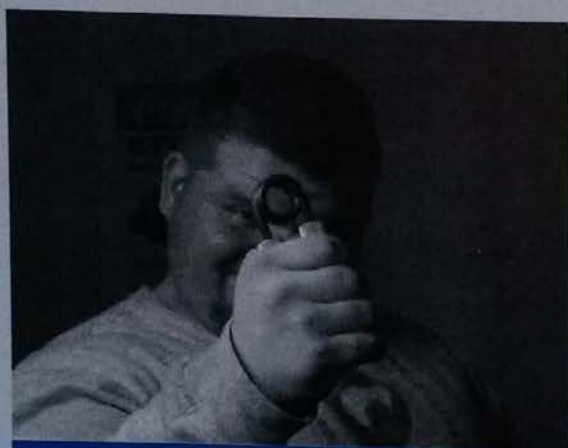


Captains of Crush® Grippers: Who's New

Through persistence and sheer determination, I finally arrived at my goal of closing the Captains of Crush No. 3 gripper."

Thanks for the lesson in perseverance, Chris—and congratulations! **M**



Patrick Kohlmann has no need to hide behind his success with the No. 3.

Courtesy of Thomas Klose.

Last, but not least, Patrick Kohlmann of Dortmund, Germany was able to shut the Captains of Crush No. 3 "completely to hear the relieving 'click.'"

Thomas Klose writes, "I was approached by Patrick about one and a half years ago to get him some Captains of Crush grippers, as he felt he had a good grip and would try to close the famous Captains of Crush No. 3. I said yes, but to be honest, I was skeptical, as Patrick has meaty, short hands. Over the next months,

Patrick informed me about his progress in hand strength. He competed in several strongman meets and most remarkably placed second to Erik Frantz, who is Germany's first, and at that time the only one who had succeeded with the No. 3, in the Hahnenbacher Grip Challenge in 2002. By February 2003, the big day arrived" And the rest, as they say, is history.

Patrick, 24 years old, started weight training at age 16, and at 19, he took up powerlifting under the tutelage of many-time German national champion Georg Haake, winning the state championships of Westphalia almost immediately in the junior category (under 23 years). In 1999 he competed in the first Witten Highland Games, with big guys like Evgueniy' Popov and giant Dutch powerlifter Michel Kossen and, although relatively short at 5'-9", was hooked on strongman. Adding event training to his regular strength program, he and his buddies on Strongman Team NRW have purchased or built stones, logs, etc. and have access to an old storage building where they can work out during the winter months. At 275 lb., Patrick's best official powerlifts are 705 lb. squat, 463 lb. bench and close to 694 lb. deadlift.

Patrick's goals are to improve his three-lift total, move up in the ranks in the national strongman scene, and last but not least, close the No. 4 Captains of Crush gripper.

Way to go, Patrick! **M**