

## Preface

### *Strength and conditioning for combat sports athletes*

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Combat sports have grown in popularity worldwide and in increased number of events, resulting in more athletes taking part in competitions of different levels. Along with this growth, there is a need to develop safer and more scientifically oriented training methods. As performance in combat sports depends on the combination of different physical attributes, it is important to know in detail the relevance of each of these aspects to competitive success. From this knowledge, training means can be better designed to meet the sport-specific needs as well as athletes' characteristics and physical fitness.

The specialized literature presents numerous investigations on the training of different physical abilities of combat sports athletes, however, this material is not often accessible to professionals working in this segment. Additionally, there are no book synthesizing the different aspects to provide a detailed understanding of the physiological responses to competition and training sessions for combat sports athletes or to elaborate the training process to develop each of these variables. Thus, this book is an initiative aimed at detailing the physiological and physical performance under different conditions of combat sports practices, presenting studies that have investigated the training process to allow the training prescription using an evidence-based approach.

The history of this book began in 2014, when a group of passionate young researchers accepted the challenge of searching the available literature about physiology, physical training and combat sports, and selecting the most relevant findings to be presented not only to other researchers, but to professionals working directly with combat sports athletes. At that time most of the authors were completing their PhD studies. The first version of this book was published in 2016, in two volumes, only in Portuguese. Fortunately, this book found good hands abroad and in 2017 it was published in Spanish thanks to the efforts of Dr. Tomás Herrera-Valenzuela, who came on board to stay, and to the Editorial Kinesis, which believed that this book deserved to be read by the Spanish speakers.

In the same year, the Spanish version found Dr. Roberto Manno, a great Italian researcher, the coordinator of the scientific commission of the Federazione Italiana de Judo Lotta Karate Arti Marziali (FIJLKAM). This book was then presented to the President of the FIJLKAM, who gave its support to an Italian version. A new translation, a new publisher (Calzetti & Mariucci) and more people could have access to the book content in 2019.

The time goes fast. Most of the authors now hold their PhDs and have their positions in different universities across Brazil. However, their passion for combat sports, sport sciences and its applications made possible a revised and extended version of the original book. Despite their busy schedules, each author contributed with his/her knowledge, experience and enthusiasm to a new version. Once again, we were lucky to find a group of dedicated people to collaborate in this process.

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Carlos Gutiérrez García, Editor-in-Chief of *Revista de Artes Marciales Asiáticas*, and his team of reviewers helped us to improve the book content. Our deepest thanks to him for putting a great group of experts together, and to the, at that time, anonymous reviewers for their precise and valuable suggestions and comments. Now it is time to a broader number of readers, as the book is available in English. In great part this English version was possible because one of the authors, João Paulo Lopes-Silva, organized the whole translation process, motivating all the contributing authors, from whom he received full support and cooperation. A true team work. We think we speak on behalf of all the authors when we say: *Thank you very much João!!!*

We hope the reader will find relevant information to improve the training prescription of their athletes.

