

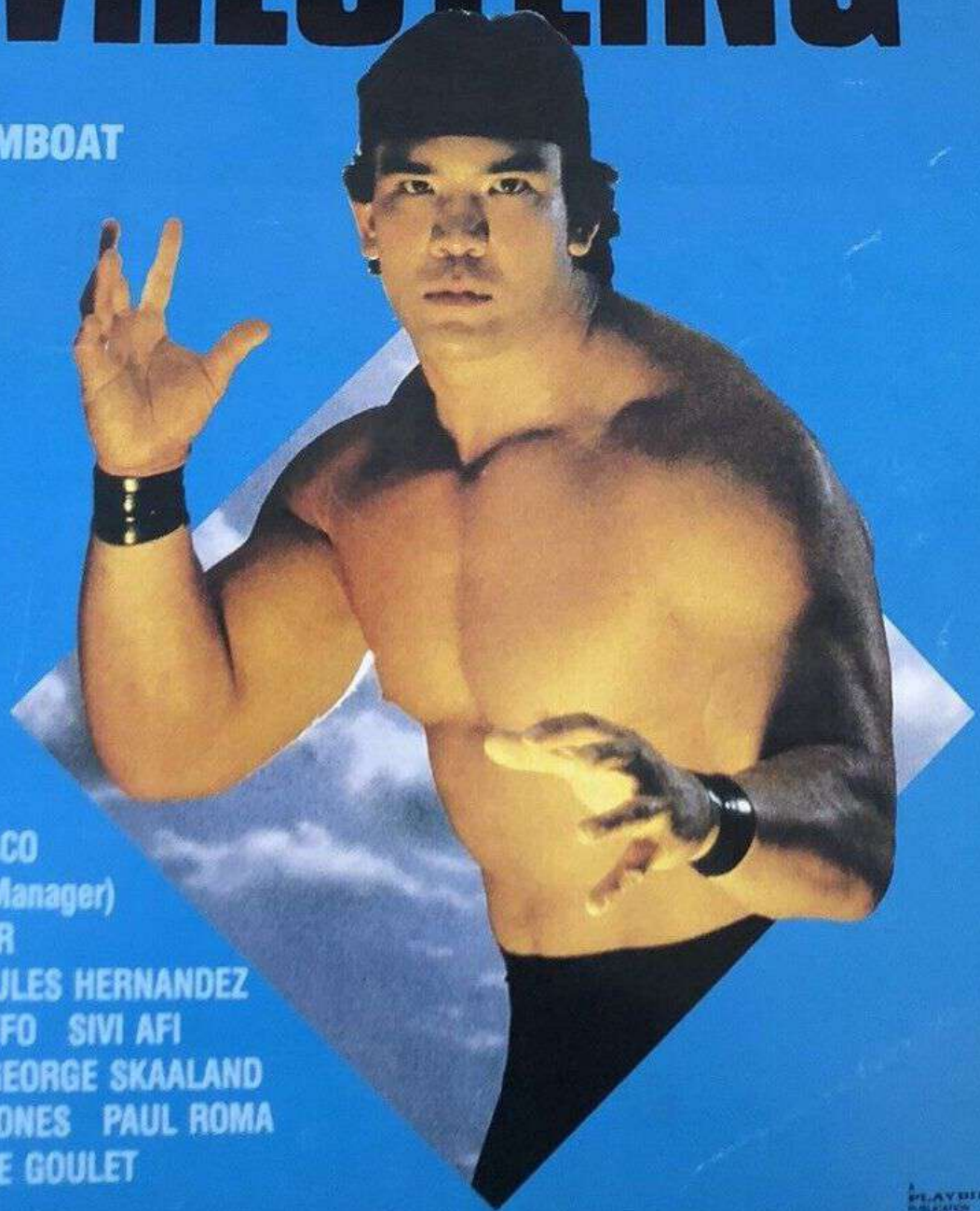
UNBREAKABLE **TOYOTA** HILUX SPONSORS

WORLD WRESTLING FEDERATION

WF ROCK 'N' WRESTLING

Featuring:

RICKY STEAMBOAT



with

MAGNIFICENT MURACO
MR FUJI (Muraco's Manager)
CORPORAL KIRCHNER
IRON SHEIK HERCULES HERNANDEZ
LEAPING LANNY POFFO SIVI AFI
STEVE LOMBARDI GEORGE SKAALAND
SPECIAL DELIVERY JONES PAUL ROMA
MATT BOURNE RENE GOULET
TIGER CHUNG LEE

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WF

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PERTH ● ENTERTAINMENT CENTRE ● THURSDAY 10 APRIL
SYDNEY ● ENTERTAINMENT CENTRE ● FRIDAY 11 APRIL
MELBOURNE ● FESTIVAL HALL ● SATURDAY 12 APRIL
BRISBANE ● FESTIVAL HALL ● SUNDAY 13 APRIL

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THE DRAGON BREATHES FIRE IN THE WWF

Japanese on his mother's side, World Wrestling Federation sensation Ricky Steamboat believes strongly in Asian traditions. His modest, soft-spoken and politely respectful qualities are obvious on meeting him. At the same time, he gives off a sense of inner strength that is

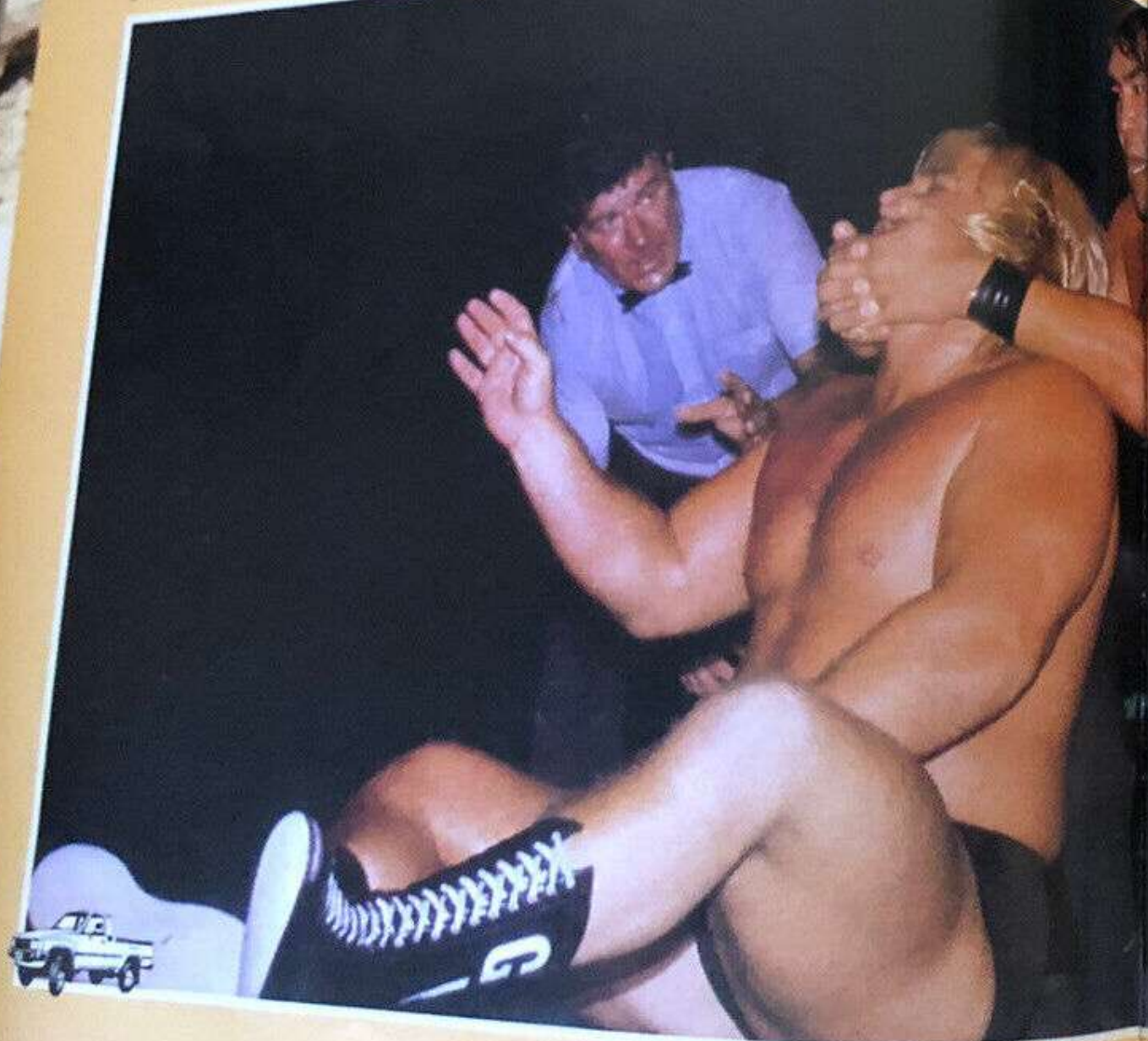
always under control. These qualities probably were inborn, but Steamboat also has fostered them through long and thorough study of Asian fighting arts that stress self-control, reliance on inner power and meditation.

