



... BUT TO THE  
ARRIVAL OF OUR GUESTS!

**BRRR!**

DON'T  
REMINDE ME!  
WHAT IF MY  
GUEST IS A  
"LITTLE MISS  
PERFECTION"  
LIKE CORNY?

**PRRR!**

DID YOU FIND OUT  
ANYTHING ABOUT YOUR  
FUTURE GUESTS?

MINE WILL ARRIVE TONIGHT!  
HE COMES FROM NORTH-  
AFRICA! WE'VE PREPARED  
PETER'S OLD ROOM.

WITCHO-HOLIC.TK

MOM FORCED  
ME TO TIDY UP  
MY ROOM TO  
HOST THIS ...  
ARIADNE!

WE JUST  
HAVE TO PUT  
UP SOME COLOURFUL  
DECORATIONS AND  
PAPER LAMPS ...

...  
TO MAKE  
YANG FEEL  
AT HOME!

WHAT ABOUT YOU, WILL?

ME? I HAVE TO GO,  
OR I'LL BE LATE FOR MY  
SWIMMING CLASS!



"... AND I HAVE TO GET UP EARLY TOMORROW MORNING AND GO TO THE AIRPORT, BECAUSE MY GUEST WILL BE ARRIVING ..."

I'M JOS JOAO JORGE DO PINTO DO SANTOS ... BUT YOU CAN CALL ME JO-JO!

AND ARE YOU WILL? TODO BEM?

Y-Y-YES ...

MISTER COLLINS! I'M VERY VERY VERY HAPPY TO BE HERE!

WELCOM-OOOF!

MAY I HELP YOU WITH ...

DON'T WORRY ABOUT IT!

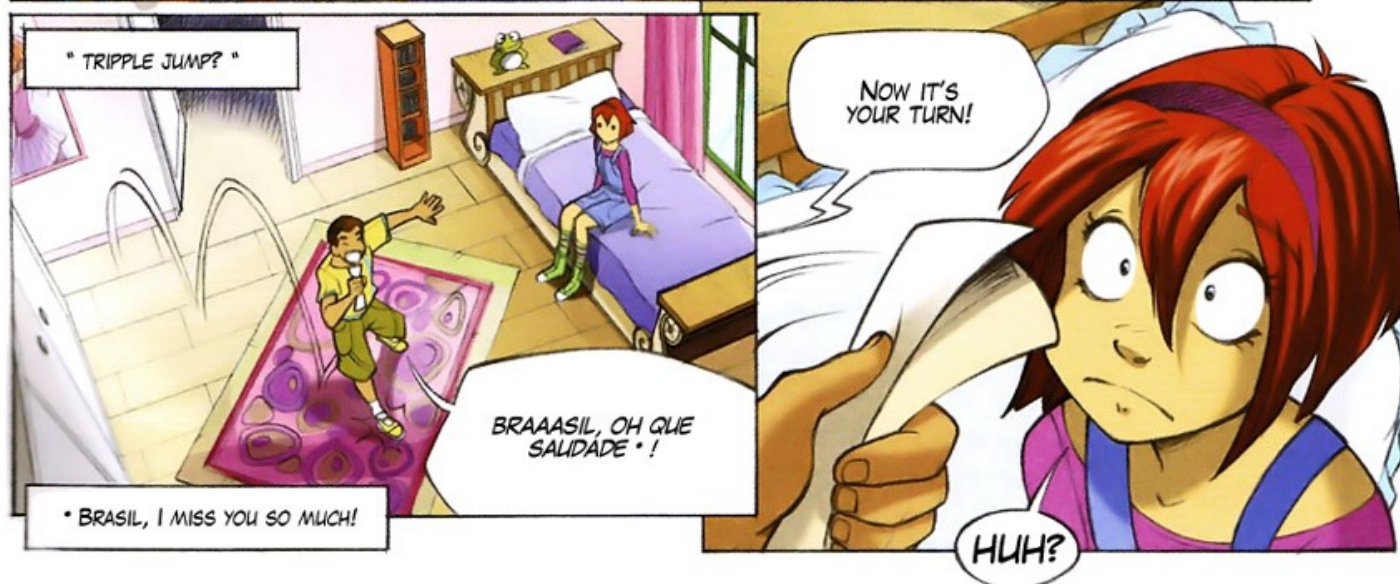
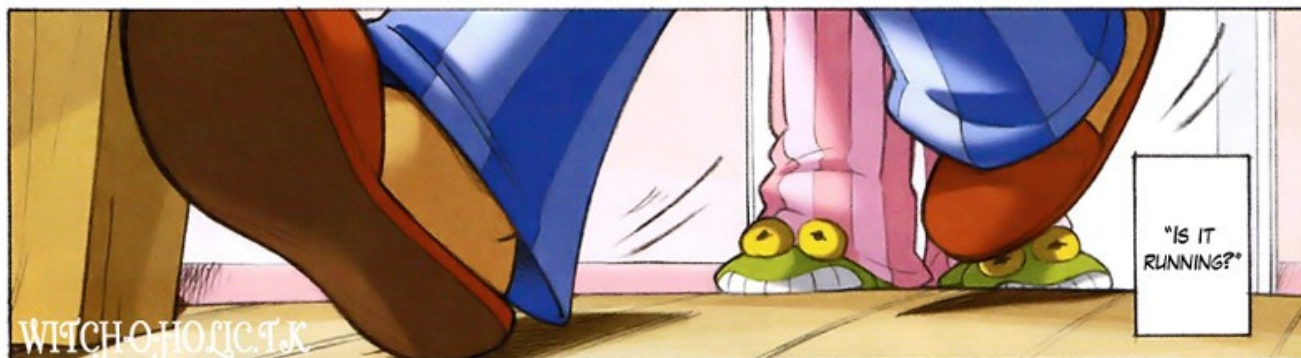
WHERE DOES HE FIND SUCH ENERGY THIS EARLY IN THE MORNING?

