

Javier Pérez Pont & Esperanza Aparicio Romero

HUBERTUS JOSEPH PILATES
THE BIOGRAPHY

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Acknowledgements

The contributions from official and private documents that were sought, followed and found have been decisive and crucial for the publication of a rigorously accurate work which, from the beginning, was the intention of this biographical investigation. For this reason, we cannot forget the kind and selfless contribution of so many people whose help has been essential to this achievement. Without their willingness and collaboration it would have been even more difficult, if not impossible, to complete this book.

Javier Pérez Pont

To Romana Kryzanowska, to whom, finally, history will always give a place as a “legendary teacher.” Romana kept alive the lessons learnt from the master to be transmitted with dedication, humility and love continuously for decades. Her art will always prevail as will the great genius’ work which she knew how to continue and transmit.

Thanks to our good friend Sari Mejia Santo, who masterfully carried forward the work undertaken by her mother Romana Kryzanowska, for her continued support, for bringing much valued material to this work, for her generosity when contacting testimonies and arranging truly key interviews.

A special mention for Kathy Stanford, who we had the good fortune to meet thanks to Sari.

To the wonderful family Le Riche-Pilates, for their human values and help, and especially Kathy and Gary, for having made me feel so at home when I visited them at their mother’s, Mary Pilates.

To Charles Perrin, Assistant Curator Dance Division of the wonderful *New York Public Library for the Performing Arts in New York*, for his sympathy and for facilitating the search in the immense sea of information which is the institution where he works.

Mr. Gerd Lamers of the Archives of Mönchengladbach, for his assistance in finding documents lost for centuries and for his capacity to interpret the information in its time and context.

To his colleague at the Abteilung Stadtarchiv of the town of Viersen, Mrs. Linda Godry, for being a great professional and above all, for being an interesting and friendly person.

To Sean P. Gallagher, for easing the access to his marvellous file on Joe Pilates, where I experienced the same surprise that I imagine “Ali Baba and his forty thieves” had when they entered the treasure cove.

To Harry Vonderlieth, who thanks to his crucial and selfless collaboration has made reality something that, at times, seemed impossible to achieve.

Also to August J. Benkert, for his wonderful contribution in memory of his own father, and also consequently to that of Joe Pilates.

To Phoebe Higgins, such a unique and marvelous person, with her deep knowledge of the method and for the pleasure of having met her.

To Llana Adler, Mathilda Klein and Aviva Rahmani, for their personal contributions which have given colour to this work and for always encouraging us during the long journey which has led to the accomplishment of this book.

To Richard Maury, partner at the company *Marks & Clerk* in London who dedicated his time effectively and generously to assist me.

To Violet Gimeno who has done so many German translations for this book, so precise in all.

To Veronica Blazer, who gave us a hand in many things, as in German texts, phone calls and for her curiosity for knowing all what we discovered, thus encouraging our work.

To Montse Soldevila. Thanks for so many things and especially for your inspiration

To Wendy Perron, Editor in Chief of *Dance Magazine* for her altruistic help and for her time.

To Angela Wiele, of the *International Student Advisor, Martha Graham School of Contemporary Dance*, for not giving up when things got tough.

To Stuart Hodes who without knowing us offered to help in any way he could.

To Alexandra Yu, surprising woman, so meeting her was an extra and unexpected gift on this journey; and to Holly Nedelka, former client of Al Room's with her illustrative testimony of what was this famous space in New York.

To Robert Krebber, thanks to his site www.ongen.de, we have been able to find some documents relating to Joe Pilates' ancestors.

To Norton Owen, Director of Preservation *Jacob's Pillow Dance Festival*.

To Norbert Silberbach, of the *Institut für Stadtgesch Stadtgeschichte of Gelsenkirchen*, for his numerous translations of the documents needed in this biography, for his professionalism in helping us find as many documents as were needed. To my customers and friends, Ángela Giró and Jose Manuel Ferrater, who offered me days of peace and light in their wonderful space in Cases d'Alcanar so that I could dedicate myself to writing.

To Hans Welters, from *Pilatus Kall e.V.* in Monchengladbach for his help and his very kind letter.

To Harald Bennert who carried out (as a hobby) an investigation on the history of boxing in Germany therefore contributing valuable information with regards to Joe Pilates in that field.

A special mention for Javier Velázquez who prepared an extra chapter, at the end of the book, on the Aparatology invented by Joe, associated with Joe's exercises. For his intelligence, deep and sincere approach to this difficult and delicate issue (skills that he conveys in whatever he is involved in). Thanks for being such a great friend of ours and for always being there, for continuously encouraging us to finish this difficult task, for your valuable suggestions, corrections of text and the development of all the maps and all the graphics in this book.

And finally thanks to Joe because along this most difficult and sinuous path towards The Biography, we have been able to get to know marvellous people, along with having improved our knowledge on so many subjects.

In appreciation of his legacy in general and especially our learning, we would like to offer the world this historical-biographical work accomplished with our most sincere respect and admiration.

J & E



PREFACE 1

Joseph and Clara Pilates were two of the first people my brother and I had met when we arrived in New York City in the late 50's. Introductions were made by my mother, Romana Kryzanowska, who, after years of thought and Studio, had come to be regarded as the foremost teacher and representative of the methodology that Joseph Pilates had developed. My impression at that first meeting in a small Studio at what was then an undesirable neighbourhood at 939 Eighth Avenue was of a man with a commanding voice and a mop of white hair. He was dressed only in a bathing suit. His gaze upon me was steadfast and unyielding, almost overwhelming for a young, timid and protected girl as myself. In spite of my shyness, it did not take long, with Joseph Pilates' high regard and need for Romana, before my brother, Paul, and I found ourselves as full-fledged students, helpers, and participants in the world that Pilates called "Contrology." Although Pilates himself never referred to his work as Pilates he nevertheless could not resist referring to Paul and me as his "Pilates babies."

Years later, Javier Perez Pont and his wife, Esperanza, often visited Romana and me at our home in Fort Worth, Texas. We always made sure to synchronize our visits so that we were all present at all of these meetings. They used these visits as an opportunity to acquire information about Joseph Pilates. They wanted to know anything and everything about Pilates. This couple was so inquisitive that Romana finally suggested writing a book about Joseph Pilates. And that is how it all got started six years ago. Javier and Esperanza know the work of Joseph Pilates and the work of Romana Kryzanowska extremely well. They are among the most meticulous, honest people I know with the work as well as the understanding, philosophy and spirit without being involved with their egos or "improvements" of this genius' work.

I therefore feel confident in this narrative about Pilates and his inspired teachings that my mother in turn taught to so many hundreds of others. It is my belief that due to the commitment of Javier and Esperanza to hard work, honesty, and attention to detail, this chronicle of the genius that is Joseph Pilates is in the best of good hands.

Sari Mejía Santo