Steamboat's mastery of the fighting arts of the Orient has been obvious

throughout his wrestling career. He has regularly used tactics from the martial arts in the ring, although somewhat sparingly. Now, however, Steamboat says he will rely more on martial arts techniques in WWF matches.

"Why not?" he explains. "It's very much to my advantage. If I can mix martial arts with standard wrestling tactics, I'll keep my opponents totally off balance. So I plan to incorporate an increasing amount of martial arts into my ring strategy." With his increased emphasis on the martial arts, Ricky has taken on the nickname of "The Dragon." The dragon, he explains, has profound symbolic significance in both Oriental culture and the Asian fighting arts. Dragons symbolize great — but not evil — power in Oriental tradition. The deadly fighting system of the monks of China's Shoolin Temple, included a highly effective style known as "The Dragon."

Steamboat's favourite martial art is the Chinese form called tai chi, an ancient fighting system that is also a type of "moving meditation." Tai chi

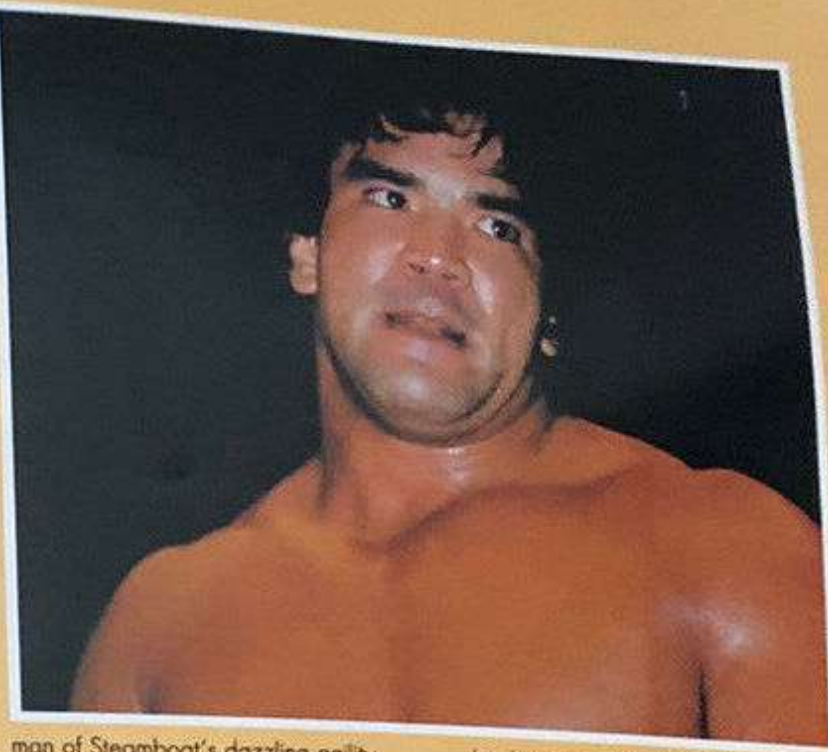


masters place as much emphasis on control of one's mind as the body. Indeed, many adherents of tai chi practise it purely for development of mental powers, never planning to use it as a combat technique. Steamboat, in fact, long used tai chi only as an exercise for his mind, as well as to develop healthful breathing and tone his muscles. The mental control that comes from long experience at tai chi, however, can be a powerful weapon in a fighting situation.

"Tai chi enables me to focus my mind on winning even when things in the ring are going wild," says Steamboat. "It also helps me out of tough spots. If you really believe in tai chi, you can almost think your way out of pain."

By focusing mind and body on a target, moreover, the tai chi master can deliver a pulverising blow to a very small area. If Steamboat is ready to use this sort of attack in the ring, he will be a very dangerous adversary for opponents of any size.

Tai chi is also very much suited to a



man of Steamboat's dazzling agility and quickness. The art stresses relaxation, even giving way before force, then using speed in a sudden, explosive counterattack. Even a small man can be devastating if he knows tai chi — and Steamboat is by no means small. He stands 6 feet tall and weighs 240 pounds. Every one of those pounds is power-packed. Steamboat has a body that is considered one of the finest in the wrestling game. Not only wrestlers recognise this fact. Steamboat recently was featured in a *Cosmopolitan* magazine photographic spread on men whose bodies qualify them as "hunks" in the eyes of the opposite sex. (It made the foppish Brutus Beefcake, one of Steamboat's ring enemies, green with envy.)

Be that as it may, the young native of Hawaii can be pug-ugly rugged in the ring, especially if an opponent stoops to dirty tricks. "I'll wrestle fair," says Steamboat, "but if someone wants to brawl, I'll go along with it, except I'll brawl martial arts style."

Steamboat is familiar with other martial arts besides tai chi. His powerful muscles make him a natural for using the hand strikes of karate. And his extreme flexibility enables him to reach virtually any part of an opponent's body with a karate kick.

The martial arts skills that may help Steamboat most, however, are those that enable an expert to turn a bigger man's force against him. Hunk of muscle or no, Steamboat lacks the immense bulk of some of the really big men in the WWF, such as King Kong Bundy, Big John Studd and Jim "The Anvil" Neidhart. When faced with a bigger opponent, Steamboat says, he will use martial arts to play him like a bull. "I'll

be there, then I won't," says Steamboat, "and then, when frustration sets in and my opponent gets mad and rushes me, I'll have him off balance. Then he's going down."

Some of Steamboat's adversaries, however, are not impressed. "He can try all the tricky Japanese stuff he wants," says Brutus Beefcake. "I'll still make him into sakiyaki. How'd he get into *Cosmopolitan*, anyway?"

And speaking about Asian fighting techniques, the Oriental master of destruction, Mr. Fuji, has something to say about Steamboat. Now manager of the Magnificent Muraco, Fuji prides himself on his knowledge of secret Oriental tactics designed to put opponents in extreme pain.

"Steamboat not mean enough," says Fuji. "What good knowing martial arts if not use them to hurt people? Steamboat not like to see people suffer. He chicken heart."

