



STADION news
International Sports Insider
<http://www.stadion.com>

Volume 2, Number 4, Fall 1995 \$3.00



Mac Mierzejewski kicks cold. Mac taught kicking techniques to Tom Kurz.

Power High Kicks with No Warm-Up!

What difference does it make how well you kick if you can kick well only after warming up?

Your kicks, like your punches, are supposed to be your weapons—always accessible and ready. You would not carry your gun disassembled, would you? You would not count on having the time to put it together while facing an attacker.

And yet . . . how many people practice kicks, especially high kicks, and can't use them right away without first warming up and stretching?

When I took up karate in Poland, at the age of 20, it was obvious to me that if someone had to prepare, stretch, and loosen up before kicking, then there was something wrong with them or with their kicks.

I knew how to stretch because I was already at the AWF (University School of Physical Education). But some karate instructors were showing me high kicks that would stress my joints even though my flexibility was good. The problem was that the body alignment that worked for a given kick when it was aimed low did not work when the kick was aimed high—did not work, that is, unless one had an extraordinary range of motion in the hips and lower back joints.

Luckily I met Mac Mierzejewski, a full-contact karate fighter and instructor who also studied at AWF. He was less flexible than me, but he could throw any kick higher than I could and with knockout power.

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STADION NEWS is published by Stadion Publishing Co., Inc., P.O. Box 447, Island Pond, VT 05846, U.S.A.
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World Champion Teaches You Self-Defense

Pawel Nastula of Warsaw, Poland, won the 95 kilos class in the 1995 World Judo Championships in Makuhari, Japan on September 28. This is his third gold medal in a major contest. Nastula also won European Championships in 1994 and 1995.

Nastula shows his devastating techniques in Stadion Publishing Company's recently released video *Basic Instincts of Self-Defense*. Tom Kurz, President and CEO of Stadion, congratulated Nastula on his win and welcomed him to the select roster of World and Olympic Champions who share their expertise with martial artists and athletes world-wide through Stadion's books and videos.

To make sure that Pawel Nastula keeps on winning, his coach, Mr. Wlodzimierz Borowiak, requested that Dariusz Nowicki, world-famous sports psychologist works with him. Nowicki is author of Stadion's *Gold Medal Mental Workout*. Nastula already had relied on Nowicki's method of mental training when he was on the Junior National Team.

We thank Mr. David Cruz, age 30, Kung-Fu instructor from Hendersonville, Tennessee, for sending us this photo showing the result of using our stretching method.



Power High Kicks

(continued from page 1)

During our individual workouts he taught me how to align the body for great height and power in the kicks without having to reach the limits of one's range of motion in the hip joints.

On our new video *Power High Kicks with No Warm-Up!* Mac will teach you just what he taught me about high kicks. His method of kicking will make your kicks real weapons, always ready.

Learn the "little" details of kicking techniques that let you kick high and with power without warm-up! As a bonus, these same little details reduce your chance of injury.

Yes, you will learn how to throw high kicks "cold" without injuring yourself, pulling muscles, or even getting sore. Simple exercises make sure your hips and knees don't hurt when you throw high side and roundhouse kicks.

You will learn from the best! Mac Mierzejewski is a full-contact karate fighter and instructor. He holds a M.Sc. degree in Sports Medicine (AWF—University School of Physical Education in Warsaw, Poland), and a M.Sc. degree in Physical Therapy (University of Alberta, Canada). At AWF in Warsaw he completed two additional two-year university courses for karate instructors and boxing instructors. Mac has taught and coached many winners of European and Canadian full-contact karate championships. He has won several major full-contact karate contests himself: **Gold** at Karate Kyokushinkai Championships of Poland—1982-86 **Gold** (team) at European Championships Kyokushin Karate—1985 **Gold** at Oyama's Cup (Poland)—1986 **Gold** at Mas Oyama's Canadian Kyokushinkai Tournament (open category)—1989 **Gold** at Mas Oyama's Asia-Pacific International Open Karate Tournament—1989 and several Best Technique and Best Spirit Awards.

