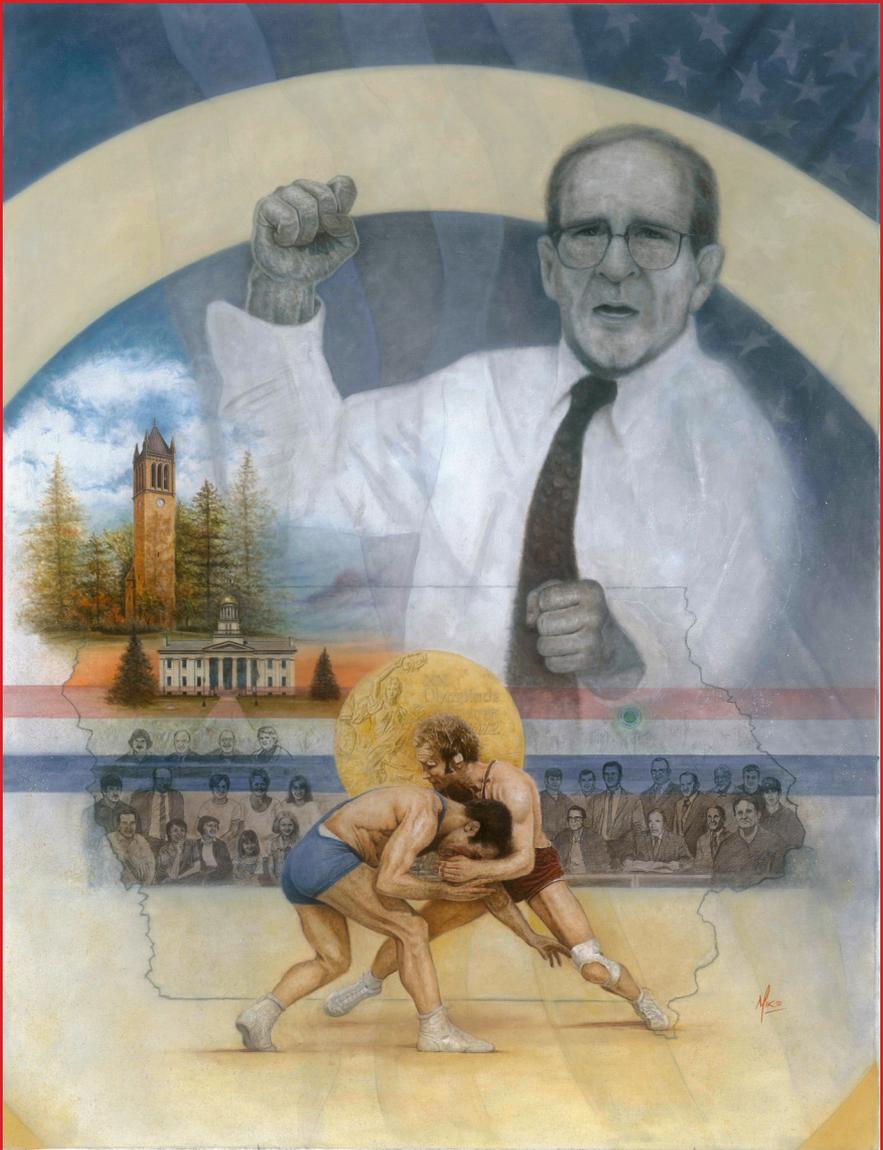


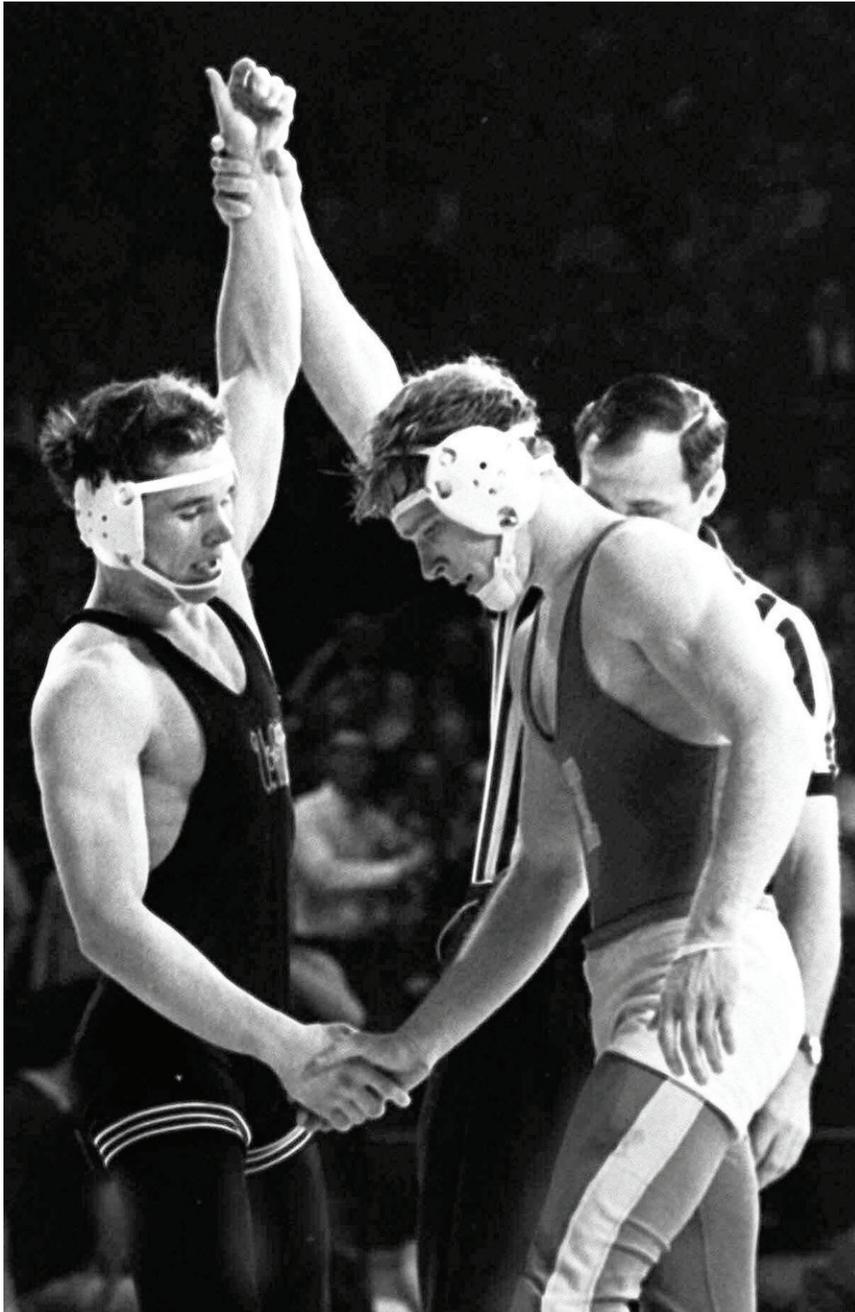
# DAN GABLE

**"THE ART OF THE FIGHT"**



A PORTRAIT OF WRESTLING LEGEND **DAN GABLE**  
BY THE CELEBRATED SPORTS ARTIST MIKE KUPKA

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Gable, as a competitor won 181 matches (64 in high school and 117 straight matches in college before losing his last match in the NCAA Collegiate Final at Northwestern University in 1970)

