



STADION news

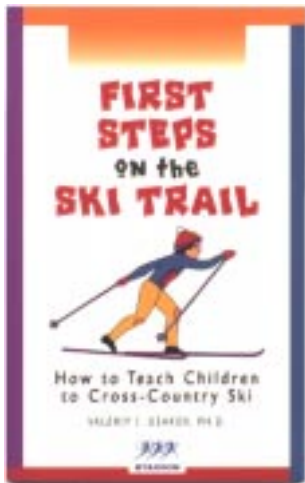
International Sports Insider

<http://www.stadion.com>

Volume 4, Number 4, Fall 1997

\$3.00

New book: *First Steps on the Ski Trail*



First Steps on the Ski Trail: How to Teach Children to Cross-Country Ski shows how children can have fun when learning to cross-country ski—a life-long fitness activity. It is written by Valeriy Iosifovich Usakov, Ph.D., Stadion Publishing's new author highly regarded in Russia for his works on teaching fitness skills to children.

Dr. Usakov's approach to teaching skiing takes into account the child's current physical skills as well as his or her physical and mental readiness. Skills are learned in an easy-to-follow succession based on the

principles of child development.

From his book you will learn:

- How to fit equipment to your child
- How to use games to make learning fun
- How to make skiing safe for your child
- Dos and don'ts of teaching skiing

Dr. Usakov is the head of the Department of Physical Culture and Health at Krasnoyarsk Pedagogical University in Krasnoyarsk. He is a member of the Scientific and Methodological Council of the Educational Ministry of Russia, the chief of the Scientific and Methodologic Center, and the president of the Sport Science Association in the Krasnoyarsk region.

Dr. Usakov specializes in creating new, effective techniques for teaching children physical skills, methods that contribute to a positive attitude toward sports.

Review

"[No book] has dealt with the subject [of teaching children to cross-country ski] in terms as simple and concise as *First Steps on the Ski Trail*. In under 50 pages, the book handles the basics on equipment, technique, and, most importantly, how to make learning fun." —*The Burlington Free Press*, Dec. 11, 1997.

Highlights

- **New Book**
page 1
- **Do You Need Mental Training?**
page 1
- **Nutrition and Performance**
pages 2 and 3
- **Video Reviews**
page 3
- **Self-Defense Tip**
page 3
- **Q&A on Stretching**
page 4

STADION NEWS is published by Stadion Publishing Co., Inc., P.O. Box 447, Island Pond, VT 05846, U.S.A.
Contents copyright © 1997 by Stadion Publishing Co., Inc. All rights reserved. Nothing can be reprinted in whole or in part without written permission from the publisher.
Printed in U.S.A.

Do You Need Mental Training?

There is a simple way to tell if the mental training offered by sports psychology can improve your performance. If you answer yes to either or both of the questions below, it can.

- Do you do well in practice but not so well in competition?
- Do you get tense, lose concentration, and play or spar below your skill when you practice with some opponents or training partners?

Many elite athletes use either the services of a sports psychologist or mental training

programs developed by sports psychologists. You can use such program—*Gold Medal Mental Workout (GMMW)*, developed by Dariusz Nowicki, one of the best East European sports psychologists.

Athletes who develop mental toughness with *GMMW* perform consistently at their best. During the World Judo Championships of 1997, Paris, October 9-12, Pawel Nastula won the gold in -95 weight class, and Rafal Kubacki won the gold in the open weight class. Both athletes were under great pres-

sure. Kubacki had to prove himself after a performance slump and Nastula was the previous world champion and 1996 Olympic champion all wanted to beat.

At the International Open Taekwondo Championship of Poland (Lee Cup) October 4-5, the team coached by Nowicki won first place in fighting and in forms. 250 athletes from Belgium, Germany, Poland, and Slovakia competed.

To order *Gold Medal Mental Workout* see the order form on page four.

