

JCCA Special Issue December 2017 –Sports Chiropractic

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This year was a challenging and yet very rewarding year for me. I was able to finally defend my PhD Thesis, “What makes a successful sparring Taekwondo athlete?” in March and receive my PhD in April from the University of South Wales. This process made me gain an even

greater appreciation for the process of critical thinking and writing and brought me to a new level of appreciation for scientific literature. Soon after my defense, I was invited to present part of my research on weight cutting in Taekwondo and my new proposed Taekwondo athlete classification at the 6th International Symposium for Taekwondo Studies in Muju, South Korea in June. I also chaired the rehabilitation research presentations and roundtable discussion on concussion in Taekwondo. This roundtable discussion resulted in drafting the first position stance for concussion in Taekwondo, which is under review for publication. I mention these endeavors to demonstrate that sometimes our first efforts and publications may seem rather small and insignificant at the time, such as my first few projects in Taekwondo. However, your efforts never go to waste as they can add up and end up being picked up by those who are involved in that area. This is to encourage you to follow your dreams, be inquisitive, ask questions and try to answer them by conducting and publishing research to help others who may have the same questions. In essence this is the rationale behind the JCCA Sports Chiropractic Issue, to showcase questions and possible answers, to stimulate others to follow with more questions and answers to ultimately expand our knowledge and understanding of sports and sports chiropractic.

With this note I present to you the 9th Sports Chiropractic edition packed with case reports with innovative treatments to original research and more. May it answer some of your questions and induce many more and drive you to investigate and answer them for yourself and others.

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