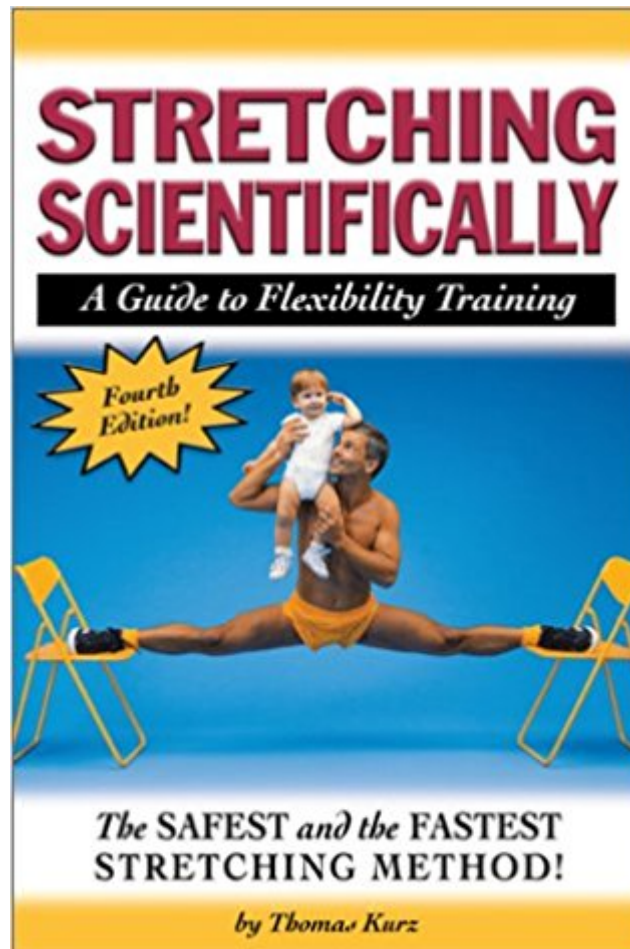




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# Stretching Scientifically: A Guide To Flexibility Training



## Synopsis

The fourth edition of *Stretching Scientifically: A Guide to Flexibility Training* teaches:

- How to stretch safely and quickly to achieve and maintain your maximum flexibility
- How to make your muscles grow stronger and longer so you stay flexible all the time
- How to do splits even if you are over 40 or 50
- How to kick high and do splits with no warm-up
- How to develop each of the three kinds of flexibility--dynamic, static active and static passive--to suit every athlete's needs
- What exercises are "no-no's" if you want to stretch your muscles
- All the factors limiting flexibility
- Brilliantly simple tests of hip joint mobility and muscle length that dispel common misconceptions of what limits flexibility the most

## Book Information

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## Customer Reviews

"This book is useful to athletes, instructors, and coaches. It provides them with information how to test potential flexibility, how to choose [a] stretching method, and how to have full flexibility ... even without a warm-up." -- WTF Taekwondo

"explains stretching in agonizing detail. The best are the exercise routines. They work. Many martial artists swear by these methods." --Martial Arts Training September 1997

The fourth edition of *STRETCHING SCIENTIFICALLY, A Guide to Flexibility Training* (copyright 2003), by Thomas Kurz, is now available from Stadion Publishing Inc. Improved layout and more photos enhance the most up-to-date science explained in practical terms for athletes, instructors,

and coaches. As always, flexibility expert Kurz stresses the correct sequences of exercises and stretches that make up his safest and fastest stretching method. If you teach others, you must know this method. "You have to know when to do which stretch to get the most out of it," Kurz said. "It is like putting on your socks and shoes--what goes on first makes a lot of difference!" The "Questions and Answers" chapter is bigger and divided into sections such as Injuries and Stretching, Pain or Soreness and Stretching, Age and Stretching, What and When, Sounds In and Around Joints. Kurz also includes a simple test that will let you test your flexibility potential.

The knowledge contained in this book is great, and the methods simple once properly understood. It is however laid out in a slightly confusing manner and order. The first couple of chapters present a lot of studies and their sometimes conflicting results in a neutral way, which is a bit baffling and quite boring. But it all makes sense in the end! Overall a great resource for intermediate and advanced athletes.

This book has a lot of great information on how to properly stretch and in what sequence stretches should be done to effectively and efficiently increase your flexibility. As I write this review, I finished the book moments ago and find myself a bit confused, still. This book has a lot of information but I find it quite overwhelming and find myself without a complete understanding of where to start; perhaps I need to read the beginning chapters once more. I believe this is a good book to read to learn when certain types of stretching should be done but lacks when it comes to practical use and providing a sort of "101" on how to apply this in your everyday training.

Simple, concise, and sound methodology on flexibility. Easy enough for laymen or casual readers, but is also well cited for more serious readers. I personally found Kurz's book very helpful and at 47 I'm moving better than I have in quite awhile. I recommend this to anyone interested in performance related flexibility.

Really amazing and interesting knowledge that is building my foundation of the body, stretching and more. I have not been able to do the splits, but that is probably because I push myself too hard and I stop immediately when my knees start hurting. I found other books that are helping me more with the tiny movements that help stabilize the hip for the splits. So I will do those first before progressing with this again.

This was my first serious look into improving flexibility (sparked by realising my physical limitations while parkour training). I carefully developed a routine of dynamic stretches for my warm up and then proceeded to destroy myself so that I couldn't even train. It was both humbling and gratifying to learn how unfit I was, and to begin the serious build up to good flexibility and strength. You will not be disappointed with this purchase. Tom Kurz's material is all top notch, readable, and well researched. The diligent and thoughtful reader will benefit enormously. I would recommend also purchasing "Science of Sports Training: How to Plan and Control Training for Peak Performance". These two volumes have been my 'go to' resources for the last 10+ years and I have never been disappointed.

This book contains a lot more information than you will need to actually stretch. Personally I think that takes away from it in the form of needless details. The book wasn't really organized and after reading it was still trying to figure out what I should actually do to be able to perform the splits. The author himself says that many people asked him "what do I need to do?" in his previous books and he attempts to correct that here. I think that he falls short once again. The book contains a lot of examples of stretching and leaves out some basic. I still found myself attempting to put together some kind of routine. This involved taking out some paper and flipping back and forth through the book. The author gives lots of examples but says far more general things like. "these kinds" for before your routine, and "ones like this" or "some of these" for after. What I was looking for when I bought the book was what do I need to do to be able to do the splits? I wanted a system, something that would tell me do this, then this, then this. A list of the exact stretches (or examples of different ones) I needed to do, with guidance for how long, and an order to perform them. That is not what you will get with this book. You'll get lots of examples with more concept and ideas that actual guidance. I understand that everyone is different and what works for one will not necessarily work for another, but I'm a very active physical person, and have been all my life, and I still didn't get much out of this book other than a few new stretches to incorporate into what I was already doing. The author does know what he's talking about, though.

Yes, it could be laid out better. Yes, the recommendations could be pulled together in one spot. But if you take your time and read it, it is all there. No, the pictures aren't 'modern', but heck, we're talking about doing the splits - this is not a photography text! Buy, do it, and reap the results. I'll report back after a while on the programme as to what progress I make, but already after two weeks I can see some. I'm not surprised this book is still around and actively sold/advertised in the martial

arts world.

This work re-writes the book on flexibility training. Throw out everything you ever thought about flexibility training and start over. This book explains why all that we have been doing in the West for the last 30 years is counter-productive and wrong, including the no pain no gain school of thought. I have followed these teachings and they work. Not only that, they are more comfortable, more common sense and do-able at any age.

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