

# KONSHUU

vol. 54 #1  
Sports



**Seidou**

*Ace of Diamond*

Art By Miranda Zhang

going to KOSHIEI!  
おーい! 〇〇



# Anime Destiny 2021!

Games, Cosplay Events,  
Panels, Performances,  
Giveaways, and More!

Sunday, November 7  
on Discord, YouTube, and Twitch

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## PAST ANIME DESTINIES



Anime Destiny 2016



Cosplay Gathering 2019



Artist Alley 2019



Anime Destiny 2019

# THIS MONTH'S FEATURED SERIES!

## ANIME RECOMMENDATION

### ASHITA NO JOE (TOMORROW'S JOE)

Telling the story of an underdog reaching for the stars in both sports and socioeconomic terms via pugilism long before Sylvester Stallone had even begun conceptualizing Rocky Balboa, *Ashita no Joe* is a classic that should be seen by all, sporting fans and non-fans alike.



1970-71, 1980-81  
Directed by Osamu Dezaki  
79 Episodes (S1), 47 Episodes (S2)

## MANGA RECOMMENDATION

### SLAM DUNK

A must-read for those who love basketball and Inoue's work such as *Vagabond*. Although I can't exactly compare *Slam Dunk* with *Kuroko no Basket* since I have yet to see the latter, I felt that *Slam Dunk* is a down-to-earth representation of a high school basketball team that deeply loves the sport. The motivation to improve from the five main characters was highly contagious, since reading it periodically got me back out onto the court to practice shooting some hoops of my own.



1990-1996  
By Takehiko Inoue  
31 Volumes, 276 Chapters

ALHS, Staff Writer

One who has been lingering in the anime community for just a few months probably wouldn't know the name of Shinkai, but they would definitely know some of his... most notably, Your Name. This movie came crashing into the community like a meteorite, quickly becoming extremely popular for its stunning visuals and the "cute" type of romance it provided. As a result, the movie itself became the hearts of romance lovers all over. For those that haven't seen it, I highly recommend it if you aren't a romance lover. Now, for those that have seen it... watch it again.  
"I've already seen it, and it wasn't anything special." -- what I imagined some of you reading let slip into your thoughts and I don't blame you, that was my reaction at first until I rewatched it myself. As I mentioned, I didn't like the movie all that special the first time around and left it off as another romance anime movie. I'm not saying it was bad, but I certainly didn't find anything unique



WAS OVERHYPED. TRY IT ANYWAY. SAVE FOR AN UNSAVORY AMOUNT OF BUGS.

still living on Earth. The Ascendants, unlike Reunion, are a highly organized group of Corrupted who organize through "AscNet", a cyberspace which Ascendants can access. It's not clear what the Ascendants are after beyond mere power and control. PGR's "Babylonia" is a singular megacity floating in space that is beyond comprehension. The Ascendant who built it is unknown. And the Punishing Virus only affects the Ascendant because they are the only human, giving a justification for the "energy surge" system that is common to most Ascendents, while Oripathy affects a great many operators while leaving the Doctor alone. But in terms of plot, PGR leaves quite a lot to be desired. The story feels arbitrary, as if the events just

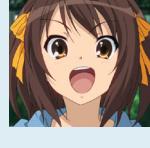


LUCIA'S M

Lionel Verano  
With the Impact project, we wanted to explore and complete the release of new 5-star cards that would represent new 5-star cards. However, r/GenshinImpact calculated the 21st, You happen. The original deserves

## Mitch Madayag

2nd Year, Undeclared



Editor-in-Chief

Where was CAN when I was a high schooler?

Last month, a few officers and I had the pleasure to interview Matthew Rea and Lionel Verano, co-founders for the up and coming Cal Anime Newsletter (CAN), a student-run publication focused on covering anime, manga, and other aspects of Japanese pop culture. They are the Editor-In-Chief and the Recruitment Executive respectively. Lionel unfortunately suffered some technical issues, but we were still able to get a closer look into their involvement with anime, their publication, and their organization as a whole.

