

WELCOME TO FREEK BOI'S NIGHTMARE

Crushed with 1100 pounds of concrete while lying on a bed of nails, eating and blowing fire, walking on glass, busting 70 lbs of cinder block on the head, squeezing a watermelon with bare hands, picking up 5 gallon buckets of water with ice picks implanted through arms.

Scott T. Stewart's mind conquers all these objects of matter and many others in his Freek Show.

The thirty-three-year-old Findlay, Ohio native is known as Freek-Boi and masters all these stunts with support of his friend and martial arts brother Kurt Steinke, along with his "muscle" and friends Ryan Debelak and Dan Sanholts.

Stewart told us, "I have always been a little different than most people. I grew up doing what most kids do and then I became interested in things that most kids my age were not into. I started doing Tae Kwon Do in 1992. My instructor told me that some of the mind over matter things were for the 4th degree or higher. That put a burn in my butt and I was like 'belt rank don't mean shit! Watch me!'

If the person's mind and will is strong and ready, then take a shot." Since 1993 Stewart has been performing stunts along with Steinke, including shows with metal bands like Wilkinson and Thoughts Kill.

Stewart has undergone extensive mental and physical training in order to reach his desired goal of becoming a professional showman. He currently trains in kung fu's internal arts of Chen's Tai Qi, Shan Shi Xing-Yi, Ba Kua, Little Nine Heaven and Shaolin System's Splashing Hands and Poison Fingers.

One live brave stunt Stewart performs is the Shih Shui Gong, meaning that he lifts weights with his testicals and penis. Stewart said this stunt is one of the most misunderstood.

He explained, "It is part of the Little Nine Heaven Kung Fu system, Taoist Lovemaking System. It strengthens the whole body—

you heal faster, boost your immune system and it enhances your meditations and slows the aging process by producing more DHEA hormones. After you get done with the Shui Gung exercise and swinging the weights, you beat your body down with steel rods so it toughens your body by causing a little bit of trauma. It causes your body and bones to absorb and produce calcium making your bones denser and stronger."

With the challenging tasks, Stewart emphasizes the importance of being able to feel what you cannot see and know what your body is doing and what your body may or may not do if this or that happens.

Breaking 70 pounds of cinder

block over his head required shih shui training to possess a feeling that his body is lined up properly to prevent dislocation. Stewart said, "The neck has to be strong and my skull is conditioned. I also have to take precautions so I don't break my teeth."

The Iron Hands and Poison Finger training strengthens Stewart's hands so he can hold a coconut in one hand and smash it with a hammer fist or knife edge. With this training he can also run his fingers into a watermelon.

Stewart learned how to eat fire with his Northern California Kung Fu sister Bridget. Bridget is part of a touring fire troop that travels throughout Cali performing.

(Freek Boi, continued, next page)

SCOTT T. STEWART'S
FREEKSHOW

For More Information
Or A Booking Schedule...
Phone: 419-957-7492
e-mail: greentigerarts@hotmail.com
Check Scott out on the web at:
myspace.com/freek-boi