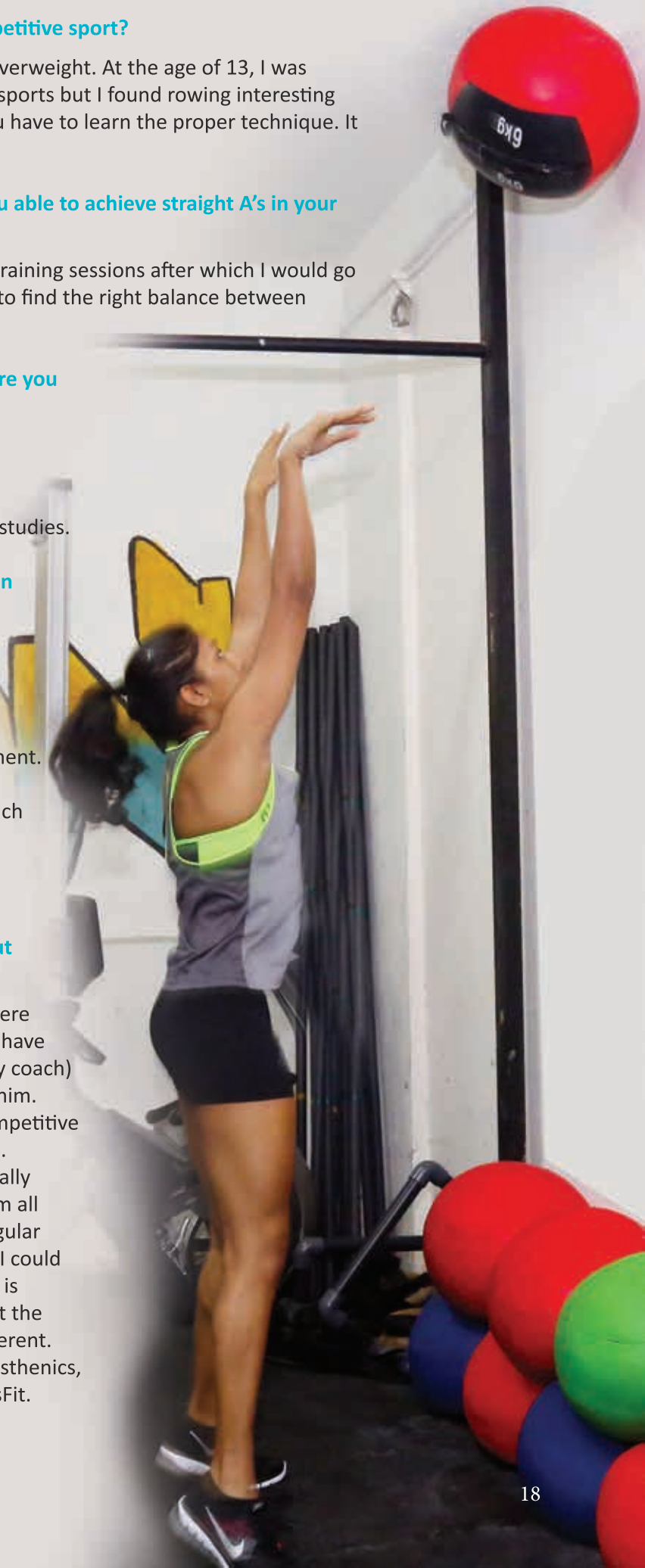
KV: When I started rowing I was around 13 or 14, an age where you meet all your friends in school. For me hanging out with my friends at school was good enough. After school it was rowing, classes and studies.

F&S: Do you think that being competitive in a sport in school can actually help a student in their studies?

KV: When you leave school you have to balance work, higher studies and working out. You have to be focused and prioritize your time. This is what you learn when you play sports in school. It teaches you focus, commitment and time management. So yes, playing a sport competitively at school will actually help you focus better on your studies and teach you how to effectively manage your time. This will be a great lesson for you when you leave school and you have a lot more things you need to focus on.

F&S: How did you find CrossFit and what was it about this sport that appealed so much to you?

KV: I heard about CrossFit through my friends who were doing it overseas. When I wanted to do it, we did not have it in Sri Lanka at that time. Then I found out Andy (my coach) was doing classes so my friend and I started going to him. Why I like CrossFit so much is because I am a very competitive person. In everything I do I am extremely competitive. CrossFit helps me channel my competitiveness in a really positive way. After stopping rowing I took a break from all sports for a couple of years. I used to workout at a regular gym. Though I was in decent shape I was not very fit. I could not run long distances nor lift heavy weights. CrossFit is competitive and really challenging. The workout is not the same every day, there is always something a little different. In CrossFit you have weightlifting, gymnastics and calisthenics, so there is a little bit of every type of exercise in CrossFit. It is a very well rounded sport.





F&S: How has participating in sports and keeping fit empowered you as a young woman?

KV: In Sri Lanka it is looked down upon to lift weights as a woman. People tell you that if you lift weights you are going to be big and bulky which is actually not true. In Sri Lanka people have the images of these female bodybuilders from the 90's who look like men. That is not going to happen because some of those female bodybuilders were quite possibly on substances that would have made them look more masculine. For me being able to do these competitive sports

where you have to lift heavy weights empowers me because it makes me feel there is no difference between me and a guy. At the gym I am lifting heavier than some of the guys there. It makes me feel that there is nothing that I can't do.

F&S: What are your goals right now in the fitness & sports arena?

KV: I want to keep improving at CrossFit and keep winning this title given by CrossFit Inc. each year. I love competing in CrossFit. My short term goals are to gradually increase the weights I am lifting. My long term goals are to be ranked in the Asian top 10

in CrossFit, to compete in the CrossFit Regionals and then qualify to compete in the World CrossFit Games.

F&S: As diet is a very essential component of being fit, could you share with us what food you eat?

KV: I try to follow the zone diet where you portion out your food according to the macros. This is where you have equal amounts of fats, carbohydrates and proteins. I follow generally a 3 or 4 bloc meal. For breakfast I usually have oats with milk and honey.

“

As I am quite into fitness I would be attracted to someone who is very fit and who is concerned about their fitness. The guy needs to be in good shape.

”

My lunch includes chicken breasts for protein, broccoli and carrots for carbs and 6 or 7 olives for fats. Dinner is curry chicken with vegetables.

F&S: Do you take any supplements?

KV: Very rarely I would take a pre workout but generally I do not take any supplements. I take a local brand of oral rehydration salt solution once in a while to rehydrate.

F&S: What are your interests besides working out and competing in sports?

KV: I focus all my free time towards CrossFit and weightlifting. However, I would love to travel both in and outside of Sri Lanka when the opportunity arises. I would like to climb mountains but I prefer visiting new cities. I am not a very “outdoorsy” person! Currently I am doing my higher studies, so I have very little free time.

F&S: If a guy wanted to ask you out on a date, should he be in great shape?

KV: As I am quite into fitness I would be attracted to someone who is very fit and who is concerned about their fitness. The guy needs to be in good shape.

F&S: What advice would you like to give the young school girls out there?

KV: Don't be afraid to challenge yourself. Don't let any tell you

that you're not strong enough or good enough to do something you are passionate about. Even if it is weightlifting, people will tell you not to do it, that you are going to get bulky, don't listen to them because that is not true. Do your own research and make sure that you do what you want to do. Never think you are not strong enough. Don't be afraid to lift weights. This is something that women in Sri Lanka need to hear. Lifting weights will not make you bulky or look fat if you do it the “natural way”. I would encourage more school girls to lift weights under proper guidance.

F&S: Who do you wish to thank who have and continue to

support you in your journey in fitness & sports?

KV: Firstly I wish to thank my parents and my brother who have been incredibly supportive. They come to every one of my competitions and if they are unable to, they always check on me. My coach Andy who is always there to encourage me and guide me before a workout or a competition. The rest of my team mates at the GRIT gym who are very supportive. When we go to a weightlifting competition it is usually quiet till one of us gets up on the platform. Our cheering is so loud it can be heard down the road. My family, my coach Andy and my GRIT family. That's my crew!

BCI BENEDICT XVI CATHOLIC INSTITUTE OF HIGHER EDUCATION

More than just Education

WHY BCI?

- Academic Excellence
- Pool of Academic Programmes
- State-of-the-art Facilities
- Most conducive environs for learning, reflection and sharing
- A True Friend and Guide to Students



DEPARTMENT OF ICT

- Certificate / Diploma in ICT
- Certificate / Diploma in Hardware Engineering
- Certificate/ Diploma in Graphic Design
- Certificate in Ms Office

DEPARTMENT OF MODERN LANGUAGES

- French, German, Spanish, Italian, Japanese
Korean and Chinese
- French G. C. E. A/L Syllabus

DEPARTMENT OF ENGLISH

- Aquinas Diploma in English
- BCI Certificate in English
- English for Beginners
- Business English
- Spoken English
- Cambridge English
- IELTS
- TKT

Benedict XVI Catholic Institute of Higher Education

495, Minuwangoda Road, Bolawalana, Negombo

Tel : 031 222 4 422 / 031 222 4 333 Hotline 0766 98 9797

Log on to our web site www.bci.lk for easy online registration

www.bci.lk | info@bci.lk



THE DEADLIFT
WITH POORNA KAHINGALA

As the name suggests, this exercise is lifting a dead weight above the ground. The deadlift is considered by many to be a true measure of overall body strength. This is a very serious exercise as it involves a variety of muscle groups and if not done correctly can lead to injury especially to the lower back. Therefore, strict adherence to form should be maintained throughout this exercise to prevent injury.

When done correctly the deadlift is a great exercise for building overall body strength. It is a staple in the workout routines for most

athletes because it helps build and strengthen your core muscles which is where power is generated from.

The Main Reasons Why the Deadlift is an Important Exercise

- Builds overall body strength
- As it involves coordination to lift correctly it increases the power of the mind
- Improves the grip
- Builds muscle thickness and density

The Primary Muscles Worked During the Deadlift

- Trapezius
- Entire Upper Back
- Core(Stomach, Lower Back)
- Forearms
- Glutes,
- Hamstring
- Calves



* Points to Remember

Warm up properly with a lighter weight

Before Lifting

- Keep the bar as close to you as possible (start with the bar touching your shins)
- Always keep your head up and look forward
- Take a good breath just before you lift

When Lifting The Weight

- Do not arch your back
- Keep your abs tight the entire time
- Put your chest out as you lift
- As you lift, the bar stays close to your legs and touches your thighs on the way up
- When you have lifted the weight above the ground and your standing straight, push your shoulders back (do not push your hip forward and do not relax the lower back)

Lowering the Weight

- Lower the weight along the same path you lifted it
- Relax your lower back once the weight is on the floor

**For Advice Poorna
can be contacted via -
E-mail: [poornakahingala
@gmail.com](mailto:poornakahingala@gmail.com)
Phone : 0777 544 549**





SINCE 1844

Cargills

**PARTNERING
THE FUTURE OF
SRI LANKA
FOOTBALL**



Sri Lanka Football





Dudley Steinwall ***Head Coach*** ***Sri Lanka Football***

Dudley Steinwall began playing football at the tender age of 6 while attending St. John' Boys School in Anuradhapura. He wanted to play alongside the older boys, but they were reluctant to take him into their games out of concern for the

young boy. This did not deter the young Dudley and he persevered to play with the older boys. This was his initiation to the sport of football that would later be an integral part of his life.

Dudley played for his school U-13 team right up to the U-17 team. His first international tour was with the Under 17 Sri Lanka Schools Team to Malaysia. In 1992, he captained the Sri Lanka Schools Team in Thailand.

