

A History of Strength to **Survive and Win!**



Magnificent muscle power!

Sharon Parsons



A History of Strength to Survive and Win!

Text: Sharon Parsons

Editors: Sharon Parsons and Rebecca Henson

Project editor: Annabel Smith

Text design: Simply Literacy Limited

Cover design: Kerri Wilson

Series design: Simply Literacy Limited,

Michelle Frolia, James Lowe and Jennifer Warwick

Photo research: Simply Literacy Limited

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Cengage Learning Australia

Level 7, 80 Dorcas Street

South Melbourne, Victoria Australia 3205

Phone: 1300 790 853

Cengage Learning New Zealand

Unit 4B Rosedale Office Park

331 Rosedale Road, Albany, North Shore NZ 0632

Phone: 0800 449 725

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A History of **STRENGTH** to Survive and Win!



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Joe Saunders, Brisbane, Australia

Katrina Watts, and members of the Australian Sumo Federation, Brisbane, Australia

Adriane Wilson (née Blewitt), Irmo, South Carolina, the USA

Dear Reader

Think about the hundreds of muscles in your body that enable you to move, breathe and keep your blood circulating. About 40 per cent of your body is made up of muscles, and in this book we'll look at some of the main ones that enable us to stay strong and active.

I enjoyed writing about two strength sports: sumo wrestling from Japan and Highland games from Scotland. Today, people from around the world compete in these sports. In Chapter 7, I am delighted to feature Joe Saunders, who is a successful sumo wrestler in Australia. In Chapter 10, you'll meet Adriane Wilson, who is a world champion in Women's Scottish Highland games.

“ WHEN I BEGAN TO COMPETE IN SCOTTISH HIGHLAND GAMES, I TRACKED DOWN MY SCOTTISH HERITAGE TO MY GRANDMOTHER'S ANCESTORS. ”
ADRIANE WILSON

Take a deep breath, flex your muscles and enjoy the book!

Sharon Parsons



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A History of **STRENGTH** to Survive and Win!

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1 What Is Strength?

People from different times might have different ideas about strength.

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Our bodies contain complex systems of muscles working together.

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3 Sumo, a Strength Sport

Japanese sumo wrestling requires great strength to succeed.

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4 Sumo Strength and Balance

Sumo wrestlers must train their muscles to be both strong and agile.

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5 Sumo Food for Size and Strength

If you want to be a good sumo wrestler, it's a choice of stew, stew or stew!

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Recipe for Sumo Stew

Try your hand at a tasty recipe called *Chanko-Nabe* – but don't eat as much as a sumo wrestler!

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Sumo in Australia

Sumo is popular around the world – and there are plenty of fans in Australia, too.

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Strength in Scottish Highland Games

Highland games are colourful, fun and filled with exciting events.

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Strength Events at Highland Games

Tossing the caber, tossing stones, tossing wheat sheafs – if you can toss it, it's likely to be in the competition.

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Adriane, World Champion in Heavy Events

This athlete picks up prizes in events where most of us would struggle to pick up the sports equipment!

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1 What Is Strength?

Hypothetical Situations in the Year 1012

Strength in Earlier Times

Before the advent of steam-powered machines, people had only their physical and mental strength to perform the tasks required to survive. They were also reliant on the weather. If you could ask a farmer who lived in the year 1012 what strength was, he or she might say, "Strength is being energetic enough to plough my fields, plant my crops and harvest food from dawn to dusk in order to feed my family. I also have to hope that the weather will be good enough to grow sufficient crops to provide enough food this season and for the winter months."

BEFORE Steam-Powered Machines Were Invented

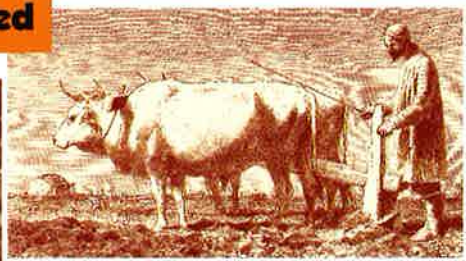
Food: hunt animals, cultivate fields to grow crops, harvest crops

Water: find, collect and carry water home

Tools: find natural materials to make into tools

Shelter: find and fashion materials to build permanent homes and semi-permanent shelters

Transport: walk or run

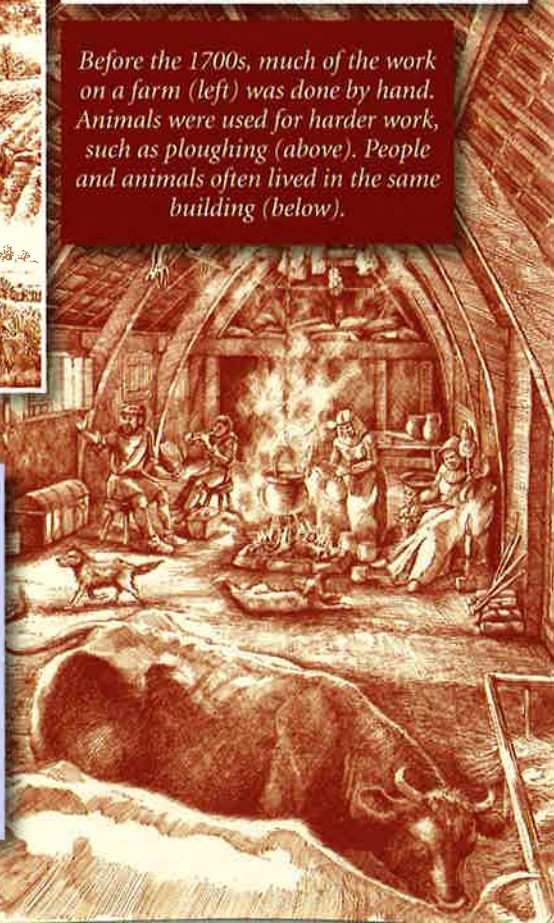


Before the 1700s, much of the work on a farm (left) was done by hand. Animals were used for harder work, such as ploughing (above). People and animals often lived in the same building (below).