[Interview Start]

**What inspired you to create this anime newsletter in the first place?**

**LIONEL:** The combination of the newspaper organization Matthew and I were in during Boys State and Konshuu were both big inspirations for us. We were both anime club presidents who wanted to do something cool before we graduated, so why not a newsletter?

**MATTHEW:** So Lionel and I, we've both known each other since we joined the Anime Club Union about two years ago, and it just so happened that over the summer, we both attended Boys State together. It's like a government leadership sort of program with the American Legion Association so it's supposed to be a really big and really prestigious program because only 800 people went this year, so it's a very small number of junior high schoolers who get to attend. It pretty much models the way governments would work in America, from city level to the very top up to governor. It's pretty much like a model government, but a pretty close replica. We met there and we both tried joining Boys State which is the state-wide newspaper. We both got rejected but we found a home in our county newspaper that was established. Lionel joined first and then he reached out to the owner and was like "Hey you should get Matthew on" and I got hired as Interview Executive there. We worked at the Hailey Paper together and we had a great time working on the newspaper together. A few days after, when we concluded Boys State in early July, we were talking about ways we could improve our anime clubs because it was dying after COVID, so [Lionel] brought

up the topic of having a state-wide anime newsletter or just something within our two schools that we could have as a joint operation. He said that we should first have an editor-in-chief so it's like, I would do it if no one else takes it. We didn't find anyone else who was willing to take it, so I ended up filling in for that and then he filled in for Recruitment Executive. Then, we spiraled from there. We found a couple more friends we personally reached out to first and then we first started going from there. We made an ad and then started reaching out to a lot of high school clubs that we knew and eventually made our way up to the UC's.

**Are you still recruiting for Cal Anime Newsletter?**

**MATTHEW:** Yes, we are still recruiting. We may have waitlists on artists and copy editors, but staff writers, we have those open at all times just because all of the execs are all rising seniors so we are pretty much basing [CAN's] schedule off of ours. We knew that we are going to be busy this year, especially coming back for the first time and we know it's going to take a lot to create this newsletter, to write everything out and plan everything. We're not all knowledgeable in one department- I don't touch manga at all so I wouldn't be able to contribute to that department- but having a really large staff pool allows us to get more content ideas out and have a lot more time and flexibility to work on different aspects.

**What criteria are you looking for when hiring people?**

**LIONEL:** We are looking for anime enthusiasts who are interested in journalism. Anyone with a passionate voice and drive to discuss all things anime. Ultimately, this is what we care about as we are always looking for motivated staff writers.

**MATTHEW:** When it comes to staff writers, I don't think we have any set criteria just cause we were desperate to get people to come write for us. In the future, that most likely will change but right now, we want to give people a lot of freedom so we just say "Here is the general article idea to write about. Go ahead and do that." If there's anything specific we want, we just need a very short four/five sentence paragraph for it. As for artists, we ask to see examples of their work just to make sure we're not getting someone who just draws stick figures. That's not really the art style we're looking for in our newsletter. Digital art



## V., Recruitment Executive, 7.14.21

With the release of the new Inazuma update, many Genshin players have been thrilled to have an entirely new area to explore. This region includes new quests and events to complete, as well as new bosses to fight. Along with the release of the region, it's been made public knowledge that the 4-star playable character, Kamisato Ayaka's, banner will release at the same time. As such, Yoimiya's (another 4-star character) banner would come shortly afterward. According to user u/Reios1018 on the subreddit r/Genshin\_Impact, Yoimiya's banner would overshadow one of the most beloved characters of the entire series. The post stated that with the release of Inazuma on August 10, Yoimiya's banner would start on August 10, which is Amaterasu's birthday. Many players were outraged by this, according to the original post states, "MiHoYo, how could you?!! You can do better."

