



# news

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## Injuries—What to Do about Them?

How many athletes have a nagging pain and limited motion in some body part? How many of you have that tight hamstring that gets better with a long warm-up but will not let you move freely when you are cold? Or have some joints that hurt only when you do certain movements—a shoulder that hurts when you raise your arm in a certain way, for example, or a knee that will not let you do a deep squat or a side lunge, or elbows that bother you when you are punching.

All these problems are usually attributed to doing too much of the movement that causes the pain, to doing the movement in a wrong way, or both. (That second explanation really does not bear up to examination—how come someone with several years of training suddenly starts doing the movements wrong?)

I heard the above ways of explaining away or dismissing the problems from all the orthopedic surgeons and sports medicine specialists that I have ever met.

They would follow their diagnosis with advice to put some ice or heat on the joint or the muscle, refrain from activity, and take some painkiller or a muscle relaxant.

The best orthopedic surgeon, who has ever treated me, was a sports medicine specialist who worked with the Polish National and Olympic teams. He could accurately determine the exact spot where one of my muscles was damaged, tell exactly what was the extent of the damage, what stage of healing it was in, and when exactly I would be able to start training again. But it never occurred to him to ask why I had an injury on one side of my body only, even though I always do my exercises symmetrically. Why with the same load was one side weaker than the other?

Another orthopedic surgeon, also a sports medicine specialist, in California, misdiagnosed my lower back pain to be a result of back injury when in fact the pain was caused by strain of the psoas muscle.

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## OUR STAR WON GOLD IN 1994 EUROPEAN JUDO CHAMPIONSHIPS

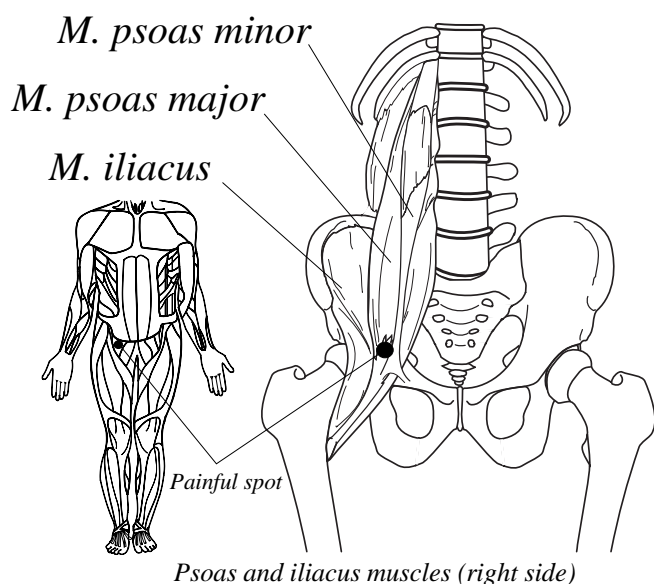
Pawel Nastula, the main demonstrator in our recently released video *Stadion's Basic Instincts of Self-Defense: Defenses against Unarmed Attacks* won gold at 1994 European Judo Championships held in Gdansk, Poland.

You can see his common sense, yet impeccable, techniques as he teaches all there is to know about stand-up grappling. From teaching how to take a fall, to defenses against grappling attacks, grappling attacks combined with strikes and kicks, to striking and punching attacks from a long distance, his moves are a pleasure to watch. See it for yourself. The order form is on page 4.

*We thank Mr. Francisco Hernandez age 47, from Babylon, NY, for sending us this photo showing the result of using our stretching method.*



## Injuries—What to Do about Them? (Continued from page 1)



This muscle—often called a “runner’s muscle”—originates in front of the spinal column and attaches to the thigh bone. It moves your thigh forward and up if you stand and raises your trunk if you lie down.

Sports medicine specialists and orthopedic surgeons may not be your best first choice when you are dealing with these nagging pains. There is a method, however, of telling precisely which muscle is hurt and why, why a joint aches, and what to do to fix that problem permanently and sometimes even very quickly. That method is called Applied Kinesiology, and it is used mainly by chiropractors who did postgraduate study in this speciality.

