

**FLEX WHEELER'S STORY** \* FROM MARTIAL ARTS TO WEIGHTLIFTING

# DEADLY ART OF SURVIVAL



Limited  
EDITION

DR. ROBERT  
GOLDMAN  
MEDICINE  
MARTIAL +  
ARTS  
THE OLYMPICS  
12TH EDITION



SCAN ME

**A4M**  
\* TOM FESTA  
VICTOR LASHLEY  
SOUTHPAW BOXING  
➔ **GYM**



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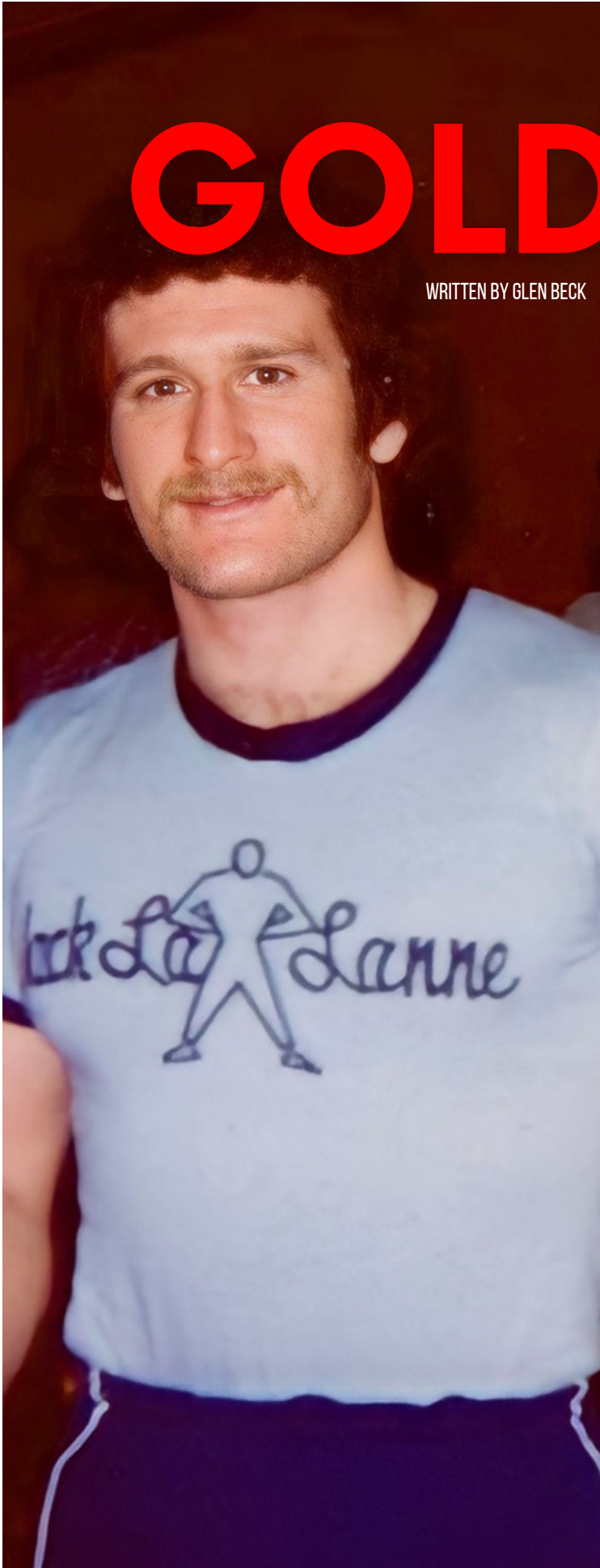


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02

# GOLDMAN

WRITTEN BY GLEN BECK



Time- the ultimate cage, the perfect four walls, and a roof with no doors and no hope to escape its grasp. With a limit to every day, hour, minute, and second, how does one man achieve so much more than his neighbor? Personally, I don't have that answer. However, Dr. Robert Goldman does. **In his lifetime, which is far from over, he does more in a single day than most accomplish in a week.** During our conversation, he said, "time management and very little sleep is how I do it." These two items seem to be his best friends. And as I was jotting down my notes while speaking to him about his life, one question was in my mind the entire time. How many hats can one man wear?