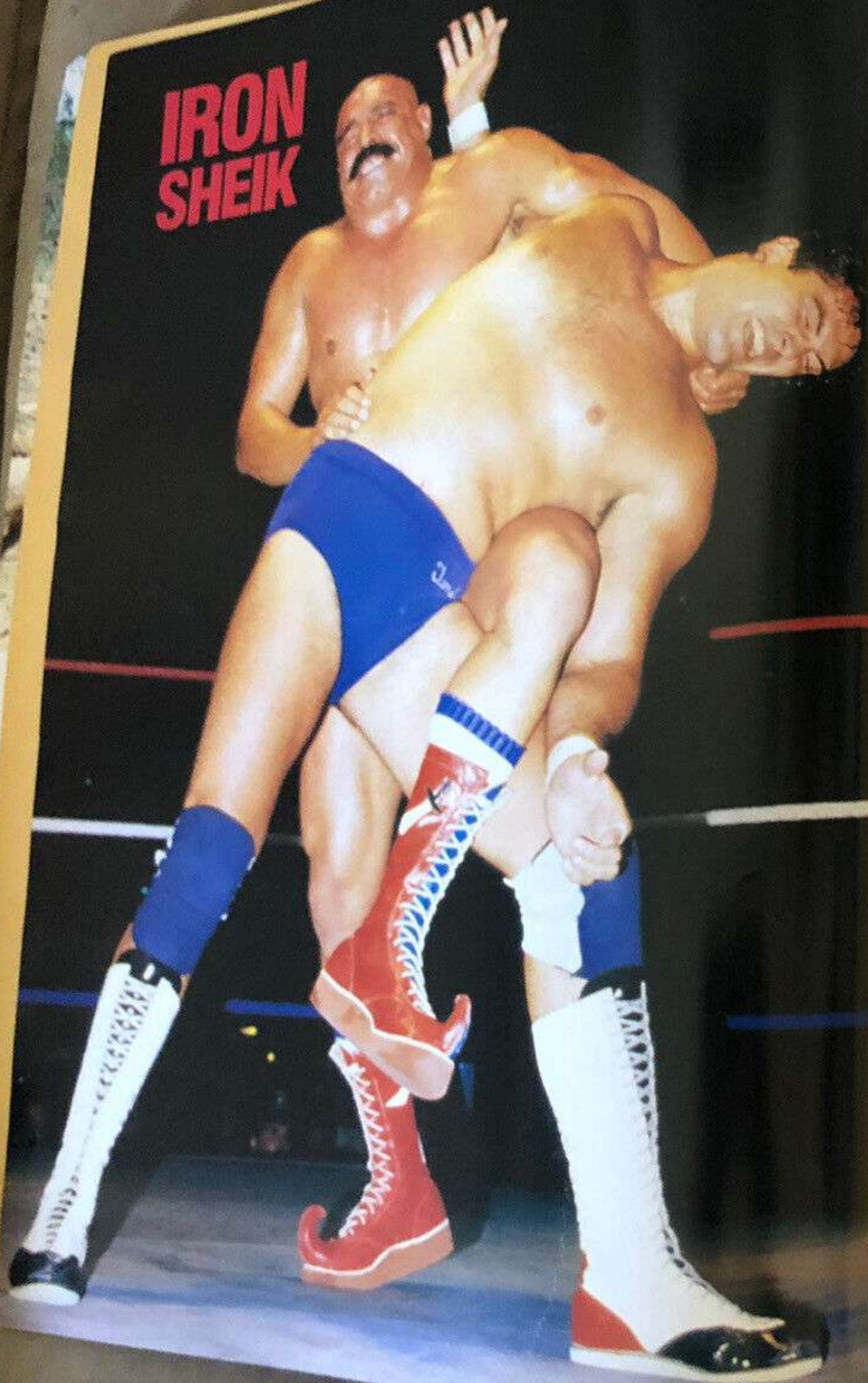
Steamboat will not dignify comments such as Fuji's by responding to them. "Just watch me in the ring," he says.

He should be well worth watching. His increased reliance on the martial arts not only should make his solo matches exciting for fans but will add a new dimension to him as a tag team partner — especially since he has been joining up with another dazzler, Jimmy "Superfly" Snuka. Like Steamboat, Snuka has blinding speed and tremendous grace. Put the two together, and they can leave adversaries gasping, unable to comprehend what to do.

Alone or with Snuka, Ricky Steamboat should provide WWF fans with some dramatic and high-powered action as he brings his Asian heritage into the wrestling ring.



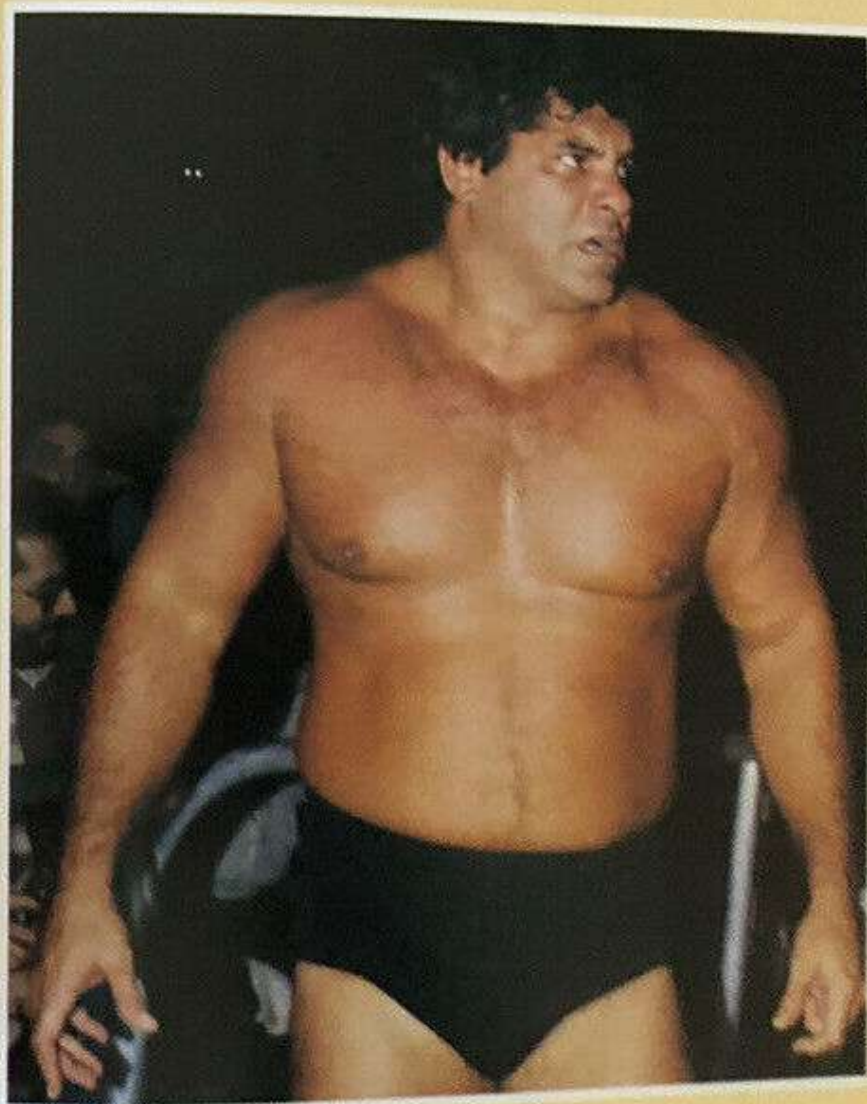
**IRON
SHEIK**



MAGNIFICENT MURACO: Staying Fit

Don Muraco's presence in the World Wrestling Federation ring draws immediate boos from the seats. He is one of the dirtiest wrestlers in the business, stooping to any underhanded trick he can come up with to win. He is brutal,

vicious and devious. And he is unabashedly egotistical. At the same time, Muraco is a magnificent physical specimen. His 300-pound body is laden with corded muscles. His shoulders and chest are immense, his arms like oaks, and legs like columns.



In a physical sense, at least, he is truly "Magnificent."

Muraco works out at least four days a week, more if he can manage it with his busy travelling schedule. Workouts last between one and two hours. He strives to keep his entire body in shape but, he explains, pays particular attention to his back muscles. "A strong, well-conditioned back helps you pick up people and enables you to survive hard falls," he says.

Here, Muraco describes some of the exercises he uses to keep his back flexible and strong. Muraco's back workout begins with front chin-ups. He does four sets of 10 to 15 repetitions each. This exercise not only helps the back but also builds muscles in the arms.

After he finishes his front chin-ups, he does four sets of 10 to 15 repetitions with the chin-up bar behind his neck. This is a difficult exercise, particularly for someone of Muraco's size. The high number of repetitions he completes shows just how powerful he is.

Chin-ups finished, Muraco begins to work on his lower back. With a weight of from 110 to 125 pounds, he does four sets of one-armed dumbbell rows. Each set is of 10 repetitions. The starting position for this exercise is to stand with feet astride, and knees and trunk bent. If the position is unsteady, you can brace yourself by putting your free hand on a bench. The dumbbell is held hanging vertically below the shoulder with the arm extended. The bar is perpendicular to the body. Raise the dumbbell in a rowing motion until it is next to the chest. Breathe in as the bell is lifted, and out as it returns to the starting position. Not only does this exercise develop muscles in the back, but also those in the trunk and upper arm.

