

## ~ A WORD FROM THE AUTHOR ~

Judo is a complex sport that requires a combination of speed, strength, a strong anaerobic capacity and endurance. Added to these unique physiological requirements is the challenge to compete in a specific weight class. Most judokas compete in a weight class that is less than their normal body weight, which is the weight they are able to maintain without doing any sacrifices or what they would call a *diet*.

To achieve the competition weight, most athletes undergo a number of methods to significantly reduce body weight in a short period of time. It is assumed that athletes believe that, by competing in a lighter weight class, they will get some competitive advantage against lighter, smaller and weaker opponents. Sometimes they do, but it's not always the case.

Some athletes call it *the fight before the fight*. I have seen judokas suffer to make weight to the point that they couldn't focus on their performance. Indeed, all they could think about was the number on the scale or what they would eat after making weight. Perhaps a little bit of nutrition education could help !

This book is designed for judokas to get the basics right about nutrition and hydration around training as well as how to prepare efficiently for competition. Always consider to work with a sports dietitian to help you understand your weight and nutrition needs to perform at your best. Nutrition is not a one-size-fits-all approach and is very individual when it comes to body composition, recovery strategies and food preferences. **I hope you enjoy it !**

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