

# International Conference on Strength and Conditioning for Judo Coaches

7 July 2025. 11 a.m. to 1.30 p.m.

Blanquerna School of Psychology,  
Education and Sport Sciences.  
Ramon Llull University.

## Connecting knowledge, power, and performance

What started as a gathering of passionate judo coaches, academics, and strength and conditioning experts has grown into an international conference dedicated to sharing knowledge and best practices.

Join us to explore the latest insights, exchange experiences, and advance the science of judo training and athlete development on a global stage.

Free registration on the

[following link](#)

**Note:** The presentations  
will have simultaneous  
translation.

## PROGRAM

- ***Aerobic Training for Judo Athletes – Fundamentals and Prescription.***

**Emerson Franchini**

Professor at the Sport Department, School of Physical Education and Sport, University of São Paulo. He is a leading expert in judo and martial arts performance, with international research collaborations and Olympic-level coaching success. He ranks among the top 2% of researchers in Sport Sciences globally (2021–2024).

- ***From Fatigue to Readiness: Guiding Strength and Conditioning Decisions in Judo Through a Four-Pillar Monitoring Model.***

**Eduardo Carballeira**

Assistant professor at the University of La Laguna.

Exercise physiologist and strength & conditioning coach for elite combat athletes.

National judo coach (6th Dan).

- ***Training Practices and Perspectives in Judo: Research Based on Expert Opinion.***

**Rafael Lima Kons**

Professor of Combat Sports and Adapted Sports at the Federal University of Bahia (UFBA). Leader of the Study and Research Group on Combat Sports. Researcher in the areas of strength and conditioning applied to combat sports, scientific evidence for classification in Paralympic sports, and assessment technologies applied to sport.

## ROUND TABLE AND QUESTIONS

- ***Rapid Weight Loss in Judo: Practical Strategies for Coaches.***

**Danilo França Conceição dos Santos**

PhD student in Physical Education at the University of São Paulo (USP), Brazil. His doctoral research focuses on rapid weight loss in judo athletes.

- ***Using Resistance Bands in Judo: Implications for Explosive Strength and Endurance Training.***

**Raúl Clemente**

BA in Sport Sciences.

Director of the Aragon Technical Development Plan.

Coach of the Spanish Paralympic Judo team in Paris 2024

- ***Application of Plyometric Training in Judo.***

**Alfonso de Diego**

BA in Sport Sciences.

Judo coach and fitness trainer at the Madrid High Performance Center (2019-24).

Technical manager and coach of the Spanish Paralympic Judo team in Rio 2016 and Tokyo 2021.

## Organizing Committee:

- Dr José Morales
- Sra. Cristina Curto
- Sr. Alfonso de Diego