Amber is the first 4-star character that players get in the game. She is a Pyro bow user who has been known to be one of the most difficult characters to play. Many players who play her do so because of the challenge that follows. These players are referred to as Amber mains. However, with the release of Yoimiya, a 5-star Pyro bow user, Amber would no longer be the only Pyro bow user in the game. She would soon be overshadowed by Yoimiya, on her very own birthday. This tragic story, unfortunately, doesn't have a happy ending, as many continue to beg miHoYo to buff the beloved 4-star.

Only time will tell if miHoYo listens to their community. Until then, August 10th will be a day to remember.



## Promoting Unity

Matthew Rea July 26, 2021

"Education x Entertainment" is a popular concept of integrating education into the entertainment medium and an idea the World Cup project stands behind. Or rather, the World Cup project, launched by artist Kanna Yamamoto in 2018, the project aims to educate people about different cultures throughout the world through anime characters. The project turns

the characters into samurai and we can learn about their backgrounds, their backstory, complete with birthdays, personalities, etc. In spirit with the



## TANABATA JAPANESE

Lionel V. 7.28.21 Recruitment Executive Last Wednesday, on July 7th, was the Japanese festival Tanabata, the Japanese Star Festival. Originally from the Chinese Qixi Festival, the festival celebrates the meeting of two star-crossed lovers, the牛郎星 (Niu Lang Xing) and the织女星 (Zhi Xing Xing).

During this holiday, many people wear yukatas and colorful paper decorations. Another popular activity during this day is to make a wish. The Japanese write their wishes on small slips of colored paper called tanabata-zaku. These wishes include academic achievement, financial success, and longevity. Once the wishes are written on the paper, they hang it on a bamboo stalk.

## CAL ANIME NEWSLETTER

is also the requirement. We don't accept people who don't do art digitally. So there are some criteria, but there's not a lot.

## What type of writing styles do you (Matthew) prefer?

**MATTHEW:** We actually are trying to incorporate both styles of writing, news and editorials, because we do have different sections. We have the news stuff but to fill in some of the pages to add content, we also do opinion pieces and reviews on anime that's been previously released like recently. We want to incorporate both so it's not just a news-only sort of deal. You'll get the best of both worlds.

## Do you (Matthew) tend to write more about modern series or retro series?

**MATTHEW:** Personally, I haven't written that much about anime even though I'm the president of my club. I don't watch anime that often. I find myself kind of lazy with watching, so I mostly write about IRL events that happen within the anime community. So personally, I'm trying to get into writing like more modern series, but in terms of the newspaper, we are trying to have different sort of themes, building off of what you guys (Konshuu) have. Right now, our month (August) is regarding new releases just because we were founded two/three weeks ago so we're leaning more towards recently released series. It'll probably stay like that for the majority of our lifetime, but we also plan to touch upon the older series because there is a convention regarding that and we want to work with them a bit.

## How do you plan to stand out from other anime newsletters or general news outlets?

**LIONEL:** As the CAN, we plan to focus on California's voice for everything Anime. We plan to achieve this by interviewing and promoting businesses and anime clubs in our area.

**MATTHEW:** The way that we want to stand out is not only are we student-run and student-founded, but at least regarding our IRL events, we are focusing exclusively towards California because it would be too much of a burden to look at all other states as well, especially worldwide. We also want to give promotions to small businesses and artists because we know that it's a difficult process to make good places to buy stuff and find

good people to buy it from so we want to give them options like "Here's an artist that is working with us, here's an ad for them, here's where you can buy their merch, here's where you can find their merch, etc." Our main goal is to provide news for anime releases so we're pretty much similar to ANN, but we also want to include California-specific topics regarding anime and the Japanese community.

## Just for fun, what is your favorite anime and/or manga series?

**LIONEL:** Don't have a favorite but the anime that really got me into the rabbit hole was Re:Zero. Its mix of horror and fantasy make a really good plot. MC is also really relatable.

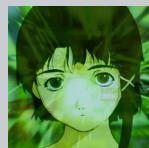
**MATTHEW:** I don't read manga a lot. I'd say for my favorite series, Toradora! cause it's a mutual shared favorite between myself and my girlfriend and the other favorite is going to be Bunny Girl Senpai. It's one of my personal favorites. I really liked the topics that they touched on in a weird way I guess you can put it, and the characters as well. So I'm very surface level as you can tell.

