



# Training for Competition: Judo: Coaching, Strategy and the Science for Success

*Hayward Nishioka*

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**Training for Competition: Judo: Coaching, Strategy and the Science for Success** Hayward Nishioka

Offering new challengers and longtime defenders a fresh perspective on how to condition oneself mentally and physically for judo competition, this extensive handbook combines four perspectives: the science of the art, competitive strategy, coaching tactics, and practical training. A clear and focused coaching plan is presented, providing competitors with the most efficient tools to prepare for matches. Featuring chapters on cardiovascular preparedness and resistance training, this in-depth guide also covers step-by-step instructions for improving technique, how to maintain ideal body weight, tips for avoiding injury, and risk management. With detailed photographic sequences, easy-to-read captions, and prominent illustrations, it is applicable for both beginning and advanced judo practitioners and coaches.

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