

TRAINING FOR COMPETITION

JUDO

**COACHING,
STRATEGY
AND THE
SCIENCE
FOR
SUCCESS**



Hayward Nishioka

BLACK BELT

Training For Competition Judo Coaching Strategy And The Science For Success

Marco Cascella



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Training for Competition: Judo Hayward Nishioka, 2010 Drawing on more than five decades of experience as a judo champion and instructor of champions Hayward Nishioka shares his knowledge and delves into the collaborative relationship between competitors and their coaches to illustrate how an effective partnership brings about personal success

Handbook of the London 2012 Olympic and Paralympic Games Vassil Girginov, 2012-12-20 The Handbook of the London 2012 Olympic and Paralympic Games is an authoritative and comprehensive account of the world's greatest sporting and cultural event It tells the complete story of the 2012 Games from inception through the successful bidding process and the planning and preparation phase to delivery the post Games period and legacy Written by a world class team of international Olympic scholars the book offers analysis of the full social cultural political historical economic and sporting context of the Games From the political commercial and structural complexities of organising an event on such a scale to the sporting action that holds the attention of the world this book illuminates every aspect of the 2012 Games helping us to better understand the vital role that sport and culture play in contemporary global society The book is divided into two volumes Volume One Making the Games examines the build up to London 2012 covering key topics such as the bidding process planning and decision making financing the Games developing the infrastructure engaging national and international governing bodies of sport engaging the UK public engaging a global public developing a legacy programme the Cultural Olympiad Richly illustrated with the personal accounts of key stakeholders from sports administrators and politicians to athletes and spectators and including essential data and evocative visual material this book is essential reading for anybody with a personal or professional interest in the Olympic and Paralympic Games global culture or the development of sport

Sport Policy in China Jinming Zheng, Shushu Chen, Tien-Chin Tan, Barrie Houlihan, 2018-08-30 Acknowledging China's established status as a global sporting superpower this is the first book to systematically investigate sport policy in that country With a focus on sport development in the most recent three decades Sport Policy in China explores a wide range of topics in Chinese sport including elite sport development professional sports major sports events sport for all the political context within which sport is interiorised and the distinctive sporting status of Hong Kong It examines the debates around policy globalisation diplomacy and soft power as well as the significance of the principle of one country two systems With international appeal this book is a valuable resource for students and researchers in the fields of sport policy sport management sport development and sport sociology

Scientific Foundations and Practical Applications of Periodization G. Gregory Haff, 2024-02-26 The concept of periodization is not new with the precursors of periodized training dating back more than 2 000 years ago But it is now obvious that the holistic development of an athlete encompasses more than their physical and tactical training Scientific Foundations and Practical Applications of Periodization is the first book of its kind designed to optimize sport performance by integrating both classic and modern periodization theories with recovery

methodologies nutritional interventions and athlete monitoring guidelines Written by G Gregory Haff a world leading expert on periodization Scientific Foundations and Practical Applications of Periodization incorporates the latest scientific evidence to provide a comprehensive understanding of how to implement planning and programming strategies to enhance physiological adaptations While other periodization books may discuss training theory few provide information on how to integrate various training models into the periodization process Here are just some of the approaches incorporated into Scientific Foundations and Practical Applications of Periodization Employing and blending parallel sequential and emphasis periodization models to develop athletes Syncing recovery strategies with various phases and periods of training to enhance the adaptational process Manipulating nutritional strategies to magnify performance Using and interpreting monitoring data to adjust an athlete s program in accordance with the periodized plan Applicable for athletes at all levels and in any sport Scientific Foundations and Practical Applications of Periodization translates the latest research into usable information that directly enhances programming You will have access to real world practical examples and discussions of how to make scientifically sound programming decisions A glossary of over 400 terms will help you digest the content Plus you will find periodization templates and directions on how to use them to create annual training mesocycle and microcycle plans Templates are provided online via HKPropel to help you easily design periodized programs Get the most comprehensive resource about periodization ever written and use scientific evidence to take your periodization programming to the next level with Scientific Foundations and Practical Applications of Periodization Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

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