



DISCOBOLUS

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The modern day mass-media constantly sends us impulses that attempt to create a need for perfection within us. How deeply do they influence your life? Where do your mental and physical boundaries lie? Within the deep world of bodybuilding I find an aesthetic that emulates this. An unknown and unseen world opens. What appears to be extreme to the outsider, is something to strive towards and a test of character to the insider.



Intro

Discobolus - the original was lost, the idea remains. 450 years B.C. the perfection was created; a perfect balance - an example, a role-model - unattainability on a plinth. Discobolus shows us a potential energy, a moment just before action and the unknown. There is no fear or emotion, just pure inner focus.

The anatomy of Discobolus is complete, the figure has perfect forms. When looking at the body we see stillness and balance yet fully charged energy. Although the statue appears natural, it is in fact not realistic. The artist composed it using several poses and bodyparts, creating one supposed perfect figure.

In my personal search for balance, the one that Discobolus owns, I met many of his kindred spirits. Each with a phenomenally strong character. They allow themselves to be judged on the quality of their trained body.

Muscle-mass, -separation and -definition. As little water retention as possible, obtaining the lowest possible fat content, combined with perfect symmetry. The same criteria with which they used to select fighter pilots in 1942. A selection process based on physical appearance, without measuring actual physical strength. Ready for battle.

The preparation for a bodybuilding competition is a selection process of its own; not ones physical but ones mental strength is put to the test. Not the judges, but your own mindset helps decides the end result.

Discobolus found his inner focus, and his kindred spirits succeed at this in their own way. This unknown, dark but beautiful (under)world exists of a powerful exertion of the body. These athletes train for months to achieve their goal; their very own discobolus.