[Interview End]

At the time of this interview, Cal Anime Newsletter is currently run by 34 staff members, spanning from countless schools across the state of California. They plan to publish a new issue every first Friday of the month with two issues already out. You can check them out on their very own website at [calanimenewsletter.wordpress.com](http://calanimenewsletter.wordpress.com) where you can find their newsletter as well as an application to join the team. Social media for Instagram and Twitter is also available.



# HAJIME NO IPPO'S 743 CHAPTER BUM OF THE MONTH CLUB ARC



TONY T.

2nd Year, Intended Economics and Data Science Minor

Can I just write about boxing narratives instead of anime please?

Writer

Last volume, I wrote a [glowing writeup](#) comparing *Hajime no Ippo* and *Ashita no Joe* to the greatest boxer of all time, Sugar Ray Robinson, espousing that Ippo was the more realistic to boxing in terms of capturing pugilism itself, and Joe replicated the narratives of legendary boxers. Go check out that article – it's perhaps the only piece of writing from myself that I like. However, due to space constraints, I failed to elaborate on a key issue that arises as a result of Ippo's faithfulness to pugilism: the fact that boxing really isn't always that interesting.

As a longtime fan of the sport (hell, I like watching boxing more than I enjoy anime), I should say that this statement comes with a few caveats. To properly explain this, I would analogize the issues of *Hajime no Ippo* to the situation surrounding Joe Louis. After Muhammad Ali, there is perhaps no heavyweight with universal recognition as an all time great as Joe Louis. Dominating over 12 years and making a record 25 title defenses of the undisputed heavyweight championship, something that has never been matched, this fact should need no more elaboration. Yet, though hindsight gives sharp insight into just how great Louis was, his reign was perhaps a more boring era in boxing. This is likely in part due to the second world war concurring with Louis's reign, but even more so, Louis' dominance harmed his division's entertainment value. Many of his 25 challengers were considered lambs to the slaughter, derogatorily deemed Louis' "Bum of the Month Club". My point with this analogy is essentially that, though great overdog competitors are fascinating to learn about, a more level playing field with competitors who all seem vulnerable in some way is actually more engaging to follow. This is something I find true and observable both in real-life narratives, like sports, and in fictional narratives, like manga.

The middle section of *Ippo*, stretching roughly between chapters 267 and 1010, has a similar sort of issue. After protagonist Makunouchi Ippo wins the Japanese featherweight championship, the following 700 or so chapters feature fights that are aesthetically and narratively well delivered, but suffer under the fact that logically, the protagonist will clearly not lose to most of his competition. As a result, the titular character ends up becoming the most boring character of the large cast, with others



like Takamura Mamoru or Mashiba Ryo, being far more developed than what presumably should be the most important character. The universe of Ippo only truly begins expanding past the Asia region after the series reaches the 1000s in chapter numbers, a point far enough to where, understandably, many people will have gotten sick of the repetitious buildups for Ippo's opponents, whether they be domestic competition, or other Asian national champions.

Definite highlights still exist within this 700 chapter stretch, such as the absolutely phenomenal foul-filled messy bout between Mashiba Ryo and Sawamura Ryuhei around chapter 673. Yet, the central narrative in this stretch suffers as a result of the series being too focused on displaying all of Ippo's (the character, not the series) matches with substandard competition. As such, *Hajime no Ippo*'s middle 700 chapters feel weak because Makunouchi Ippo is too well built-up as a character, and thus his opponents feel like a bum of the month club. Past this stretch, the series definitely returns to a high level of quality in Ippo's career progression. The nearly 200 chapter retirement arc, still ongoing as of this article's first draft, is a perfect example of fantastic writing that matches the series' realistic career-oriented sports narrative structure far more sufficiently than a revolving series of bums of the month could ever.