Nutrition and Performance: Spicy Foods, Margarine, Children and Sweets

Spicy Foods

I have recently read an article on the benefits of hot peppers in *Triathlete* magazine ("The Heat Is On," November 1997, page 52). The benefits of hot peppers are many: they are an excellent source of vitamin A, some B vitamins, and vitamin C. They contain iron, niacin, magnesium, riboflavin, thiamine, twice as much vitamin C per gram as a fresh orange, and more than twenty times the amount of vitamin A. They increase metabolic rate and strengthen immune system.

That is all well and good provided that you can eat them without problems, because not everyone can.

Spicy foods, such as chili peppers, paprika, black pepper, cinnamon, or anything that tastes "hot," can make some people sick. After eating such foods they get any combination of the following symptoms:

- Nausea
- Shoulder pain
- Headache
- Dark circles under the eyes
- Sudden low back pain
- Tension of the right quadriceps
- Dizziness
- Flu symptoms
- Pseudo sinus infection

These, and some other symptoms, are caused by the effect of spicy foods (but not only spicy foods) on the muscular valve (ileocecal valve) between the small and large intestine. In some people, spicy foods interfere with ileocecal valve's function. This valve is supposed to stay closed when food is digested in the small intestine and absorbed, to open when digestion and absorption is completed so the waste can be moved into the large intestine, and then to close again.

If the ileocecal valve does not open when it should, the waste remains in the small intestine and its toxins are absorbed by the body. If the valve does not close after the waste is moved into the large intestine, the effect is similar—the toxins flow back into the small intestine and are absorbed by the body.

If, after eating spicy foods, you have the described symptoms, you may want to see a doctor specializing in applied kinesiology. An applied kinesiology specialist will be able to diagnose the problem and, if needed, to correct the function of the valve.

To find a doctor in your area who specializes in applied kinesiology call 802-723-6175, or write to Stadion Publishing Co., Inc., P.O. Box 447, Island Pond, VT 05846-0447, U.S.A., or send e-mail to stadion@together.net.

Margarine

A study published in the November 20, 1997 issue of *The New England Journal of Medicine* shows that margarine and any foods made with hydrogenated fats increase the risk of heart disease. The study involved 80,082 women ages 34 to 59. Another name for hydrogenated fats is trans fats.

You, as an athlete, may not be concerned about heart disease, but the exact way in which hydrogenated fats raise its risk is of consequence to your performance.

Hydrogenated fats block your body from using other fats for energy, and for making hormones and prostaglandins, so the other fats get stored too. When you do not use fat for energy your endurance suffers, and you are also more likely to get symptoms of overtraining and eventually get sick. It takes very little hydrogenated fat to do this damage. The first 1% in your diet is enough to block nearly all normal fat metabolism.

The researchers, Frank Hu and Meir Stampfer, suggest that people avoid margarines and any foods with hydrogenated or partially hydrogenated oils, including cookies and crackers. Any oil will become hydrogenated when heated at or above 350° F so beware of fried foods.

More information on which fats are good for you and how much you should eat is in the [Winter 1996 issue of Stadion News](#). Even more information is in Dr. Philip Maffetone's book *In Fitness and In Health* (see order form on page four).

References

- 1) Frank B. Hu, Meir J. Stampfer, JoAnn E. Manson, Eric Rimm, Graham A. Colditz, Bernard A. Rosner, Charles H. Hennekens and Walter C. Willett, "Dietary Fat Intake and the Risk of Coronary Heart Disease in Women." In *The New England Journal of Medicine* November 20, 1997, Volume 337, Number 21.
- 2) Philip Maffetone. *In Fitness and In Health*. (Stamford, NY: David Barmore Productions, 1997).

Children and Sweets

Sweets, snack foods, junk food, soft drinks—all are full of either sugar or other high glycemic carbohydrates. (The glycemic index is the rate of entry of carbohydrate into the bloodstream. A high glycemic index means a high rate of entry.)

Such foods quickly raise blood-sugar level and, in people who have carbohydrate intolerance, trigger excessive insulin release that then lowers blood-sugar levels and causes a craving for more carbohydrates. This seesaw of unsteady blood-sugar levels causes loss of energy and moodiness. It also stresses the adrenal glands, which leads to cycles of angry outbursts and depression.

