

Presentation of the Special Issue

Strength and conditioning for combat sports athletes

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The *Revista de Artes Marciales Asiáticas* was launched in 2006 with lots of passion and the clear aim of “spreading of studies on martial arts and combat sports, enabling a better understanding of their diverse manifestations”, as it is stated in our website. Since then, we have done our best to fulfil this objective. Several milestones could be cited in this regard. In the same year of 2006, we published the first original paper of, by that time, Spanish version of the *Journal of Asian Martial Arts*. Six years later, in 2012, RAMA turned from a print to an on-line, open-access journal, and reinforced its current academic approach. No doubt, this made RAMA a truly international journal. Our first special issue was published in 2016, being the book of abstracts of the *5th IMACSSS World Scientific Congress* (Rio Maior, Portugal, October 6-8). By starting publishing special issues, we did not want to miss the opportunity to spread contributions to martial arts and combat sports (MA&CS) knowledge presented in scientific events that, many times, are soon consigned to oblivion. Thanks to scientometrics, we know that some of these contributions are having impact in the MA&CS scientific community.

I feel this special issue marks a new milestone in the still short history of RAMA. It presents a full book, which may be seen as unorthodox, but coherent, approach with respect to the journal purpose. Once again, and regardless of format, we have seen a clear opportunity to provide the MA&CS scientific community with a valuable piece, in this case on MA&CS physical training. Let me tell you a bit about how this book has become published in RAMA.

Some months ago, our colleague and RAMA Editorial Board member Prof. Emerson Franchini told me that he, along with Prof. Tomás Herrera-

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Valenzuela, were preparing the English version of their book *Strength and conditioning for combat sports athletes*, which had been previously published in Portuguese, Spanish and Italian, as Profs. Franchini and Herrera-Valenzuela explain in the following preface. I knew about this book since it was published in Portuguese in 2016, and was happy that an English version could be soon available. When I asked Prof. Franchini about which publishing house would print the book, he told me they were considered several possibilities. – “Well”, I said, “maybe you could think of RAMA. We cannot provide you for any payment, but if you want for the book potentially reach everyone interested in MA&CS physical training, RAMA is certainly a good means.”

The proposal was accepted, which gives an idea of Profs. Franchini and Herrera-Valenzuela generosity. Immediately we started to work. The authors had updated the book contents. Every chapter was then anonymously reviewed by two or three of our reviewers. This was a key process to ensure the quality of the book contents, following the regular journal reviewing processes. I would like to express my deepest gratitude to this committed group of experts who, from the very beginning, understood the dimension and relevance of the project and selflessly accepted to collaborate. Also, to the authors, who attended to the reviewers’ suggestions in detail and carefully reviewed the successive versions of their chapter until it was accepted. And, finally, to Prof. João Paulo Lopes-Silva, who has been the key person during all the reviewing and editing process.

Strength and conditioning for combat sports athletes is an outstanding piece. It provides a scientific, comprehensive and up-to-date approach to MA&CS physical training. The authors synthesize the knowledge of hundreds of documents to present a brilliant handbook, which should serve to train MA&CS athletes with effective, safe and well-founded methods. For many years, it has been said that sport research should be close to sport practice and vice-versa. This book approaches these two worlds. We hope you, MA&CS trainer, athlete, scientist or student, will enjoy it.