Put impressive power and snap in your high kicks. Just order your copy of *Power High Kicks with No Warm-Up!* by calling (800) 873-7117, or use the order form on the last page of this newsletter.

Proteins and Athletes

From my article in a previous issue of *Stadion News* (Summer 1995), you know that eating too much carbohydrate is bad for you. For most people (about 75% of the population) getting more than 40% of their calories from carbohydrates impairs their athletic performance and makes them sick in the long run.

You also know that if you get 40% of your calories from carbohydrates, you should get 30% of the calories you eat from protein and the other 30% from fats (mostly polyunsaturated fats).

But knowing these percentages alone does not help you much. To figure out your diet you would still need to know how many calories you ought to eat and then know the number of calories for every food you eat.

There is a simpler and more rational way of figuring out how much you should eat of what.

It starts with determining your daily protein requirement. Why? Because eating too little or too much protein has more serious negative consequences than too much or too little of other foods, and rebuilding lost muscle takes more time than replenishing your carbohydrate stores (glycogen) or fat stores.

Fats are used for energy and for building every cell in your body—all cell membranes are fats and proteins. Your brain and nerves are mostly fat. Fats also are used as shock absorbers for your internal organs and your feet (fat under your heels), and as thermal insulation. Carbohydrates are used for energy, and it is easy to rebuild their stores. If you eat too much carbohydrate then your body will convert it to saturated fat (mostly LDL—the bad type of cholesterol).

How much protein

Since most people eat too much carbohydrate anyway and grown-ups easily satisfy their need for fats (children need more), the place to start is with determining your daily protein requirement.

To do this you need to know how much protein you have (your lean body mass) and at what rate you break it down, which depends on your activity level.

First figure out your lean body mass. Lean body mass equals your total body mass (body weight) less the mass (weight) of your body fat. So find out what your percentage of body fat is. You can measure what percentage of your weight or body mass is fat in many ways. You can use special electronic gizmos, or skin calipers, or weigh yourself while immersed in water. All these and some other methods are described in exercise physiology books, so I will not repeat this information here. You can also ask your doctor to measure your body fat.

Once you have determined your percentage of body fat, then deduct that percentage from 100% and multiply the result by your total body mass (body weight). This will give you your lean body mass.

For example, if you weigh 180 lb. and you have 10% of body fat, calculate your lean body mass as follows:
 $(100\% - 10\%) \times 180 \text{ lb.} = 162 \text{ lb.}$

Next determine the rate at which you need to replace your body's protein, which you break down in the course of your activity. The replacement rate depends on your activity level.

If you do not do anything—you are basically sedentary—you need 0.5 gram of protein per pound of lean body mass. (If you are ill or injured you may need much more. During an illness or under heavy stress your body may lose more than 120 grams of protein per day.)

If you do not work out, only walk, you need 0.6 gram of protein per pound of lean body mass.

If you work out 3 times per week, 30 minutes per day, you need 0.7 gram of protein per pound of lean body mass.

If you work out 5 times per week, 1 hour per day, you need 0.8 gram of protein per pound of lean body mass. (People who work out less than this are no athletes, so they will not be reading this article.)

If you work out 5 times per week, 2 hours per day, you need 0.9 gram of protein per pound of lean body mass.

If you have two workouts per day 5 days per week, each workout an hour or more of intensive effort, you need 1.0 gram of pro-

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Proteins and Athletes (continued from page 2)

tein per pound of lean body mass. So, if you are a 180 lb. athlete with 10% body fat who works out twice a day, you need to eat 162 grams of protein every day. One ounce (28.4 grams) of lean sirloin steak, for example, contains only 8.1 grams of protein. So, if no other source of protein was available, during the day you would need to eat 568 grams (20 ounces) of sirloin steak.