After his school career, Dudley played for Renown Football Club for ten years, one year for

Saunders Football Club and three years for Negombo South Football Club and 3 years for Ratnam Sports Club. In Anuradhapura Dudley played for Sputnik Football Club. In the international arena, Dudley has represented Sri Lanka in Football for 20 years. From the year 2002 till the year 2007, Dudley was the Sri Lanka Football Captain. Dudley Steinwall was appointed as the Head Coach of the Sri Lanka Football team on 18th April 2016. Here are his plans to turn out a successful team and also to lay the ground work for future success.

Fitness & Sports: What are your responsibilities as Head Coach of the Sri Lanka Football Team?

Dudley Steinwall: My main responsibility is choosing players from every nook and corner in Sri Lanka and training them up to the standard required for the national team. After that I have to train them further to be able to compete internationally.

Right now I am laying down the format for preparing the national team. Choosing the correct players is the most important task. This is to get 15 to 20 of the best footballers in the country. I have given my selection criteria to the Football Federation. If I am successful in selecting the correct players, it will be a good start to bring glory to Sri Lanka.

I select players from the U-19 team, The Champions Cup League and the Football Association (FA) Cup. The selection criteria should be a very fair process, especially as it is for the national team.

Selecting the best players is based on this criteria:

1. Technical ability
2. Tactical ability
3. Mental toughness and reaction
4. Physical Condition

F&S: What are your short term and long term goals for the National Side?

DS: My immediate goal is to bring the team to the finals of the South Asian Football Federation (SAFF) Games. I have requested for training camps in Qatar, Thailand, Indonesia and Bahrain to prepare for this. I have also requested for 20 international (friendly) matches to be played in different countries. In addition to this we have invitations for international tournaments. This will give our footballers the training and exposure

to achieve our goals.

My biggest long term goal is to uplift the standard of football in Sri Lanka as well as improve the

ability of our players to play well under pressure. When my tenure as football coach draws to a close I want to hand a strong football team to the new head coach.





F&S: What are your suggestions to improve the quality of football in Sri Lanka?

DS: At the moment we do not have a professional football league. There are no full time players as all the players are employed to make ends meet. They finish their jobs and then come to practice. The players find it difficult to come to training at the set time because of their jobs. If we have a professional league then players can focus on football as their minds will be free from the burden of trying to make a living. After practices players need to rest both mind and body. Right now this is not happening. With a professional football league comes structured training. Getting the players ready for international matches takes 4-5 months of continuous training. A high standard of football played by the clubs will definitely ensure that we have a strong national side.

F&S: Do we currently have a good pool of footballers to choose from?

DS: Our football players meet the standards required for the local tournaments. We do have a few players who are able to meet international standards. To get more players up to international standards, I am trying to build a young side where the players are mostly between the ages of 20-23 years. I propose more foreign matches to strengthen this team. If we can groom this young team then we can go to the finals of the South Asian Football Federation (SAFF) Games.

F&S: How many times a week and how many times per day, does the team train (Football practices and physical training)?

DS: The team trains 5 to 6 days a week with matches being played over the weekend. During the Premier League the team trains once a day and when the league is over they train twice a day for the national side.

F&S: As a coach how important do you rate physical fitness in your players?

DS: The sport of Football has evolved to a very physical game. To compete at international level, the players have to be in peak physical condition. We have to train for:

- **Endurance**
- **Speed**
- **Power**
- **Agility**
- **Mobility**

I have requested for a strength and conditioning coach to assist me in this aspect of training.

F&S: In order to build cardiovascular fitness for football, what exercises do you recommend?

DS: To build endurance we play 4 A- Side Football to increase the heart rate up to 140-160 beats per minute for 5 minutes. Then we take a rest and then repeat.

F&S: Do you see weight training as an important aspect of training for football?

DS: Our strengths levels are far below in comparison to other international players. After 50 minutes of play our physical strength is depleted. Being physically strong is very important for the modern style of football which has become a very physical game. However, strength training should be football specific. We need to structure strength training as per the requirements of the sport.

F&S: How many coaches are there and what are their roles?

DS: My coaching team consists of an assistant coach and the goal keeping coach. The masseur, physio and sports doctor play vital roles in keeping the players fit and healthy.

F&S: As football is a team game, how do you instill team spirit so players will play as a team and achieve results?

DS: At times when we reside in our training facility in Beddeganna, our meals are had together. We participate in activities as one team as opposed to participating in activities and eating meals in different groups and at different times. We foster a family atmosphere. The coaching staff maintain a very close rapport with the players.

F&S: Do our players follow international football?

DS: Yes, we follow the English Premier League and the Spanish League. This is an important activity as we can learn from the different styles of football.

F&S: Do you have an idea for our players to play in the English Premier League in the future?

DS: At the moment we do not have all the facilities to build our players to that level. We are

looking for that natural born talent. This approach should change and we should focus on grooming players from childhood. With good facilities and well-structured training then yes, we can achieve this dream.

F&S: Words of advice to uplift football in Sri Lanka?

DS: I tell my players to give their best at the matches. At practice, work hard to achieve this, and then we will become a very strong football side.

My advice to the parents of the young footballers is to please encourage your children. This is very important. Your encouragement as parents will go a long way in making your children star players.



SMT SILVA

SRI LANKA FOOTBALL TEAM PHYSIO

Saman. M.T Silva plays an important role in looking after the injuries of our football team and getting them back on the field. Here is what he has to say...

Fitness & Sports: Do you love your job?

Saman Silva: Football is the world's number 1 sport and I am very happy to be in this position to help our football team.

F&S: What are the challenges you face?

SS: As football is a contact sport, many injuries occur on the field, especially injuries to the lower body. Helping the players recover as quickly as possible from these injuries, especially after twisting an ankle, is the most challenging situation for me.

F&S: What is the most practical treatment you use?

SS: Ice baths and application of ice to the injury speeds up recovery.

F&S: Your advice to minimize injury?

SS: Warming up correctly before play goes a long way in minimizing chances of injury.



Leading
scar and stretchmark
product in
17 countries



"I am 34 and teach hot yoga, so lately it's been hard to keep my skin hydrated. I noticed in the past year that my skin was changing- I had more dryness, fine lines, and a less smooth texture overall. I tried a dozen different high-end products and nothing was really impressive. On a whim I decided to grab some Bio-Oil and try it on a scar... it had such a beautiful consistency and delicate, natural fragrance that I decided to try it on my face. I've been using it for a few weeks now and I can't rave about it enough. My only regret with Bio-Oil is that I didn't start using it at birth! It's perfect!" Erin Moraghan

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil is available at leading pharmacies and supermarkets island wide at the recommended selling price of Rs. 975/= (60ml) , Rs. 1650/= (125ml) Individual results will vary. Bio-Oil is marketed in Sri Lanka by Hemas Pharmaceuticals (Pvt) Ltd, 439, Galle Road, Colombo 03. 011 4766666 / 0774182809

SPORTS EMERGENCY FIELD SIDE MANAGEMENT

Manoj Jeewantha - Paramedical officer
Institute of sports medicine, Sports Ministry Sri Lanka

Injuries are very common in contact sports, sometimes it's hard to prevent them at the field side, and however the primary goal of the medical team is to minimize the injury complications while assisting them with the best first aid measurements.

Acute Injuries and medical problems occur on match/event days, also occur at training venues. The outcome of many injuries can often be improved by very simple first aid skills from bystanders in attendance until emergency help arrives. Such bystanders may be parents, club officials, coaches, referees or even other players.

When faced with an injury, the main thing to remember is what not to do rather than what to do especially when deciding to move an injured player.



The general principles of acute injury management are:

- Do no further harm
- Take control
- Avoid unnecessary movement
- Use simple skills – they save lives
- Ensure more experienced help is on the way
- Recognize when you need to do more

Simple measures such as

- protecting the head and neck,
- ensuring an open airway
- supporting an injured limb

These are often all that is needed in the immediate stages of injury management. Many things improve with a little bit of time. Commonly, taking control of a situation and preventing panic until the player visibly improves or more experienced help arrives.

A systematic approach to an injured person is to use DR ABC, This will ensure that assessment and decisions are made in the correct order, waiting will be the wrong thing to do, e.g. failing to recognize a cardiac arrest. Could even lead to the death of the player.

D – DANGER

Recognize the danger to responder and to the player. Ensure that it is safe to approach. Identify the hazards to manage them appropriately e.g. other players who are gathering which disturb the helper or weather hazing normal day to day conditions such as lightning.

R - RESPONSE

Check the level of responsiveness of the player by SPEAKING to him/her. If they don't reply, try to rouse the player by lightly TOUCHING (squeezing) their arm If an injured player is unresponsive, shout for help as loud as you can.

If nobody comes to assist and you have a mobile phone, call someone to help. E.g. in Sri Lanka where this emergency facility is available in the area of COLOMBO the number is 110 If they speak back to you, you know the airway is open, the lungs are getting oxygen from the air and the



heart is pumping enough blood around the body.

A - AIRWAY, Life depends upon oxygen being pumped around the body. Therefore, In order to stay alive, we need to be able to get oxygen into the body through an open airway.

B - BREATHING, Effective BREATHING ensures oxygen gets deep into the lungs and bloodstream effectively.

C - CIRCULATION, Blood and the oxygen in it is then pumped around the body by the circulation.

If you don't have A, you can't have B and will never achieve C. Achieving an open airway is the absolute priority in all casualties. Without it, the injured player will probably die. So it is important to have a basic first aid knowledge if you are a coach, trainer, parent, or player to avoid life threatening situations out of small injuries which are avoidable.

Strength training, nutrition & psychological conditioning can be managed up to the required standards to prevent chronic injuries in sports.

For further information please **contact: Manoj Jeewantha e-mail sportsmedicene.manoj@gmail.com**

You Wouldn't Have Been Returned To Bench



If You Had

A menthol & methyl salicylate
medicated spray for faster
pain relief

Rs.990/-



| BRUISES |
| SPRAINS |
| STRAINS |
| STIFFNESS |
| BACKACHE |

Gold

IT'S ALL YOU NEED TO WEAR



GREY



Rave

Blaze

Storm

Challenge

Rs. 550/-

DUMINDHA MEDDEGODA YOUNG URBAN MUSCLE





Duminda Meddegoda

is 27 years old and works in Corporate Finance, Treasury & Strategy. What makes him win in the corporate jungle and in life is his dedication to training and staying in great shape. His story, in his own words, will motivate and inspire you to hit the gym and get in the best possible shape to reap the benefits of fitness in all aspects of your life.

How did I get in to fitness / how did I get started?

I started training at the age of 18, and this was simply to put on some muscle and size to my skinny frame; I was only 59kgs at the time. I used to play football at school and had a very difficult time putting on weight. In

hindsight, I realise that was predominantly because I just wasn't eating anywhere near enough food to exceed my daily caloric expenditure. I knew nothing about training or nutrition when I started, and information was not nearly as widely available as it is now. I figured going to the gym thrice a week would be enough.

After school, I moved to London for university, studying for a Masters in Civil Engineering at Imperial College London. This is when I actually started to make some sort of visible progress. As I made progression and gains, I learnt to appreciate the discipline that the training brought (and obviously the gains).

Since university, I've become less concerned with how much weight I am lifting. Proper form and time under tension will get you far better results than just lifting as much weight as you can, and it will also massively reduce the risk of injury. I currently weigh between 78 - 79kgs.

Why do I train?

The results are addictive and they keep you pushing. But it's not only the physical transformation aspect; the mental discipline and effort that it takes to regularly push through training after

finishing work at 7pm (I'm not talking about doing it once or twice a week here, 4 days a week for 4+ years). This commitment pushes you to do more in other aspects of your life too.