The Bedford-Stuyvesant, Brooklyn boy turned world traveler had a rough go of it in his younger years. Dad always worked multiple jobs and provided as he could for mom, Goldman, and his two brothers. Supporting the family was dad's duty, and he took it seriously. He impressed that concept and the importance of hard work upon his children. A quality of his father's that Dr. Bob holds himself accountable for upholding.

Even at a young age, the man that many now turn to for advice on a multitude of things had two lofty dreams. He dreamed of becoming a doctor and an Olympic wrestling gold medalist. While strong, talented and willing, Dr. Bob never became an Olympian. However, he would eventually serve the Olympics in another fashion. **He did go on to win New York City's wrestling championships in 1972** and coached both of his brothers, who also won a few years after. Later in life, he conquered medical school more than once and has since been afforded a life that was ultimately time-consuming and exhausting at first. A road that would someday become the story of legends. Today is that day.

Before his life became complicated and time-constrained with his worldly endeavors, Goldman at 13, began training in Mantis Kung Fu. Mantis is a Chinese combat style created by the literal study of the aggressive green-colored insect's movements. The three-fingered attack and defense are used in very specific ways. The bent-at-the-wrist formation can be used to trap an arm, its wide swinging motion to block an incoming attack, and the extended fingers used for striking vulnerable parts of the body, such as the eyes and throat.

**"TIME MANAGEMENT AND VERY LITTLE SLEEP IS HOW I DO IT."**



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07

Unfortunately, he and his family had moved from Brooklyn to far-off Far Rockaway in Queens, where they went from a rough neighborhood to even rougher housing projects. Aside from the growing pains of being the new family in the area, Goldman had the longer distance and travel time added to and from Chinatown. This made his access to the martial arts school more problematic. There were other difficulties as well; the trains in the 1970s that he traveled for three years to learn the ancient system were harrowing. Anyone who was in the Big Apple during those times can verify that riding the train was never easy for anyone; whether it was because of the ubiquitous colors-wearing gangs, the crazies, or the everyday mugger, no one was deemed safe until they made it home and locked the door to their apartments. However, Goldman proved himself undaunted by the era's oftentimes treacherous transit system.

Aside from the Kung Fu he practiced, Goldman would also do some training in Judo at the YMCA in Queens, where he had his first major knee injury, one which would follow him throughout his life. All the while, he still pursued his ultimate goal in wrestling. He wasn't pulled in different directions by accident but by choice. Since he wanted to do many things, Dr. Bob set himself up to begin the time management he desperately needed later in life.

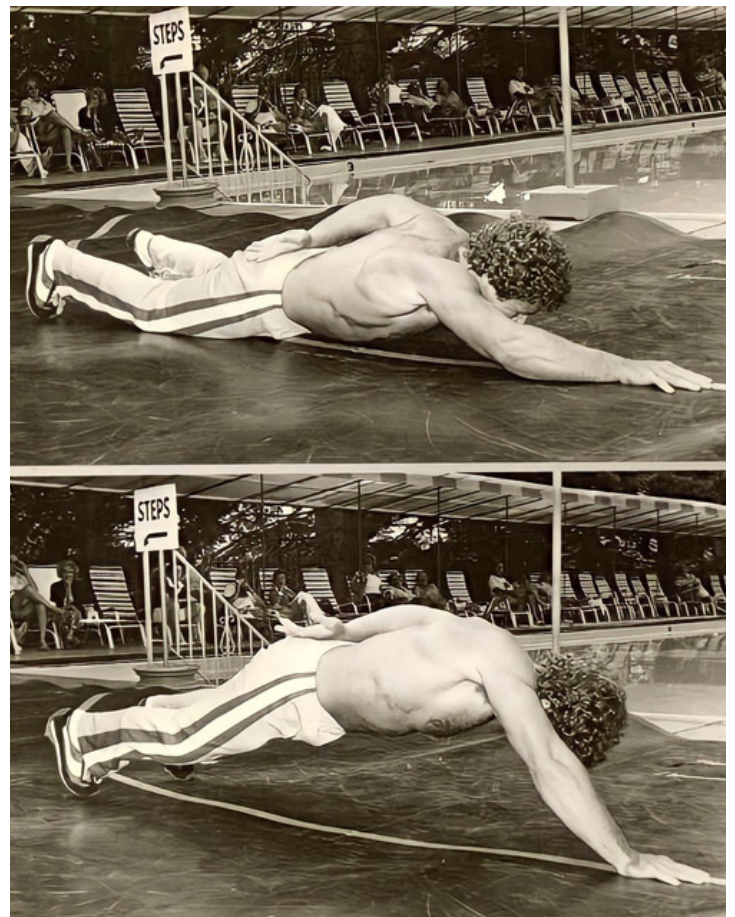
By 14, he started a correspondence with Ben Weider, the popular fitness guru, and practitioner. The two became friends, and Ben became a mentor to young Bob. Weider encouraged him to follow both dreams, medicine, and wrestling. Goldman took his advice on many things. As a result, he began trying to beat some of the athletes from across the globe in physical feats of greatness. Starting in his mid-teens, the now 68-year-old (although you couldn't tell it by his looks) has earned his place in the Guinness Book of World Records numerous times.