According to Dr. Maffetone (*In Fitness and In Health*, 1997, p. 115) up to three-quarters of the population may have carbohydrate intolerance and release excessive amounts of insulin in response to their carbohydrate intake. A family history of high blood pressure, stroke, heart disease, or diabetes increases one's chances of low carbohydrate tolerance. (A set of symptoms of carbohydrate intolerance is listed and each symptom explained in the [Summer 1995 issue of Stadion News](#).)

Excess insulin released in response to such high glycemic foods as candy bars, potato chips, bread, and junk food lowers blood sugar. In some children this causes hyperactivity, in others obesity (Heller and Heller, *Carbohydrate Addicted Kids*, p. 65). Richard F. Heller, Ph.D., was a Professor at Mount Sinai School of Medicine in New York, and at the Department of

(continued on page three)

Nutrition and Performance

(continued from page 2)

Biomedical Sciences of the Graduate Center of the City University of New York. Rachael F. Heller, Ph.D. was Assistant Clinical Professor at Mount Sinai School of Medicine in New York, and Assistant Professor at the Department of Biomedical Sciences of the Graduate Center of the City University of New York.

According to the Hellers, high blood pressure, high body fat, heart disease, stroke, and adult-onset diabetes all appear to have origins in childhood. Mood, attitude, behavior, and learning problems of children may be also tied to low blood sugar levels linked to insulin imbalances.

To sum it up: sweets and junk food can seriously mess up children for now and for later. With that in mind, how does the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD) promote good nutritional habits in children? This is the organization your public school p.e. teacher likely belongs to.

The 112th Annual AAHPERD National Convention and Exposition was held in St. Louis (March 20-24, 1997) and The Sugar Association was one of the exhibitors. The Sugar Association was there to communicate "accurate information about sugar and its role in food and nutrition for teachers, consumers, and health and food professionals." (AAHPERD Update, May/June 1997). Lovely, isn't it? But it does get better. Read on....

Mars, Inc. (producer of candy bars) works together with AAHPERD on the *Physical Best* educational kit.

The new *Physical Best* educational kit for school districts "will link the national

standards for health, physical education, and dance to activities in aerobic endurance, muscular strength and endurance, flexibility, and body composition."

"The *Physical Best* educational kit writing team is **devoted** and **committed** to the future of children's health." (AAHPERD Update, July/August 1997, page 4).

According to Anne Cahill, Physical Best program administrator (AAHPERD Update, July/August 1997, page 1), "Mars, Inc.'s support ... gives AAHPERD the unique opportunity to be the first educational organization to link physical activity and nutrition in one publication for teacher's use."

Paul Saltman, of the University of California, San Diego who has worked with Mars, Inc. many times before, was asked by Mars, Inc. to be one of the consultants on the *Physical Best* educational kit.

AAHE President Darwin Dennison says (AAHPERD Update, July/August 1997, page 1), "The funding from Mars, Inc. will enable *Physical Best* program to reach an estimated three million children over the next three years." Jacqueline Balk-Tusa from Mars, Inc., "sees this public-private partnership between AAHPERD and Mars, Inc. as a positive natural alliance."

References

- 1) Richard F. Heller and Rachael F. Heller, *Carbohydrate Addicted Kids* (New York: HarperCollins, 1997).
- 2) Philip Maffetone *In Fitness and In Health* (Stamford, NY: David Barmore Productions, 1997).

First, in a fast attack, when in an instant his arms lock your arms and waist in a vice grip, you will not have enough time to get your hips low enough to upend him before you are bent backward.

Second, your ability to lower your hips will be limited by his vice grip around your arms and trunk. But because he does not hold you around your hips (it is difficult to get such a hold), your hips have some freedom of movement to the back. Combining a slight lowering of your hips with simultaneously pressing with your hands on his hips while moving your hips back puts your center of mass away from him and makes any throw very difficult.

Sometimes the above actions are enough to break free from the attacker's hold. If not, then after frustrating the attacker's first assault you will be in

Martial Arts Video Reviews

Would you like to know if a given video is worth buying? Considering that many companies that sell videos do not guarantee satisfaction and do not accept returns (unlike Stadion Publishing, which offers an unconditional money-back guarantee), it would be good to know what you are buying.