To make a comparison within the medium of manga, Ippo's pacing is as if, in *Dragon Ball*, Son Goku spent 700 chapters fighting grunts with interesting backstories, but clearly not on his level, without the series introducing greater threats like Piccolo, Vegeta, Frieza, and more. I find that Ippo falls into this lull especially due how it is structured like real pugilism, with championships being passed in a linear nature. In many ways, the realistic aspect of *Ippo*'s worldbuilding -- again, read my [earlier article](#) -- is great. Yet, in setting up his series this way, *Ippo* author Morikawa Joji encountered the same issues that Joe Louis' management likely had, in terms of having opposition that would make the series' titular character more interesting. In both cases, the "solution" - a revolving door of almost comical opposition such as real-life bum of the month "Two-Ton" Tony Galento, or the fictional Wally, who feels more like a Looney Tune than a boxer, ends up making both narratives weaker. Just as Louis would later fight tough opposition like Jersey Joe Walcott, Ezzard Charles, and Rocky Marciano, *Hajime no Ippo* does recover from bums of the month, but that middle period is still hopelessly dull.



# The Summer

*Ace of Diamond*

Art By Sophia Xue



# DUMBBELL IS DUMB



**EWIK NELSON**

4th Year, Music

My stats: Squat/Bench/Deadlift: 335/200/375, Total: 910 @160 BW

**Writer**

Note: This is not professional medical advice. I use freedom units unless otherwise stated.

I consider myself a lifter, not very strong, but whatever. I was rather excited for *Dumbbell Nan Kilo Moteru* when it came out, but I watched the first episode and was very disappointed. First of all, it's mostly focused on bodybuilding stuff which is fine but I'm more interested in Powerlifting and to a lesser extent Strongman and Olympic Weightlifting. Even the name itself is kinda sus; I rarely touch dumbbells except for some curls (the least important exercise); I mostly use barbells. I can't speak for how accurately bodybuilding stuff was presented in the show, the purpose of bodybuilding is to look strong rather than to actually be strong, and I'm not particularly interested in it. But the main lifts which all strength sports do, like the Squat, Deadlift, Bench Press, and Overhead Press, were presented in an inaccurate manner, I would even say a dangerous manner in some cases. However, many people who give fitness advice give similar advice, so I can't really blame them. Within powerlifting it's well known that "personal trainers" sometimes give bogus advice like "breathe in on the way down, exhale on the way up," when coaching squats. *Dumbbell* gave this nonsense advice in the first episode. This is ridiculous and dangerous advice. The only way to stabilize your core in a lift is to brace, ie. hold your breath creating high pressure in your abdomen, making your core rigid. In any full body lift like a squat or deadlift, the core must be stabilized, or else a lot of weight will be put on your spine while it is in a curved and awkward position, leading to injuries. Also, you just lift more efficiently.

So why should you trust powerlifters over licensed personal trainers? I have no qualifications in either field, being weak, and having no license. However I will point out that powerlifters lift a lot. They know how to lift a lot, if they didn't they wouldn't be able to. So clearly they know how to lift a lot of weight effectively. But perhaps what they do is unhealthy? Arguably competitive powerlifting is unhealthy because it puts a lot of stress on athletes' bodies, though that can be said for almost any sport. But for normal, non competitive people doing strength training for general health I would still argue that using advice from powerlifters is far superior to the advice given by some personal

trainers and this show. I already discussed bracing. Absolutely no one who doesn't want a spine injury should take *Dumbbell*'s advice. Powerlifters brace while lifting heavy simply because it is physiologically the most efficient way to do that, and it happens to be the safest way. I'm not saying to discount advice from all personal trainers. However, if I want to learn how to deadlift I'll go to someone who deadlifts 600 pounds. There are objective metrics that matter in strength, by which you generally can judge how strong and competent someone is. If your personal trainer deadlifts 600 pounds, then definitely listen to them. For sound training advice I would recommend something like Barbell Medicine. Not only are Austin Baraki and Jordan Feigenbaum licensed doctors, they're also elite powerlifters each deadlifting 700+ pounds natty (not on gear/performance enhancing drugs). It is perfectly possible to lift a lot, be strong, and stay healthy. In fact I would argue that being stronger within reason (clean diet, drug free) definitely makes you more healthy.

