

	FUNdamentals	Learning To Train	Training To Train	Training To Compete	Training to Win	Lifelong Involvement
	Fundamentals	Prestart	Start	Potential	Performance	Retention
Age	Males 6-9 years Females 6-8 years	Males 9-12 years Females 8-11	Males 12-16 years Females 11-15 years	Males 16-23 years Females 15-21years	Males 24+ years Females 22+ years	Enter at Any Age
Aim of Phase	Movement Literacy <ul style="list-style-type: none"> • FUN and participation • Learn all fundamental movement skills 	Karate Literacy <ul style="list-style-type: none"> • Fundamental sport skills including Karate 	Critical Skill and Physical Development <ul style="list-style-type: none"> • “Building the Engine” • Sport specific skills 	Competitive Development <ul style="list-style-type: none"> • “Optimizing the Engine” • Karate specific skills and fitness 	Performance Development <ul style="list-style-type: none"> • “Maximizing the Engine” • Karate specific skills and fitness 	Retire and Retain <ul style="list-style-type: none"> • Coaching/Instructing • Officiating • Masters divisions • Administration • Dojo volunteer
Competitive Divisions						
Windows of Optimal Trainability	<ul style="list-style-type: none"> • 1st speed training window (quickness and agility) boys 7-9 years, girls 6-8 years • Suppleness window: 6-10 years old 	<ul style="list-style-type: none"> • Major skill acquisition window boys 9-12 years, girls 8-11 years • Continuation of suppleness window: 6-10 years old 	<ul style="list-style-type: none"> • 2nd speed training window (alactic anaerobic) Male 13-16 years, Females 11-13 years • Stamina training window during growth spurt (onset of Peak Height Velocity) • Strength training window. Females: window #1 immediately after PHV, #2 at onset of menarche. Males: 12-18 months after PHV 			

<p>Physical: movement skills</p>	<ul style="list-style-type: none"> • Agility, Balance, Coordination, Speed • Run, jump, throw • Karate-type games involving power, fast reaction in response to an action or command, dodging, lunging, evading, etc. • Correct posture 	<ul style="list-style-type: none"> • Progression of games to develop karate skill, sharper movements, speed, power, and interaction with a partner. • Development of movement flow in relaxed controlled manner. • Refinement of basic movement skills (lunging, evading, slipping, etc) 	<ul style="list-style-type: none"> • Explosive flowing movement • Matching movement to karate context • Application of movement patterns subconsciously in a match situation 	<ul style="list-style-type: none"> • Refining and adapting the movements to tactical match situations 	<ul style="list-style-type: none"> • Maximizing and refining movement skills and speed • Refining the skill to anticipate the use of movements 	
<p>Physical: karate skills</p>	<ul style="list-style-type: none"> • Introduction to basic Karate movements of punching, blocking, striking, kicking and kata 	<ul style="list-style-type: none"> • Continued development of a wide range of basic karate movements • Introduction of basic combinations and counter techniques including more advanced kicks and sweeps • Early specialization of personal techniques or kata • Develop weaker side 	<ul style="list-style-type: none"> • Continued and further development of broad range of karate skills • Refinement of basic combinations, counters, kicks and sweeps • Refinement of personalized techniques • Introduction of competition-specific techniques and tactics including use of competition area • Introduction to coping with and countering opposition style • Continued development of weaker side 	<ul style="list-style-type: none"> • Optimizing competition relevant, multi-directional karate skills • Optimizing personal techniques, encouragement of creativity, originality and innovation • Development of coping with and countering opposition style. • Use of left and right optimized. 	<ul style="list-style-type: none"> • Maximizing competition relevant skills • Maximizing personal techniques • Refinement of coping with and countering opposition style. 	<p>Knowledge, experience and expertise</p>