For me, fitness is a lifestyle more than anything else. Choosing to have such a lifestyle goes beyond the gym and what you do in the gym. It's where the other aspects of your life are also in sync with

what you do in the gym. For me that means my eating habits and diet (don't get me wrong, I love the occasional ice cream) but when I am eating healthier, I feel better about myself. A "Fit Lifestyle" also means you get adequate rest and allow your body to recover. There's nothing quite like getting in a great workout. It has positive knock on effects on the rest of your life.

What motivates me to keep going and to push harder?

My single biggest motivator today is still the late Greg Plitt. If you guys haven't heard of him, definitely check his videos out! When people approach me and ask me for advice on training etc. that in itself motivates me to keep pushing. Knowing that I've motivated others to train is pretty inspiring.



What has been my biggest challenge?

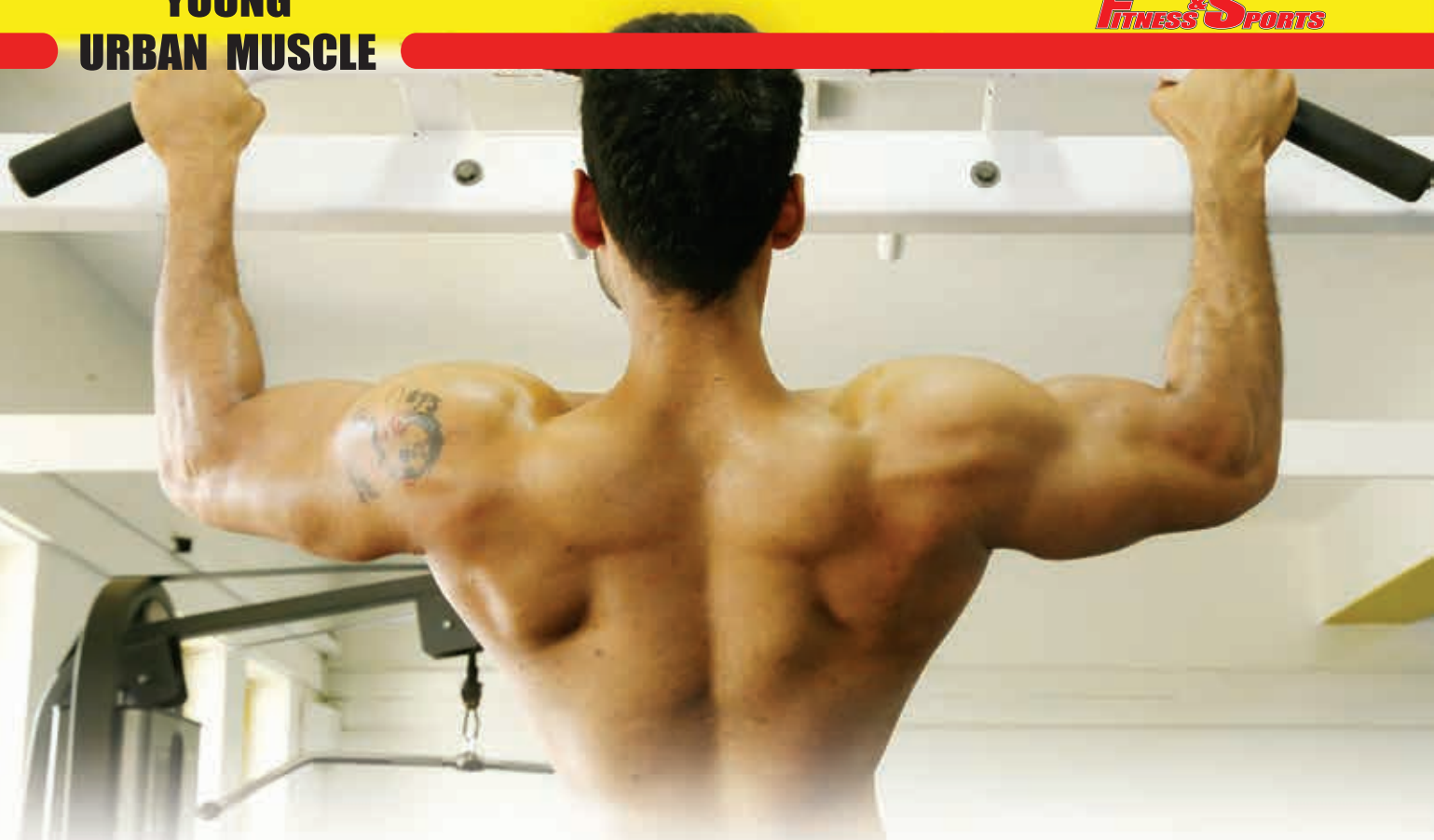
I injured my lower back in May 2015 and it kept me from lifting any weights for 2 months. That was the longest break I had taken since I started lifting at 18. I had to return to the gym and work on stretching and mobility. And even after that I was lifting a fraction of what I did before. Coming back in to the gym wasn't easy but it's about being determined enough to push through.

Balancing work and fitness

This has been a challenge for the past 9 years, ever since I started lifting weights! And it doesn't get any easier; you just learn to manage your time better.

My final year of University and then my postgraduate studies saw my workload pick up significantly, finding time to train wasn't easy. I had to make it a priority and in return it paid good dividends; getting a good workout was a great stress reliever and a good break from studying!

When I moved back to Sri Lanka, I started working at MAS Holdings, in the Corporate Finance, Treasury and Strategic Planning Function. This is a cross functional team where no day is the same. It was a big change to get used to at first, from studying engineering to working in Corporate Finance. But I get bored easily, so a dynamic role was ideal. Again, working out and working aren't always the easiest combination. If I have work to finish off for the next day, I'll make sure to get my workout (the gym closes at 9) and then finish off my work at home. Sometimes you just have to put in the work and sacrifice a bit of sleep.



Working Out When Travelling

My work sometimes requires me to travel both within the country and out. Obviously travel makes it very difficult to stick to a workout routine and a meal plan but the important thing is to try your best to stay on track. What I often do is try and find a gym where I can squeeze in a workout. It might not be my full workout because often you're crunched for time and hotel gyms are small with very limited equipment, so you have to improvise. I might do a full body routine utilizing just dumbbells. The key though is not to set yourself back too much. You might think that you've put on "fat" after just a week of travel, but if you've maintained a reasonable diet and managed to train a couple of times, there's nothing to worry about. The "fat gain" is not really fat; it's more likely to be excess water which is simply your body's acute reaction to its circumstances (e.g. inconsistent levels of sodium).

What are my favorite exercises and body parts to train?

My favorite body part to train at the moment is back, I just love getting in volume and a crazy pump. It was one of my weakest muscle groups and seeing progress over the years is a pretty good feeling.

My favorite exercises have to be:

- Pull ups – I think this is the best overall upper-body exercise. It beats the bench press, rows etc. A lot of the time, experienced lifters dismiss it. If doing 15 pull ups is easy, add resistance!
- Dumbbell pullovers – great for hitting your serratus and getting an awesome stretch in your diaphragm
- Incline dumbbell bench press
- Standing hammer curls – because who doesn't like curls!

What is my current training philosophy?

At the moment, I'm following a push, pull, legs split. Where I train 3 days in a row and take one day off. However with work and other commitments, I inevitably miss a day here and there. So I'm not too boxed in by my plan. It's important to be flexible and work around your other commitments. So I might train 2 days in a row, take a day off and get back. I've decided to give this three day split a go in order to train each muscle group almost twice a week. I want to see how my body responds to the increased frequency of training. Before this year, I was following a very segmented split, where I would train each muscle group once per week (your standard bodybuilding type split).

What is my approach to nutrition?

My approach to nutrition has changed so much over the years.



It wasn't till I started university that I realized the importance of caloric intake, and even then it was more about consuming a total number of calories rather than paying attention to macro nutrient split. I started off by trying to eat as clean as I could whilst shooting for approximately 3000 calories a day and a protein intake of about 180g. This has stayed relatively consistent over the past few years. The only change being in my views on flexible dieting or IIFYM (if it fits your macros). Based on the scientific research out there and the results that others have got using flexible dieting, I personally think it's an effective style of diet and one that is relatively easy to stick to.

With more sources of fitness/nutritional knowledge out there, I've gradually educated myself in the different principles. And now it's just about striking a balance between eating what I enjoy and clean eating. I don't

count macronutrients (macros) but I do "guesstimate" them and I've read enough nutritional labels to be able to do that. I would recommend anyone who has never done that to try it for a month.

When dieting, go for something that you can sustain over a period of time and that doesn't deprive you of everything you like. I strongly advise against crash diets, they just don't give you long term results. People nowadays are always looking for the easiest route, however there is no easy route. You just have to put in the work, consistently over a period of time. Your physique is 60% diet, 30% training and 10% rest.

What are my best tips for someone looking to reach their dream physique?

My single piece of fitness related advice to someone would be, find something you enjoy doing, but at

the same time challenges you. It might be lifting weights, running, playing football. Find whatever it is you enjoy doing because sticking to it and performing that activity regularly is important.

Favorite Quote:

Greg Plitt - ***"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain"***.

If you can embrace this in and out of the gym, you're heading in the right direction.

Lex Fitness - ***"Lift it, don't shift it"***

Unknown - ***"If you're having a difficult day, think of it as a character building day"***

Greg Plitt - ***"You are what you do repeatedly. If excellence is something you're striving for, then it's not an accident. It's a habit."***

THE SPORT OF FITNESS

BY ANDY SALEM ANDREWS

GRIT

"HOME OF SRI LANKAS FITTEST"

@wethegrit 

andrewsandycf@gmail.com



In 2003, an ex-gymnast from California, had a revolutionary idea. He realized that in order for him to develop his strength for his sport, he needed to create a more well rounded program that included different variations of strength and neuromuscular training. He started to mix Olympic Weightlifting, Powerlifting, Calisthenics, Kettlebells and various models of cardiovascular protocols into his training. Out of this experiment, the sport that we now know as Crossfit, was born.

He started to train clients out of his garage and trained multiple people at once. They all followed the same workout which was written on a whiteboard at the front of the class. They trained in groups and everyone wrote their scores, weights, and times on the board. This dynamic class developed a camaraderie and a sense of competitiveness within the community that he was creating. He had found a way to get clients to push through workouts through a very easy concept, the concept

of sport. Little did he know that what he was creating was one of the most clear and concise definitions of fitness through the data that he was collecting from his gym.

In 2007, in a ranch in Aromas California, the first ever Crossfit Games were held. It was a fun event organized by Greg Glassman and Dave Castro (Director of the Crossfit Games) which brought the whole community together to test their fitness and enjoy a barbeque, beers and good

company. James Fitzgerald and Jolie Gentry won it and got crowned The Fittest Man and Woman in the World. It was a bold statement at the time, but the critics were soon about to witness one of the most

meteoric rises that any sport has taken. In 2008, the Games were once again held at the ranch in Aromas California and 300 athletes entered on a first come first served basis. Jason Khalipa and and Caity Matter

took the title of Fittest Man and Woman on the planet. By the time 2009 rolled around qualifiers had to be put in place for the sheer amount of entries that had been made worldwide. The inclusion of



THE SPORT OF FITNESS

Reebok as the main sponsor had now made Crossfit an extremely marketable brand

and by the time the Crossfit games came back around in 2010, the Home Depot center

in Carson, California was the host, there was live streaming and a \$ 26,000 purse was



introduced which in 2010 grew to \$1,000,000. The exponential growth of the Crossfit Games has spearheaded a dramatic rise in the number of Crossfit gyms worldwide. In 9 years Crossfit has gone from having 9 to 10,000 affiliates, and has amassed a net worth of USD 4 Billion. Businesses don't grow at this rate unless there is consumer interest and the consumer interest for Crossfit is simply how amazing this program is, and how it truly changes the lives of every individual that experiences its very effective methodology of training and structure of the gyms and programs itself.