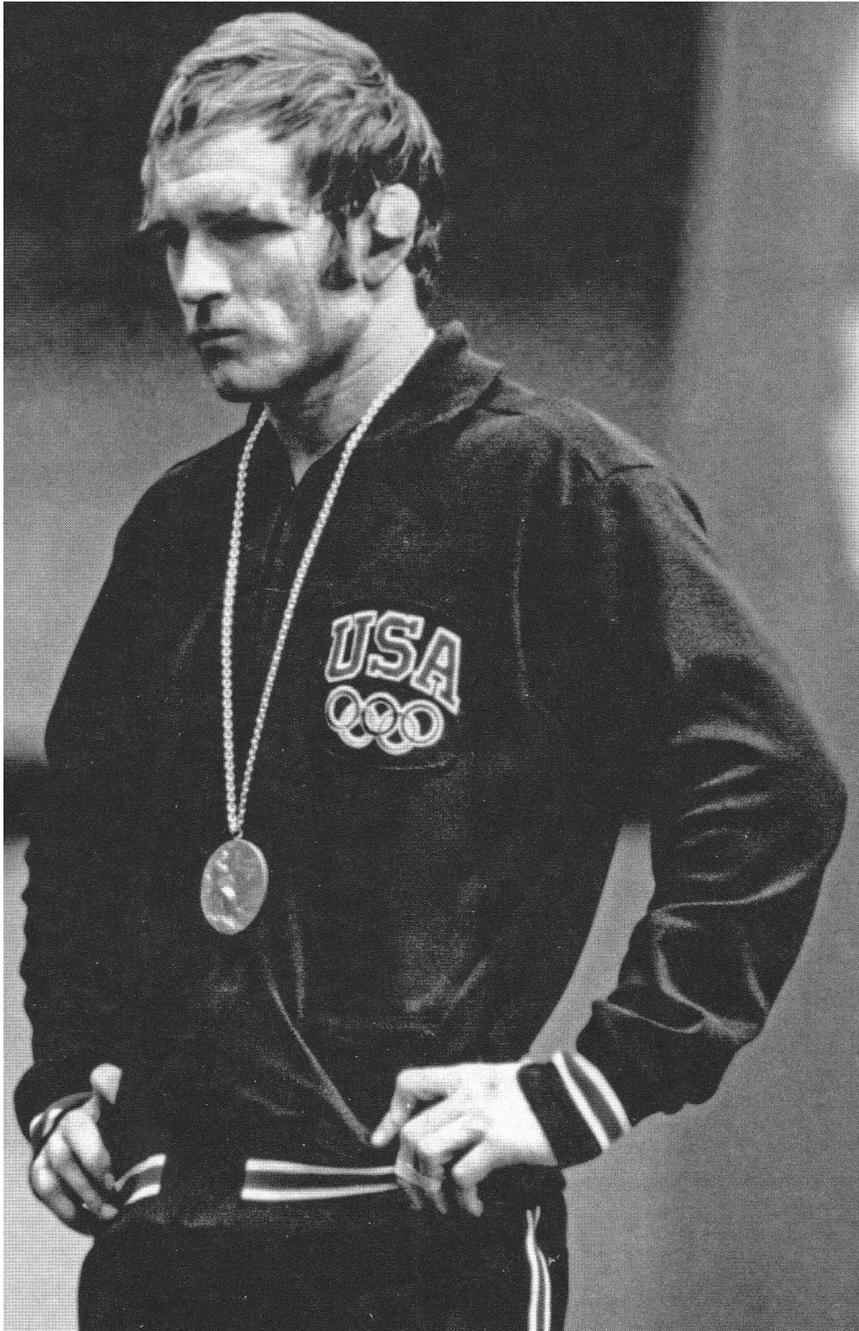
## THE MAKING OF A WORLD CHAMPION

Dan grew up in Waterloo, Iowa, a town that was well known in the state for wrestling. In his early years, he participated at the YMCA in many activities, and won the YMCA state swimming backstroke championship at age 12. His father Mack was a high school wrestler. His mother Kate had a brother, Keith Cantwell, who was an Iowa high school state finalist wrestler. The Waterloo/Cedar Falls community had 3 Hall of Fame wrestling coaches: Keith Young (Cedar Falls), Dave Natvig (East Waterloo) and Bob Siddens (West Waterloo). Siddens was one of the most prolific coaches in Iowa history and was Dan's high school coach.

Dan was relentless in training. He went to school early many days to work out, and that influenced others to do the same. Coach Siddens gave him a key to the gymnasium so he could come early and open up. He defined what commitment is.

Throughout high school and college, Dan won 181 matches (64 in high school and 117 straight matches at Iowa State University). Then he lost to Larry Owings in his final match as a collegian. It was an NCAA Championship bout. Owings came in prepared and ready to fight. Gable was on display and doing a lot of interviews before the match, altering his focus. Almost everyone, except Owings and his coach, Jim Smith, thought that Gable would remain undefeated. He lost, and finished his career 181-1. That's when Gable realized he needed a more artistic dimension to his strategy. He analyzed his wrestling and added a more analytical approach to his already tough style (tactics and strategies).