<p>Physical: speed</p> <ul style="list-style-type: none"> • Worked year round • Trained right after warm-up 	<ul style="list-style-type: none"> • 1st speed training window is agility and quickness • Introduced through agility, quickness, change of direction in warm-up • Segmental speed • Duration of interval less than 5 seconds 	<ul style="list-style-type: none"> • Continued introduction to agility, quickness, change of direction in warm-up • Introduction to hand and foot quickness, reaction speed and accuracy through karate specific movements 	<ul style="list-style-type: none"> • 2nd speed training window is anaerobic alactic power and capacity • Linear, lateral, multi directional and chaotic speed • Duration of intervals 5-20 seconds • Continued development of hand and foot quickness, reaction speed and accuracy • Initiation to plyometric and sprint training 	<ul style="list-style-type: none"> • Optimizing hand and foot quickness, reaction speed and accuracy • Continued plyometric and sprint training 	<ul style="list-style-type: none"> • Maximizing Optimizing hand and foot quickness, reaction speed and accuracy • Plyometric and sprint training 	
<p>Physical: suppleness</p>	<ul style="list-style-type: none"> • Consider suppleness training window • Introduced through fun activities • Dynamic warm-up • No prolonged static stretches • Consider a separate stretching session 	<ul style="list-style-type: none"> • Continuation of suppleness window • Emphasis on development • Dynamic warm-up • No prolonged static stretches • Consider a separate stretching session 	<ul style="list-style-type: none"> • Emphasize flexibility given growth spurt • Separate dedicated session considered. • No stretching in warm-ups or for 2 hours after sessions. 	<ul style="list-style-type: none"> • Maintenance and specific needs 	<ul style="list-style-type: none"> • Maintenance and specific needs 	<ul style="list-style-type: none"> • Maintenance and specific needs

<p>Physical: strength</p>	<ul style="list-style-type: none"> • Central nervous system training and motor coordination improvements. • Body weight • Swiss ball • Medicine ball • Introduction to core stability through fun games 	<ul style="list-style-type: none"> • Central nervous system training and motor coordination improvements. • Continue medicine ball, Swiss ball, body weight exercises • Introduce hopping or bounding • Continued core stability through fun games 	<ul style="list-style-type: none"> • Consider strength training window • Medicine ball, Swiss ball, body weight • Introduce free weights and Olympic lifts • General strength progressing to karate specific strength according to periodization • 2-3 <30 minute sessions recommended 	<ul style="list-style-type: none"> • Maximizing specific strength training with Olympic lifts and free weights • Medicine ball, Swiss ball 	<ul style="list-style-type: none"> • Optimizing specific strength training with Olympic lifts and free weights • Medicine ball, Swiss ball 	
<p>Physical: stamina</p>	<ul style="list-style-type: none"> • Incidental aerobic development through use of fun games • Karateka have no lactic system 	<ul style="list-style-type: none"> • Development through complementary sports and games • Incidental and some targeted development • Karateka have no lactic system 	<ul style="list-style-type: none"> • Consider windows of optimal trainability • Build the aerobic base • Anaerobic system development • Interval training 	<ul style="list-style-type: none"> • Develop and maintain aerobic base • Further develop anaerobic system 	<ul style="list-style-type: none"> • Maintain aerobic base and build anaerobic capacity according to periodization 	
<p>Technical</p>	<ul style="list-style-type: none"> • Basic motor skills • Modified skills for different sports • Knowledge of basic equipment 	<ul style="list-style-type: none"> • Strong emphasis on skill development • Fundamental skills progressively refined, combined and elaborated upon to more karate and sport specific skills • Practice skills 	<ul style="list-style-type: none"> • Further develop and consolidate karate specific skills • Individualization to address strengths and weaknesses 	<ul style="list-style-type: none"> • Proficiency if basic karate skills • Karate specific technical and match skills under competitive conditions at high intensity • Individualization of skills: 'personal style' • Consistency and control • Simulation training 	<ul style="list-style-type: none"> • Complete the refinement of karate skills • Competition skills are second nature • Ability to improvise with skill 	<ul style="list-style-type: none"> • Retain skills and develop new ones