The stiff-legged dead lift is an important exercise for the lower back muscles, spinal flexibility and stretching the hamstrings. It can be done with either barbell or dumbbells. Muraco favors the latter. Stand with feet apart and knees locked, back straight and shoulders back. Your arms should be straight at your sides and hands gripping the bell.

This exercise is done by bending of the hips until the bell touches the floor, then straightening up once again. The head is lowered first, then round the upper back and shoulders. On the way back up, try to straighten the lower back first, raising the head last. Breathe out on the way down, in as you straighten up to the starting position. It is a good idea to start with a light weight. Muraco uses bells of between 75 and 100 pounds. He does four sets of 10 repetitions each.

"AIRBORNE ALL THE WAY" The Corporal Lands In The WWF

Airborne, airborne all the way! World Wrestling Federation fans are sounding off with this old paratrooper chant to greet a new hero who has landed ready for combat in the squared circle. He's Corporal Kirchner, a former Airborne trooper new to the WWF but no stranger to battle. A veteran of the United States Army's famed 82nd Airborne Division, Kirchner has gone up against freedom's foes in far jungles and bush and now brings his "America No. 1" spirit into the ring.

"I'm the new boy on the WWF block," says Kirchner, who enters the ring wearing his camouflage fatigues. "It's going to take me a little while to learn the ropes, but I'm looking forward to taking on tougher and tougher opposition."

Kirchner, coming in at a rugged 266 pounds, is careful about assessing his chances in the WWF. "There's some big men out there," he says, "some of the toughest I've seen anywhere in the world. No way I won't take some bad licks. But the rougher it gets, the tougher I'll be. Anybody who is looking for a real battle better be ready for some hand-to-hand combat."

Inside the ropes, Kirchner is an explosive wrestler whose tactics show that not only is he used to meeting trouble head on but he also knows something about scientific wrestling. He wrestles fairly—unless someone tries an underhanded maneuver on him. Then his eyes grow steely, frighteningly so, and he goes for the kill.

"You learn about rule breaking behind enemy lines," says Kirchner, who is trained in survival tactics. "I'm no stranger to sneaky tricks, so

nobody is going to take me unawares in the ring."

Kirchner says he knows he will have to prove himself before he takes on top-ranked opposition. So he refrains from talking much about his opponents who wait down the line. But because he is so unabashedly proud of his American heritage, it is likely that sooner or later he will confront Iran's Iron Sheik or Nikolai Volkoff of the Soviet Union. As fans know, they go out of their way to humiliate American wrestlers as proof that the United States is soft and weak.

Pressed, Kirchner comments tersely on the Sheik and Volkoff: "I don't like their way of doing things. I don't like what they stand for. And I've met their kind before, in other times and places. So I'm not afraid of them. But I am on the alert."

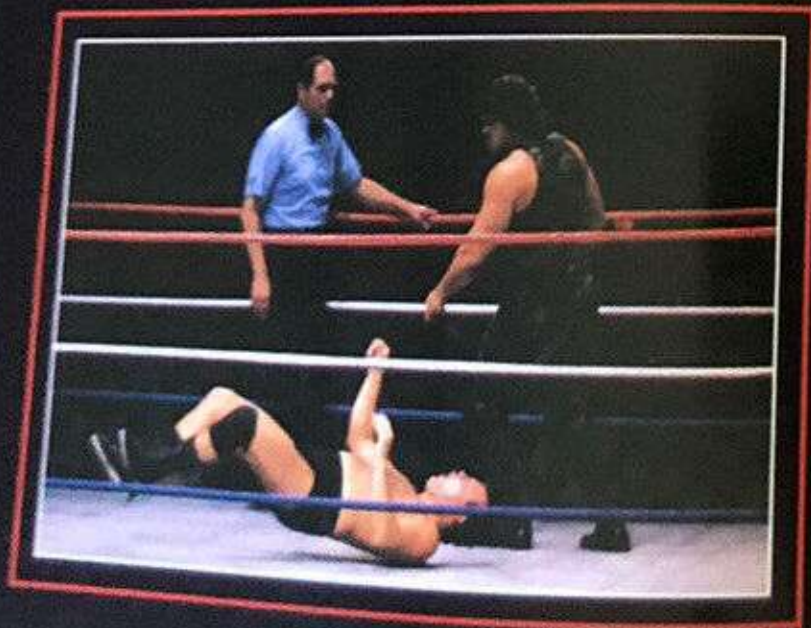
He'd better be. Insiders say that the Iranian, the Russian and their manager, Classy Freddie Blassie, are



Salute to victory

coldly watching Kirchner's progress in the WWF. Already it may be that they are plotting his downfall. They had better take care, however, because this trooper, who still parachutes from aircraft to keep in shape, may land like a blockhouse on them.

Hand-to-hand combat



THE RETURN OF HERCULES?

Hercules was the greatest hero of ancient Greek legends. He was supposedly the strongest man on earth, never defeated in hand-to-hand combat, although he fought gods and spirits. One of his greatest exploits was the conquest of a huge wrestler called Antaeus, who was invincible as long as any part of his body was touching the earth. Hercules picked him up in the air and crushed him. Admired as a hero, Hercules was nevertheless not a very likeable sort of guy. He had a furious temper and was quick to boil over with towering rage. All in all, the ancient Hercules was a rugged bruiser.

So is his modern namesake, a new entry into the World Wrestling Federation called Hercules Hernandez. Massive and bearded, Hernandez looks like a gladiator from times past. Like the legendary Hercules, Hernandez bulges with muscles, fights with no holds barred and has a vicious temper. Standing 6 feet 3 inches and weighing 260 pounds, Hernandez does in fact treat the wrestling ring like a gladiatorial arena.

"With me," he says, "it's always a fight to the finish. There's no room for mercy between the ropes. I go into the ring like a gladiator — to win at any cost. Anybody who stands between me and victory is going down."

Thus far, Hernandez has shown that he means what he says. He has pounded virtually everyone who has come up against him — brutally and with total lack of concern about the rules. He has used both superior strength and impressive wrestling ability to conquer his opponents. And he has another weapon as well. Lurking in his corner is one of the most underhanded and scheming managers in the WWF, Classy Freddie Blassie.

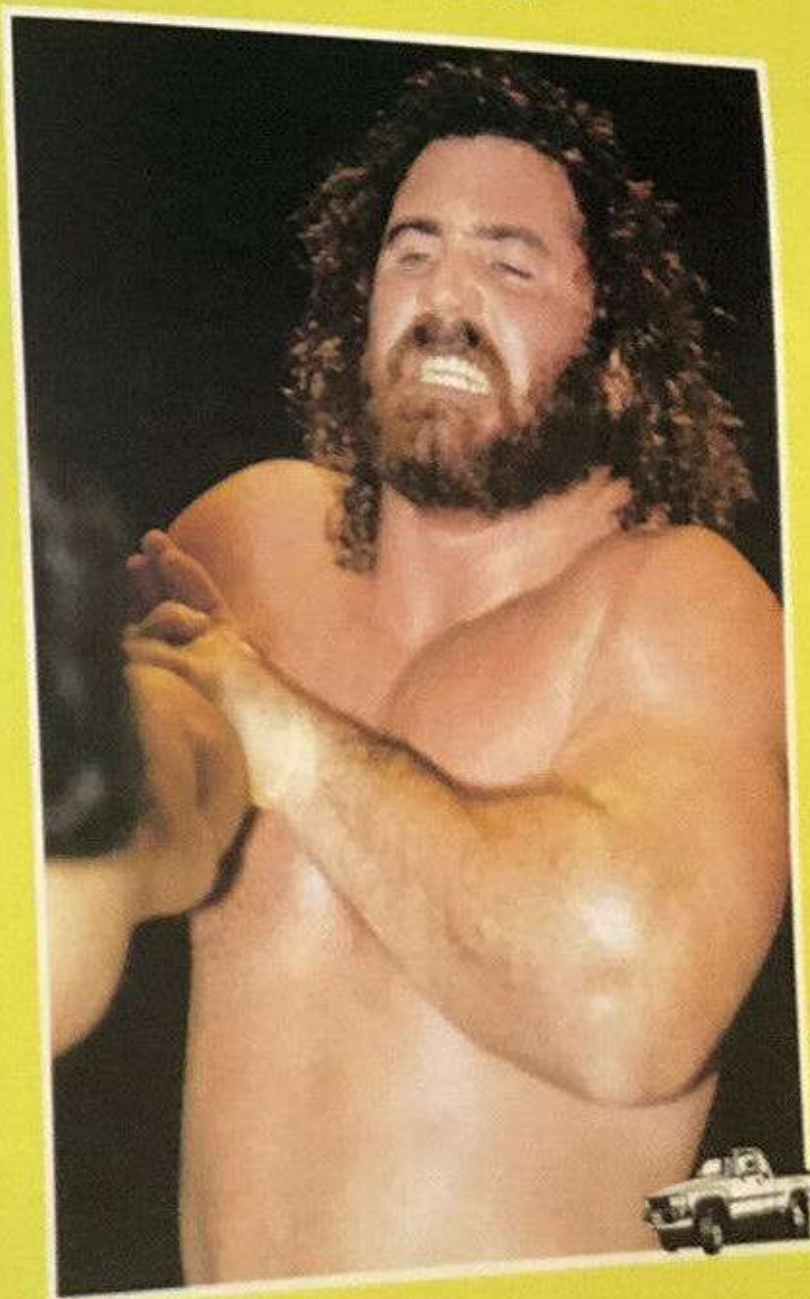
Put together an unscrupulous gladiator like Hernandez and a man of Blassie's ability and deceitfulness, and you have one of the most dangerous combinations in wrestling. Blassie knows this well. "I've got me a real Hercules," he says. "Hernandez is a sensation, a wrestler I can shape and mould into a champion."