After College he won the famed Russian (then USSR) Tbilisi, Georgia tournament and was voted top wrestler of the tourney, along with winning the 1971 Pan Am Games, 71 World Championship and going unscored upon at the 1972 Munich Olympic Games. In Dan Gable's 21 matches involved with making the Olympic team and the actual Olympic matches, he had 12 falls with no one scoring. In the other 9 matches, he outscored his opponents 130-1. In an Olympic qualifier match, the one point scored upon Gable was by Larry Owings. Gable had this to say about this one point, "Larry Owings got inside my head, and with all of life, one's mentality is a crucial aspect of life's performance. He's still inside my head, even though I've been able to get through most of it. I'm still diagnosing that match. The mind is where it's at, and is the answer for top performances along with your great personal abilities"

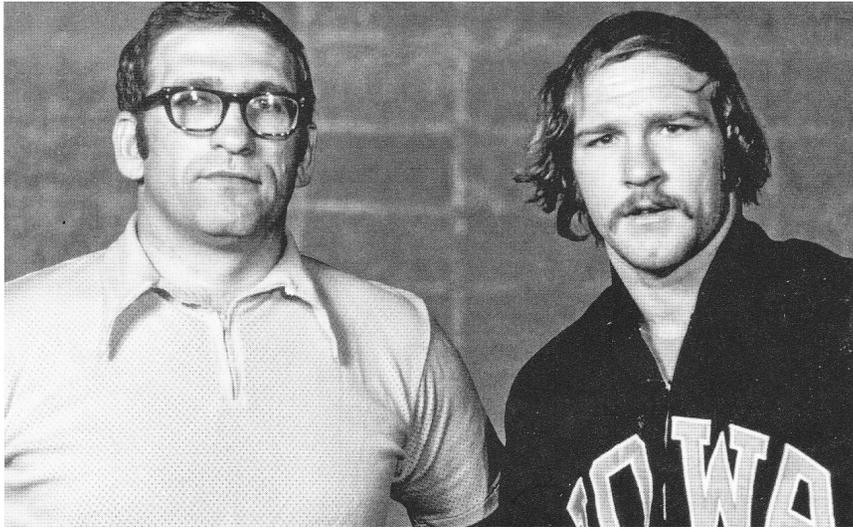


Courtesy of UI Athletics

Dan on the Winner's Podium At the 1972 Munich Olympics, he won all 6 matches without giving up a point.

A tragedy lies behind much of the motivation for Dan's success as an athlete and throughout life. As a 15-year old, his sister was raped and murdered by a neighbor. He saw the devastation of that tragedy playing itself out within his family. He recognized early that his success in wrestling seemed to help his parents. He won his first state championship in February, 1964, and his sister was murdered a few months later in May. Dan realized he might have been able to prevent this tragedy. He had had a short conversation earlier with the young man who was eventually convicted of the attack, and afterwards realized he should have spoken up. Much of his motivation was to keep the family together and to honor his sister through his wrestling success.

A second tragedy touched his life. He was competing at the 1972 Olympics in Munich when a Palestinian terrorist group took 11-members of the Israeli Olympic team hostage, and then killed them. Dan was so focused on what he was doing that it wasn't until years later that he more fully understood what had happened.

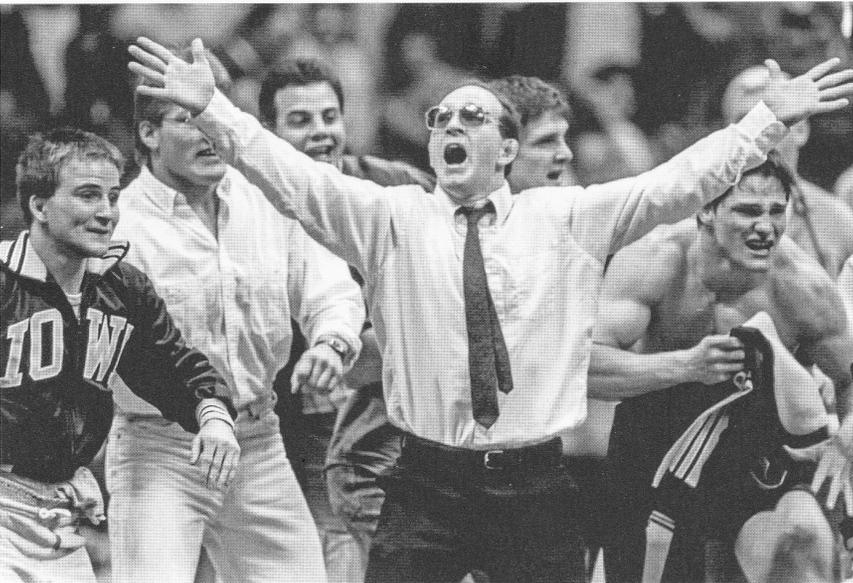


Gable joined the Iowa coaching staff in 1972, assisting head coach and Hall of Famer Gary Kurldelmeier.