At 17, while working as a lifeguard at the Brickman Hotel and Resort in the Catskills with his gymnastics coach, a counter, written media, some hotel guests, and no major media present, he attempted to break his first record. Through pure determination and physical strength, he landed a spot in the book for doing over 13,500 sit-ups, straight-legged no less. **At 19, he broke the record for over 300 handstand push-ups** in another category. Breaking records in the physical domain was no easy task and aside from bragging rights and your name in a world-circulated book, you received a "tie" as the trophy. Dr. Bob has over twenty ties.

At the time, most kids his age were playing stickball, skelly (also known as skully, or skelzy- an NYC game played in the streets using chalk and filled bottle tops), or going to the movies with friends. Not Dr. Bob; he saw a straight line to his future and reached out and grabbed it with both hands. His time was used to improve his physicality by constantly working out, lifting weights, wrestling, and the practice of the Mantis style Kung Fu and, eventually, Shotokan Karate. His brain was also on fire, preparing for perhaps the most challenging of professions that scholastic goals have to offer. Some people excel in one or the other, the physical or the mental. He was on track to be a giant in both. In fact, he even combined the two during his pursuit of Olympic dreams many years later.

Goldman enrolled in Brooklyn College at 17, with health, science, and biology studies while still training as a wrestler. Unfortunately, his pre-med studies suffered heavily due to his time training in the sport. Dad eventually forbade him to continue his beloved wrestling. "Medicine," his dad said, "was his priority." He dropped the sport as he was told but continued with martial arts. He even added another layer to the arts and began training under Alex Sternburg, also known as Alex "Plus One," back in those days. The Shotokan Karate teacher was widely known for teaching the Jewish community and appeared as a feature in the 1976 martial art documentary *The Warrior Within*.