It's no secret that Blassie and Hernandez are aiming at a title bout with WWF Champion Hulk Hogan.

"Hogan is big and tough," says Blassie, "but Hercules is a giant-killer. Just give us a chance at Hogan. We'll cut him down to size."

Blassie has great expectations. But, before Hercules gets a shot at Hogan, he must fully prove himself in the WWF. He will have to battle his way through the ranks. To deserve a title bout, he

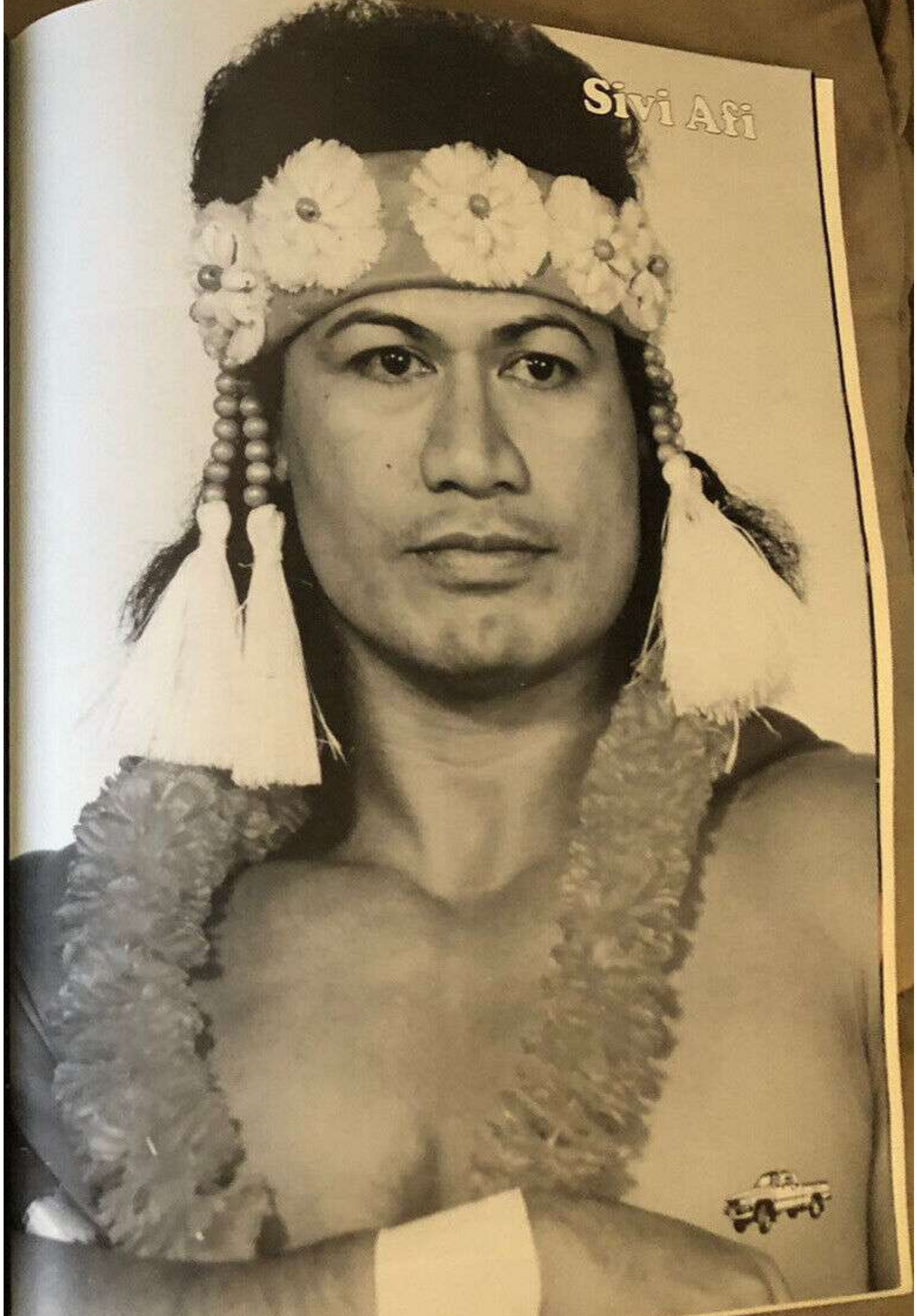
must make a superb showing against wrestlers such as S.D., "Special Delivery" Jones, Leaping Larry Pello, Scott Magree and perhaps Hittally Jim and Ricky Steamboat. All would be solid tests for Hernandez. Only by triumphs over the likes of these men can he rightfully demand a chance to take Hogan's belt.



**SPECIAL
DELIVERY
JONES**



Sivi Afi



LEAPING LANNY

POFFO:

Oh, he lies through the air
With the greatest of ease,
This daring young man
On the flying trapeze,
His figure is handsome,
All girls he can please,
And my love he purloined her away.

—Anonymous

The words to this classic song could be used to describe Lanny Poffo. Leaping Lanny, however, floats through the air without a trapeze. At the peak moment when Poffo's opponent lies supine and helpless on the mat, this daring young man climbs to the top of the turnbuckles, facing the cheering crowd. With the greatest of ease, Lanny soars into a backflip and in one graceful, fluid movement lands squarely on his victim for the three-count. The sky drop — as he has aptly named the manoeuvre — is one of his spectacular, well-timed aerial feats. Only one.