Gable joined the University of Iowa coaching staff as an assistant to Hall of Fame coach Gary Kurldelmeier until taking over as head coach at the start of the 1976-1977 season. As the University of Iowa's all-time winningest coach from 1976-1997, Gable won 15 NCAA National Wrestling Team Titles while compiling a career record of 355-21-5. Gable's teams had an astonishing BIG TEN conference record of 131-2-1 and had an overall home meet record of 157-3, and an almost perfect home meet record of 98-1 at Carver Hawkeye Arena.

He coached 152 All-Americans, 45 National Champions, 106 BIG TEN Champions and 12 Olympians, including four gold, one silver and three bronze medalists. The Hawkeyes won 25 consecutive BIG TEN Championships, 21 under Gable as head coach and four while he was an assistant coach and administrator.

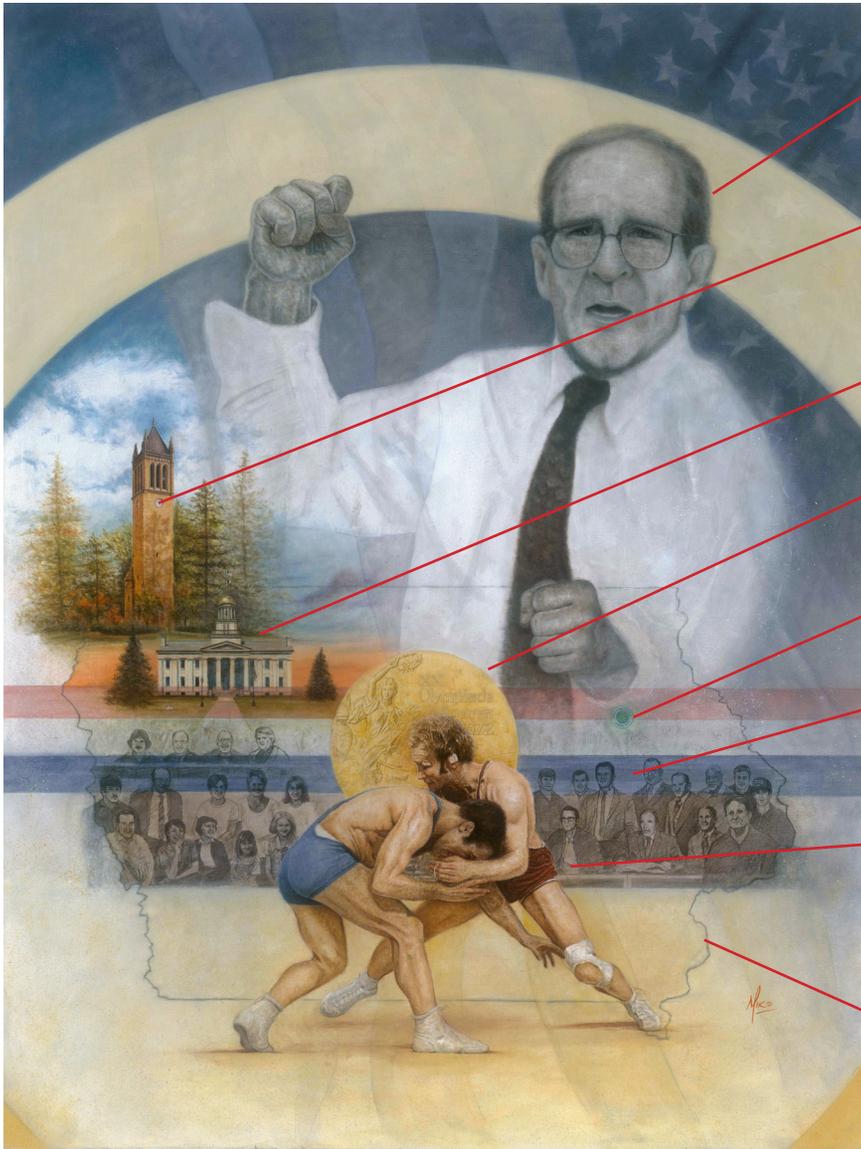
He had a winning percentage of .932 and captured nine consecutive (1978-86) NCAA Championships. At the time, that equaled the longest streak of national titles won by any school in any sport.