At the Grit gym in Colombo, we have brought Crossfit in its purest form to Sri Lanka and have made the necessary adjustments for the requirements that our demographic needs. We are proving, one client at a time, that this program can turn the average person in to an elite level athlete. We are also showing that you don't have to be fit to start Crossfit. You just have to be willing to make a couple of very simple

lifestyle changes and the payback will be life changing. There has been such a huge impact by this style of training worldwide. We are now on a mission to bring this Sport of Fitness to Sri Lanka. The untapped potential in this country is immense. The Crossfit community in Sri Lanka will harness this potential as our sport is very

powerful in its appeal and its organic essence will ensure its success. We are confident that there will soon be an athlete, or two, or a few, who will shine on the biggest Crossfit stage and fly the flag high for our nation.



HOME OF SRI LANKA'S FITTEST

04:29:41

STRENGTH

AGILITY

SPEED

AGILITY

BALANCE

ENDURANCE

POWER

ACUITY

AGILITY

POWER

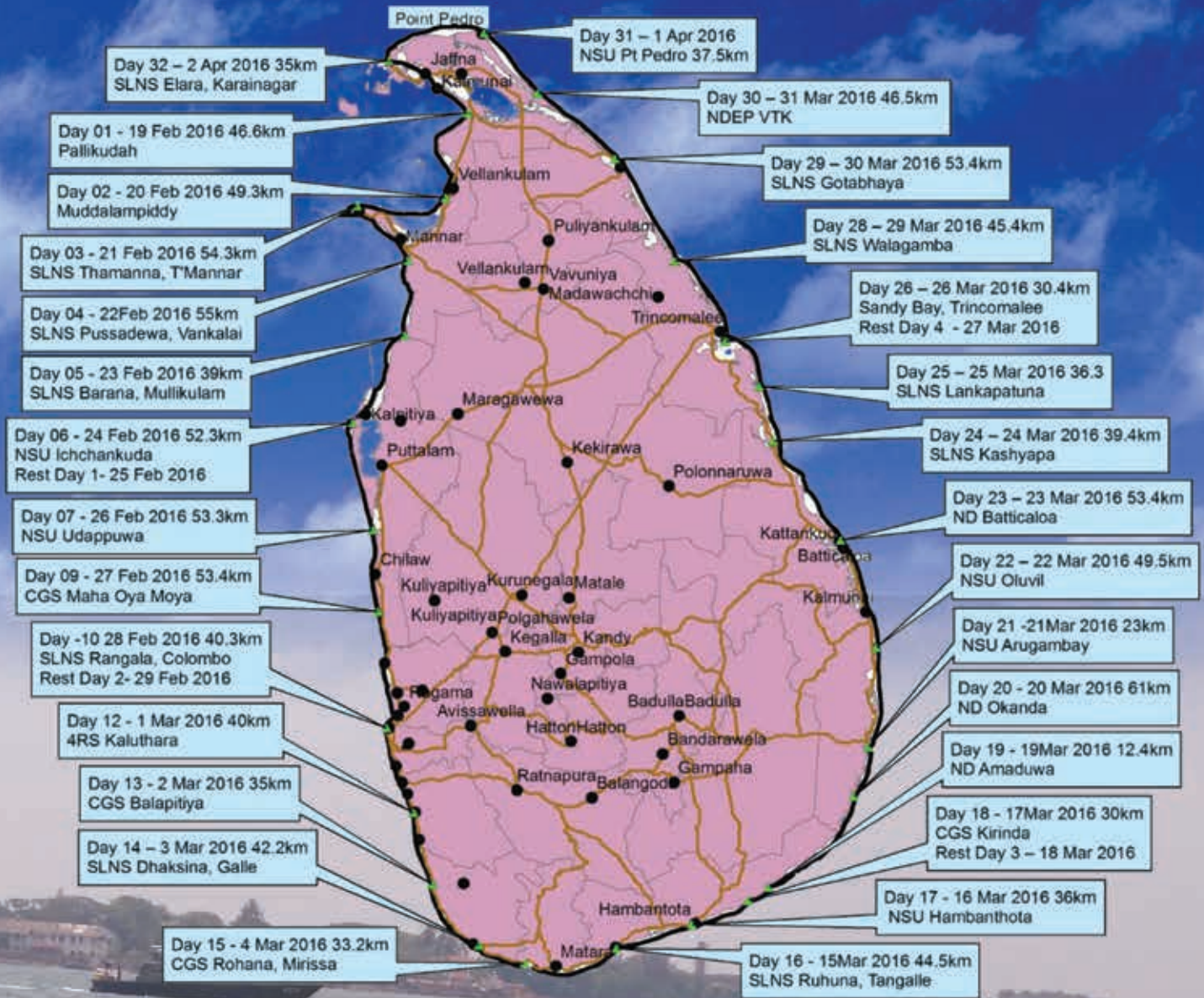
Warm Up
 400m Run / 100 Double Unders
 Inch worm x 7 reps
 Sumo Squat x 6 reps
 20 Overhead Squats
 7 Street pull ups
 1 Personal Bar hang
 To Bar
 100m x 60s
 100m x 60s
 100m x 60s

Back Squats 5x4 @ 80%
 W.O.D
 4 rounds for time
 5 bar muscle ups
 20 kettlebell swings (24/16)
 25 Air Squats
 Accessory
 Banded Glutes

Member Roster
 Deshani - 10:57
 Kevin - 11:50
 Amanda - 8:30
 Nimandha - 8:58
 Nisali - 8:47
 Andrew - 7:30
 Chand - 9:34 (ok)
 Dulon - 9:34 (ok)
 Wynn - 9:34 (ok)
 D...
 ...
 ...



NAVY'S KAYAKING EXPEDITION AROUND THE PEARL





Paddling around Sri Lanka in a kayak covering a distance of 1251 km encountering difficult sea conditions, beaching in extreme surf while sitting in a cramped cockpit for long hours under scorching sun and heat is indeed a testament of perseverance, resolve, teamwork, courage and a very high level of fitness that are inherent traits of men in uniform of the Navy. This feat was accomplished by Commodore Priyantha Perera, Director Training of the Sri Lanka Navy and his colleagues Lieutenant Commander Kamal Kumara and Fleet Chief Petty Officer Sampath from the Navy's elite Special Boat Squadron (SBS). They began this arduous challenge on the 19th of February 2016 and completed it on the 2nd April 2016. Commodore Priyantha is also the Chairman of Rowing and Canoeing in the Sri Lanka Navy and the Secretary General for Canoeing and Kayaking in Sri

Lanka which comes under the purview of the National Olympic Committee. Fitness & Sports is proud to present the interview with Commodore Priyantha and Lieutenant Commander Kumara from the Special Boat Squadron. They share their insights and reflections on the expedition of circumnavigating Sri Lanka in thirty three days.

Fitness & Sports: How did you get involved with kayaking?

Commodore Priyantha Perera:

It has a history. Way back when I was a Junior Officer in the Sri Lanka Navy we paddled downstream in Kelani River to Colombo from Yatiyanthota on RFD's (inflatable boats). That was in 2001, after that I developed an interest for white water rafting. Before joining the Navy I had no exposure to kayaking. In the Special Boat Squadron (SBS) we have canoes, kayaks which are used for clandestine entrances in

combat situations. After getting exposed to riverine exercises and operations with the Navy I developed a fondness for this activity. In 2003 I had the opportunity to go to the US for my Staff Course at the US Navy War College. Being an adventurous person I was always looking for adventure equipment. In one of the adventure stores in the US, I bought an inflatable kayak which was not that expensive and I brought it with me back to Sri Lanka. I took the kayak around with me where ever I was appointed to. It is a very stable kayak that enabled me to do white water kayaking as well as calm water and open ocean kayaking. That was my introduction into recreational kayaking. I began to read kayaking publications and enhanced my knowledge and skill level in this activity.

As far as recreational kayaking is concerned, I am a self-taught man.



I have paddled in both Kelani and Mahavali Rivers as well as other streams and water bodies. When I was the training commander at one of the Naval Academies in Boosa I used to put my kayak into the sea and paddle all the way up to Galle on my own, just for fun. Sometimes, I capsized and swam back to the beach while pulling the kayak. That is how the interest for kayaking was instilled in me. Late in 2009 I became the Commanding Officer of the Special Boat Squadron and got back into the kayak for combat action. Then we started designing riverine exercises. What I have learnt from my own research and experience in kayaking I gave back to the SBS boys to develop their skills.

Lieutenant Commander Kumara (Special Boat Squadron):

It was in 2009 when I got the opportunity to serve under Commodore Priyantha Perera when he took over as the Commanding Officer (CO) of the SBS. That time I planned an operation in Kala Oya to capture illegal poachers. This was a reconnaissance operation through the river with a distance of around 30km. Our CO joined this operation as an observer in his inflatable kayak. As there was not that much water on the river at the time, this meant we had RFD's. We had to carry the boats on our shoulders in some areas where the river had dried up. However this operation was a success and we caught few poachers. It was after this operation that I took to paddling a boat. I like the kayak so much that I am going to buy my own kayak soon.



Fitness & Sports: What do you prefer, the canoe or the kayak?

Commodore Priyantha Perera:

A kayak originates from the Eskimos in Greenland. Originally it was a boat built with animal skins and bones and totally covered in which the paddler sits inside. The paddler wears a spray skirt that prevents water coming in. The kayak is propelled with a two blade double end paddle. The

canoe on the other hand is an open boat that propels with a single blade paddle. The boat has been originated by North American Indians and used for long distance travelling for hunting and carrying goods. In general Canoeing is the term used for both types of boats. I personally prefer the kayak for it is fast and more manoeuvrable than a canoe.

Fitness & Sports: What motivated you to set forth on a kayak and paddle around the country?

Commodore Priyantha Perera:

During my tenure as the Commanding Officer of the SBS, this dream came to my mind to circumnavigate the Island on a sea kayak.

Fitness & Sports: What are the fitness criteria for kayaking?

Commodore Priyantha Perera:

In sprint kayaking you require explosiveness especially for short distance races and muscular endurance for the long distance events. For recreational kayaking which includes sea kayaking and fresh water kayaking the fitness requirement is primarily a high level of muscular endurance to be able to paddle for long distances. Long distance kayaking requires you to pack essential items such as food, water, utensils, first aid etc. which needs



to be physically carried and this requires a certain degree of strength because these items add up to a considerable amount of weight. Paddling for 5 to 6 hours under intense heat requires a strong persevering mind as well as an extreme level of fitness. You also have to make sure that you stay hydrated because you lose a lot of water. Aerobic endurance is the key fitness criteria for long distance kayaking. Loading body weight onto the paddle, or as much force as the body can generate, involves getting all the

muscles of a paddler's body involved in the stroke action. These motions involve all the muscles of the body, from torso to arms, to shoulders to hips and legs, whilst simultaneously loading the body on to the paddle

Fitness & Sports: Could you describe the training phase leading to the expedition?

Commodore Priyantha Perera: We initially started the expedition with 5 boats and completed with 4 boats. The type of kayaks used by the SBS for combat missions

are different from sports and recreational kayaks. So four or five days before the expedition the technical aspects required for sea kayaking were given to SBS sailors who would paddle not the entire distance but take turns and at the same time learn and gain experience on the job. They were trained by members of the Navy's canoeing pool and the staff of the Adventure Seals who supplied some of our key outdoor equipment and tracking system as well. The fitness regime that I do 5 days a week which includes gym sessions, kayaking and swimming prepared me for this expedition. My gym workouts consist of building endurance rather than building big muscles.

Fitness & Sports: How did you get nourishment and sleep on the expedition?