How does it work? Suppose you have a lower back pain that gets worse during or after kicking. You find it difficult or impossible to bend backward, but you can easily bend forward when standing. In that case try this: touch yourself in front of your pelvis and hip joints. (See diagram.) If you find sensitive, painful spots where the psoas and iliacus muscles come close to the skin as they cross over the *eminentia iliopectinea* and under the *ligamentum inguinale*, most likely it is the “runner’s muscle” that is causing your lower back pain and not the back muscles (no matter how much pain you feel in your lower back).

There are several other simple tests to confirm that or any other diagnosis. Applied kinesiologists also know simple ways

of restoring the proper function of weak or even strained muscles without having you take drugs or subjecting you to prolonged and ineffective treatments with various fancy devices.

Applied kinesiology is a science of human movement, human structure, and the biochemistry of nutrition. An applied kinesiologist can tell, even without asking you, where you hurt. He or she can tell if weakness of certain muscles affects the way you move and if that causes you problems (joint pain, headaches and other aches, strain of other muscles) in places seemingly unrelated to the weak muscle. An applied kinesiologist can quickly find out if you have a nutritional imbalance that may prolong healing of injuries. For example, if you do not drink enough water but drink coffee, tea, or sodas, and eat sweets and lots of carbohydrates, then some of your muscles will either get injured easily or will not heal quickly. It turns out that some muscles get weaker with certain foods and stronger with others.

Now you understand why, when someone asks me if our stretching exercises would help in recovery from an injury, or if there are any other exercises I would recommend, I say no. To treat an injury one has to know exactly a) what caused it, b) what prevented it from healing (in case of chronic, nagging problems), and c) how to restore the function of all systems involved

(muscles, joints, and nerves). Stretches can bring a temporary relief and thus mask a problem without solving it, just like a pain-killer. This is why, when I am asked what to do with an injury, I tell people to see an applied kinesiologist.

The first applied kinesiologist I met was Dr. Andrew Specht in Encinitas, California. I went to him with what an orthopedic surgeon and some “regular” chiropractors diagnosed as a lower back strain and a disc inflammation. They had treated it without success for several months and at the cost of many hundreds of my dollars.

When I went to Dr. Specht I could hardly walk, and forget about kicking! Within three visits he restored my normal function. I could sprint full speed, run up-hill, kick, and lift weights again.

Apart from treating injuries that have already happened, applied kinesiology is useful to prevent future injuries by detecting early signs of problems and by making sure that all systems of your body work at their best.

Many athletes who know about applied kinesiology go for a visit every few weeks just to get a “tune-up.” For the past several years Dr. Kurt Vreeland of Norwich, Vermont, has helped the U.S. Olympic Ski Team (jumpers, biathlon, and downhill) to do their best. He can find out why some athletes may have a tendency to lean or twist toward one side (very bad for ski jumpers), and then he can correct it on the spot. He can tell why an athlete’s technique suddenly worsens, and he can quickly fix the problem.

If you want to find an applied kinesiologist in your area, please 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 [info@stadion.com](mailto:info@stadion.com).

## Two New Videos—on Self-Defense—Released Now

### Stadion Videos Establish a New Standard for Self-Defense Instruction



#### *Stadion's Basic Instincts of Self-Defense*

This video teaches defenses against 55 typical attacks. All defensive techniques are simple and designed to be used against a much stronger attacker. The techniques are very effective, and safe too, because they are based on **natural and instinctive reactions** that immediately neutralize an attack. We rely on the reactions that most people have lost in a process of socialization (“taming” people for life in a society). These reactions can also be lost in training for a combat sport. For example, boxers are discouraged from clinching and grappling, but clinging to an opponent is the safest defense against punching. Grapplers (wrestlers and judoka) are not allowed to punch and kick, therefore they do not have the habits that will protect themselves from those attacks.

We selected only those techniques that a much weaker and even very intimidated defender can effectively use. This is very rare in self-defense instruction. Most other programs show techniques that, although physically possible, are not likely to be useful to a person under stress and in fear.

The strikes and kicks that we teach do not require power or accuracy. The defender uses them to distract the opponent, or position the opponent to make a joint lock or a throw easier.

Another important way this video is different from others is the teaching sequence



To order *Stadion's Basic Instincts of Self-Defense* use the form on page four or call our toll free number 1-800-873-7117.

developed by Tom Kurz. He arranged the techniques in a way that eliminates the need for long training. All our self-defense techniques have as many common elements as possible. To learn fast, go through each technique a few times before viewing and practicing the next one. **Habits developed while learning one technique make learning the next one easier thanks to Tom's “teaching sequence.”** That sequence helps to make the reactions of self-defense automatic, which cuts down on decision making under stress. The fewer decisions, the faster your reactions.