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## BEHIND THE PAINTING "THE ART OF THE FIGHT"

In their initial interview, Mike Kupka asked Dan about the most influential people in his life.



Oil on Canvas -The painting is 3' x 4'  
Looking at this painting, the kind of intensity Michael Kupka captured -  
the laser focus coming through his glasses.

This iconic image has been captured in one of three statues of Dan Gable in the state of Iowa. It portrays a moment where Dan is calling "stalling" on his own wrestler. He knew that once the referee called his athlete for stalling, he would be more aggressive.

This is the historic Campanile, which is widely seen as the major symbol of Iowa State University, where Dan Gable wrestled as a collegiate athlete and trained to become a World and Olympic champion.

This is the Old Capitol, an iconic image associated with the University of Iowa where Gable led the Hawkeyes to 15 NCAA team titles.

The gold Medallion depicted behind the wrestlers is Dan's Olympic gold medal. The circular ring at the top of the painting represents the Olympic wrestling mat. The gold medal is positioned to represent the one meter circle where wrestlers begin their match.

The National Wrestling Hall of Fame Dan Gable Museum in Waterloo, Iowa working in association with the National Wrestling Hall of Fame in Stillwater, Oklahoma.

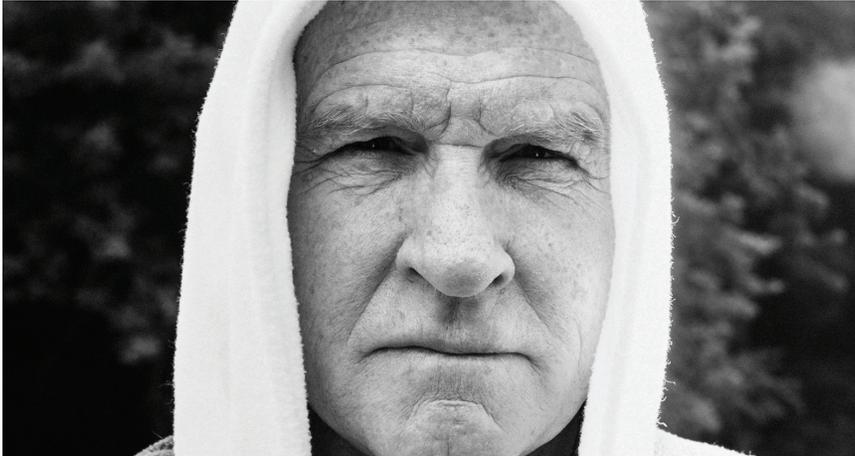
There are 26 images in the grandstands behind the wrestlers that represent the many people who have had a profound influence on Gable's life and career, starting with his father, mother and sister; his wife and daughters; coaches, workout partners, media and lifelong friends. The many people that Gable has influenced throughout his career as a wrestler and coach are represented in both action images.

The two wrestling figures are Dan on the right in red, and Soviet Ruslan Ashuraliev on the left in blue at the 1972 Munich Olympics gold medal final. Dan has white bandages on his left ear and left eye because an Eastern Bloc athlete in a previous match head-butted him to try and take him out of the competition. Dan was seconds away from being disqualified in that match when they got the bleeding stopped. This was part of a plan hatched by the Soviet head coach who pledged he would find the athlete who could beat Dan in Munich. Dan won the gold without having a single point scored against him. Few, if any, accomplished such a feat in Olympic wrestling.

Iowa is Dan, Dan is Iowa. Iowa is uniquely bordered between two rivers, the Mississippi on the east and the Missouri on the west. All 50 states are represented by our GREAT American Flag

## MEMORABLE QUOTES FROM DAN GABLE

Courtesy of UI Athletics



"I'm a big believer in starting with high standards and raising them. We make progress only when we push ourselves to the highest level. If we don't progress, we backslide into bad habits, laziness and poor attitude."