There is a web site, Martial Arts Video Reviews, where you can find unbiased reviews of videos. Here is its URL:

<http://www.altinet.net/~karate/reviews.htm>

Here I quote the main criteria for evaluating the videos:

1. Overall production and tape quality
 2. Instructors' skill level
 3. Is it easy to thoroughly comprehend the material shown
 4. Will this video make you a better martial artist?
 5. Ability to deliver vs. hype
 6. Degree to which reviewer would recommend this video
 7. Fluff vs. action or instruction
 8. Would you watch it over and over again?
 9. Would you purchase more of this company's videos?
 10. Overall grade based on cost vs. value
- Secondary criteria:
1. Cost per tape
 2. Number of techniques per tape vs. cost
 3. How would beginners, intermediate, or advanced martial artists perceive the information?
 4. How long might it take to benefit from the information shown?
 5. Experience in dealing with this company
 6. Guarantee policy
 7. The need to buy additional videos to understand this video

a position to either kick his shins and thighs until he collapses or do any of the techniques shown on the video *Basic Instincts of Self-Defense*.

To learn more techniques, order *Basic Instincts of Self-Defense* (see the order form on page four).



Self-Defense Tip

An attacker who grabs you in a front over-the-arms bear hug can either bend you backward and throw you down or lift you up and throw you down by sweeping your legs aside with his foot or by throwing you back overhead (judo *uranage*). To prevent any of these calamities, you need to simultaneously lower your hips and move them back away from the attacker's hips.

Why move your hips away if for most of the grappling techniques you are urged to get your hips close to the opponent to throw him? Even in this attack, the attacker has to get his hips close to yours to slam you, so why not get your hips close and then do unto him as he would like to have done to you.

Q&A on STRETCHING (continued from previous issue)

Study this typical set of one reader's questions on stretching and training carefully. You may find information relate to questions of yours. Questions are in boldface italic type.

■ ***I am at the end of my first year of taking karate. I have ordered your book *Stretching Scientifically*. I've been recently told by a shodan [first degree black belt] that my difficulty with roundhouse kicks is based on coordination. Can you elaborate on this (confirm or deny, and mention if it is covered in any of your newsletters or books)?***

I don't think coordination is the problem. I think that you have a wrong image of the form of movement (see column 2). Coordination is covered in depth in Józef Drabik's *Children and Sports Training*.

■ ***So far, I can only do a low side kick. In the past, when trying to learn by doing, I've found that with the side kick, from front stance, I had a tendency to lift my knee to kicking position and then when turning around, and delivering the kick, I start to point my knee downwards and then shoot it out; thereby wasting effort & losing power for the kick.***

You are not supposed to "turn around," just 90 degrees. It looks like "an instructor" problem. After six months you are supposed to work on front knee kicks, which lay the foundation of hip strength and chambering habits for other kicks. Side kicks are to be learned first without any turns—just kicks to the side. Only when that form is mastered you begin working on the side kick to the front, which requires a quarter turn of the body. Dropping the knee may be caused by weak psoas and lack of the habit of a proper, high chamber. This is caused by insufficient practice of the front knee kick (*hiza geri*) and then the front kick (*mae geri*).

■ ***For the round kick, I understand that I have to lift the knee into kicking position, move kicking foot to near my buttocks, and then raise the calf parallel to the floor (foot point-***

ing out) and turn and deliver the kick.

This is wrong. This so-called side chamber can ruin your hips.

Funny thing about chambering far to the side—Japanese stylists show it this way but those of them that can kick really high do it your way—chambering in front. You can see this on *Sabaki Method* by Joko Ninomiya from Enshin Karate. The demonstrator shows it one way (wide side chamber) and then when he does it fast he chambers in front. La savate and La Boxe Francaise (French boxing), French self-defense and sport, use the front chamber for roundhouse kicks. Mac Mierzejewski, a winner at several international Kyokushin tournaments, used roundhouse kick to the head in self-defense when he worked as a bouncer during his university studies. He teaches the front chamber, and on his video *Power High Kicks with No Warm-Up!* (Stadion Publishing) he shows the tremendous power of such kicks.