HE'S AN ATHLETE, YOU KNOW!

WITCH-O-HOLIC.TX

EXIT









Jojo's speciality:  
Relay Race!

DURING A RELAY RACE, 4 MEMBERS  
OF A TEAM TAKE TURNS RUNNING ...



WITCHLOHOLIC.TK

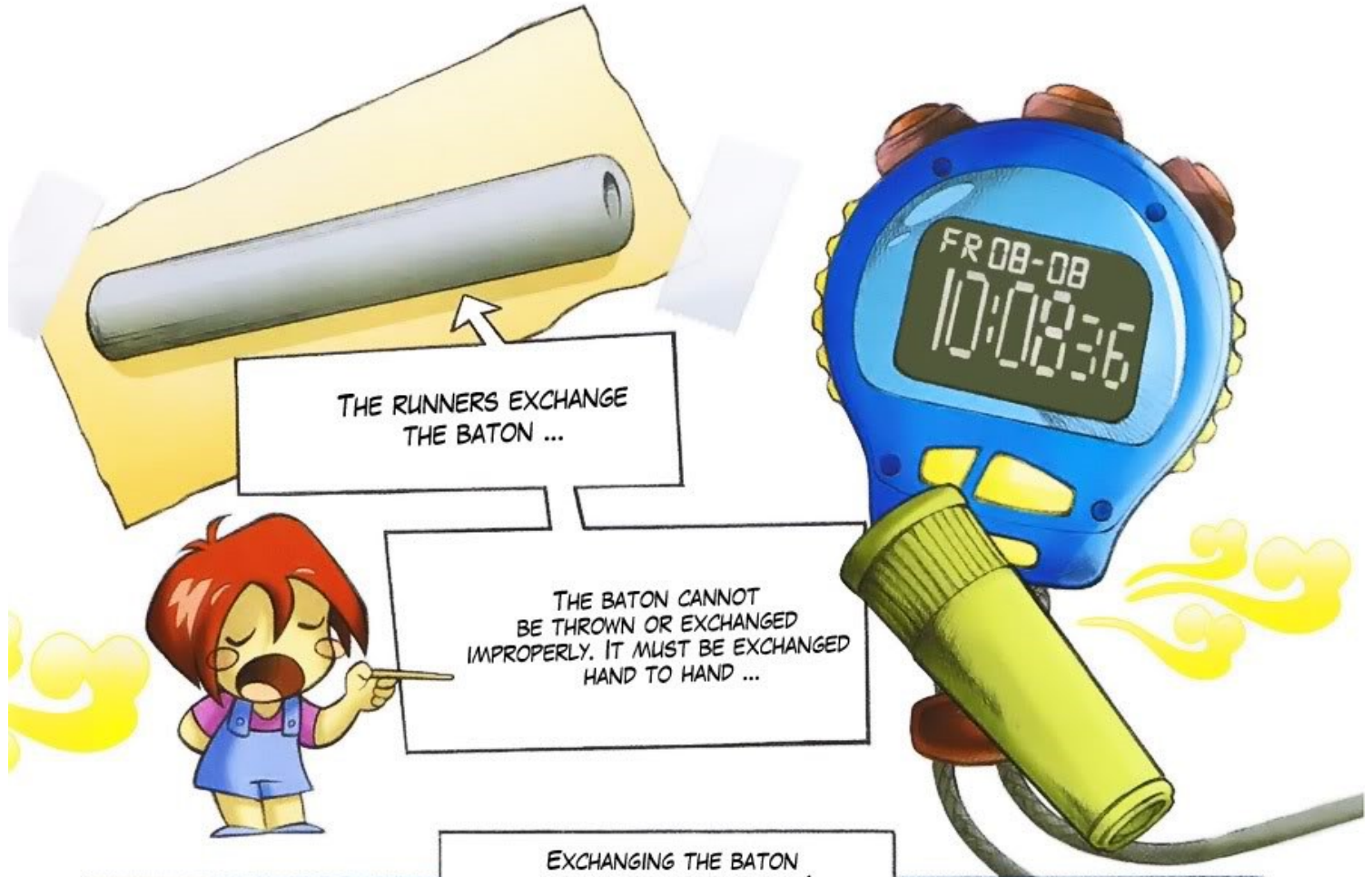


EVERYBODY RUNS COUNTERCLOCKWISE!



- ① THE WORD **ATHLETE** COMES FROM THE GREEK WORD **ATHLON** = TO FIGHT.
- ② **ATHLETICS** INCLUDE DIFFERENT KINDS OF COMPETITIONS: RUNNING, WALKING, JUMPING AND THROWING + TWO COMPETITIONS THAT BRING TOGETHER VARIOUS SPECIALTIES:  
**PENTATHLON** AND **DECATHLON**.





EXCHANGING THE BATON  
CAN BE REALLY DIFFICULT!



- ③ The running track is made by TARTAN, an elastic, weather-resistant material which allows athletes a better grip.
- ④ In hurdling, there are always ten obstacles, but their height varies depending on whether the competitors are men or women.
- ⑤ The throw program splits into four parts: Shot Put, Discus Throw, Hammer Throw and Javelin Throw.





THAT'S REAL  
INTERESTING,  
JO-JO. BUT I  
HAVE TO GO!

WHERE ARE  
YOU GOING?