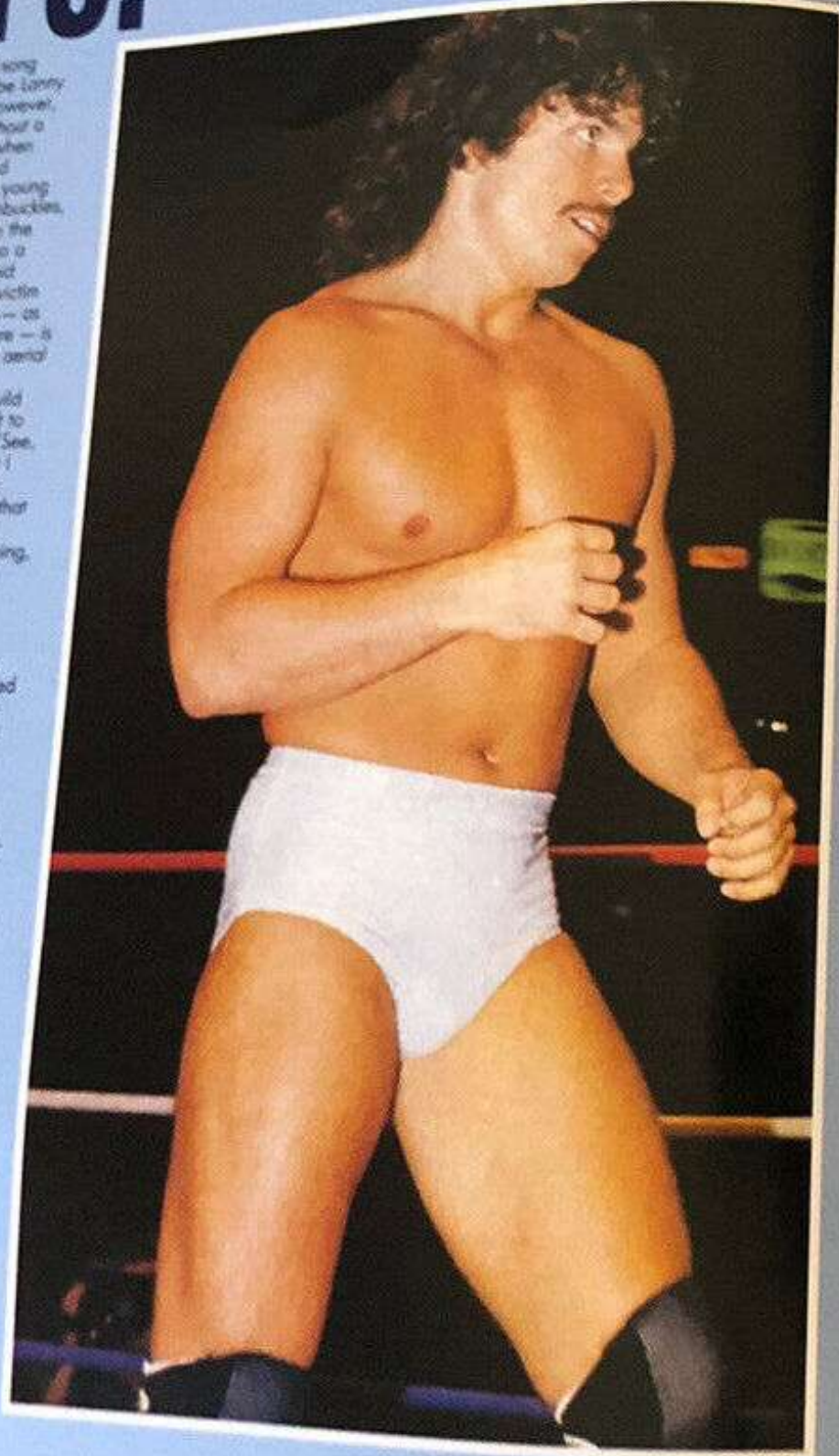
"Every once in a while I get a wild streak where I'm reckless and want to try something new," Lanny says. "See, I try to perfect what I do know, but I also try to innovate what has never been done. There are some moves that are still on the drawing board, and every once in a while when I'm training, I get hurt because, when you come from great heights, calamities can happen."

"I've been very lucky," Poffo continues. "I've only had a minimum amount of injuries in 12 years compared to a lot of guys. But I attribute that to my coordination. I've broken my ankle twice, and my nose has been broken four times. But, there's nothing chronically wrong with me. My knees are in great shape, my back is in great shape. I don't have any trouble with my elbows. See, I've had injuries, but they've all healed. The reason I wear kneecaps is because I do so many high-flying things that I need the shock absorption as an insurance policy on my knees. I kind of feel naked without them because I take a pounding."

This acrobatic grappler from Illinois can give a pounding in return when he is provoked. Lanny is righteous, yet not self-righteous; mighty, yet not almighty; confident, yet not arrogant.

"I never throw the first illegal punch," Poffo says. "I throw the last one sometimes, but I do it as a counterpunch. When I make a move, I make it with my mind and my body, not with any negative emotions. I never do anything out of rage."

"There's a time and a place for combat," Lanny reasons. "The right way to let out aggression is through contact sports — in the ring, for



example. The street is not the place to do it. The battlefield is not the place. The ring is the place. Athletic combat is healthy. May God bless all nations with peace and love; let's just use the ring to fight. For anyone who has a male ego, who thinks he's bigger and badder than anyone these — get in the ring and prove it. Don't prove it anywhere else where innocent bystanders could be hurt.

"I have a right to abhor violence and still be violent," Lanny maintains. "It doesn't mean that I'm a hypocrite. All it means is that I use my best judgement.

Poetry In Motion

There are some times when a wrestler will cross my level of dignity, then I have to react violently. But, I'm a better wrestler when I have to do so, with intelligence, because I'm very well-schooled in unarmed combat. Without blowing my temper, I'm quite capable of defeating people three times my size. So, there's no sense in getting all huffy in the ring. In other words, just relax and use what God gave you. I'm a well-coordinated individual, and I can get out of certain manoeuvres, and I never try to hurt anyone on purpose — I only go for the win. But, if someone tries to hurt me, I have to intimidate him."

Dressed in his silver lame trunks and black velours ring jacket with the silver sequins and rhinestones, his caramel-brown locks falling in curls around his face, Leaping Lanny could be compared to Sir Lancelot entering the ring to do battle. Coincidentally, Lanny is a lover of the period in the past when knights and chivalry were in flower. He demonstrated this on the WWF's TNT show by wearing a full suit of armour.

"I fell in love with medieval history," Poffo tells, a glint in his blue eyes. "And why did I become a fanatic, you ask? Because — courage, purity, honesty, humility, charity, fidelity and diligence. These were the things that the knights sought for and fought for — and their unswerving loyalty to their king. That's why I went through the expense and the trouble and the insanity of buying a complete suit of armour. I feel that I was misplaced, that I belonged in that 15th century."

Another of Lanny's loves is poetry. He writes his own, some of which he has recited on TNT and Championship Wrestling. This rhyming wrestler also sometimes tosses out copies of his poems before his matches. Besides being able to recite his work, Lanny has about a thousand poems in his head by the masters — Robert Frost, Shakespeare, Edgar Allan Poe and e.e. cummings, to name a few. His remarkable memory also stores Broadway musicals, *The Great Gatsby* and John Kennedy's inaugural address.

If he loves something enough, he will remember it forever. His mind as loud as his body.

"Everything I've got is natural. I try to keep a natural diet — no drinking, no smoking, no drugs. The secret of my flexibility is distilled water," Lanny reveals. "I drink one or two gallons of it a day. The reason is because distilled water lacks inorganic minerals such as salt and chemicals that could pollute your body and cause toxic acid crystals to be compacted in your joints. For this reason, I have maintained the flexibility that I originally had and have gone

beyond the normal range of flexibility. Most wrestlers submit when they are in a hammerlock of the three o'clock position. My opponents have to bring my arm up to noon to make me give up, and that's hard to do. So, my flexibility keeps me from giving up sometimes because my joints are so flexible I don't feel the pain."

Lanny started leaping when he took gymnastics between the ages of 8 and 10 years old. He kept with it in his spare time and now seasons his wrestling with his gymnastic agility. He dazzles throughout his matches with on-the-mark dropkicks, sunset flips and high arm-drag takedowns. He enraptures by flipping his way out of armlocks. He spellbinds by bridging his lean, like limbs into a headstand to escape leg scissors. The man is simply spectacular to watch.

"But the main goal is to get your hand raised, not to be spectacular," Poffo says. "A little bit of both is nice

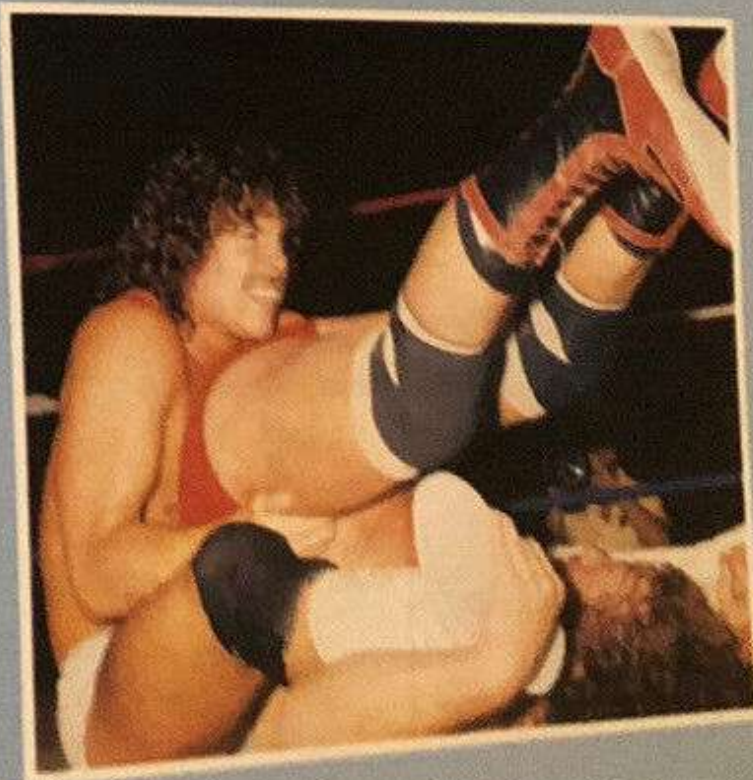
but, if you can win with it, it works. Even if you're as boring as warm beer, if you can get your hand raised, that's all that counts, no matter how you do it."

