

ARNOLD SCHWARZENEGGER

Introduction

When we think of sports, muscles and titles like Mr. Universe everybody all over the world thinks of Arnold Schwarzenegger. Perhaps he is the most famous Austrian personality we have at the moment. Arnold wasn't just a Body-Builder, Arnold is also an actor, who played in films like Terminator or True Lies. I think Arnold is an excellent example for *The American Dream*. He had enough ambition to fulfil his wishes he had since his early age. But ambition isn't enough he says in his interviews: "You have to separate your emotions from your work. You have to leave your emotions beside to concentrate completely on your training. If you reached a target, you will have enough time for joy, love and your friends." Because of these statements Arnold is often regarded as a stone-cold person. I suppose that's not true. I believe that he is very ambitious and he knows what he wants. Otherwise he wouldn't have been so successful.

Arnie's career as Body-Builder

On 30th July 1947 one of the most popular and famous Austrian person was born in a little Styrian city named Thal near Graz as the son of Gustav Schwarzenegger and Aurelia Jadrny, Arnold Schwarzenegger. He always wanted to be a good sportsman, so he began very early with his boxing and athletic exercises and to play football in his hometown. His father often cheered him to take the sport more serious. But Arnold always did what he wanted to do. At the age of 13 he told his classmates that he wanted to be the best bodybuilder in the world. So he switched one year later from playing soccer to bodybuilding. He started his training with the former Mr. Austria Kurt Marnul. One year later Dr. Karl Gerstl supported Arnold mentally, to get more powerful, and to have the will to win. In

order to that he was ready to start his professional bodybuilding career with seventeen. But a short stay in the prison interrupted his career.

To stay in the prison was not part of his plan, to become the most famous bodybuilder, nevertheless it was necessary to start it.

He had to perform one year of military service. He asked his superiors if he could leave Austria for a few days to take part in a bodybuilding-competition in Stuttgart. But they didn't let him go. That's why Arnold had to leave the barracks illegally. When he returned, he couldn't even explain where he was. He had been locked up at once for seven days. The superiors, who incarcerated him saw that this wasn't just a simple competition "Private Schwarzenegger" won in Stuttgart: Now Arnold was Mr. Europe Junior. After this week in prison, Arnold was allowed to continue his training in the barracks. That was the end of Arnold's military career.

In the same year (1966) Arnold left the junior-league and participated in the professional league. He had real achievements considering a 19-year-old debutant. He became "Best built man of Europe" and won "The International Body-Building Competition", both in Germany. Arnold realized that he had the chance to be the best built man in the world.

So he travelled in the same year to London, where he wanted to win the Mr. Universe competition. When he arrived a lot of fans and other body builders surrounded the newcomer of the bodybuilding business. Arnold felt that he was something special, and that he was ready to be Mr. Universe. Unfortunately **Chet Yorton** (left) beat Arnold Schwarzenegger. He persuaded the judges with his unique show.

So Arnold trained his body to make it more and more imposing. He created new training methods to train some more muscles. Prepared to win he travelled one year later, in 1967, back to London again, to beat Chet Yorton. But there was a new rival in the competition, **Denis Tinerino**. Before the contest even started everybody thought, Arnold wouldn't have the chance to win against Denis.

However Arnie was enthusiastic enough to win. Arnold realized, that being the best is as important as having the desire to win. Now Arnold was at the age of 20 years the youngest Mr. Universe of the World in his classification, the National Amateur Body-Building Association (NABBA). To be the best built man in the world, Arnold had to win in two other classifications, in the Professional Body-Builders classification, and the International Federation of Body-Builders (IFBB) classification. His task was to win them all. And he will...

So he went back to Munich for one year, where he founded a fitness-centre, visited an economy school, and trained up to six hours a day. Now he was prepared for the competitions in the other classifications. He took part at the Mr. Universe competitions in the Professional League. Afterwards he won the Mr. International Title in Mexico. But one title was missing: Mr. Olympia

Therefore he moved to California, where he trained among the best body-builders in the world. During the next 2 years, Arnold participated in several contests all over the world; he won new titles, and defeated his old one. At the end of the year 1969 he won every title, except Mr. Olympia in the IFBB classification. Arnold knew what he had to do. Unluckily there was another challenger named **Sergio Olivia** (right), who won the Mr. Olympia title since 1967 without interruption. In 1970 the IFBB Competitions of Mr. Olympia took place in New York. Everybody knew that this will be a hard fight between Arnold and Sergio; in the end there was only one winner, only one name: **Arnold Schwarzenegger**

So he reached his target at the age of 23. He reached what he trained for since he was 15 years old. Within 8 years he won against every competitor. Furthermore he defeated the Mr Olympia title for six years. In 1981 he finally quit his bodybuilding career.

Arnold Schwarzenegger's titles:

- 1965 Mr. Europe Junior (Germany)
- 1966 Best-Built Man in Europe (Germany)
- 1966 Mr. Europe (Germany)
- 1966 International Bodybuilding Competition (Germany)
- 1967 NABBA Mr. Universe amateur league (England)
- 1968 NABBA Mr. Universe professional league (England)
- 1968 German Bodybuilding Competition (Germany)
- 1968 IFBB Mr. International (Mexico)
- 1969 IFBB Mr. Universe - amateur league (USA)
- 1969 NABBA Mr. Universe professional league (England)
- 1970 NABBA Mr. Universe professional league (England)
- 1970 Mr. World (USA)
- 1970 IFBB Mr. Olympia (USA)
- 1971 IFBB Mr. Olympia (France)
- 1972 IFBB Mr. Olympia (Germany)
- 1973 IFBB Mr. Olympia (USA)
- 1974 IFBB Mr. Olympia (USA)
- 1975 IFBB Mr. Olympia (South Africa)
- 1976 IFBB Mr. Olympia (Australia)
- 1981 IFBB Mr. Olympia (Australia)

Arnie's career as actor

In 1970 Arnold plays his first role in a film called **Hercules in New York**. This film has an extremely bad story, and it's Arnold's first role in a film. He performs bad, he doesn't even know, how to speak English in a right way. His pronunciation is very horrible, that's why his voice has to be synchronized. 3 years later he gets once again a role in a film called **The long Goodbye**. His function is very simple: He is the leader of a gang who fights against everyone. Bad actors, bad story. That's why Arnold Schwarzenegger decides to retreat temporary of the film-business.