I'M HEADING FOR  
THE SWIMMING POOL!  
I HAVE TO GET READY FOR  
THE COMPETITIONS!

I'M COMING, TOO!



ARE YOU  
MAKING FUN  
OF ME?  
YOU DON'T  
BELONG AT  
THE POOL!



WHY? EVERY PLACE IS GREAT  
TO HAVE SOME EXERCISE!



WHAT'S MOST IMPORTANT IS ...  
TO HAVE FUN!



ALSO, I THINK THAT  
TRABAJAR JUNTOS \*  
WILL BE USEFUL!

GIRLS!  
THIS IS REALLY  
SOMETHING ...

\* WORKING  
TOGETHER.







SO, HOW'S IT GOING  
FOR YOU, GIRLS?

NOT TOO BAD ...

...AAAHH!

WHOA ...

HA  
HA HA!

WITCHOLOGY.TK



VERY GOOD, IRMA!  
YOU'D MAKE A GREAT JUGGLER!



ARIADNE;  
A GYMNAST,  
SHE'S FROM  
SOME MEDITERRANEAN  
ISLE."

YEEEEEEAH,  
REALLY GREAT!  
BUT I REALLY HAVE  
NO IDEA ON HOW TO  
USE THESE TOOLS,  
ARIADNE!



SO LET'S JUST SAY THAT WAS MY  
FIRST PERFORMANCE!

WELL,  
I LIKED IT!



AFTER ALL,  
SPORT IS CREATIVITY,  
DON'T YOU AGREE?

YOU KNOW,  
I'VE NEVER REALLY THOUGHT  
ABOUT IT THAT WAY ...



BUT I CAN'T WAIT TO SEE HOW  
YOU USE THESE CLUBS!

THEY'RE NOT CLUBS,  
THEY'RE GYMNASTIC PINS ...