Of course, you are not supposed to eat all that protein in one meal. Any meal that exceeds 500 calories (Cal.) will raise insulin levels even if you ate no carbohydrate. Instead of burning fat you will store it, your blood sugar level will drop, and you will feel sleepy. Your every meal should have the recommended percentages of calories from protein (30%), fat (30%), and carbohydrates (40%). (If you cannot tolerate even this much carbohydrate, consult with an applied kinesiologist. This professional will probably recommend that you eat less of it and instead increase the amounts of protein and fats in your meals, not to exceed your daily protein requirement.) Sticking to recommended percentages assures that your meals do not cause release of too much insulin, and that they promote burning fat and not storing it. Eating protein in small portions makes it easier to digest it.

Also, protein in your meals affects the level of glucagon, a hormone with physiological effects opposite to that of insulin. Glucagon causes the release of stored glycogen from your liver and thus maintains a steady level of your blood sugar so you do not suffer from "sugar lows," which can be caused by excessive insulin levels triggered by high carbohydrate meals.

If you are a vegetarian, you need to

consult with a doctor who knows applied kinesiology to find out how to make sure that you get all the essential amino acids, minerals, and vitamins from other than animal sources. Protein in meats, fish, eggs, and dairy products is 97% digestible. Protein from other, nonanimal sources, is less digestible (78%-85%). Sources of protein other than meat and fish do not provide you with carnitine, which functions in fatty acid transport across mitochondrial membranes, and may not give you enough riboflavin (the principal growth-promoting factor in the vitamin B complex, naturally occurring in milk, leafy vegetables, fresh meat, and egg yolks). Not eating red meat may reduce the amounts of necessary minerals such as zinc, selenium, and iron to unacceptable levels. Not having enough iron reduces your endurance and makes you feel fatigued all the time, for example.

How to tell if you get enough protein

If you feel bloated or gassy after a meal with the appropriate (for you) percentage of calories from protein, fat, and carbohydrates, it means that you do not digest that protein well. You may need supplements that will help you digest protein. Your applied kinesiologist will find out if and what supplements you need.

Not eating enough protein or not digesting it well will cause the following:

- 1) Feeling weak
- 2) Flabby muscles
- 3) Muscle soreness for a long time
- 4) Slow recovery after a workout
- 5) Inability to lose body fat
- 6) Constipation and loss of calcium
- 7) Gout
- 8) Hair loss and dandruff

a hand and miss or are blocked, you are in big trouble. You can have sprained, twisted fingers and you will not be able to make a fist.

To avoid these problems we use the hand formation taught in *Atemi Waza of Judo Kodokan*. In this hand formation eyes are struck with the tips of the middle finger and the ring finger. The middle finger is braced by the index finger and the ring finger is braced by the little finger. All fingers are slightly bent inward (toward the palm of the hand). To learn this hand formation, just put your hand on the table with all your fingers together. Then, with your other hand, spread its middle and ring fingers. Try to keep your

Eating enough protein will fix all these problems.

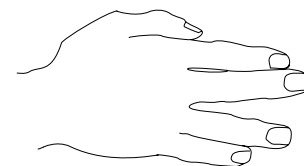
Eating too much protein in relation to carbohydrates can be a problem too. For example, eating mostly protein and fat with no carbohydrates lowers the amount of glycogen stored in your liver. Glycogen normally is converted to blood sugar (glucose) to supply energy for your brain. (Unlike muscle cells, which can burn fat, the nerve cells can use only glucose for their energy needs.) Without enough glucose in the bloodstream, your brain cannot function well so your body starts to break down your muscle tissue to convert it to glucose for your brain.

To make things worse, without enough carbohydrate, when your liver glycogen stores are depleted, your fat cannot get converted to energy. When this happens your body produces ketone bodies such as acetoacetic acid. Ketone bodies are products of incomplete metabolism of fatty acids. Ketone bodies when combined with lactic acid produced in a course of exercise can cause acidosis. Its symptoms are yawning, extreme fatigue, a need to lie down, inability to keep your eyes open, and eventually passing out. Your body tries to get rid of these ketone bodies by increased urination, so you get dehydrated too.

