

Written by John Crumlish
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2019 world parallel bars champion **Joe Fraser** of Great Britain told IG that his and others' view of his gymnastics has been altered since his gold medal-winning performance at last fall's World Championships in Stuttgart.

"I think people maybe look at me differently, being world champion," said the 19-year-old Fraser, who is only the third British gymnast to win a world title. "I don't think people can not give you respect for what you've done. I also think people now see me as a parallel bars worker when I would always say I'm an all-rounder that's good on p-bars. Maybe it's now more a p-bars specialist who's a good all-rounder, so maybe that perception has changed."

Fraser's credentials in the past few years confirm that he is also a contender for international all-around medals. He finished fifth all-around at the 2017 European Championships, fourth all-around at the 2019 Europeans and eighth all-around in Stuttgart.

Considering the robust assortment of strong all-arounders and apparatus specialists on the British team preparing for this summer's Olympic Games in Tokyo, the confident Fraser said he hopes his versatility will earn him his spot on the British team at the Games.

"All-around is always the main focus, and I feel success on individual apparatus comes on the back of all-around development," said Fraser, who trains under coach **Lee Woolls** at City of Birmingham Gymnastics Club. "I'm still looking to increase difficulty on all six pieces to get the best scores, but parallel bars is clearly one area I'm looking to make the hardest and cleanest possible."

Victory on that apparatus in Stuttgart has greatly inspired Fraser as he enters 2020.

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“Overall the Worlds has just been a huge motivation and a positive experience to progress in the best way I can this year,” he said.

Fraser said he is adapting well to the potentially disruptive media attention he has received since Stuttgart.

“It’s been very different,” he told IG. “I’d say the first month after the Worlds I was just on the road nonstop. I didn’t really know where home was but after that it’s calmed down. I’ve learnt to balance and be more organized in my life and my training. You get used to the busyness and ‘adapt and overcome’ as my coach Lee always says.”

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