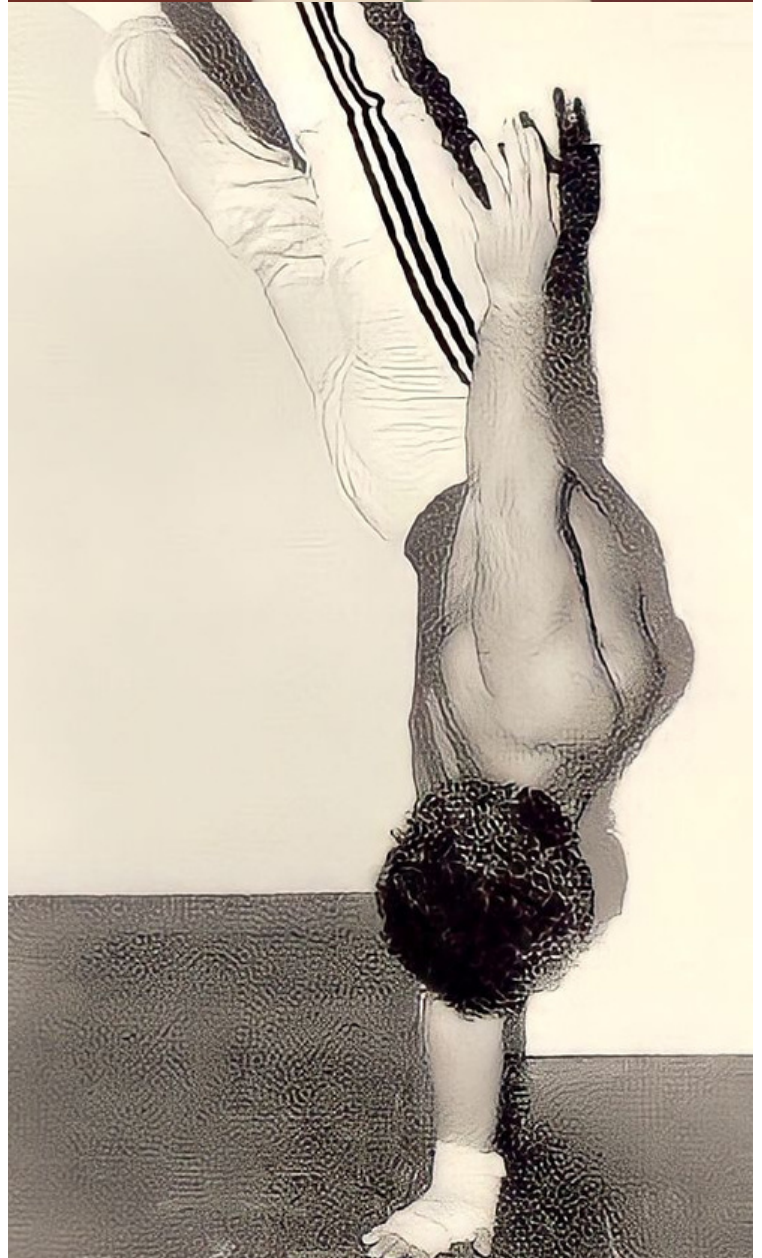
Before Goldman's grades had improved, the Dean of Premed Admissions had admonished him when he asked for a 'Letter of Recommendation' for medical school. The Dean stated that he (Goldman) would "never become a doctor." Many years later, with hundreds of performed surgeries and medical patents, the Dean's Office of Alumni Affairs reached out to Goldman, asking him to sponsor the college (monetarily), to which he's gotten the last laugh. At the expense of an office that earlier tried to demean him with the use of a faulty crystal ball. The alumni that contacted him seeking donations were told the story of the Dean's harsh words and refusal to help. Goldman's tenacity and brilliance proved that he was more determined than the 'omniscient' Dean assumed. He'd not only become the doctor that he was told he'd never become, but since that day, he's obtained two medical degrees; MD (doctor of medicine), DO (Doctor of Osteopathic Medicine), and two Ph. Ds; one in Health Sciences and the other in Androgenic Anabolic Steroid Biochemistry. The listed accolades and it's far from all of them, in itself belittles the Dean's clairvoyant certainty about young Goldman's future.



In the midst of talking about what occurred in college, I switched it back a bit and asked about his Shotokan training with Sternberg and in Mantis Kung Fu. I wanted to know, from his perspective, what the arts were like in the 70s. The conversation took a road I wasn't expecting to hear from the ultra-educated worldly man. While I readily admit that he's well-informed and fully vested in fitness, science, medicine, philanthropy, martial arts and a host of other subjects, I was taken aback by what he told me next. He alluded to the secretive underground fight competitions held in New York City's Chinatown back alleys. While he didn't go into heavy detail, and it's not the first time an interviewee of the magazine quietly spoke about the ruthless fights that occurred in those times, he did offer some insight into the world of underground combat.

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Yet, before he did, like each before him, uttered the same magic words “off the record” before enlightening me as to what happened in those days, which I've kept quiet as asked. Dr. Bob did say two things about the testosterone-filled, illegal combat matches. First, he said, “there was no protocol to the matches, just two men in a “ring” and they fought until one lost.” The second thing he was clear about was that there was “no medical.” By the tone of his voice and his explanation, **the old adage of “it is what it is” said it all, and everyone readily accepted the consequences. If someone were injured, then they were injured; it was a part of the culture of martial artists, and their need to be warriors was all that mattered.** Many people might have just glossed over that fact while explaining either the glory or the gory of the fights; being an actual doctor, he expressed concern for the warriors of days gone past who were pitting themselves against one another.