To find out how to match your diet to your needs, consult an applied kinesiologist. Through special tests you will learn which foods make you stronger and healthier, what you need to eat to speed up your recovery after workouts, and what to eat to heal quickly after injuries (even after the chronic ones). Call 802-723-6175, or send e-mail to stadion@together.net and we will refer you to a specialist near you.

fingers from coming back together. Then try to spread them using the muscles of your hand while helping yourself with the other hand. Do it several times, each time with less help from the other hand.

To learn more techniques order *Basic Instincts of Self-Defense*. Call 1-800-873-7117 or send us your check or money order (see order form on page 4).



Self-Defense Tip

Some situations can be solved by stabbing an attacker's eyes with your fingers. For example, in our video *Basic Instincts of Self-Defense* this is done in one of the groundwork attacks.

The hand formation that we show is different than those typically taught by most karate systems. In those other systems either the index finger alone, as *Ippon-nukite* (one-finger piercing hand), strikes an eye, or the index finger strikes one eye while the middle finger strikes the other eye as in *Nihon-nukite* (two-finger piercing hand). If you strike with such

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 have recently recovered from a low-back strain and have been told to do sit-ups, back extensions, and leg extensions to keep the muscles in this area strong. I would like to know if doing these exercises after my morning stretch would defeat the purpose of the dynamic and relaxed stretches?*

Answer: No, these exercises would not ruin the effect of the stretches. To maximize the effect of both exercises and the stretches, you may start your morning with dynamic stretches, then do the exercises for your back, and then do relaxed stretches.

■ **Question:** *On page 71 you state that people who experience knee problems should do strength exercises. What are these strength exercises?*

Answer: Leg extensions, leg curls, squats, deadlifts.

■ **Question:** *Although the book and the video go into depth about stretching, I found that they did not fully explain the stretches to be performed by those who suffer from "weak knees." What strength exercises will strengthen the muscles that stabilize the knee?*

Answer: If your knees hurt when you do a stretch, change it so your knee bears less or no weight. For example, in hamstring or adductor stretches leading to a front or side split, place the lower end of your thigh on the chair or on any support. If bending your knees is not a problem you may do the exercises shown on page 71 and page 90.

The strength exercises that stabilize the knee are all those that affect muscles that originate above and attach below the knee joint. These exercises are squats, step-ups, deadlifts, good mornings, leg extensions, and leg flexions. If you cannot do these exercises because your knees were injured, then you can do isometric tensions with your knees held at angles at which you do

not feel pain.

■ **Question:** *I want to increase my vertical jump and maximize my flexibility. My coaches tell me I have to stretch my hamstrings, calf muscles and Achilles tendon to reach peak jumping ability. Is it true?*

Answer: I do not think that improved flexibility of the legs will be of any help in jumping up.

If you want to know how to combine exercises developing strength, jumping ability, flexibility, and other abilities in your workouts for optimum results, please read *Science of Sports Training*.

■ **Question:** *I would like to know how you feel about free weights for someone who plays tennis and is studying aikido. Do you recommend using free weights as a supplementary form of exercise for these athletic endeavors, or do you feel that doing all three forms of stretching is sufficient? If you do believe in using free weights, what routine would you recommend for the above sports?*

Answer: Free weights are necessary in athletic training, even if the particular sport seems to require little strength, as a means of injury prevention and of preparing the body for intensive technical workouts. No stretches can replace free weights as a means of graduated resistance training. I cannot describe any "routine" for use of free weights in a letter because the choice of exercises depends on too many constantly changing factors for any routine to be useful and the lack of space and time prevents me from writing here about methodology of sports training. Instead, I recommend the video *Secrets of Stretching*, which covers the principles of general conditioning, strength, and flexibility training, or the book *Science of Sports Training*.

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