Lieutenant Commander Kumara (Special Boat Squadron): We planned our route so we would stay the night in a naval or





coast guard base along the coast where we would have our dinner. Breakfast was usually rotti, bananas, boiled potatoes and eggs. Lunch was usually a dry rice and curry, nothing special. Our dinners were very good where the navy and coastguard bases went out of their way to give us a good nourishing and tasty meal. On some occasions breakfast and lunch were taken while sitting inside the kayaks. We carried our breakfast with us after we had left shore and consumed it around 9.30 a.m. Lunch was usually brought to us by our shore support team that travelled along the coast to support us in our expedition. At some locations it was difficult for them to meet us so in these instances we stocked up our food and had our meals at sea while paddling. We kept a good supply of plantains (Anamalu) and chocolates for energy. It is very important to stay hydrated so each man carried about 4 litres of water in their kayaks at any given time. In some locations the shore team had some young coconuts (Kurumba) ready to replenish us. This was all part of the adventure.



Fitness & Sports: What were the biggest challenges that you faced in the sea?

Commodore Priyantha Perera:

One of the issues was when the sea gets rough and the waves hit you from the sides. When the waves hit you from the front, you can cut the waves and go. Even though you're flushed with water as long as your skirt in the boat is ok you will not have too much water seeping into the boat. Even if water goes in we had a pump in the boat that pumps out the water. However, when the waves

hit you from the sides it is dangerous because there is a high possibility of getting capsized. Handling the waves hitting the boat from the sides was a big challenge.

Another challenge was the endurance aspect of the journey. You are paddling for long periods of time so you experience high levels of fatigue. Pushing through the fatigue was a challenge along with beaching and launching the kayaks under near impossible conditions.



When the distance between the waves is long then you have time to avoid being hit by the next wave. But when the distance between the waves is short then your boat can capsize because you can get caught by the waves coming from behind you, before you get to the beach. At Kalutara while beaching I capsized and was trapped inside my kayak. I somehow managed to manoeuvre myself out of the kayak, it was important that I stayed calm in this challenging situation. At Mullaitivu the conditions were very serious at the beaching point

and one of the boys got capsized about 200 metres away from where we were supposed to end up on the beach. We were able to manage to get him back into the kayak and pump out the water. We had a few minor injuries like exposure to the sun, blisters coming up but thankfully no serious injuries or health issues.

Fitness & Sports: Were there moments where you felt like quitting and how did you overcome these feelings?

Commodore Priyantha Perera:

The paddling spell was around 40km which is around 5 hours of paddling. When the conditions are bad I began to wonder why I was doing this expedition but then I could not show such weakness because then the others will worry too. There was a time when I was almost on the verge of giving up when I capsized in Kalutara. I had a lucky escape after being trapped in the boat and was shaken up a bit. Despite some of the minor health issues and rough sea conditions, we persevered and achieved what we set out to do.



Fitness & Sports: Who do you wish to thank and appreciate that supported and encouraged you to accomplish this challenge?

Commodore Priyantha Perera:

The blessings of the Commander of the Navy made the expedition possible and all preparations were expeditious including the procurement of four brand new sea kayaks. The team was deeply honoured to be received and congratulated by the Commander of the Navy at the Finishing Line. It must be said that without his support and encouragement this achievement would not have been possible.

Success was achieved not only because of the team's commitment towards their objective but also due to the tremendous support and show of enthusiasm and encouragement given from all the Area Commanders, the Deputies, the

Operational Staff and the Commanding Officers of the Navy who have gone beyond their call of duty in supporting the expedition. The continuing encouragement, words of advice and the enthusiasm of the Chief of Staff, the Director General Training, the Director General Operations of the Navy and the Director General of the Coast Guard and the timely response and support by others need mentioning. We are very grateful for the encouragement given to us by all our families, friends and batch mates who came to wish us at the finish line and especially Supem and Ruwan of Adventure Seals who gave us our Delrome Satellite tracking device. Last but not least the shore support team who did a marvellous coordination work and looked after our health and injuries and without the encouragement and support of all the above this expedition would have been only a pipe dream.

Fitness & Sports: What are the main lessons learnt from accomplishing this remarkable feat of mental and physical endurance?

Commodore Priyantha Perera:

Being able to see the entire coastline of our country for the first time and observing it very closely is very useful for us serving in the Navy and especially for the Navy's elite Special Boat Squadron members. We can now share our experience with our colleagues and enhance their knowledge and understanding as well. We are the first Sri Lankans to have accomplished this feat.

Lieutenant Commander Kumara (Special Boat Squadron):

The lesson I learnt from this the entire expedition was that if you have the will and the interest you can achieve your goal. This applies to everything in life.



Priyantha Perera, who is also, the Secretary General of the NACKSL, for his leadership and initiative in undertaking this task.

Fitness & Sports: When and what will be your next challenge?

Commodore Priyantha Perera: Hopefully I will kayak all the rivers in Sri Lanka.

Lieutenant Commander Kumara (Special Boat Squadron): I would like to join with the Commodore on all those adventures.

The President of the National Association for Canoeing and Kayaking, Sri Lanka (NACKSL), Mr Rohan Prithiviraj Perera, had this much to say;

Circumnavigating Sri Lanka in 33 days, paddling in the rough seas is certainly an arduous task and a great feat to have been achieved by Commodore Priyantha Perera, together with Lt. Commander Kamal Kumara and Fleet Chief Petty Officer Sampath of the Sri Lanka Navy's Special Boat Squadron. On behalf of the National Association for Canoeing and Kayaking, Sri Lanka,(NACKSL), I wish to congratulate and show our appreciation to Commodore

This adventure initiative in Sea Kayaking is in addition to the numerous aspects of Canoeing and Kayaking, such as Kayaking in Rivers, Flat Water and Rapids, which is possible in an island nation such as Sri Lanka, with so many inland rivers, canals and waterways that the sports loving public can make use of. It will be our endeavor at the NACKSL to further develop the sport of Canoeing and Kayaking in the country, which is also, an Olympic Sport with many medals on offer in the different disciplines.



**NAVY'S
KAYAKING**





Discover unique designs of elegance

Add a touch of opulence to your home with the range of Wall and Floor tiles from Lankatiles.



215, Nawala Road, Narahenpita, Colombo 05, Sri Lanka. | Tel: (+94-11) 4526700
 Email: info@lankatiles.com | Web: www.lankatiles.com
 Showrooms and dealers islandwide.

Follow us on  

Aluthgama	034-2272409	Dambulla	066-2283888	Kadawatha	011-2969993	Matara	041-2238393	Peradeniya	081-2386204
Ambalanthota	047-2225361	Embilipitiya	047-2261958	Kaduwela	011-2487791	Mathugama	034-2249054	Ratnapura	045-2232412
Amblangoda	091-2258288	Galle	091-2233411	Kalutara	034-2226288	Minuwangoda	011-2294945	Vavuniya	024-2227250
Ampara	063-2224942	Gampaha	033-2231810	Kegalle	035-2221695	Monaragala	055-2277046	Warakapola	035-2267506
Badulla	055-2231395	Gampola	081-2353126	Kurunegala	037-2056130	Moratuwa	011-2642355	Wariyapola	037-2268077
Balangoda	045-2289996	Horana	034-7451675	Kottawa	011-2842835	Negombo	031-2234162	Wattala	011-2948355
Bandarawela	057-2221400	Ja-Ela	011-2244885	Mahiyanganaya	055-2258550	Nittambuwa	033-3723981	Wellawaya	055-2055083
Chilaw	032-2223661	Jaffna	021-2228157	Matale	066-2231042	Panadura	038-2240897	Wennappuwa	031-2255444



SRI LANKA WOMEN'S VOLLEYBALL



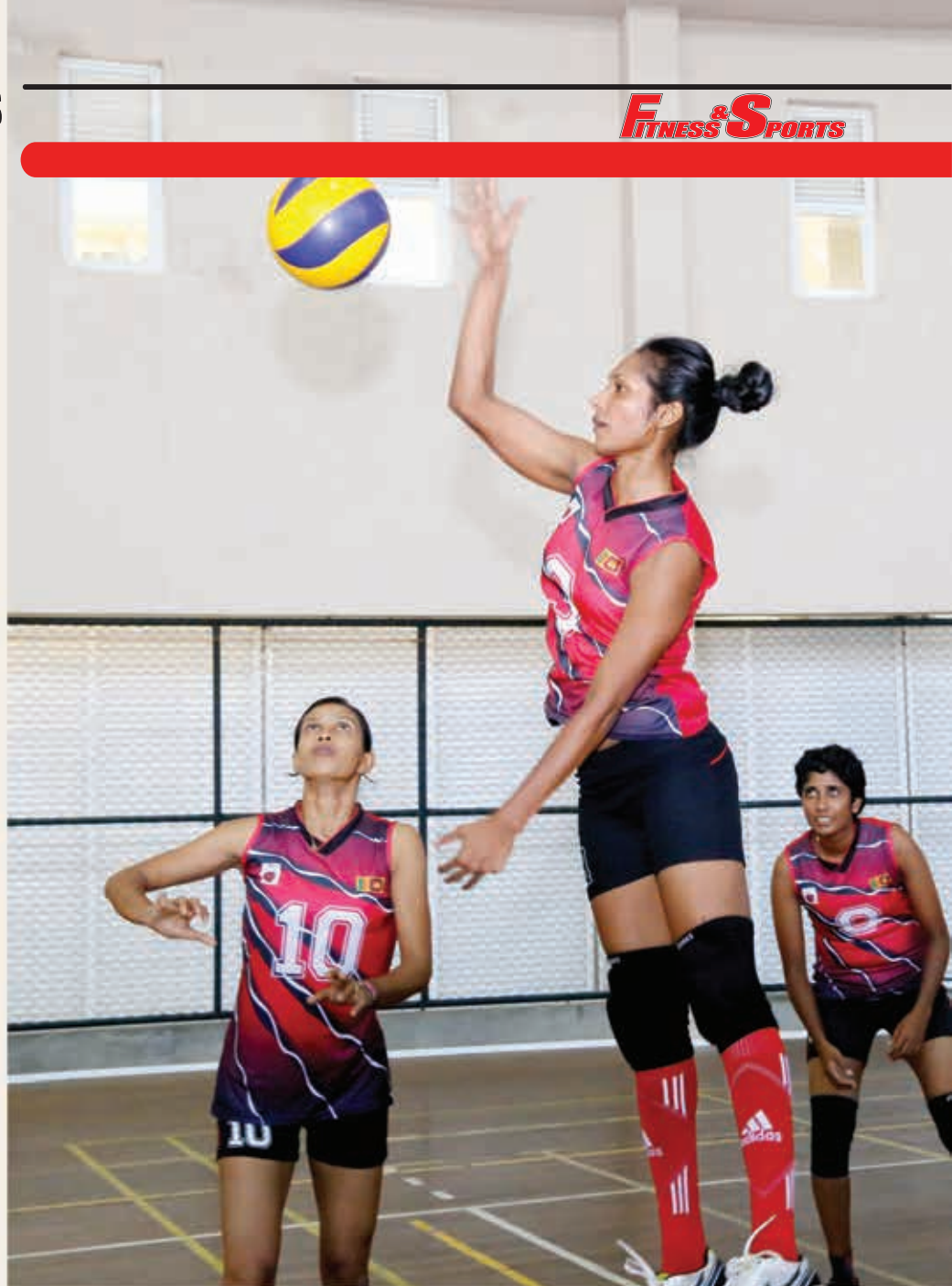
SRI LANKA WOMEN'S VOLLEYBALL

Volleyball has been the National Sport of Sri Lanka ever since it was officially declared in 1991 after being introduced by the Americans in 1916. The sport caught root and is played throughout the island. In this Volume, Fitness & Sports puts the spotlight on the lovely lasses of the Sri Lanka Women's Volleyball team. We spoke with Mr. A.S Nalaka who is the General Secretary of both the Sri Lanka Volleyball Federation as well as the Mercantile Volleyball Association. He gives an administrative perspective on the sport. This is followed by the interview with the Captain of the Sri Lanka Women's Volleyball team Ms. Dinesha Prasadini who gives her insight into this very widely played sport of Sri Lanka.