Moving back to his college days, Dr. Bob ended his martial arts training under his New York teachers since he would be leaving the state to further his education. In 1979, he finished his time at Brooklyn College and went on to Chicago Midwestern University of Osteopathic Medicine. During this time, his schedule was overwhelming; for approximately the next 30 years, he would only sleep two to four hours daily.

Goldman was paying for the education himself, and aside from the collegiate workload, he held three jobs, one as a phlebotomist, where he started at 4 am daily. While he continued training as he could, Goldman never let go of his ultimate goal of becoming an Olympian. Eventually, he began teaching as a med student, and his fitness routines never faltered either as he also found work as a trainer in health clubs. Like many other students with meager funds, Goldman lived with six roommates. Often enough, when he did sleep, it was on the floor.

While at the school's gym, he started evaluating fitness equipment and writing articles about the machines and their capabilities. The companies who manufactured them began sending new equipment for free, only asking that he assess their product. Even as a struggling student, long before he'd amassed any fortune or fame or became the medical genius he is today, he was extremely generous. Goldman donated it all to the university, an entire gymnasium full of fitness equipment valued back then at over 250,000 dollars that today would now be worth over 900,000 dollars. Goldman's charitable nature has only matured since then.

In addition to the school work, the jobs he held, and evaluating fitness equipment, he was also writing medical and health books. During this time, in 1984, he was featured in Sports Illustrated as a cover story for writing the first of his over 50 books. Stretched thin by his design, at the end of his time in Chicago, he would achieve his first doctorate and become an osteopathic physician and surgeon; it was official, he was now Dr. Robert M. Goldman.

In the mid-80s, he joined the IFBB (International Federation of Bodybuilders), created by his friend Ben Weider and his brother Joe Weider. At this time, he was also traveling to Asia. Through this, he could enjoy his love of martial arts in China, Hong Kong, Japan, Korea, Malaysia, Singapore, Indonesia, Bali, and Thailand. Culturally, these countries were completely different from what he was used to, and there was little to no English. Yet, undaunted, Dr. Bob said, "we did our best." In '86, Goldman obtained his 6th-degree black belt in Shotokan from his overseas practice in Malaysia. During this time, he also became a master of Chinese weapons.

However, in 1987 he decided to stop his martial arts training altogether. It was both an easy and extremely difficult choice. Reluctantly, he realized that, time-wise, he was spread too thin. Goldman's ambitions finally met with the reality that regardless of how driven he was, his ambitions and passions were stymied by a lack of hours each day. Whether by design or the aligning of the stars, his medical and fitness careers careened towards similar goals, practically colliding. Although, the man who saw a straight line to success never became an Olympic athlete. However, he did become a force within the halls of its competitors like no other.

In his pursuit of understanding personal fitness and how the body itself naturally creates hormones in the adrenal glands that fight stress and promote the growth and development of the tissues and muscles in the human body, coupled with his research into synthetic androgenic and anabolic steroid use, he was the perfect candidate to become the World Medical Chairman of the IFBB under Weider for dope control. Since 2010, he's been the authority on the illegal use of steroids in competitions in 190 countries for the medical commissions. He used his medical specialty to promote fairness in bodybuilding competitions across the globe. Much of Dr. Bob's time was filled with multi-country tours traveling in Asia, working with governments for scientific purposes, and his affiliations with sports councils.

The creator of the steroid drug testing laboratory protocols was Doctor Professor Manfred Donike of Germany. Both he and Professor Dr. DeRose of Brazil who Dr. Bob also worked with was head of drug testing for the Olympics. He was mentored under both of these gentlemen during a period of over 20 years. It was the hard work and guidance provided by himself and Dr. DeRose that continued the "dope control" for the federation of the Olympics. Their work ensured that all competitors were given a fair chance of becoming the world's best champions without worrying about unfair practices with the use of steroids by others. Goldman's dedication and study of steroid use have made him invaluable throughout the fitness field of bodybuilding and anti-aging worldwide. Over the years, he's become the expert to whom practically everyone turns for advice or direction. In fact, Goldman has become a close and personal friend of Arnold Schwarzenegger and many other bodybuilding professionals.