"I'm not small by any standards," Lanny says. "I'm 6 feet 2 inches, 235 lbs. But in the World Wrestling Federation that is just barely status quo because you have some enormous people here. Still, I feel I don't want to gain or lose any weight. I feel I'm at the proper fighting weight now because, if I gain weight — true I gain strength — but I give up stamina. I'm not one of the strongest wrestlers in the WWF, but I defy anyone to have more stamina than I have."

"I think that to improve I'm just going to have to get more adaptable to different people's styles, and I feel I'm improving with every match. Just lately, I got to meet Edouard Carpentier, and he's taken an interest in helping my career. Already he's taught me quite a bit. I still have a long way to go. I've always idolised him and, thanks to his tutelage, I feel that in the next few years the World Wrestling Federation will see a very much improved Leaping Lanny."

"There's always room for improvement," Poffo states. "You know, I don't have a belt. The only belt I have is holding up my pants. Being the best gymnast in wrestling doesn't necessarily make me the best wrestler. So, if my level of ability is sub-par now, check me out in a year, I'm still improving."

This knight of the squared circle may have many dragons to slay before getting to the top of the WWF, but in the meantime he thrills and amazes wrestling fans with his flashy style. Leaping Lanny Poffo not only excels at writing poetry, he is a true poetry in motion.

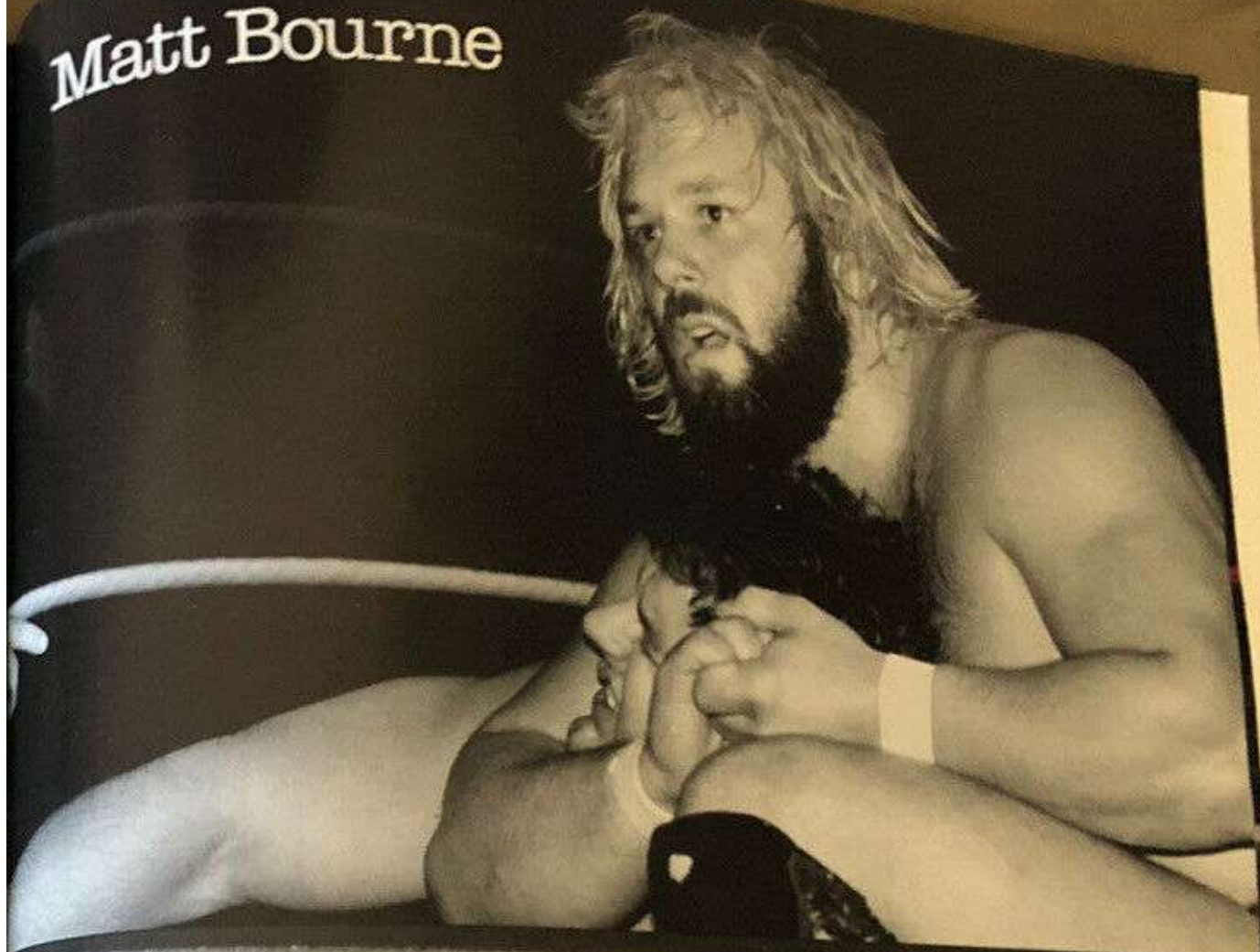


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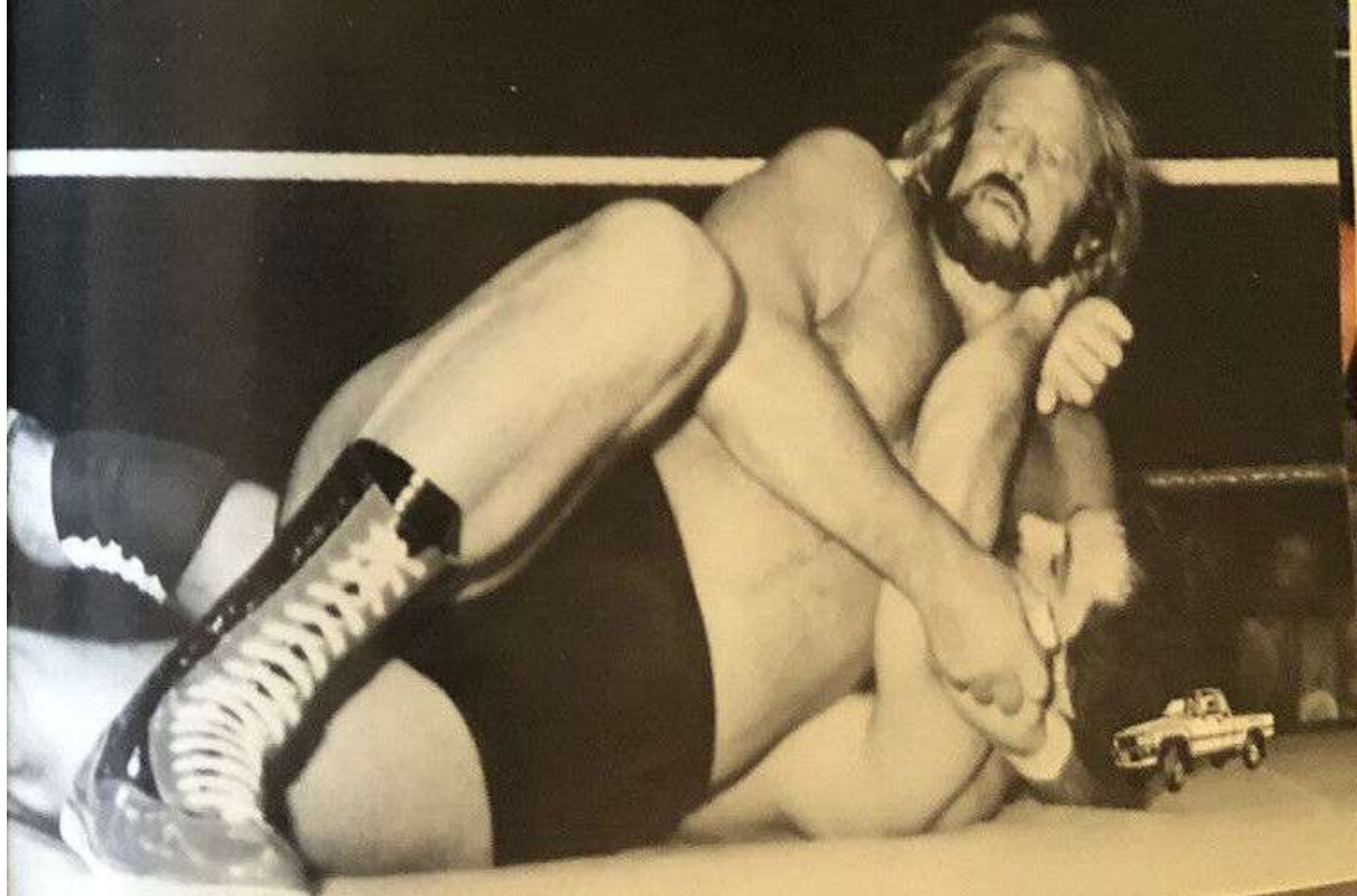