Fitness & Sports: Would you please tell us your involvement in the sport of volleyball and how it began?

A.S Nalaka: I have played volleyball for 20 years including school volleyball and I have represented the National Youth Volleyball Team. After my volleyball career I moved into administration of the sport for both the Mercantile Volleyball Association and the Sri Lanka Volleyball Federation. Before I was elected to the post of the General Secretary, I was a Tournament Secretary of the



National Volleyball Federation.

F&S: How did Volleyball become so popular to become the National Sport of Sri Lanka?

A.S.N: The National Volleyball Federation spared no effort to popularize this Sport Island-wide using the Schools and Districts to promote Volleyball at the Grassroot Level after the introduction of this Game in 1916. This led to the sport becoming immensely popular and subsequently becoming the National Sport of Sri Lanka.

F&S: When did Sri Lanka first field a Women's Volleyball Team

and what are the Achievements of the Sri Lanka Women's Volleyball Team?

A.S.N: We (Sri Lanka) fielded a Women's Volleyball Team for the first time in 1955. Since then our achievements have been:

- 5th SAF Games 1991
- **Gold Medal**
- Central Asian Women's Volleyball Championship 1998
- **Silver Medal**
- 10th SAF Games 2006
- **Silver Medal**
- 12th SAF Games 2015
- **Silver Medal**



F&S: What is the current position of our Women's Volleyball Team?

A.S.N: 2nd Place in South Asia.

F&S: Which countries are our biggest competitors and why?

A.S.N: China, Korea, Thailand and Japan are the dominant countries in the Asian Region. Globally Brazil, USA and Cuba are ranked in the top three in this order. This is due to their advanced training methods aided by technically superior training equipment. These countries get more international exposure which better their performance at the big tournaments.

F&S: What actions need to be taken to improve the standard of Sri Lanka Women's Volleyball?

A.S.N: We have already started various forms of Championships in the rural areas all island with

special emphasis on Schools at Provincial, Districts and Divisional Levels culminating in the Finals in Colombo. It is our intention to intensify Training Programs, Exhibition Matches, Seminars and investigate all other avenues which will showcase the benefits and advantages of our National Game from whatever perspective it is looked at. The Armed forces, Police together with Mercantile and Government Sector assistance will help us achieve our goals by employing promising volleyball players.

F&S: How do you plan to encourage more girls to take up the sport of volleyball?

A.S.N: By introducing the Game using various means as mentioned above will help the Volleyball Federation to attract more girls to take up the sport.

F&S: Where does the team train? And do we have any foreign coaching?

A.S.N: The team trains at the NYSC Indoor Stadium Maharagama. Three years back we had a Japanese coach who coached our national team for two years. After his tenure we got a Cuban coach. He trained our team for the last South Asian Games and we won the Silver Medal.

F&S: How important is the role that the Armed Forces and the Mercantile Sector play in uplifting Women's Volleyball in Sri Lanka?

A.S.N: They both play a very important role by offering employment and sponsorships to up and coming Volleyball players, especially those from the rural areas.

F&S: Do you see a bright future for Sri Lanka Women's Volleyball?

A.S.N: Yes, I do as a result of the implementation of the suggestions mentioned earlier.

F&S: What is your message to our Women's Volleyball team?

A.S.N: Make full use of the facilities provided by the Sri Lanka Volleyball Federation to develop yourselves. Also closely study the latest techniques used by foreign teams for the development of your Game.

Captain of The Sri Lanka Women's Volleyball Team: Dinesha Prasadhini

Fitness & Sports: Will you share with us about your journey in volleyball?

Dinesha Prasadhini: I got a scholarship to come to the Madampe Sports School and my first coach was Mr. Charles Thilakaratne. I went on to represent the National Side in 2004. In 2011, I was appointed as the Captain of the Sri Lanka Women's Volleyball team. In 2006 we won the Silver Medal at the South Asian Games. In the recently held South Asian Games we won the Silver Medal under my captaincy.

F&S: How did you feel when you were made captain of the Sri Lanka Women's Volleyball team?

DP: I felt that I was given a big responsibility that I needed to fulfill. To achieve success I knew I had to first get the fullest support

and corporation of my team mates.

F&S: What are the specific fitness attributes required for a volleyball player?

DP: Power, flexibility and endurance are the main fitness requirements to play volleyball.

F&S: Do you have an international volleyball player that you look up to?

DP: I do not look up to any international player. Instead I want to be an example for other players to look up to.

F&S: Where are you employed and how do you balance your time between work and volleyball practice?

DP: I represent the Sri Lanka Air Force. We do our assigned duties and then attend volleyball training. Our time is structured to enable us to fulfill all our commitments. The Sri Lanka Air Force Volleyball team has won all domestic championships.





F&S: How many times a week does the team train?

DP: We train 5 days a week. Our coach prepares the schedule that is customised to the respective position of each individual player.

F&S: What is the specific fitness training regime that you follow?

DP: We do beach training, road running and weight training which is done at the gym in the Torrington Sports Complex.

The main strength and conditioning exercises we do are:

- Squat
- Bench Press
- Calf Raises
- Shoulder Press
- Box Jump

F&S: What is your diet during training? Do you take any supplements?

DP: The Sports Ministry assigns our menu. For breakfast we eat either kadala, cow peas or green gram. Lunch and dinner is usually a meat dish with vegetables. We are given multi vitamins and we take Gatorade after practises. We do not take any other supplements.

F&S: As captain of the team, what do you want to achieve? And what is your plan to ensure success?

DP: I want our team to be amongst the top 8 teams in Asia. To achieve this we have to be committed in our training and make sacrifices. We also need to increase the size of our volleyball pool so there are more skilled players to select from.

F&S: How would you encourage more girls to take up volleyball?

DP: We need to encourage more school children to take up the sport. To do this we need to have more school meets so the

children are motivated to continue the sport up to the national level.

F&S: What do you do to relax?

DP: Volleyball is my life so I have no other hobbies or interests.

F&S: Who do you wish to thank who have made it possible to live your dream?

DP: I am thankful to my parents, my first coach Mr. Charles Thilakarathne and the Sri Lanka Air Force who have all supported me and helped me get to where I am today.



ENJOY REAL BENEFITS OF DIGITAL BANKING WITH PEOPLE'S BANK

Now, buy your **SMARTPHONE** inclusive of the **PEOPLE'S VOICE BANKING APP** with our Easy Payment Scheme

PEOPLE'S VOICE BANKING



With our **PEOPLE'S VOICE BANKING APP**, enjoy the convenience of checking the **ACCOUNT BALANCE** and the **LAST 30 TRANSACTIONS** of your Savings Account, Current Account or Foreign Currency Account.

This Service is available in **English, Sinhala and Tamil** languages.

People's Bank Savings account holders along with Fixed Deposit and Foreign Currency account holders can now purchase a **SMARTPHONE** with **PEOPLE'S VOICE BANKING APP** from any Dialog or Mobitel outlet (Mobitel subscribers can also make a purchase at any SLT TEleshop or Singer Mega) on an easy payment scheme and enjoy this facility or can simply visit the Android or Windows app store and download the People's Voice Banking App to your smartphone.

You can choose a payment timeline of up to 24 months.



Visit your People's Bank branch today to obtain this easy payment scheme and own your favourite smartphone with the **PEOPLE'S VOICE BANKING APP** from Dialog or Mobitel outlets.

Now you too can experience new age Digital Banking



People's Bank-0112 206 703 / 707
Dialog-1777 / Mobitel-1717

*Conditions Apply



People's Bank is a licensed commercial bank supervised by the Central Bank of Sri Lanka

AA- Brand Finance Rating, AA+ Fitch Rating



PEOPLE'S BANK
THE PULSE OF THE PEOPLE

CHANGE YOUR GAME.



BOLT-GEAR

CHANGE YOUR GAME

WALK | JOG | GYM

☎: 076-660-6858



 WWW.FACEBOOK.COM/BOLTGEAR/

WWW.BOLTGEAR.COM

“FANTASTIC FIVE”

A CHALLENGING AND EFFECTIVE WORKOUT,

BY SASHA TOLSTIKOVA



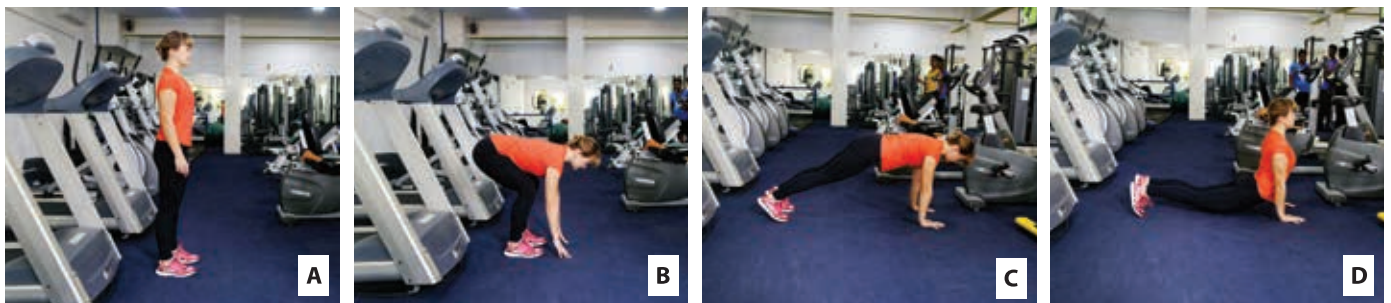
Here is a great routine for those of you who are pressed for time and want to be very productive at the gym. It will take you only 30 minutes to complete this routine including a warm up! This workout combines 5 compound exercises, which means they involve all the major (large) muscle groups. One of the exercises will be “pure cardio” that will help you to keep your heart rate up on point! Fantastic Five is a perfect workout that you can vary with intensity (weights) depending on your fitness level and energy level on the day. It's recommended you start with lighter weights and see how you feel after your first workout. You can always spice it up with heavier weights later on. Remember it's a continuous circuit, so it will work perfectly to increase your endurance and if worked at the right intensity, will shred your fat too! Grab a partner to make it more exciting and motivating!

Perform a quick warm up before you jump into a circuit and remember to cool down when you are done.

Warming Up

Before you begin the main workout begin with these 3 exercises to warm up as well as to engage your core muscles in order to prepare them for the session to follow.