You might think, "friendships are nice, but it has nothing to do with actual fitness." In this, you'd be right. However, the reason he's become the guy who everyone knows in bodybuilding is because of his accomplishments in the field. His dedication to the professional fitness arena has led him to become intimately involved in many ways that have affected the lives of millions of men and women in his lifetime. Some of his achievements list Dr. Bob creating entire personal fitness trainer professions and being on the board of organizations such as the IOC (International Olympic Commission). He is the founder and President Emeritus of NASM (National Academy of Sports Medicine), the Chairman of the U.S. Sports Academy's Board of Visitors, and the Chairman/Founder of the International Sports Hall of Fame. These are only a few of the organizations he's been involved in in the 40 billion dollars-a-year worldwide industry.

Dr. Goldman's other successes (although I'm certain that he'd rather they not be noted as such) are the numerous biomedical companies he's founded and overseeing 150 medical patents that have helped all of humanity in his tenure as a medical scientist. **He's the founder and World Chairman of the International Medical Commission, the co-founder and Chairman of the Board of the 30-year-long A4M organization, the largest anti-aging medical society in the world, and co-founder & Chairman-World Academy of Anti-Aging Medicine. These are more than just titles awarded like plaques or letters of appreciation but are some of the most prestigious accreditations that anyone could attain in one man's short life. His many medical breakthroughs have helped lift the painful burdens of many and have saved the lives of countless people throughout the world.** And Dr. Goldman is the only American in history to serve as Council Member under four different U.S. Presidents on the President's Council on Sports, Fitness & Nutrition.



The patent portfolio was overseen by CRADA (cooperative research and development agreement). Some of the patents and life-saving measures that he's created or has been directly involved in are 150 blood preservation techniques, organ transplants, brain resuscitation and the reanimating of dead kidneys, and preserving and transporting organs.

Dr. Bob's traveled road in medicine, fitness, and the pursuit of longevity that he 'ticked off' on his calendar of achievements found him at the Arnold Sports Festival and Film Festival in 2012. There he met Sifu Alan Goldberg. This meeting between Goldman and Goldberg sparked a great friendship and a renewed love for martial arts. Alan invited him to his yearly Hall of Honors extravaganza at the Tropicana in New Jersey. Since that time, Dr. Bob said he hadn't missed one convention. All other commitments or offers that might fall in January each year are turned down due to Alan's event, which is hardwired into his permanent schedule. The other two events he attends without fail are The Olympia and The Arnold Sports Festival, of which he's only missed one in 35 years, and that was due to COVID.

At Goldberg's event, he met old friends from his time in the arts as he reentered the close-knit fighting world again. Dr. Bob said that one thing he loves about the arts more than in any other sport is that "in the arts, everyone is a teacher and modest about who they are and share openly. Other sports don't share- they covet. In the arts, they want to continue the traditions."

He's begun training again, but predominately on his own, and won't do any crazy training. He's extremely cautious of possible injuries to his hands (being a surgeon). But let's not forget that he is a legitimate 6th dan in Shotokan and an 'honorary' 7th-degree black belt in Tang Soo Do since 2017. As well he used to do over a hundred speaking engagements each year, and it would become difficult if he had to explain facial bruises. The amount he does now has dwindled due to Dr. Bob wanting to give others the same opportunity for stage time. Now, he mostly serves as chairman of some key events.

In his support of and yearly attendance at the Tropicana, he met some of Alan's other friends and martial arts personalities like Don "The Dragon" Wilson, Michael Jai White, Cynthia Rothrock, and many others. His newly formed friendships segued into his support of their careers, with him eventually becoming an executive producer of over a dozen movies. A new western-style release, "Outlaw Johnny Black," starring Michael Jai White, filmed through White's studio production company, is executive produced by Goldman and will be out later this year. Cynthia Rothrock's soon-to-be-filmed "Black Creek," also a western, will be executive produced by Goldman.