■ ***I find that I'm having the same knee lowering problem with the round kick, i.e., lowering the knee before turning & delivering the kick. Based on that "performance" I was told that it was an issue of coordination.***

No. It is an issue of having the wrong image of the form of movement resulting from poor demonstration, poor selection of "lead-up" exercises—for example, not enough practice of the knee kick—and no knowledge of remedies. These are all faults of the instructor.

■ ***I want to be able to master the techniques needed for the round kick and progress further in my system.***

I think that to learn technique right you must observe people who do it right and then practice it that way yourself. Get the video *Power High Kicks with No Warm-Up!* or videos of Thai boxing, or La Boxe Francaise and watch them.

(This set of questions will continue in the next issue.)

ORDER FORM



STADION

Stadion Publishing Co., Inc.
PO. Box 447-N
Island Pond, VT 05846
(800) 873-7117, (802) 723-6175
<http://www.stadion.com>

- ___ Basic Instincts of Self-Defense (video 104 min.) @ \$39.95
 - ___ Children and Sports Training (softcover 250 pages) @ \$29.95
 - ___ First Steps on the Ski Trail (softcover 50 pages) @ \$5.95
 - ___ Gold Medal Mental Workout for Combat Sports (book, 6 audio cassettes) @ \$59.95
 - ___ Power High Kicks with No Warm-Up! (video 80 minutes) @ \$49.95
 - ___ Science of Sports Training (softcover 296 pages) @ \$26.95
 - ___ Stretching Scientifically (softcover 160 pages) @ \$18.95
 - ___ Tom Kurz's Secrets of Stretching (video 98 min.) @ \$49.95
- Please circle the video system: NTSC (North and Central America) or PAL (Europe, Asia, Australia).
- Please send the following Special Reports:**
- ___ #1 How You Can Use Anatomical Tricks to Increase Stretches (15 p.) @ \$10.95
 - ___ #2 How Your Age Affects Your Stretching (8 p.) @ \$5.95
 - ___ #3 How You Can Stretch Fast for High Kicks with No Warm-Up (13 p.) @ \$7.95
 - ___ #4 How You Can Stretch Fast for Splits with No Warm-Up (11 p.) @ \$7.95
 - ___ #5 How and When You Can Do Stretches for Best Results (15 p.) @ \$10.95
 - ___ #6 How You Can Do Splits on Chairs (5 p.) @ \$5.95
 - ___ #7 How You Can Solve Typical Martial Arts Flexibility Problems (14 p.) @ \$10.95
 - ___ #8 How You Can Combine Stretching with Sports, Martial Arts, or Other Activities for Best Results (12 p.) @ \$7.95
 - ___ #9 How to Improve Your Flexibility and Prevent Injuries with Strength Training (22 p.) @ \$12.95
 - ___ #10 How You Can Speedup Recovery after You Were Injured (14 p.) @ \$9.95

SHIPPING: Air Mail for U.S.A. \$3.00 per book, \$4.00 per video. Price of each report includes air mail shipping for U.S.A. Foreign orders: \$6.00 per book, \$8.00 per video, \$3.00 for the first report and .50 for each additional report. Foreign orders, please pay by International Money Order in U.S. dollars only. **I understand that I may return the videos or books in good condition at any time for a refund of the price of merchandise (less shipping and handling). No refunds on Reports.**

Name _____

Address _____

City _____

State/Zip _____

Phone _____

AmEx/Master/Visa _____

Expiration date _____

Signature _____

Checks held 14 days for clearing. No C.O.D. orders. Make checks or money orders payable to **Stadion** and mail with this order form to **Stadion Publishing, P.O. Box 447-N, Island Pond, VT 05846, U.S.A.** or call toll free: **800-873-7117**, 24 hours, 7 days a week. Fax orders: **802-723-6171**, 24 hours, 7 days a week.