BRIAN JACKS SUPER STAR Challenge

INTRODUCTION

The object of this game is to challenge and try to beat Brian Jacks in a series of eight physically demanding events. These events have been chosen by Brian to test not only the competitor's strength and stamina, but also their skill and co-ordination.

The instructions have been kept to a minimum. Most of the strategy involved is for *you* to discover.

PLAYING INSTRUCTIONS

COMMODORE 64 (JOYSTICK ONLY)

IMPORTANT: The Commodore 64 versions of swimming, canoeing, running and cycling, incorporate *POWERSYNC* This means that the rate at which you move the joystick from side to side to build up power must be synchronised to the screen action. As in real life, speed of movement in these events must be built up gradually. Wild thrashing about at the beginning will achieve very little.

In the one player option you will first go through a qualifying round, to see if you are of a suitable standard, before you are accepted as a challenger. (You have to remember that Brian is a very busy man and can only find time to fight off serious contenders.)

In the two player option you will be playing against a friend, but once again, if you obtain a suitable score you will get the chance to compete against Brian. Should both of you be of the required standard the one with the higher score will go through as the challenger.

To select which option you require, push the joystick forward or backward and the cursor will move between the two options. Once you have decided on the game you want to play press the fire button.

1. Canoeing
Gradually increase the stroke rate by moving the joystick from side to side (powersync).

To correct drifting into lane markers hold the stroke slightly longer on one side.

2. The boar shoot.
Move the sight cross using the joystick. To fire the crossbow bolt, press the fire button.

3. The 100m sprint.
You will need to be fast to qualify. Powersync at the start only.

4. Squat thrusts.
You have 60 seconds in which to complete as many squat thrusts as you can. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not move back over the line.

Moving the joystick to one side moves you in that one direction only.

5. Swimming.
Increase your stroke rate by moving the joystick from side to side (powersync).

Every so often, you must breathe. To achieve this, simply press the fire button at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

6. Arm dips.
You have to do as many arm dips as you can in 60 seconds. To complete one dip, press the fire button to start moving down. Move the joystick from side to side to arrest this fall and then to push yourself back to the start position.
A dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

7. Football.
The object of this event is to dribble a ball around three cones and then to try and score a goal. You have three goes at this, but you only have two minutes in which to do it.

You move using the same method as running but you can also cross the field by moving the joystick up or down. When you have reached the goal, aim using the joystick and then press the fire button.

In a two player game the goalie is controlled by the other player.

8. Cycling.
To change up a gear, push the joystick up and press the fire button. Do the opposite to change down. Powersync operates in *EACH* gear.

SPECTRUM 48K (Joystick *or* keyboard)
IMPORTANT: Unless stated otherwise, the power in each event is increased by *either* moving the joystick from side to side *or* tapping the "Caps Shift" and "Break Space" keys.

1. Canoeing.
Correct lane drift by holding stroke longer on one side.

2. Arm dips.
Use the fire button or any middle row key to change the direction of movement.

You have to do as many arm dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

3. Squat thrusts.
Moving the joystick left or tapping the "Caps Shift" will move you in one direction only and similarly moving the joystick right or tapping the "Break Space" will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

4. Swimming.
Every so often you have to breathe. To achieve this simply press the fire button or any middle row key at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

5. Archery.
Move the joystick or press "Caps Shift" or "Break Space" to set the wind. Press the fire button or any middle row key to start raising the angle of elevation and repeat this operation to fire the crossbow bolt.

6. 100 metres.

7. Football.
In this event you have to dribble a ball around four cones and then try to score a goal. You have three goes at this, but you only have two minutes in which to do it.

To increase speed push the joystick forward or press the (P) key.

To decrease speed push the joystick backwards or press the (O) key.

To rotate in an anticlockwise or clockwise direction, move the joystick left or right or press the CAPS SHIFT or BREAK SPACE key.

When in front of the goal, aim using the joystick or CAPS SHIFT and BREAK SPACE keys.