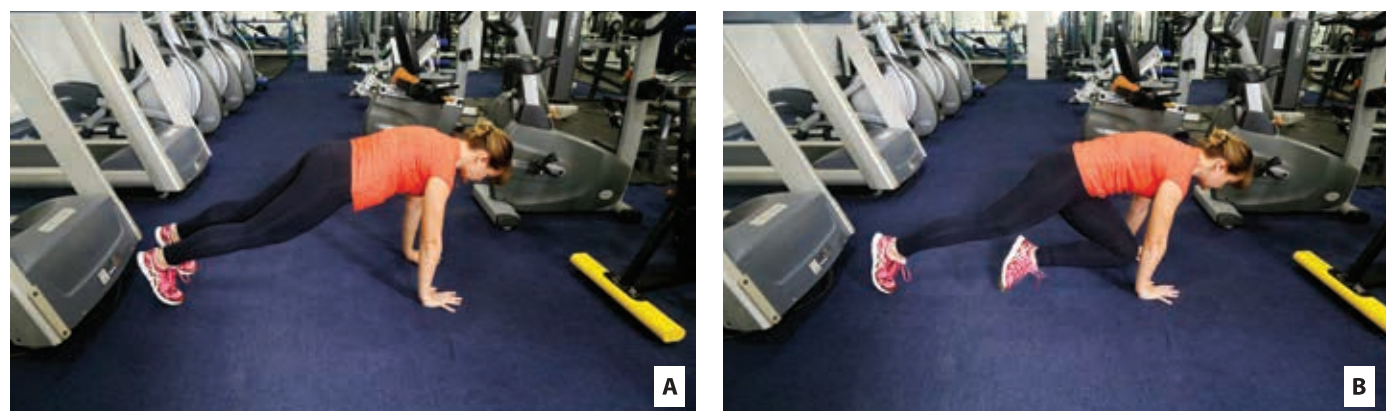
1. Walk out to the plank position and into the cobra



2. Lower Body Matrix. Bodyweight Squat and Cross Lunges.



3. Mountain Climbers



Main Circuit

Each exercise to be performed for 40 seconds and a 20 second rest in between the exercises. Perform 5 rounds of 5 exercises back to back. To keep your reps on track it is best to set a timer!

1. Assisted Pull Ups



A - Place a rubber band around the pull-up bar. Place either one foot or both feet (which makes it harder) or a knee, into the other end of the band.

B - Perform a standard pull-up and allow the band to help you maintain proper form and raise your head above the bar.



2. Front Squat



A - Place the barbell on the rack. Grip the bar at approximately shoulder-width apart and bring it off the rack and let it rest across the front of the shoulders so the palms are facing the ceiling and the elbows are pointed straight ahead.

B - Keep the back straight while squatting down, with the weight resting on the front of the shoulders and balanced by your fingers.



3. Renegade Row



A

A With dumbbells on the floor, hold dumbbells and align hands directly under shoulders and the legs straight out behind about shoulder-width apart. Keep chest under the dumbbells.

B Keep your abdominal/core engaged and pull the left hand up to bring the weight towards the chest. Keeping the elbow closer to the rib cage. Then slowly lower the weight.

C Keep the body straight and flat while pushing arms into the dumbbells to straighten them into the top of the push up position. Then alternate through the other side.



B



C

4. Overhead Lunges



A



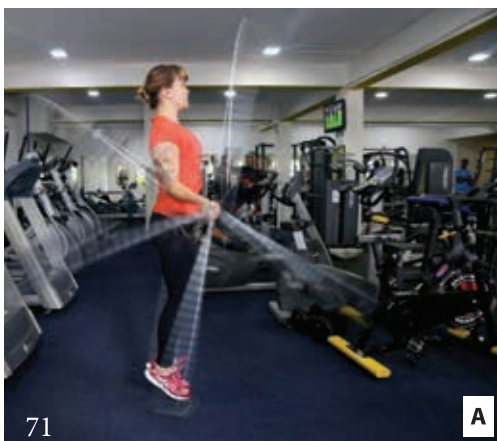
B



C

5. Heavy Rope Jumping (Skipping)

Keep your shoulders relaxed and your elbows close to your body. Your knees should be bent slightly. Jump low to keep the impact on your knees and ankles to a minimum.



A

**FOR ADVISE
Sasha can be
contacted via**

**E-mail:
s.tolstikova@
gmail.com**

**Phone:
076 6089224**

A Keep your feet together and keep dumbbells overhead, pull your shoulder blades down and back without arching your low back. Engage your abdominal/core muscles to stabilize your spine.

B Step forward with one leg. Press the standing foot firmly into the ground, landing on the floor with the front heel first. Shift your body weight forward and avoid sideways tilting. As you lower yourself into your front leg and hip, drop your back knee down. Keep the weights above your head.

C Perform step forward through the other leg, while keeping weights over your head. Keep lunging forward in the same way

BOLT-GEAR, A SPORTS APPAREL BRAND THAT'S ABOUT BUILDING INNER STRENGTH



From (L to R) Sasha Tolstikova (Coach /Trainer) Shafraz Mansoor (CEO – Bolt-Gear) Sergie Rachinsky (Coach/ Trainer)

Bolt Gear was the main sponsor at the Kettlebell Awareness and Certification Programme held recently. It was an awesome event for so many enthusiastic local fitness trainers who were able to benefit from coaches of international standards. We at Bolt Gear are passionate about supporting important training events that strengthen the expertise of our local trainers in order to build a healthier community across the country. Thus the collaboration with the internationally renowned coaches; Sergie Rachinsky, a World Guinness Record Holder

and World Class Fitness Trainer/ Coach, a 9 times Champion Kettlebell Lifter and Sasha Tolstikova, a World Class Fitness Trainer/Certified Kettlebell Coach.

Bolt Gear is a brand that is evolving in the active wear market. We cater to everyone who makes an effort to get out of their comfort zone and start working out. Bolt Gear believes in the power of sports to get people to WALK/ JOG / GYM and more.

Our products cover all segments from Men's/ Ladies to Kids. With the performance based fabrications our

products are of an international standard. Moisture management is an important part of our design. Many new fabric options are tried out to keep up with innovations and trends seen in the active wear market space. Bolt Gear products are available at many leading retail stores

We would like to be recognised as a brand that unleashes the human ability in sports, caring for the needy in our local communities and our staff.

"Bolt Gear is specially made for YOU."



JEET KUNE DO

"THE STRAIGHT LEAD"
BY MASTER JAGATH CALDERA



In Volume III of Fitness & Sports we explained the “On Guard Stance” which is the foundation of the practice of Jeet Kune Do (JKD). In this Volume we progress to the execution of the “Straight Lead” which is the backbone of all punching in JKD as described by its founder, Bruce Lee.

The Straight Lead is an accurate and fast punch, which makes it a very dependable and lethal weapon. According to Bruce Lee, the leading straight punch involves minimum movements in delivery, balance is not disturbed, and because it goes straight toward the target, it has a better chance of landing.

“In Jeet Kune Do, you never strike your opponent with your fist only; you strike him with your whole body. In other words, you should not hit with just arm power; the arms are there as a means to transmit great force with the correct timing of feet, waist, shoulder and wrist motion at great speed.” Bruce Lee (The

Tao of Jeet Kune Do)

You can either lead with your right hand and right leg or your left hand and left leg. However it is best to practice fighting from both stances.

Instructions

- 1. The Straight Leads begins from the On Guard Stance as in the photo.**
- 2. Your hand that is leading moves in a straight line directly in front of your nose targeting the opponents face.**
- 3. Keep your fist relaxed for faster and more powerful punching. Clench your fist tightly (thumb always wrapped around your fingers) only upon impact.**
- 4. The wrist is slightly turned downwards before delivery and is immediately straightened upwards upon impact to add a corkscrew effect to the opponent. Strike**

with the last three knuckles of your fist (Do not let your fist drop when your strike).

Remember your knuckles remain vertical (no turning of the fist). Striking with the last three knuckles gives the fist a slight jerk upwards. This causes both internal damage as well as external damage to the opponent.

- 5. When striking with your lead hand your rear hand should remain in the guard position. Do not make the mistake of dropping your rear hand. The rear hand is there to protect you from a counter attack and to secure a strategic position for a follow up.**
- 6. Remember to punch through the opponent instead of at him.**
- 7. After punching bring back you lead hand along the same path and keep your rear hand high to guard against any counters.**

Step 1



Step 2



Points to Keep in Mind

To perform this simple yet highly effective strike, there are a number of things you should keep in mind.

- Always maintain the On Guard Stance as this give you the perfect balance to generate the maximum power to strike. Power is generated from your hip movement. Your hip movement must be quick to ensure maximum power.
- The power for your hip movement comes from the earth that travels through your legs into your hips which drives the punch and transfers the power into your opponent. Bruce Lee stated that the power of the universe is channeled via this punch as long as you maintain the proper On Guard Stance.
- When you punch your weight

moves to your lead/front foot.

- When you are in the On Guard Stance your fist is already half way between you and the opponent so it has to travel a shorter distance allowing maximum speed.
- The whole punch is one fluid motion.

“
**Longest
weapon
to
the
closest
target**
”

This means that when we are standing in the On Guard Position, the lead hand and the lead leg has to travel the shortest distance to strike the opponent. Your lead hand and lead leg become the main offensive weapons because of their advanced position according to Bruce Lee.

The JKD philosophy places an imaginary vertical centre line on the body. The vital points to attack lie on this centre line. The Straight Lead applied to certain vital points that lie on this centre line of the opponent's body could result in death.

The Straight Lead is effective because it is very difficult for the opponent to see it coming hence difficult to avoid its strike. In delivering the straight lead there is no motion that warns the opponent that the punch is coming.



It is very important to strike fast with the Straight Lead to neutralize the attack. Remember to realize the power of this punch you must practice and keep practicing. The philosophy of JKD lies in mastering the basics. Bruce Lee said "The Leading straight punch is the backbone of all punching in Jeet Kune Do".

From the Straight Lead came Bruce Lee's famous "1 inch punch" that rocked the martial arts world (Check Youtube to see Bruce Lee demonstrate). From the On Guard Stance you can vary the distance of the Straight Lead i.e.: 1 inch, 2 inches, 6 inches from the opponent. Even though the distance may be very short, great power is generated to your opponent that will allow you to get away from the situation or attack more if needed.

“
**Straight
hitting
(and straight kicking)
is the
foundation
of scientific
fighting
skill.**

”

Bruce Lee
(Tao of Jeet Kune Do)

For Advise
Master Jagath can be contacted via
E-mail: jagathkaldera@yahoo.com
Tel: 0777 572 075



**ROYAL COLLEGE
TENNIS
2016**



Royal College has been very strong in tennis since the inception of the sport in the college. Royal has produced a string of outstanding performances at the Annual All Island Inter School Tennis Tournaments held at the Sri Lanka Tennis Association. Many a high ranking national player has come through the ranks of Royal College Tennis. Fitness & Sports is proud to feature this gentleman's game played at one of the leading boys' schools in the country. We interviewed the gentleman tasked with grooming the boys to future champions, Senior Coach Prasanna Athauda, who gave us an insight into tennis at Royal along with this year's and last year's under 19- Tennis Captains.

Interview With Royal College Senior Coach Prasanna Athauda

Fitness & Sports: Tell us about your tennis background and when you were appointed to this position

Prasanna Athauda: I started tennis at the age of 16 and at the moment I am ranked number 6 in the whole island. I am a level 2 qualified tennis coach. I started my coaching career at the Bandarawela Tennis Club in 2004. I was appointed by the SLTA as a regional tennis coordinator. In August 2010 I moved to Colombo and began coaching Ananda College. In 2012 Ananda won the U-12 All Island Tennis Tournament plus the Overall Championship. In August 2015 I joined Royal College as the Senior Tennis Coach.

F&S: What is the current situation of tennis at Royal College?

PA: More than 200 boys play tennis at the school. Some of them are ranked players. Currently the Inter School Tennis Tournaments are on. We achieved the Runner Up place for the U-13 age group. We also won the Royal



Thomian Tennis Tournament this year. Next year we hope to retain the Royal Thomian Trophy. Our Senior Tennis Team is ranked Second Place in the All Island Rankings.

F&S: What are the challenges you face? And how do you plan to overcome them?

PA: There are many challenges. Generally coaching is done after school. Most of the boys do not turn up for school tennis practices after school because of tuition classes, private tennis lessons and other activities they are involved in. Getting the boys to come for school tennis practices is the main challenge.