The four most important lifts for full body functional strength are the Squat, Deadlift, Overhead Press, and Bench Press. Others like pull ups, rows, etc. are good too, but ask any Football, Wrestling, MMA, etc. coach, and they'll tell you that Squats and Deadlifts directly translate over into actual strength in a combat or sports setting. A deadlift is as simple as it gets. You pick something up. You put it down. There's a reason it's considered king of the lifts. The barbell back squat trains the posterior chain, the source of most human power. The fact that power is primarily generated from the hips and legs is known to most combat athletes, ie. these exercises train natural body motions which translate into real strength in the real world. Therefore I will focus on these exercises and how *Dumbbell* presents them, in the order presented in the show, critiquing the show's advice and pointing to better advice (I am not qualified to give advice because I'm too weak, I'll just point to strong people's advice)

**Bench Press:** This is the first movement introduced in the show. Machio's advice is not necessarily bad, it's pretty basic and solid. However, the animation itself shows the safety rack above Hibiki's chest, and the bar doesn't even touch her chest which it absolutely should. They missed a good opportunity for meaningless fanservice, though I guess the show has plenty of that. In a bench press, the bar should touch your chest, which means the safety rack should be lower than that, or else it turns into a pin press. Also, they didn't mention leg drive, which is a more advanced concept, but really good advice on bench form exists for free on the internet from people like Alan Thrall (not a typical YouTube fitness guru™ because he actually deadlifts 600 and

squats 500+ so you should listen to him) and Mark Rippetoe/ Starting Strength (though on anything past novice linear progression I become suspicious of Starting Strength, Rip's basic form instruction is good). It's also important to note that in powerlifting a high arch is allowed and this annoys some people but they're irrelevant; arch is fine. For studying form it's also nice to look at videos of powerlifting record holders in each weight class. Currently the all time world record raw bench is held by Julius Maddox (782), though elite lifters do things beginners definitely shouldn't try. After the bench session, Machio says no one can laugh at someone trying their hardest, and that everyone starts somewhere; solid advice.

**Squat:** Machio basically says to not skip leg day, pretty based. However, the squats shown as "perfect form" are far from perfect. I mentioned above that the show advises to breathe while squatting which is nonsense. The squats also don't go to depth. Here they're called half squats. But I don't understand why anyone except a DYEL would even do half squats. First of all, there's a reason why full range of motion squats are the best kind of squat. Half squats (and even to some extent squats going beyond depth, ie. ass to grass squats) put shear forces on the knees, leading to potential injury if you half squat repeatedly. Squatting to depth is ideal (though non powerlifters don't necessarily have to squat to strict powerlifting standards, olympic lifters ass to grass squat all the time and strongmen don't really go to strict powerlifting depth). Once again, Starting Strength does a good treatment of squatting. Ray Williams holds the all time raw powerlifting squat record (1080).

**Deadlift:** They mention deadlifts early on in the show, saying they're dangerous and beginners shouldn't do them, which I disagree with. All the lifts are dangerous. Beginners should work on getting good form and obviously they shouldn't, and aren't even capable of pulling PRs from day one. There's nothing more dangerous about deadlifts than squats and bench press in my opinion, as long as you train with good form. Later on in the show they explain how to deadlift, though really briefly. They give obvious advice like keep your back straight, and also said to use alternating grip. I use alternating grip but it's not necessary, in fact hook grip is probably superior. Thankfully this time it emphasises bracing during the lift. Overall it felt like they don't really understand the lift, especially that it's the most important lift. I can't even describe how based deadlifting is. Alan Thrall's videos featuring Austin Baraki on deadlifting are great guides. Benedikt Magnusson holds the all time raw powerlifting deadlift record (1015). The strongman deadlift record is held by either Eddie Hall (500kg/1102lbs, in competition) or Hafthor Bjornsson (501kg/1104lbs, out of competition) depending on who you ask (it's convoluted, and Eddie and Thor have enough beef that they set up a boxing match to sort it out). Definitely watch Benji, Eddie, and Thor's record pulls, they're absolutely epic.