8. Cycling.
Change gear using the fire button or any middle row key.

BBC-B or ACORN ELECTRON

IMPORTANT: unless stated otherwise the power in each event is increased by moving the joystick from side to side, or by tapping the (Z) and (X) keys.

1. Swimming.
Every so often you have to breathe. To achieve this simply press the fire button or the return key at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

2. Canoeing.
Correct lane drift by holding stroke longer on one side.

3. Archery.
The elevation of your shot is changed by pushing the joystick up or down or pressing the (*) key for up, and the (?) for down.

4. Cycling.
To change up a gear, move the joystick up or press the (*) key. To change down a gear move the joystick down or press the (?) key.

5. 100 metres.

6. Squat thrusts.
Moving the joystick left or tapping the (Z) key will move you in one direction only and similarly, moving the joystick right or tapping the ("X") key will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

7. Arm Dips.
You have to do as many arm-dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

To complete one arm dip press the fire button or the return key to start moving down. Move the joystick from side to side or tap the (Z) and (X) keys to arrest this fall and then to push yourself back to the start position.

8. Football.
The object of this event is to dribble a ball around cones and then to try and score a goal. You have three goes at this, but you only have two minutes in which to do it.

Movement around the field is by joystick or by using the keys (Z), (*), (X) or (?). By pressing two keys at once the number of directions of movement can be increased to eight.

When in front of the goal aim the cursor by using the joystick or the same keys as above. You will have to be quick.

Speed of movement around the pitch is increased by pressing the fire button or the return key.

AMSTRAD (Joystick or keyboard)

IMPORTANT: Unless stated otherwise, the power in each event is increased by *either* moving the joystick from side to side *or* by tapping the (Z) and (/) keys alternately.

1. Canoeing
Correct lane drift by holding stroke longer on one side.

2. Arm dips.
Use the fire button or space key to change the direction of movement.

You have to do as many arm dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

3. Squat thrusts.
Moving the joystick left or tapping the (Z) key will move you in one direction only and similarly moving the joystick right or tapping the (\) key will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

4. Swimming.
Every so often you have to breathe. To achieve this simply press the fire button or space key at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

5. Archery.
Move the joystick or press the (Z) or (\) key to set the wind.

Press and hold down the fire button or space key to start raising the angle of elevation and release to fire the bolt.

6. 100 metres.

7. Football.
in this event you have to dribble a ball around four cones and then try to score a goal. You have three goes at this, but you only have two minutes in which to do it.

To increase speed push the joystick forward or press the (Q) key.

To decrease speed push the joystick backwards or press the (A) key.

To rotate in an anticlockwise or clockwise direction, move the joystick left or right or press the (Z) or (\) key. When in front of the goal, aim using the joystick or (Z) or (\) keys.

8. Cycling.
Change gear using the fire button or space key.

MSX (Joystick or keyboard)

IMPORTANT: Unless stated otherwise, the power in each event is increased by *either* moving the joystick from side to side or tapping the (←) and (→) keys alternately.

1. Canoeing
Correct lane drift by holding stroke longer on one side.

2. Arm dips.
Use the fire button or space key to change the direction of movement.

You have to do as many arm dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

3. Squat thrusts.
Moving the joystick left or tapping the (←) key will move you in one direction only and similarly moving the joystick right or tapping the (→) key will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

4. Swimming.
Every so often you have to breathe. To achieve this simply press the fire button or space key at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

5. Archery.
Move the joystick or press the (←) or (→) key to set the wind.

Press the fire button or space key to start raising the angle of elevation then press again to fire the bolt.

6. 100 metres.

7. Football.
In this event you have to dribble a ball around four cones and then try to score a goal. You have three goes at this, but you only have two minutes in which to do it.

To increase speed push the joystick forward or press the (↑) key.

To decrease speed push the joystick backwards or press the (↓) key.

To rotate in an anticlockwise or clockwise direction, move the joystick left or right or press the (←) or (→) key. When in front of the goal, aim using the joystick or (←) or (→) keys.

8. Cycling.
Change gear using the fire button or space key.

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