"Once you've wrestled, everything else in life is easier."

"When I'd get tired and want to stop, I'd wonder what my next opponent was doing. I'd wonder if he was still working out. I'd tried to visualize him. When I could see him working, I'd start pushing myself. When I could see him in the shower, I'd push myself harder."

"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride."

"Raising your level of performance requires a proper mentality and meaning from within. This gives you the ability and drive to work on the things necessary to go to a higher level. When people ask me how to raise their level of performance, the first thing I ask is, How important is it to you?"

"There's always ways of motivating yourself to higher levels. Write about it, dream about it. But after that, turn it into action. Don't just dream."

"There is no mat space for malcontents or dissenters. One must neither celebrate insanely when he wins, nor sulk when he loses. He accepts victory professionally, humbly; he hates defeat, but makes no poor display of it." "If you're afraid to fail, you'll never succeed."

"We, as a wrestling community, better remember it is more than one individual that makes a winner."

"A lot of my intensity in wrestling was due to my mental preparation before the matches. I got myself into a different world."

"Great wrestlers make other wrestlers great. Always remember the pain of defeat, and never let it happen again."

"You can't ever work too much because there's no such thing as being in too good condition. You can't ever lift too many weights because you can't ever get too strong. You can't ever wrestle too much because you can always do better."

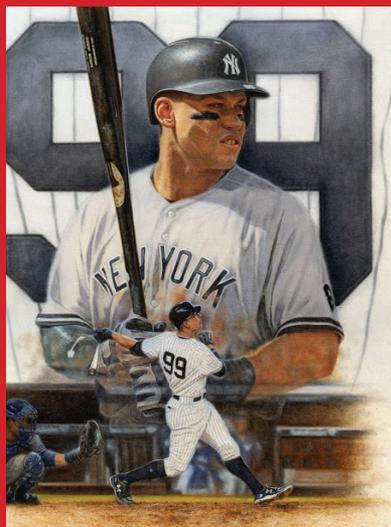
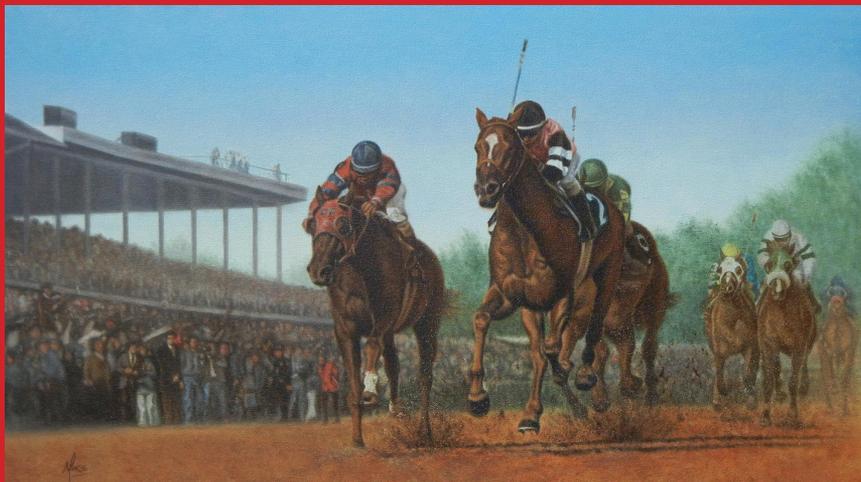
"Freedom across the world is a result of many individuals working together."

"I can take anyone down at anytime; they can't take me down; no one can ride or turn me; I can control anyone."

"I shoot, I score. You shoot, I score."

# A PORTRAIT OF DAN GABLE

BY THE CELEBRATED SPORTS ARTIST MIKE KUPKA



Mike Kupka studied at the duCret School of Art, under renowned illustrator Peter Caras. With that experience, Mike gained the knowledge needed, to create the wide variety of artwork that he produces. His portfolio continues to grab the attention of publishers, galleries and collectors alike. Producing artwork for licensees such as Lucas Films, Disney, Warner Brothers, the MLB and the NHL. Mike's portfolio and popularity continues to grow. His stunning portrait of DAN GABLE is the latest in his celebrated career.

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