What further sets Stadion's video apart from the rest is that **all attacks against the defender are done at full power.** Full force, full speed, on target strikes and full-strength holds or grabs. **No faking, so you see only the moves that work when things are really going bad.** See for yourself!

Techniques (mainly from judo, but also from viet vo dao, sambo, and other arts) were selected by Major Grzegorz Piwowarczyk, a military hand-to-hand combat and self-defense instructor. The video was shot at the Center for Police Training in Legionowo, Poland.

#### *Judo Self-Defense plus Selected Contest Techniques of a Two-Time Olympic Gold Medal Winner: Waldemar Legien*

Olympic gold medal winner (Seoul '88 and Barcelona '92) Waldemar Legien, one of the greatest judo fighters in the world, shows his defenses against various stand-up attacks: grabs, chokes, punches, and kicks. He teaches how to throw attackers to the ground, how to sweep them off their feet, and how to put them in armlocks.

**He also reveals the details of his most successful contest techniques—the one-arm shoulder throw and the throws related to it.** Moreover, he shows what exercises he used to develop his unstoppable throwing power. This is a “must see” for all judo and jujitsu practitioners.

**To order *Judo Self-Defense plus Selected Contest Techniques* use the form on page four or call our toll free number 1-800-873-7117.**



*Waldemar Legien wins his first Olympic gold in Seoul*

**Q&A on STRETCHING** (continued from previous number)

Study these typical questions on stretching carefully. Among them may be just the type that you want to ask.

■ **Question:** *I am 47 years old and I have had a total hip replacement for seven years (both my hip joints were damaged by Prednisone, which I had to take for Wegner Granulomatosis). I have been taking taekwondo lessons for more than two years. I cannot move either leg much past 90°, however. Please tell me how you feel I might progress in stretching with the video Secrets of Stretching.*

Answer: I do not know if it is safe for you, with one hip replaced and the other damaged by Prednisone, to attempt the strenuous strength and flexibility exercises shown on *Secrets of Stretching*.

I recommend that you get yourself examined by an applied kinesiologist. My experience with them has been very good, and those that I have met are less conservative as far as exercise recommendations go and more knowledgeable, patient-oriented, and effective than all the orthopedic surgeons—"sports medicine specialists"—that ever treated me.

If you want to find an applied kinesiologist in your area, please call us at 802-723-6175 or write to us for an address of a doctor in your area who specializes in applied kinesiology .

I sincerely hope that you will find a trustworthy doctor that will assist you in achieving your athletic goals.

■ **Question:** *I purchased your book, and tape approximately one year ago and I have not achieved full splits yet. My hamstrings become extremely tight after attempting the splits but I have been experiencing less pain and soreness in the groin area on the next day. I have been using your isometric and relaxed stretches as part of my daily program with a break once or twice a week. I have avoided your dynamic stretches due to my back problem. I try to do*

*some stretching by at least mid-morning of each day and stretch at intervals at least three times a day. I have been involved in karate for almost four years now (seven months ago I received my black belt in Shorin-Ryu karate at age 33). My diet includes a low fat vegetarian intake supplemented by ginseng, lecithin, selenium, royal bee jelly, spirulina, and vitamins C and E. I do have minor back and neck injuries, which are sources of intermittent pain and restriction.*

Answer: Your inability to perform full splits after a full year of training may be caused by one of several factors.

a) Bad diet. Is your diet prescribed by a competent physician knowledgeable in sports medicine and sports nutrition? If not, consult with one! This diet may have something to do with your neck and back injuries and with hamstring tightness or weakness.

b) Your lower back problem may either affect the function of the muscles of your hips and thighs or prevent the proper positioning of the lower back and pelvis (forward tilt of the pelvis, see pages 15 and 17) that is necessary for performing a full split. Your hamstring tightness may also have a mechanical cause related to the lower back problem or be a result of lack of proper strength training.

c) You may be doing too much isometric stretching. You have stated that you stretch three times per day—I hope that does not mean that you perform isometric stretches in three sessions per day!

I suggest that you seek the advice of an applied kinesiologist or of an osteopath and a nutritionist. 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 [info@stadion.com](mailto:info@stadion.com) and we will refer you to an applied kinesiology specialist near you.

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