

Contents

1 Nutrition in Combat Sports	1
Louise M. Burke and Gregory R. Cox	
2 Making Weight in Combat Sports	21
Craig A. Horswill	
3 Sport Psychology in Combat Sports	41
David Matsumoto, Jun Konno, and Hyoung Zoo Ha	
4 Doping in Combat Sports	55
Farzin Halabchi	
5 Ethical and Social Issues in Combat Sports: Should Combat Sports be Banned?	73
Janel Gauthier	
6 Acute and Chronic Brain Injury in Combat Sports	89
Paul McCrory, Tsharni Zazryn, and Peter Cameron	
7 Blood-Borne Infections in Combat Sports	109
Ramin Kordi and W. Angus Wallace	
8 Skin Infections in Combat sports	121
B.J. Anderson	
9 Women in Combat Sports	135
Charles B. Pasque	
10 Children in Combat Sports	151
Merrilee Zetaruk	

11 Professional Athlete	173
Margaret Goodman and Edwin Homansky	
12 Boxing	193
Peter Jako	
13 Wrestling	215
Randall R. Wroble	
14 Judo	247
Craig White and Pippa Rollitt	
15 Taekwondo	263
Willy Pieter	
16 Karate	287
Rafael Arriaza	
17 Wushu (Chinese Martial Arts)	299
Santos F. Martinez	
18 Mixed Martial Arts	323
Gregory H. Bledsoe	
19 Kickboxing	331
George J. Buse	
Index	351