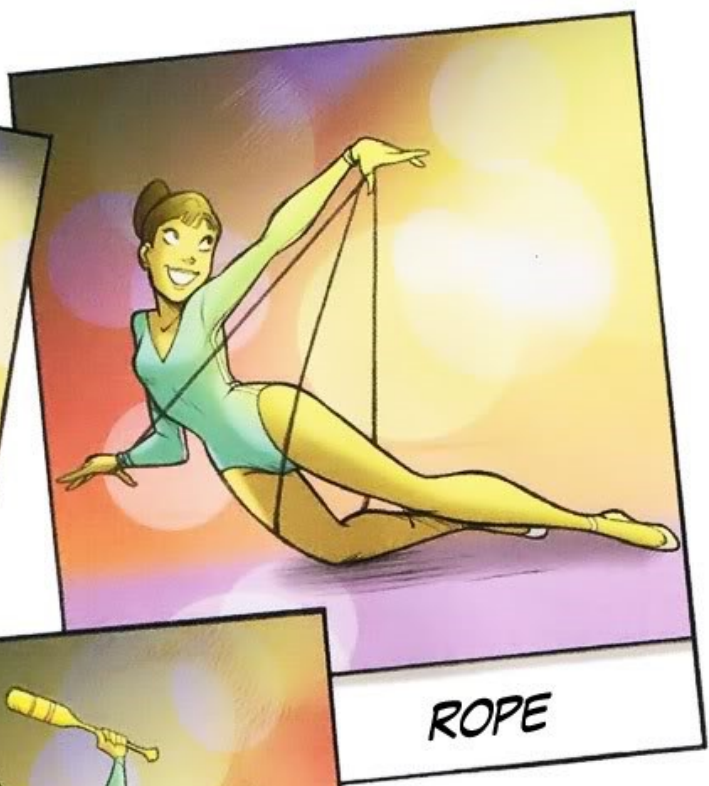
...  
AND YOU  
USE THEM  
LIKE THIS!







