

# THE WORLD BRIDGE ASSOCIATION

Est. 1977



## INFORMATION SHEET

### What is “The Bridge”

In essence, The Bridge is the ancient art of pooping and creating a horizontal, freestanding turd which link both sides of the toilet bowl basin. Toileteers are then encouraged to take a clear photo, as evidence, and submit it to the WBA for a chance to win big Dollars. But be warned, attempting a Bridge can not only create anxiety, but in some cases, can prove fatal. So, can you rise to the challenge and perform The Bridge? Dare you try? See our tips below:



### Get in Shape

It's essential for strong turds that you work out and exercise. The WBA recommends jogging and yoga.

### Eat Right

Eat plenty of fiber for a well-balanced diet that make your turds thick and strong



### Pelvic practice

On smaller turds, practice moving them into position before they drop out and perfect the turd's trajectory and flop style

### Get Ready

Get your camera ready and ensure you have a clean toilet.



Remember: people have died making The Bridge!

# THE PERFECT BRIDGE

To meet the World Bridge Association criteria, athletes (or, turdtheletes, as we prefer to call them) turds must touch both -opposite- ends of the lower basin (as shown) while, ideally, forming an arch. We appreciate as little splatter as possible and pics must be taken from all angles Attempt it, survive the anal maneuvers and submit it via your nearest regional agent.



## About us

The WBA is a collection of international experts and daredevil turdsters who's aim - pardon the pun- is to bring the ultimate challenge to the wider community. Check out further information and our Hall of Fame on both those who have given their lives in the name of The Bridge and those who have won millions by achieving Bridge utopia.

## What's next for us?

We are now working towards a televised Olympics-style tournament which will feature live shitting by entrants from across the globe. You can also get hold of our useful new book (right). Let's take it to the next level, let's aim for world peace – by all doing “The Bridge”. Thnx