Tactical	<ul style="list-style-type: none"> • Basic rules of kumite and kata • Ethics of karate 	<ul style="list-style-type: none"> • Key karate competition principles • Introduction to basics of WKF rules • Introduction to competition area • Basic distancing for punches and kicks • Introduction to kata presentation and strategy 	<ul style="list-style-type: none"> • Early stages of tactical preparation • Basic and intermediate tactics • Development of understanding WKF rules. • Develop use of competition area • Introduce match clock and timing concepts for kumite • Introduction to opponent observation and profiling 	<ul style="list-style-type: none"> • Full understanding of WKF rules • Principles of attack and defense • Maximize use of competition area and competition clock for kumite • Observe and adapt to opponent • Adaptation to different situations 	<ul style="list-style-type: none"> • Develop effective tournament strategies • Adapt strategies to situations • Model all possible aspects of performance training • Play to strengths, exploit weaknesses of opponents • Optimize use of competition area and clock for kumite. • Optimizing opponent observation and profiling 	<ul style="list-style-type: none"> • Retain recreational involvement
Mental	<ul style="list-style-type: none"> • Respecting your opponent • Winning and losing • Body mind awareness • What makes a good karateka/competitor 	<ul style="list-style-type: none"> • Concentration and focus • Self assessment and effective training • Taking responsibility-building motivation • Imagery • Relaxation 	<ul style="list-style-type: none"> • Controlling the controllable • Mental rehearsal • Tournament preparation and evaluation • Understanding competition anxiety • Self hypnosis 	<ul style="list-style-type: none"> • Emotion control • Attention and focus control • Building confidence • Pre-match routines • Injury prevention and recovery 	<ul style="list-style-type: none"> • Dealing with pressure • Coping with injury and burnout • Long term planning and periodization 	<ul style="list-style-type: none"> • Dealing with retirement • Coping with retraining

Ancillary Capacities	<ul style="list-style-type: none"> • Introduction to good nutritional practice 	<p>Introduction to:</p> <ul style="list-style-type: none"> • Warm-up • Cool down • Hydration • Taper and peak • Rest, recovery, regeneration, restoration <p>Further develop:</p> <ul style="list-style-type: none"> • Nutritional practices 	<p>Develop:</p> <ul style="list-style-type: none"> • Warm-up • Cool down • Hydration • Taper and peak • Recovery regeneration • Nutrition <p>Introduce:</p> <ul style="list-style-type: none"> • Supplements • Integrated pre-competitive and competition strategies: physical, mental, technical, nutritional, environmental <p>Environmental influences:</p> <ul style="list-style-type: none"> • Heat, humidity, cold, altitude, jet lag, pollution 	<ul style="list-style-type: none"> • Maximize ancillary capacities 	<ul style="list-style-type: none"> • Optimize ancillary capacities 	
Deliverers	<ul style="list-style-type: none"> • Dojo sensei 	<ul style="list-style-type: none"> • Dojo sensei 	<ul style="list-style-type: none"> • Dojo sensei • Zone coach • Provincial coach 	<ul style="list-style-type: none"> • Dojo sensei • Zone coach • Provincial coach • National coach 	<ul style="list-style-type: none"> • Dojo sensei • Zone coach • Provincial coach • National coach 	
Talent Progression	Screening	Talent Identification	Selection	Specialization	High performance	Retention
Number of Sports Trained	Many	3	2	1 (kata or kumite) “a 24 hour athlete”	1	Choice
Frequency of Trainings	<ul style="list-style-type: none"> • Physical activity 5-6 times /week • Karate 1 or 2 times/week • Other sports 3-4 times/week 	<ul style="list-style-type: none"> • 50% of time sport activity dedicated to karate 	<ul style="list-style-type: none"> • Karate specific training 6-9 times/week 	<ul style="list-style-type: none"> • Karate specific technical, tactical and fitness 9-12 times/week 	<ul style="list-style-type: none"> • Karate specific technical, tactical and fitness 9-15 times/week 	