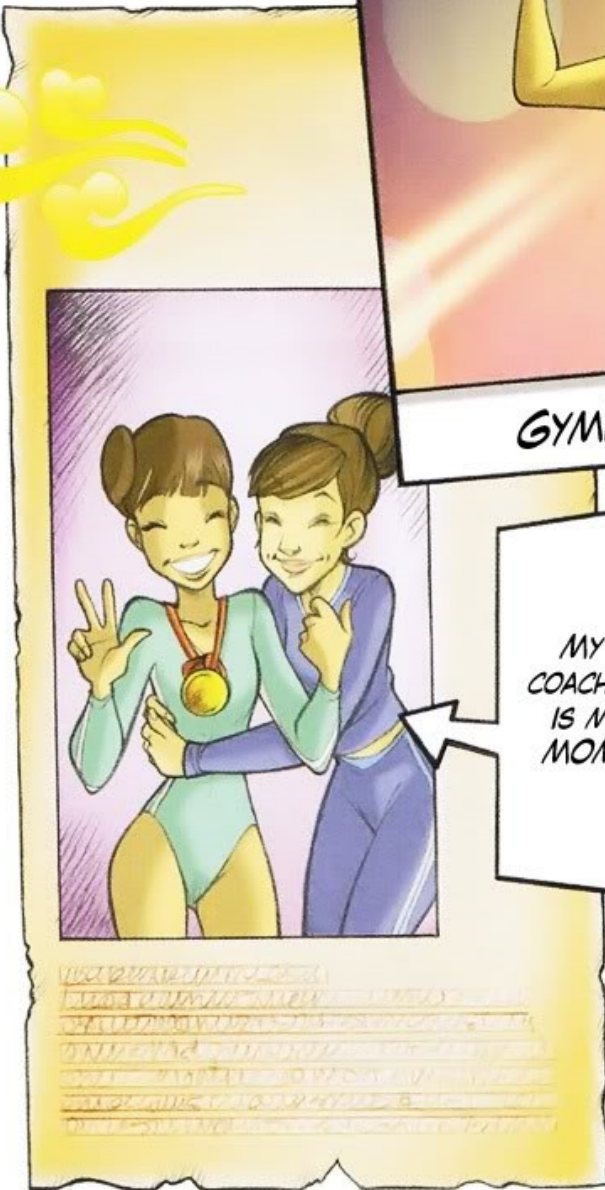
BALL



ROPE



GYMNASTIC PINS

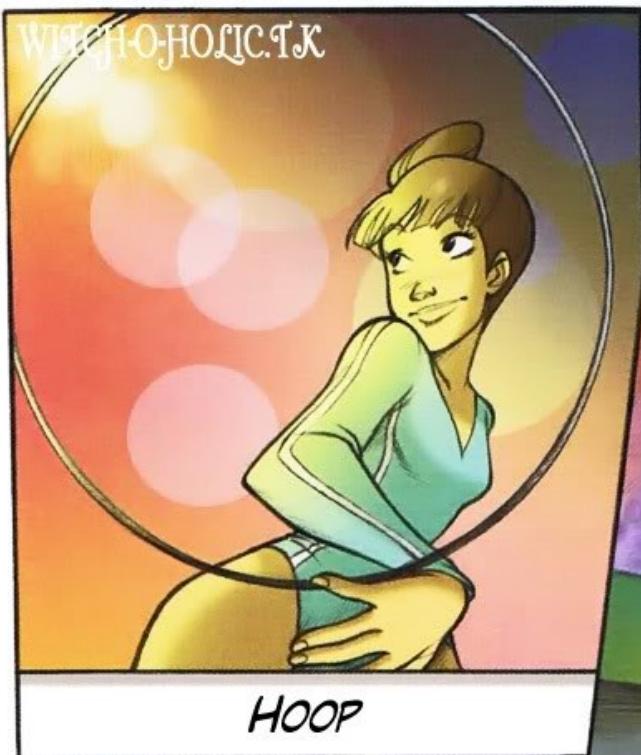


MY  
COACH ...  
IS MY  
MOM! 😊

CHOOSING  
THE RIGHT MUSIC IS  
REALLY IMPORTANT  
FOR GETTING A  
GOOD PERFORMANCE.  
TO ME, CLASSICAL  
MUSIC IS THE  
BEST!







HOOP



RIBBON

THAT'S  
MY  
FAVORITE!



THIS IS MY LUCKY CHARM.  
IT IS A GIFT FROM MY DAD!

## RYTHMIC GYMNASTICS ... IN 5 STEPS!

- 1) ARTISTIC GYMNASTICS IS MAINLY A DICIPLINE FOR GIRLS.
- 2) IT FIRST APPEARED IN THE OLYMPIC GAMES IN LOS ANGELES, IN 1984.
- 3) COMPETITIONS ARE TAKING PLACE WITH EITHER ONE GIRL AT A TIME OR IN TEAMS, IN WHICH 5 GIRLS ARE PERFORMING TOGETHER.
- 4) WHEN PERFORMING IN A TEAM, THE GIRLS EITHER USE THE SAME TOOL OR DIFFERENT ONES.
- 5) JUDGES USUALLY CONSIDER 3 FIELDS: TECHNIQUE, ARTISTIC VALUE AND PERFORMANCE.



FOR THIS DISCIPLINE,  
YOU DEFINITELY NEED TO HAVE  
COORDINATION, LITHESS  
AND A SENSE OF RHYTHM.



SO, YOUR  
DISCIPLINE IS  
LIKE A DANCE,  
MIXED WITH  
GYMNASTICS  
AND SOME  
TOOLS  
...



KIND OF!

THAT'S WHY IT IS SO CHOREOGRAPHIC!



ARIADNE!  
CAN I BORROW YOUR TOOLS?!  
I WANT TO PREPARE SOME  
CHOREOGRAPHY FOR THE  
OPENING PARTY!