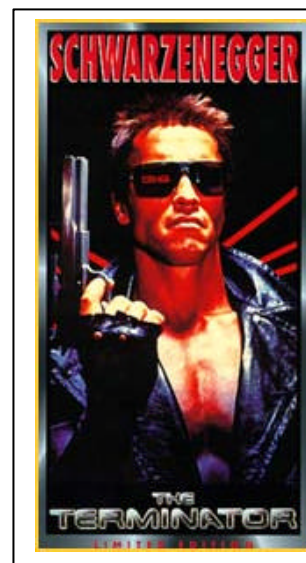
After his last but one Mr. Olympia title he decided to switch the business once again because in 1976 the director Joe Sante wanted to make a film about a body builder, who took part in a Body-Building Competition and found a woman



he loved. Arnold was the perfect actor for this role. The film was called **Mr. Universe/stay hungry**. 1977 he becomes the Golden Globe in the section "Best Newcomer of the Year" for the role in the film **Stay Hungry**. In the same year he becomes an offer to play himself in a documentation. This was the perfect chance for him to show to the public that a body-builder also has emotions though all those muscles. Critics were positively surprised, and

saw that Arnold Schwarzenegger, formerly Mr. Olympia, is a fantastic actor too. After the flop **The villain**, Arnold Schwarzenegger had no offers for films anymore. Perhaps it was very boring, so he won the Mr. Olympia title once again. One year later he played the main-role in the film **Conan the Barbarian**. He plays a slaved fighter who desires for revenge on Thulsa Doom, because he killed his parents when he was a child. For Arnold this was the first serious film, where he made much experience. The continuation of Conan the barbarian was **Conan the destroyer**. A film, which sets more on action than his predecessors.

One year later Arnold risks his reputation as he plays the role of the bad guy in the low-budget film **Terminator** directed by James Cameron. He has luck, because the film is really successful. The film is voted among the ten best films of the century. The success of Terminator catapults Arnold between the most famous, popular and desired stars in Hollywood. Because of films like Commando (1985), Raw Deal (1986), Predator (1986), Running Man (1987) and Red Heat (1988) Arnold's reputation changed into the best action-film-actor in his time. But Arnold also



acts in comedies like Twins (1989), together with Danny DeVito, and Kindergarten Cop (1990). But 1990 he made the film Total Recall, a futuristic Thriller, too. In my opinion this film has the best story of all films in which Arnold Schwarzenegger played. At the end you do not know what was dreamed, and what was reality.

His greatest commercial success so far was **Terminator 2 – The Judgment Day** (1992), a continuation of the low-budget film of the year 1984. Worldwide, Terminator 2 brought in over 500 million dollars. Furthermore Last Action Hero (1994), True Lies (1994), Junior (1996), Eraser (1996), Jingle All The Way (1997), Batman & Robin (1999), End of Days (1999) and The Sixth Day (2000) were also absolutely prospering.

Marginal notes about Arnold

Arnold never had a simple life. But his ambition helped him through his hard days. In 1972 for example his brother Meinhard died because of a car accident, in 1973 his father Gustav Schwarzenegger died. He helped his mother Aurelia where and when he could, but in 1998 she died too.

Although there were also good times in his life. For example in 1977 he meets a girl named Maria Shriver. Nine years later he will marry her. Marie Shriver directed him to the organisation of Special Olympics, and in 1979 he advertises

for the Special Olympics, and made them more and more popular. Moreover he finishes his Economy-studies in Wisconsin he started in 1968 in Munich. In 1983 he got the American nationality. You see, that Arnold was never lazy. He found the time to help handicapped people, and to found his own body building competitions like the Arnold Classic in 1989. In 1990 he becomes president of the committee for national fitness among President George Bush. His task was to help young people who don't have a family or a job, to do something useful. He wanted them to stop taking drugs or to hang around in gangs. In 1991 he becomes the **Award for Humanity** from the Simon Wiesenthal Centre because of his efforts towards the Holocaust.

Additionally he owns several restaurants all over the world named **Planet Hollywood** as well. These are restaurants like the Hard Rock Cafes. Arnold is one of 4 owners. The others are Demi Moore, Bruce Willis and Sylvester Stallone.

Unhappily he had problems with his health. In 1997 he had to make a heart-operation, which forced him to stop making movies for two years. But the operation proceeded without complications.

Today, Arnold won't think of stopping making films. He plans the continuation of Terminator 2 and True Lies. In fall the productions of Terminator 3 will start. Now Arnold is 54 years old, but he has the power and the ambition like he had when he was 18 years old. I think he is the kind of person that will ever stay hungry. As well I believe that he reached so much, so that he cannot stop being popular and famous. It's like a drug. There is only one difference: It won't kill you. It's the other way around. It makes one's life beautiful...

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