Composition of weekly hours	<ul style="list-style-type: none"> • 3-4 hours FUNdamentals in karate environment (session:45-60 min) • 6-7 hours of other physical activity (session:30-60 min) 	<ul style="list-style-type: none"> • 5-7 hours karate activity (session:60-90 min) • 5-6 hours of other physical activity (session:30-60 min) 	<ul style="list-style-type: none"> • 5-7 hours sport karate training (session:90-120min) • 2-3 hours competition specific (session: 90-120 min) • 5-6 hours of other physical activity (session: 30-60 min) 	<ul style="list-style-type: none"> • 7-12 hours /sport karate (sessions:90-120 min) • 3-5 hours competition specific (sessions 90-120 min) • 6-7 hours karate specific physical training 	<ul style="list-style-type: none"> • 12-16 hours sport karate (sessions: 90-120 min) • 5-7 hours karate specific physical training 	
Ratio of Competition to Trainings	<ul style="list-style-type: none"> • No specific ratios 	<ul style="list-style-type: none"> • 70% training • 30% competition 	<ul style="list-style-type: none"> • 60% training • 40% competition 	<ul style="list-style-type: none"> • 40% technical, tactical, fitness • 60% competition and competition-specific training 	<ul style="list-style-type: none"> • 25% technical, tactical, fitness • 75% competition or competition-specific training 	
Periodization	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Single or double 	<ul style="list-style-type: none"> • Single or double 	<ul style="list-style-type: none"> • Single, double or triple • Frequent prophylactic breaks 	<ul style="list-style-type: none"> • Double, tripe or multiple • Frequent prophylactic breaks 	
Competitions/year	Introduce to karateka once they have good karate skills	2-4	4-8	8-12	Peaking for major championships and selection events	
Competition types	<ul style="list-style-type: none"> • Fun events will emphasis on fundamental skill development 	<ul style="list-style-type: none"> • Club events • Winter games • Provincial championships 	<ul style="list-style-type: none"> • Club events • Winter games • Zone championships • Provincial championship • National championships 	<ul style="list-style-type: none"> • Zone championships • Provincial championships • National championships • Pan-American juniors 	<ul style="list-style-type: none"> • Zone championships • Provincial championships • National championships • Pan-American • Worlds 	
Matches/year	?	?	?	?	?	

Tournament Preparation	<ul style="list-style-type: none"> • Positive attitude • “Tournaments are fun” 	<ul style="list-style-type: none"> • Positive attitude • “Tournaments are fun” 	<p>Introduction to:</p> <ul style="list-style-type: none"> • Tournament/match plans • Pre-match routines • Visualization • Goal setting • Focus on the process. • “Tournaments are fun” 	<p>Maximize</p> <ul style="list-style-type: none"> • Tournament/match plans • Pre-match routines • Goal setting • Visualization • Distraction management • Simulation • “Tournaments are fun” 	<p>Optimize</p> <ul style="list-style-type: none"> • Tournament/match plans • Pre-match routines • Goal setting • Visualization • Distraction management • Simulation • “Tournaments are fun” 	
Team and Group Dynamics	<ul style="list-style-type: none"> • Large numbers • Short karateka attention span • High variation in skill level • Sense of belonging important to athlete 	<ul style="list-style-type: none"> • Large numbers • Short karateka attention span • High variation in skill level • Sense of belonging important to athlete 	<ul style="list-style-type: none"> • Technical and tactical training as a team • Fitness training done in development ability groups • Protect self esteem • Respect and recognition of others 	<ul style="list-style-type: none"> • Team and individual objectives • Technical and tactical training as a team • Fitness training done in development ability groups • Protect self esteem • Respect and recognition of others 	<ul style="list-style-type: none"> • Technical and tactical training as a team • Fitness training done in development ability groups • Protect self esteem • Respect and recognition of others • Activities outside of karate 	
Self Esteem	<ul style="list-style-type: none"> • Positive reinforcement 	<ul style="list-style-type: none"> • Positive reinforcement 	<ul style="list-style-type: none"> • Positive reinforcement • Verify message received by athlete with respect to feedback 	<ul style="list-style-type: none"> • Positive reinforcement • Verify message received by athlete with respect to feedback 	<ul style="list-style-type: none"> • Positive reinforcement • Verify message received by athlete with respect to feedback 	
Analysis Tools		<ul style="list-style-type: none"> • Introduce video • Training diary • Training evaluation 	<ul style="list-style-type: none"> • Video • Training diary • Training evaluation 	<ul style="list-style-type: none"> • Video • Training diary • Training evaluation • Weekly planning • Performance evaluation 	<ul style="list-style-type: none"> • Video • Training diary • Training evaluation • Weekly planning • Performance evaluation 	
Correction	<ul style="list-style-type: none"> • Positive reinforcement 	<ul style="list-style-type: none"> • Positive reinforcement • Directed experimentation “try” 	<ul style="list-style-type: none"> • Guided athlete correction based on coach’s and athlete’s analysis 	<ul style="list-style-type: none"> • Guided athlete correction based on coach’s and athlete’s analysis 	<ul style="list-style-type: none"> • Guided athlete correction based on coach/athlete dialogue 	