**Overhead Press:** Once again the advice was a mixed bag of ok stuff and just dumb stuff. You should lock out, or else the rep isn't completed. You can lean back as long as your back remains straight (strongmen are leaning back all the time). In fact the way Mark Rippetoe teaches press involves leaning back, while keeping your back straight of course. The bar path they showed is wrong, it was curved and an ideal bar path is straight. Also a consistent problem with this show is they say stuff like

"this exercise activates X and Y muscle" which is true, but the big lifts all, especially squats and deadlifts use literally the majority of the muscles in the body. The deadlift activates pretty much every muscle from the back down besides the chest and triceps. Squats, deadlifts, and overhead press all involve the core muscles and my core (including le abs that everyone is hyped about, but more importantly, spinal erectors) are sore after squatting and deadlifting. After pressing I often feel that my abs are sore because they're required in stabilizing the body during the lift. This is why crunches and sit ups are useless. Just press and deadlift. The record for the press is a bit harder to pin down since there's so many different press variations. The overhead press is not a powerlifting lift so there's no powerlifting record. In strongman the Axle Press record is held by Iron Biby (478lbs) and the Log Press record is held by Zydrunas Savickas (502lbs). Olympic lifts, while definitely not presses involve getting weights above your head so I'll just mention that the world record Clean and Jerk is held by Lasha Talakhadze (584lbs).

Another thing to consider is diet: The show frequently puts the calorie count of various food items on the screen, and gives some diet advice. It seems mostly good to me. I'll just say that if it's your goal to lose weight, the best thing to do is being in a slight caloric deficit (a slow cut) maybe a few hundred calories per day and consistently do strength training. Being in a caloric deficit means you will lose weight (an iron law of thermodynamics, except in extreme cases like your body not being able to absorb some calories you eat due to rare conditions). If you cut on soda you'll lose muscle and gain fat while your net body weight goes down. Don't cut on soda. If you eat a healthy high protein diet and are in a caloric deficit while strength training, you will lose mostly fat and keep the majority of your muscle. Since strength isn't all about muscle mass, but also about CNS training, you can even get stronger. I have, my lifts all went up while I was cutting before.

On a final note, I'll make the observation that the show took a bodybuilding approach to lifting, ie. focusing on "isolating each muscle" which is kind of dumb from the point of view of functional strength. What good does a muscle do in isolation? A large part of lifting that people aren't aware of is training the Central Nervous System (CNS) to efficiently recruit existing muscle and convert it into strength/performing motions effectively. It's like practicing piano, your muscles get more efficient due to brain and biology shenanigans. If you train each individual muscle you're only training that motion. For example a curl is a nearly useless motion that doesn't even need to be trained. The only purpose of curls is hypertrophy. The same can't be said for full body motions; as I explained above squats, deadlifts, etc. are not only good for hypertrophy but also translate into actually useful strength in a way that curls and random bodybuilding movements don't.

So, contrary to the title of this article, *Dumbbell* isn't really dumb, but it was far from perfect. It has some good advice mixed in with some nonsense and a cringy approach to lifting, focusing on aesthetics rather than strength. The existence of this show makes me want to see an anime made by powerlifting weebz for powerlifting weebz, though that's a very niche market.

## Staff Picks:

# FAVORITE SPORTS MATCH

### Yabuki Joe vs. Rikiishi Tooru

ASHITA NO JOE

TONYT.