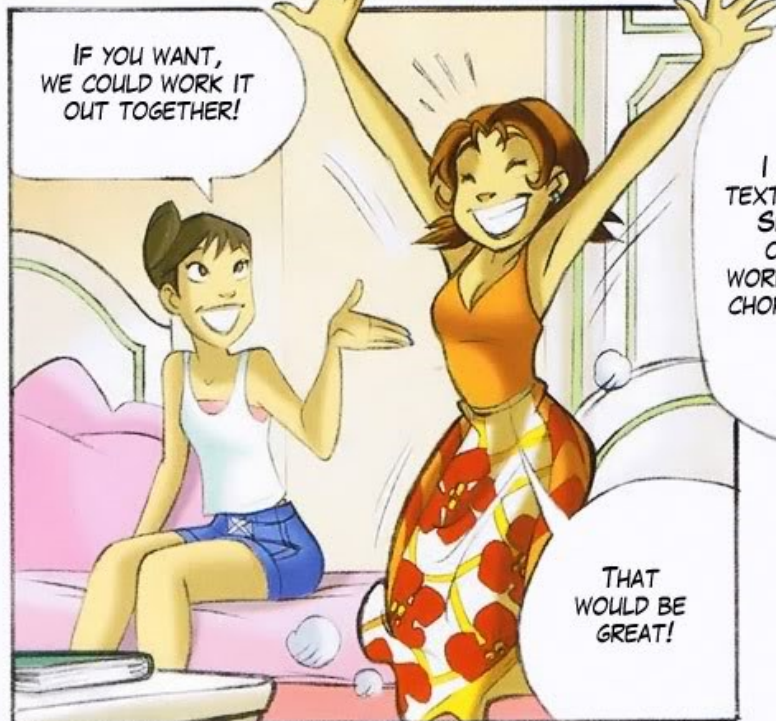


O-O-KAY  
...

IF YOU WANT,  
WE COULD WORK IT  
OUT TOGETHER!

I HAVE TO  
TEXT TARANEE!  
SHE'S THE  
ONE WHO  
WORKS ON THE  
CHOREOGRAPHY!

THAT  
WOULD BE  
GREAT!









HE'S FROM SAHARA, AND  
YESTERDAY, WHEN I FIRST SAW HIM ...

... I FELT LIKE  
I WAS TRAVELLING,  
FAR AWAY TO A  
DISTANT WORLD ...

... AND I'M SURE  
THAT MUST BE HOW  
HE FEELS LIKE!



WITCHO-HOLIC.TK

" ABDEL IS REALLY  
RESERVED, AND SHY ... "



" ... BUT HE'S ALSO REALLY  
WARM-HEARTED. THERE'S ALWAYS  
A SMILE ON HIS FACE! "







WHAT A GUY!  
HE EVEN MADE ME  
BREAKFAST ...

THAT WAS FINE, BUT  
WHEN HE TRIED TO  
PREPARE A TRADITIONAL  
DISH WITH RICE  
AND MEAT ...

HE MIXED IT WITH  
ALMOST EVERYTHING HE COULD  
FIND IN THE KITCHEN, AND  
IT TASTED AWFUL ...

WITCH-O-HOLIC.TX

IS IT  
GOOD?

AH, WELL ....  
WE APPRECIATED  
THE EFFORT!

OH, GIRLS! I HAVE SO  
MUCH TO TELL YOU!

to Conny  
From Tara

"THE MARATHON  
RUNNER FROM THE  
DESERT". THAT'S  
WHAT I SECRETLY  
CALL HIM!

I FOUND OUT SO MUCH  
INFORMATION ABOUT  
HIS DISCIPLINE ONLINE!

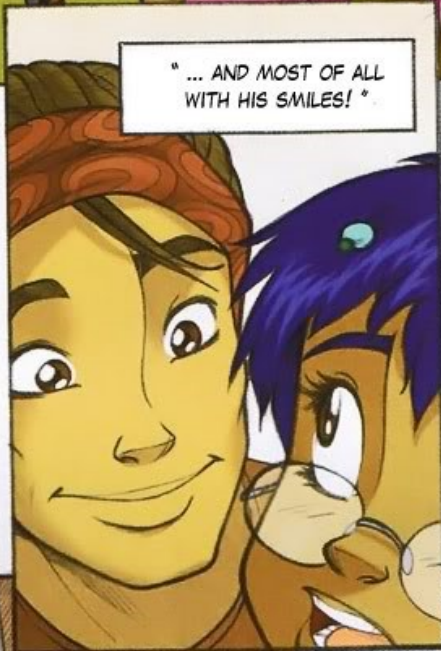




" ABDEL DOESN'T SPEAK OUR LANGUAGE VERY WELL, BUT HE CAN COMMUNICATE WITH HIS EYES ... "



" ... WITH HIS ENDEARMENTS ... "



" ... AND MOST OF ALL WITH HIS SMILES! "



" AND THAT IS SPORTS TO HIM ... TO BE ONE WITH NATURE! "

" HE'S SO ACCUSTOMED TO OPEN SPACES. HIS BEST FRIEND IS THE SUN, AND HE TALKS TO THE LEAVES IN THE WIND! "







### **BEFORE A MARATHON:**

- YOU NEED A BIG TRAINING PROGRAM. YOU MUST TRAIN FOR ALMOST 5-6 MONTHS; YOU START RUNNING FROM 20 TO 30-36 KM, AND THEN YOU SLOWLY INCREASE THE DISTANCES EVERY WEEK.
- IT'S REALLY IMPORTANT TO REST WHEN YOUR BODY IS TIRED.