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During his many endeavors over the past five decades, both at home and abroad, he's caught the eye of some powerfully influential people. Prince Gharios of Lebanon's Royal House of Ghassan, a delegate of the United Nations, is one of them. After meeting, the two formed a friendship. Eventually, due to Goldman's humanitarian acts, personal character, and many contributions to society, he received Dynastic adoption, which has never been done outside of the Royal family's bloodline in 1,800 years. The young boy from the projects has risen beyond his meager beginnings and is now a full member of the Imperial and Royal Family, with official titles of Knight Hospitaller, Knight Commander, Duke of Tartous, Sheikh of Margat, and the Representative of Royal House to the United Nations. These accolades, specifically in today's world, are almost completely unheard of, especially here in the West.

Dr. Goldman's day-to-day activities vary, but more often than not, he's either doing something charitable or being asked to speak at one event or another. Even organizations like the DEA and the FBI had him traveling from state to state giving lectures and training them on the use of steroids for trafficking issues that plague the country. Concerning the use of steroids, he says that it's unfair for anyone in any competitive sport to use them. "But hormone replacement therapy," he says, "is great for older men and women to assist in keeping the body healthy as they age." When asked about the state of today's sports about natural-born men competing against natural-born women, he thinks it's unfair and wrong. "Men, regardless of how they identify, shouldn't be allowed to engage in female athletic events," Goldman said.

Considering his accomplishments, I asked him, "what's the secret to your success?" "Time management and I overwork everyone else in their subjects. I'll do 100-hour work weeks and beat everyone out. I try to work smarter, and you cannot be afraid to fail. There are no failures; they are learning experiences. And each can become a road to other successes," Goldman explained. Then added, "Persistence over resistance. You have to be tenacious in your drive. It will eventually lead to the next stage." His work ethic and advice seem rather simple and pretty obvious. However, most people don't have the willpower to push themselves like that. It's easier to talk about wanting to succeed than it is to put in those kinds of hours and push themselves to their limit and beyond.

We discussed some of the things he does for fun and what obligations he has or holds himself to. Currently, he's the Chairman of the Board for the previously noted anti-aging and sports federations and worldwide organizations. He is also a keynote speaker at seminars across the globe. His lifestyle is one that doesn't allow for a family. The 100-plus hour-a-week work projects or never being in one state or country for too long don't allow a man to be a time-dedicated, fulfilling father. Luckily, his brothers have families, and he's lucky and happy to be a supportive uncle.



When in the States, he has three places he prefers to be, Florida, Chicago, and Montana. Some activities he enjoys are being in nature, water skiing, jet skiing, and art; he's a collector and loves history, and old books, traveling to Asia, and expressed his love of Museums. He stays in shape by lifting and doing cardio daily, and enjoys reading for pleasure, preferring articles and journals over novels. Never forgetting his roots, he also trains in the arts, he now studies under Sifu Samuel Kwok in Ip Man's Wing Chun and luckily due to his easier schedule, he's able to travel with his teacher around the world.

He began a Buddhist Monk intensive meditation training program a few years back. The time he spends there burns the impurities of past Karmic Life. From 4 am until 10 pm, with only small amounts of food, vegetables, and broth, practitioners remain motionless and silent for the entire day in meditating. They, of course, get small breaks during the day, but the approximate two to three-week stay is not for the weary, but he gets peace out of the program. Goldman is also the first foreigner to be chosen as a meditation instructor.

With all that he's done, all that he's accomplished, his brilliance, personal drive, or his lust to become the very best he can be has never gotten in the way of his humanity. Dr. Goldman, a philanthropist in its purest form, has extended his hand time and again to help the little guy, to offer advice and support, and freely give his most valuable commodity, time. This is simply done to aid others in achieving their goals. His charitable ways show true in that 80% or more of his engagements are non-paid activities.

While Dr. Bob would disagree, everyone from movie stars to martial art greats and even some of the world's leaders look forward to being in his presence. Yet, if I were a betting man, I'd say that he's as easily comfortable with a magazine writer as he is with presidents of countries. He holds a quiet greatness and regardless of his demeanor, he's the superstar in just about every room you'll find him.

Ultimately, as I see it, he's just about the hardest-working, most accepting, and easy-going man I've ever met, with absolutely no pretentiousness to him. The world is definitely a better place with him in it.

Robert M. Goldman, doctor, scientist, martial artist, bodybuilder, philanthropist, executive producer, world record-breaker, and one helluva nice guy!