*Both the culmination of a longtime rivalry and the basis for a long-lasting trauma (physically and mentally).*

### Seidou vs. Seihou

DAIYA NO ACE ACT II

SOPHIA XUE

*It's really exciting to see Sawamura shining in this match after all the obstacles.*

### Seirin vs. Rakuzan

KUROKO'S BASKETBALL

KATE BUSHMAREVA

*One of the last matches of the series, and so understandably one of the best.*

### L vs. Light

DEATH NOTE

EWIK NELSON

*A classic match*

### Goku vs. Tien Shinhan

DRAGON BALL

MITCHELL MADAYAG

*A grand finale settling old wounds and cementing a lasting friendship*

### AE86 vs. AE86 Turbo

INITIAL D

NICK WONOSAPUTRA

*This race gave me an immense sense of déjà vu.*

# May's Poll:

## BEST ONE-SHOT CHARACTER



**1st Place**



- 3rd Place (2 votes):  
Nina Tucker (*Fullmetal Alchemist*)  
Hedoron (*Gintama*)
- 4th Place (1 vote):  
Tapion (*Dragon Ball*)  
Excalibur (*Soul Eater*)
- Honorable Mentions:  
Sakagami Ayumi/Cure Echo (*Pretty Cure All Stars*)  
Ernst von Eisenach (*Legend of the Galactic Heroes*)  
Mujaki (*Urusei Yatsura Movie 2: Beautiful Dreamer*)  
Mitama Mayo (*Sayonara Zetsubou Sensei*)  
Daigoji Gai (*Martian Successor Nadesico*)  
Tonio Trussardi (*JoJo's Bizarre Adventure Part 4*)

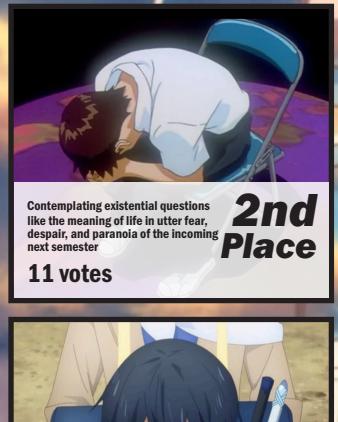
Thank you to everyone who voted!

# Last Month's Poll:

## FAVORITE SUMMER ACTIVITIES



**1st Place**



- 4th Place (9 votes):  
Playing games with friends  
Watching anime
- 5th Place (5 votes):  
Going to the pool  
Going to the beach
- 6th Place (4 votes):  
Working out  
Amusement parks  
Traveling to a foreign country
- 7th Place (3 votes):  
Barbecuing  
Road trips
- 8th Place (2 votes):  
Studying  
Fireworks
- 9th Place (1 vote):  
Camping  
Part-time job

Hope you were able to do some of these!

# VOLUME 54, ISSUE 1

SEPTEMBER 16, 2021

-  [facebook.com/calanimagealpha](https://facebook.com/calanimagealpha)
-  [instagram.com/calanimagealpha](https://instagram.com/calanimagealpha)
-  [cal.moe/discord](https://cal.moe/discord)
-  [cal.moe/youtube](https://cal.moe/youtube)

## CLUB EVENTS

Follow us on social media or visit [cal.moe](https://cal.moe) for updates!

### Weekly Socials:

Thursdays 8-10pm      Social Sciences Building 170

### Weekly Virtual Showings:

Fridays 8-9pm      CAA Discord - [cal.moe/discord](https://cal.moe/discord)

## STAFF

	<b>Mitchell Madayag</b> Editor-in-Chief
	<b>Tiffany Tran</b> Layout Editor
	<b>Sophia Xue</b> Artist/Layout Editor
	<b>Miranda Zhang</b> Artist/Layout Editor
	<b>Sharrel Narsico</b> Artist
	<b>Tammy Lee</b> Artist
	<b>Kate Bushmareva</b> Artist

	<b>Grace Li</b> Artist
	<b>Crystal Li</b> Artist
	<b>Colette Moskowitz</b> Artist
	<b>Heaven Jones</b> Artist
	<b>Erik Nelson</b> Writer
	<b>Tony T.</b> Writer
	<b>Felix Levy</b> Writer

Konshuu accepts guest submissions from club members! If you'd like to have content featured, please visit:

[j.mp/konsub](https://j.mp/konsub)

**Abby**  
*Great Pretender*  
Art By [Heaven Jones](#)

