

OFFICIAL WORLD RECORD CERTIFICATE



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Authors of Believe The Unbelievable — The Ultimate Book of World Records and the People who Pursue Them (Bartleby Press, 2010)

JOHN P. MIRRIONE

Push Ups: 1 Arm: 2 Knuckle: 3 positions,
20 seconds each: 1 min.

The World Record for the slowest 1 arm, 2 knuckle, 3 position (20 seconds each) in 1 minute on a 1.5 inch stone slab was established by Sensei John P. Mirrione (New York, USA) of Harmony By Karate on April 15, 2011.

Dr David R. Adamovich

Keeper of the Records
Record Holders Republic