

Science to Judo Practice

Edited by the Polish Judo Association and issued by "Medsportpress" monograph: "Science to Judo Practice" was written by former competitor, the National Judo Coach, scientific worker and now academic teacher, dr. Waldemar Sikorski. It has been designed first of all, for judo trainers, coaches and prospective judo teachers. Substance presented comprises four topics.

The first one deals with evolution of judo training methods in Poland since 1967, when this branch of sport was included for good into Olympic programme, up to the Olympic in Moscow. It was a span of time in which training volume decided on sport results.

The second part of the book is devoted to structure of a judo contest based on analysis of European, world and Olympic games tournaments. Physiological characteristic, time structure and the choice of applied techniques have been analysed over last twenty years in the most important judo competitions. Multidimensional characteristic of the judo contest was necessary to improve training methods. Therefore, next part of the book aims at searching the instruments for optimization of preparation to a competition. To register objectively training load, physiological reaction to training media were investigated and arranged depending on the values of concentration of lactic acid in blood. Due to this training control and restitution processes could be monitored during training and judo tournaments.

Last part of the monograph includes physiological, anthropometric, psychological and biomechanical profiles of judokas.

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From the author.

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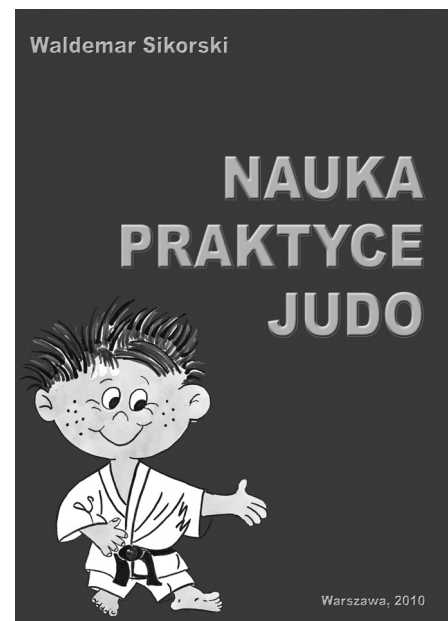
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Content of the publication 126 pages, including 25 tables and 17 graphs and a DVD disc with training media applied in preparation of the Polish National Team to the Olympic Games in Soul, 1988 (with commentary in English)

The publication received positive opinion of judo coaches and sports science researchers.



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