The problem can be resolved by the school. There is a PT period during school hours. If that period is given to tennis we can then have extra classes during that time, which will help improve our players, as we are going for competition and not social tennis. We have only two clay courts, and as you can see, we are currently experiencing wet weather

conditions, which prevents the use of the clay courts. whenever there is rain, tennis is cancelled. If we had hard courts, practices can be done after 6pm under lights. Such a facility will be a big help to the college tennis programme.

F&S: What are the qualities that would make a good tennis player?

PA: They should be focused and hardworking. They should also be committed and willing to give up free time to improve their game. If they are unable to attend tennis practice they should work on their fitness and strength which will help them become better tennis players.

The boys should first have the commitment to attend practices. This is the first step. I have noticed that physical fitness is specially lacking in boys from Colombo compared with outstation boys. The boys have to improve their stamina and overall physical condition. They must not neglect the fitness aspect of the sport if they wish to be

competitive tennis players. At the moment we are only focusing on tennis and little is done to focus on the fitness level, especially for the younger players. If the boys have free time they should take the opportunity and practice their tennis if they want to improve.

F&S: How many times a week do the boys train? Is there a strength & conditioning training regime that they follow?

PA: We train two hours per day and ten hours per week from Monday to Friday. There is no strength & conditioning regime currently in place, however this is a need especially for the boys from Colombo because they don't get much physical exercise at home. Boys who live in the remote areas get the needed physical exercise because there are lots of open spaces for them to do physical activities. It is also a part of their daily lives. I worked for 8 years in Bandarawella; those boys were very physically fit so I only focused on tennis when coaching them. This morning I

trained with the U-15 team and I asked them what they had for breakfast. One boy said he had a fish bun, another a rotti, milk rice and so on. This diet is not nutritious for an active child participating in sports. The boys need to focus on their physical fitness as well as their diets in order to be competitive in this sport as it is becoming more and more competitive.

F&S: What are your thoughts on school tennis in general in Sri Lanka and how can it be improved?

PA: Many school tennis players are keen to join the school tennis team, however they don't pursue the sport. After the Ordinary Level Examinations quite a few stop playing tennis and after the Advanced Level Examinations more players end their tennis careers. This is because tennis is an expensive sport. They have to spend on their racquets and kit. Also a good tennis player has a

weekly expense of gutting their racquets. These costs are difficult for many players to meet so they do not pursue the game. If there is a level of professionalism in tennis then more parents will encourage their children to play the sport because they know they can have a future in the sport. As a result the standard of school tennis will be uplifted and so will tennis as a sport in the country.

F&S: Do you have a team that supports you in your role as the Senior Coach?

PA: My 3 assistant coaches, the senior games master, the teacher in charge and the school principal all give their fullest support to me in improving the quality of tennis at Royal College.

F&S: What words of advice will you offer your boys?

PA: Never stop trying, never stop believing in yourself and give your best.

“
The boys should first have the commitment to attend practices. This is the first step.
”





Last Year's U-19 Tennis Captain: Vikum Jayasuriya

F&S: When did you start playing tennis?

Vikum Jayasuriya: In 2002 when I was in grade 2.

F&S: Under your captaincy, what were your achievements?

VJ: We won the Royal Thomian in all 3 age groups, U-19 Runner Ups at the Public Schools, Third Place in the National Schools and in the

U-15 team we managed to come Third Place as well.

F&S: Are you a singles player or a doubles player?

VJ: I usually play doubles. I am mainly a serve and volley player and I like playing doubles because you can talk with your partner. It is much more fun than singles.

F&S: What are the key lessons you have learnt as being the captain of the Royal U-19 Tennis Team?

VJ: To play as a team, as well as leading your team, is very

important. We trained hard and played hard. We had a few problems which we solved with the help of Prasanna Sir (coach), our teacher in charge, as well as the past captains.

F&S: How do you balance your time?

VJ: I manage my time. I play tennis 4 to 5 days per week. I play mainly in the mornings so I have the rest of the day for studies. Sometimes I play tennis during the day if I have done my studies.

F&S: After your school career do you wish to continue your tennis career?

VJ: I hope to play in the Davis Cup and I also aim to play in a Grand Slam.

F&S: Do you have any words of advice to the current captain?

VJ: Always remember that this is a team sport and you always have to be together with the other players as a team. Treat everyone equally and play your best.

Interview With U-19 Tennis Captain Tharin Munasinghe

F&S: When did you begin playing tennis and what are your achievements?

Tharin Munasinghe: I began playing tennis since I was in grade one and since then I have won many tournaments. In 2008 I won all the U- 8 years' tournaments held. I won the Under 12 Hilton Open Tournament in 2012. I have been the Vice-Captain of the U-13, U-15 & U-17 teams. We came third place in the U-13 and U-15 teams that I was in at the All Island Inter School Tennis Tournament (Public Schools). We won the Royal Thomian for tennis in both these years as well. When I played in the U-17 team we came Third Place in the Public Schools Tournament. Last year I got colours in the National Schools Team. In 2014, I won the Queens Club Tournament in Doubles. This year I also won all my school matches. I did not play in any tennis in 2015 due to my O-Level Exam. Now I have returned to tennis and I am rebuilding my performance.

F&S: As a captain what are your responsibilities?

TM: Managing all four teams, making sure the boys don't get any injuries, organizing practice times with the Coach and the students and of course, winning matches for Royal!

F&S: Do you have a single or double handed backhand and why?

TM: I used to have a double handed backhand. After returning to tennis this year I have been using a single handed backhand. My back hand is generally a slice. I am a slice and volley player.

F&S: What is your main goal in your captaincy?

TM: We want to win the U-19 tournament, win the Overall Championship and of course to win the Royal Thomian.

F&S: After your school career do you wish to continue your tennis career?

Yes, I hope to continue tennis. I want to represent Sri Lanka at the Davis Cup. And of course, I would love to play in the Wimbledon Tournament.

F&S: Who is your favourite tennis player of all time?

Roger Federer because he is a classy player and has a good dress sense as well.





F&S: How do you balance tennis, studies and time for hanging out with friends?

I play tennis over the weekend all morning. I do my studies during the weekdays. During my free time when I am not studying or playing tennis I go out with my friends.

F&S: What is the most challenging and the most

rewarding part of being the captain the Royal College Tennis Team?

The most challenging part of being the captain is bringing the boys, the parents and the rest of the school together to achieve success.

One rewarding part of the position is going in front of 8000 people and shaking the School

Principal's hand. If we win the Royal Thomian and the Overall Championship that would be the most rewarding.

F&S: Any motivational words you have for your team?

TM: "You can and you will"

Always believe that.



Drinking Yoghurt
Your daily refreshment



Drink Chilled



Rs. 70/-

SEYLAN BANK'S SPORTING CONQUESTS!

Seylan Bank once again proved that they're indeed a dominant force in the local sporting arena by achieving many outstanding results in various sports recently. Here is a summary of their achievements.

SEYLAN MEN WOMEN & DRIBBLERS EXCEL!

The Seylan Basketball Team dribbled their way to the Championship of the 26th Mercantile League Tournament organised by the Mercantile Services Basketball Association (MSBA) by beating Union Bank 75-73 in a thrilling encounter recently. The Seylan Women's Basketball team performed admirably as well dribbling their way in to the finals of the Mercantile Women's Tournament Final.



NETBALL CHAMPIONS!

The Seylan Bank Netball team emerged as the "A" Division Champions at the Mercantile Services Netball Championship 2016 held at Thurstan College Grounds recently. The team was also recognised as the Mixed Netball Champions at the same event.



CHAMIL COORAY - WORLD CHAMPION!



Seylanian Chamil Cooray was recently crowned as the World Carrrom Champion at the 7th World Carrrom Championship held in Birmingham, UK. The Sri Lankan team emerged the overall Champions of the event as well!

Double Benefits with **SEYLAN BANK & HYUNDAI**

Special EON drive
away deal of just
Rs. 28,122/-

Special Grand i 10 drive
away deal of just
Rs. 36,225/-



Special benefits from Seylan Bank

- Affordable Lease Rental
- Flexible Repayment up to 7 years
- Free credit card



Special benefits from Hyundai

- Free registration
- 1st Service totally free
- Complimentary / Give away items

Conditions Apply

First year free Insurance

Test-drive the Hyundai GRAND i 10 at any of the dealers islandwide

Dealer contacts:

Gampaha : 0777 574 857	Kandy : 0755 939 940	Matara : 0711 868 414, 0778 460 878	Shenali : 0717 333 398	Shiraz : 0773 432 173
Kurunegala : 0718 642 074	Batticaloa : 0773 133 144	Galle : 0714 773 449, 0714 773 007	Farzan : 0770 447 697	Kamal : 0773 242 048
Ampara : 0773 377 629	Ratnapura : 0774 384 444	Anuradhapura : 0779 831 705, 0719 872 104	Nilesh : 0773 994 994	

Sole Agent: Hyundai Lanka (Pvt) Ltd. # 1035, Pannipitiya Road, Battaramulla, Sri Lanka
Tel: 94-11-2866866 | E-mail: hyundaiauto@hyundailanka.lk



For further details contact

☎ 0112 00 88 88 / 0112 45 68 49 / 077 3815147

🌐 www.seylan.lk 📘 www.facebook.com/SeylanBank



Kick-start the day with breakfast

Breakfast is said to be the most important meal of the day. Studies reveal that breakfast plays an important role in boosting the physical and mental performance of children and their ability to learn.

A regular healthy breakfast provides a major source of energy for their brains after a whole night of “recharging their batteries” while asleep. Hence the name – break-fast – ‘breaking the fast’. Yes, now it makes sense!

A nutritious breakfast daily contributes to:

- **Boosting your daily intake of energy**
Dietary studies have shown that breakfast provides about 17-18% of daily energy for kids. In fact, kids who regularly eat their morning meal have a higher energy intake than those who skip. Those who miss out can't make up for the lack of energy at other

mealtimes.

- **Meeting your kids' daily nutritional requirements**
In general, kids who eat breakfast have an increased nutrient and fibre intake thanks to eating fruit, vegetables or fortified breakfast cereals with milk in the morning. Fibre is especially important as most kids don't get their daily amount of dietary fibre.
- **Helping maintain a healthy weight or Body Mass Index**
A regular breakfast may help kids achieve and maintain healthy weight, which is essential for their proper growth and development.

Research studies have also revealed that kids who have a regular breakfast may have:

- An increased level of physical activity.
- Better cognitive skills, for example, memory,

attention span, problem-solving and academic performance.

- Reduce their risk of lifestyle diseases. A US study revealed that kids who eat breakfast have lower cholesterol levels compared to those who don't. This is linked to eating breakfast cereal, which gives a higher amount of dietary fibre.

As childhood patterns extend into adulthood, it's important to keep an eye on their eating habits to help them have a healthy life.

In a nutshell, kids who have a habit of a healthy breakfast which meets their nutrient needs, are likely to perform better in school and are far more likely to want to take part in physical activities

Each morning, send your kids off to school with a breakfast packed with nutrients to boost their appetite and give them the energy they need.



@ Breakfast!

Starting the day with a nutritious breakfast gives your children the boost of energy they need to do well in school and at play.

MILO® as part of a balanced breakfast, helps provide them essential nutrients to get the best out of their day.



FEEL

A fusion of cereals and real fruit pieces,
coated with either creamy yoghurt or chocolate.
A truly delicious choice for those who crave
a healthy and light snack.

GOOD

WITH
yoggood[®]
muesli bars



Strawberry | BlueberryCranberry | CranberryMango | Choc&Nut | Wildberry



Marketed by: A. Baur & Co. (Pvt.) Ltd., 5, Upper Chatham Street, Colombo 1. Hotline: 4 728 775 E-mail: consumer@baur's.com



Less than
100Cal
per bar

Available at all leading supermarkets

www.theagency.lk