VH-F

Matt Bourne



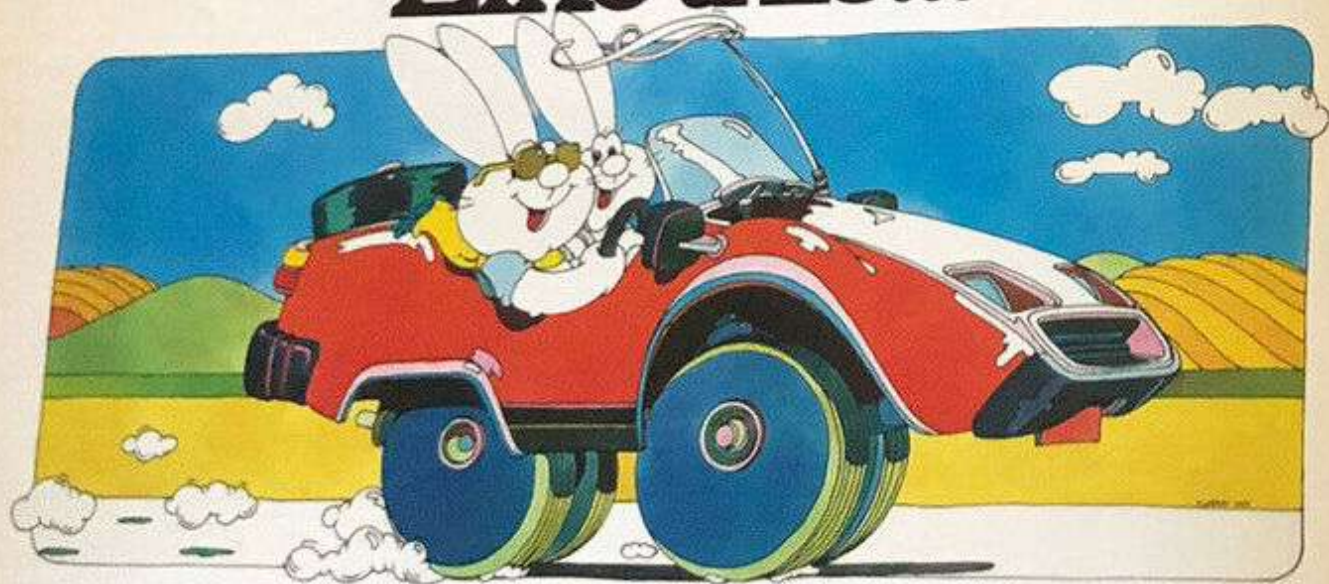
Rene Goulet



Money for 'This' and 'That.'



Like this...



and that.

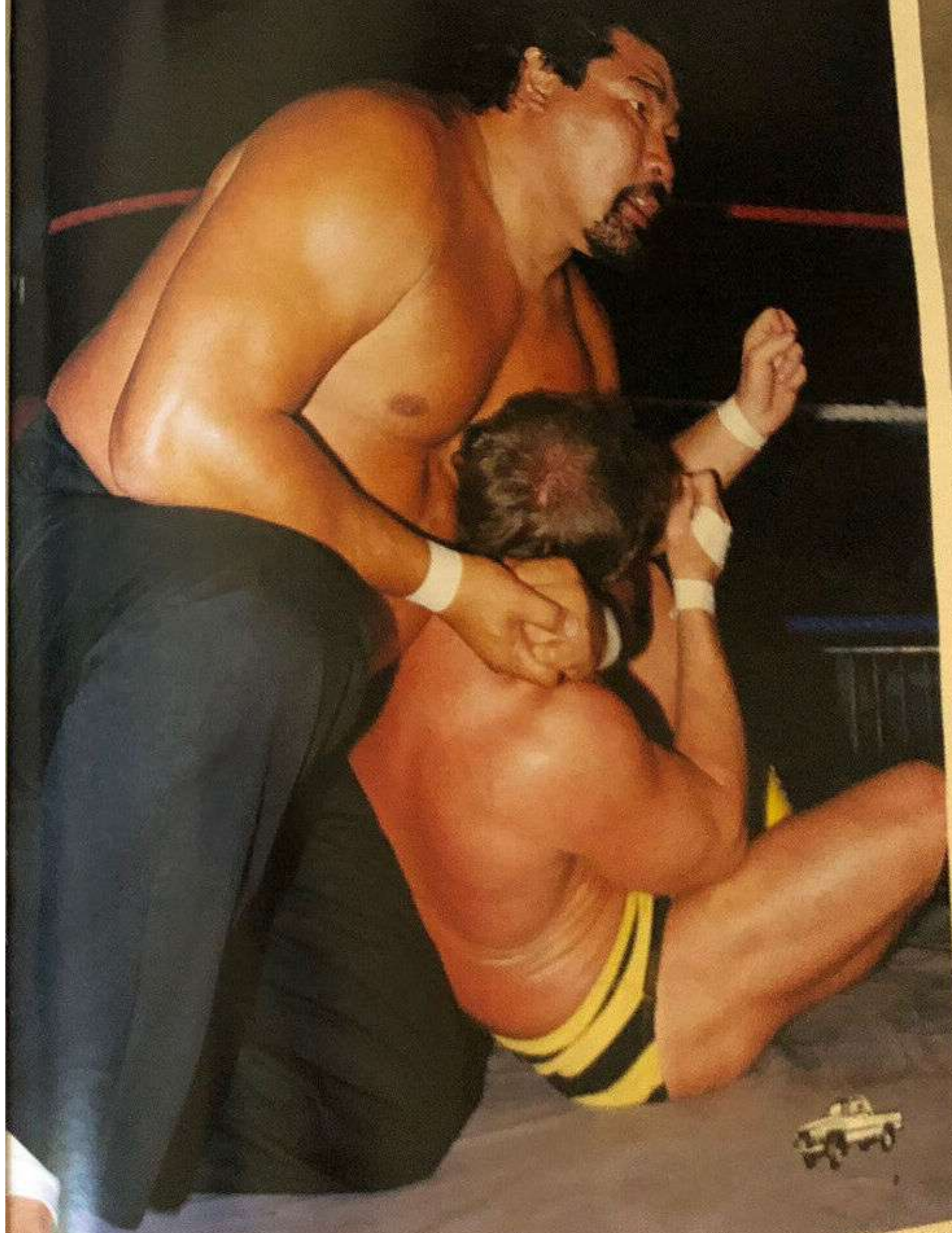
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