History

The Industrial Revolution

The Industrial Revolution was a significant period in history that began in Great Britain during the 1700s – an era when many inventions helped people to produce goods faster and on a larger scale than before. With the invention of steam-powered engines, people found many uses in manufacturing and transportation. For instance, steam trains made travel and transportation more time-efficient.



Hypothetical Situations in the Year 2012

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Strength in Modern Times

A thousand years later, if you asked a farmer the same question, he or she might give you an answer like, "Strength is being able to maintain my farm machinery, including lifting and replacing heavy mechanical parts, from plough to harrow to seed planter to harvester. I like to start work at dawn but it isn't necessary these days with farming technology. I check the internet daily to find out the weather forecast and I research the best times to plant crops and the most effective fertilisers to improve crop productivity."

AFTER Steam-Powered Machines Were Invented

Food Option 1: cultivate a garden to plant and grow fruit and vegetables at home

Food Option 2: walk, cycle or drive to the supermarket, farmers' market or fruit and vegetable vendor

an organic vegetable garden in Alsace, France



Supermarket shopping for food saves time.



a farmer in a wheat field during harvest season

Water: water is piped to homes from water tanks and large storage reservoirs



Tools: buy tools to do household jobs or hire people with the tools and skills to do the jobs



Shelter: employ skilled tradespeople to build homes



Qualified builders are essential on every building site.



Over 90% of the daily journeys in Hong Kong take place on public transport, which is the highest rate in the world.

Transport: walk, cycle, drive or catch public transport

2

Strengthening Muscles for Sports

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The Body's Main Muscle Groups

Different muscle groups are used for all kinds of sports. Today, people want to ensure that they target certain muscles in the body when exercising for general health and wellbeing, or when they're training for particular sports activities. In this chapter, some of the main muscle groups used in sports and training are outlined, including examples of some relevant sports.

Upper Body

The trapezius muscles span the shoulder and neck, and they enable the arms to raise above shoulder height.



Lateral raises will strengthen the trapezius muscles for basketball, baseball and softball.



Rowing is one exercise that can strengthen the triceps for sports such as rowing, tennis, football, baseball and volleyball.

"Triceps", or triceps brachii, are found in the upper arm.

"Lats" is short for latissimus dorsi, which are the widest muscles on either side of the back. These muscles move the shoulders.



Pull-ups will strengthen the latissimus dorsi muscles for swimming and tennis.

Lower back

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Push-ups (with arms a little wider than the shoulders) will strengthen the pectoral muscles. This is useful for most sports, especially athletics and martial arts.



Seated lat raises and lat pull-downs can strengthen the deltoids for ball sports like basketball and football.

"Deltoids" are muscles that cover the shoulder, and their full name is deltoidius.



Bicep curls will strengthen the bicep muscles for swimming and tennis.



Sit-ups strengthen the abdominal muscles for martial arts and racquet sports.



"Pecs" is a shortened term for pectoralis major and pectoralis minor. These muscles are found in the chest.

"Biceps" are in the upper arm, and are also known by their full name, biceps brachii.

"Abs" is short for the rectus abdominis muscles, which are located in the abdomen.

Lower Body

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"Glutes" is short for the three gluteal muscles in each of the buttocks: gluteus maximus, gluteus medius **and** gluteus minimus.



Doing sets of squats will strengthen the gluteal muscles for hockey and athletics.



Lunges help to strengthen the hamstring muscles for sports, such as sprinting, soccer, basketball and football.

"Hamstrings" are the three muscles in each thigh: semimembranosus, semitendinosus **and** biceps femoris.

"Calves" refers to muscles in the lower leg. The full names for the calf muscles are gastrocnemius **and** soleus.



Calf raises strengthen the calf muscles for sprinting and cycling.





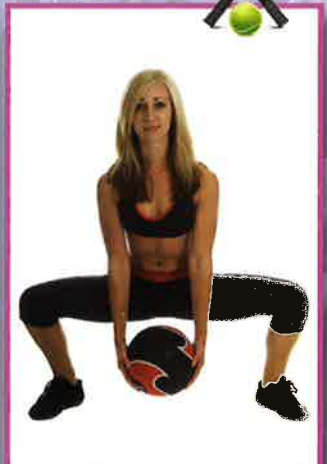
"Quads" refers to the quadriceps, a group of four muscles in each leg. The anatomical names for the four muscles are vastus medialis, vastus intermedius, vastus lateralis and rectus femoris.

WHY WE NEED STRONG MUSCLES

In the human body, there are 640 muscles that have been identified and named. Keeping these muscles strong helps our overall health and enables us to do a variety of physical activities efficiently. Strong muscles also assist good posture, especially when sitting and standing for long periods of time.



Using an exercise ball for squats against the wall assists quad muscle strength.



Weighted medicine balls help to intensify squat exercises.



Lunges are good exercises to strengthen the quads, which are useful for sports, such as rowing, athletics, martial arts and racquet sports.

