

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

JOHN KUC

PL USA: What are you proudest of, your 4 IFF world titles or your 4 ADFPA national titles?

Kuc: To be perfectly honest, it's the 4 ADFPA titles.

PL USA: It's been pointed out that you haven't been defeated in Powerlifting since 1971. How important is keeping that undefeated record intact as far as motivating you in future competition?

Kuc: Well, I don't really like to be defeated, but there is a possibility of it if you have a bad day or if your training cycle doesn't go the way you expect it and you go ahead and compete. That, among other things, is a motivating factor when I go into a contest. I've been defeated early in my career when I should have won, but I think it might motivate me more now if I was beat by somebody. The place you don't want to lose is in the Nationals.

PL USA: With guys like Arnold, Eric, Welch and even Joe, do you find it a good situation to have competition that's fairly close together?

Kuc: Yeah, it's good for anybody. In the last Nationals I felt it a little bit even with the newcomers that were there. If I had made one mistake that would've been it, even though I did

have a comfortable finish. They're always there, there's always new people. Everybody says I want to beat Kuc.

PL USA: But nobody does it. I'm going to be 40 by the time of the next Nationals. I think I just have to train harder.

PL USA: You've already done your world record exceeding deadlift without drugs, the 836 at 275. Do you have a new specific goal that you're working towards now?

Kuc: Maybe if I could get motivated I'd like to exceed the 870 at 242. As far as the power goes in my back, it's just a matter of getting a good day, getting a couple of good months of training behind me and going out and doing it. My training lifts are great. They're the same as what I was doing at 275. After that contest, I went I felt the pressure from the new lifters. I had the 836, if you'll notice, I went I had a good contest. The Nationals are here in Wilkes-Barre, so following contest, I guess I could try to get up for it or I got competition. I need to focus on a new type of

many little injuries. One day I just put my super suit up and said I don't need this. It was just easy to walk away from. I knew I'd have to take a lot of things to keep going at the same pace, so I just got out of it. If there was a drug, I'd get a switch in them, I'd get a switch in them, I'd get a switch in them.

PL USA: What has been your most satisfying moment as a powerlifter?

Kuc: I'd say that the 856 deadlift was very satisfying. Some of the things I've done, but I can't say there is just one thing.

PL USA: How about the future of powerlifting as a sport, is it promising?

Kuc: It's hard to say. It seems we've regressed a little bit when it comes to TV. I don't think powerlifting today is where it was in 1978-79. Of course, the lifts are higher. In terms of public acceptance, I don't know.

PL USA: Some lifters look to you as a heroic figure or even a political symbol. Is that comfortable for you?

Kuc: The first I have ever noticed that feeling was from Alan Kinsner out there. I don't know, I don't know, I don't know. I don't know, I don't know, I don't know.

PL USA: You've mentioned you've felt some resentment from some people. It doesn't bother me. You get a pretty tough skin after while, I've noticed very little of it, but it's good to be that way with anything you do.

PL USA: Could you pick a lifter or two who you think will be doing very well in the drug free ranks in the years to come?

Kuc: Mike Hall is right up there now. As long as he can keep his bodyweight up, I guess he's going to be unstoppable. Then you have Gerald Welch, Joe Hood, Eric Arnold.

There's also Joe Braca, Mark Giron at 198, and James Eason at 242. I think they're going to be pretty good.

PL USA: Do you have any feelings about polygraph versus unalysal in drug testing?

Kuc: If the meat director has a doubt about somebody, give them both. Of course, no test is perfect, but I think we're doing pretty good with the polygraph. You just have to start somewhere.

PL USA: Have you noticed any side effects from your minimal use of steroids several years ago?

Kuc: I haven't noticed any side effects, when I was using or now.

PL USA: In all your years of lifting who's the guy that was the toughest competitor, the most hard nosed, never give up person you ever lifted against?

Kuc: I'd say McCormick in the USPF, and Steve Wilson. I haven't had any serious ongoing rivalry with anyone in the ADFPA. I had a close

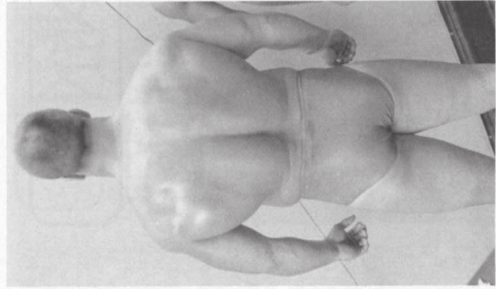
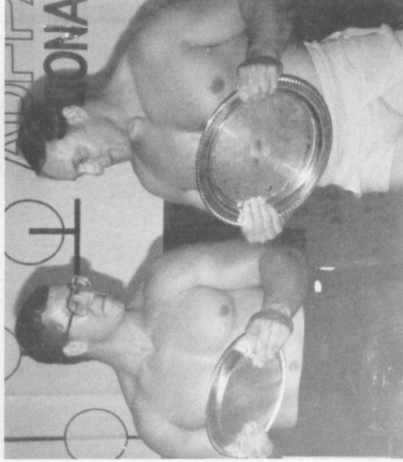


Photo courtesy his good friend Bob Gaynor.

make your total go up just by having him in the room with you training. He unselfishly encouraged me to my 2350 total in the 72 Worlds, even though we competed against one another. BOB GAYNOR: He's a person who doesn't know how to quit. He's one of the hardest working training partners I've ever had. He was National Champion in '74 and would've contended with serious injuries during his best years. He still pulls those strongest lifts there is right now. He seems to lift effortlessly, like a machine. I feel he's that one man that comes along once every 100 years. I don't know if he'll ever be a great lifter, but I don't know what he's doing for this level that strong, besides being basically a strong person. I hope he doesn't get hurt.

Kuc: BROTHER BENNET: He does it for nothing, and his only reward is to see drug-free lifting. GUS REITHWISCH: Fantastic, compulsive, won't rest until something is achieved, puts on the best meals, a good deadlift, but he trains so hard he's almost always overtrained and doesn't do his best. JOHN WILLIAMS: He's the only person I know that can



John and Joe Hood at the 1983 ADFPA Nationals. Photo courtesy Gaynor.

American Drug Free Powerlifting Association



Mens Sana
In
Corpore Sano

A Sound Mind
In
A Sound Body

Organized to meet the demands of the powerlifter, the ADFPA provides sanctioned contests with mandatory drug testing.

Join the ADFPA and support the return of fair competition. For information or to apply for membership, contact any of the officers below.

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