Learning process	<ul style="list-style-type: none"> • By doing it • Sensei tells how 	<ul style="list-style-type: none"> • By doing it • Sensei tells how 	<ul style="list-style-type: none"> • Karateka asks sensei how and why • Karate explains how to sensei • Karateka explains to other karateka 	<ul style="list-style-type: none"> • Karateka knows how • Still learning why and experimenting with 'feel' • Dialogues with sensei and karateka • Explains to younger karateka 	<ul style="list-style-type: none"> • Karateka knows how and why • Dialogues with sensei and karateka • Explains to younger karateka 	
Lifestyle/ family/ interpersonal	<ul style="list-style-type: none"> • Presence and influence of parents • Parental education • Involvement in multi-sports • Learn safety • Fair play • Teamwork and interaction skills 	<ul style="list-style-type: none"> • Presence and influence of parents • Parental education • Multi-sports • Inclusion of sport in lifestyle • Participation in complementary sports • Teamwork and interaction skills 	<ul style="list-style-type: none"> • High presence of parents • Significant peer pressure • Start of dating • Time management in • Teamwork and interaction skills 	<ul style="list-style-type: none"> • First serious inter-personal relationships • Significant peer pressure for multiply activities • Moving away from home • Social transition • Plan career/karate options 	<ul style="list-style-type: none"> • Serious inter-personal relationships • Increased knowledge in all areas • Rest and relaxation • Frequent breaks • Well-developed self-monitoring • Well developed and integrated support network • Career and sport planning sustained 	<ul style="list-style-type: none"> • Starting a family • Pursue personal and family goal more strongly • Pursue further education/career development • Seek transition support if required
Personal	<ul style="list-style-type: none"> • Enjoyment and fun • Positive attitude 	<ul style="list-style-type: none"> • Understanding changes that puberty will bring • Accepts discipline and structure • Understands the relationship between effort and outcome • Teamwork and interaction skills 	<ul style="list-style-type: none"> • Positive communication • Discipline and personal responsibility • Awareness of Peak Height Velocity 	<ul style="list-style-type: none"> • Continued personal development • Integration of karate, career and life goals • Economic and independence issues addressed 	<ul style="list-style-type: none"> • Full integration of karate, career and like goals 	<ul style="list-style-type: none"> • Re-set goals

Social/cultural aspects	<ul style="list-style-type: none"> • Introduction to Japanese terminology • Introduction to discipline and etiquette • Understanding the sport ethos including personal hygiene 	<ul style="list-style-type: none"> • Development of Japanese terminology • Development of discipline and etiquette • Increased understanding of the sport ethos including personal hygiene 	<ul style="list-style-type: none"> • Development of Japanese terminology • Development of discipline and etiquette • Increased understanding of the sport ethos including personal hygiene 	<ul style="list-style-type: none"> • National travel opportunities 	<ul style="list-style-type: none"> • International travel opportunities 	
Physical development	<ul style="list-style-type: none"> • General overall development • ABCs • Develop speed and power through games • Develop linear, lateral and multi-directional speed • Medicine ball, Swiss ball and body weight exercises 	<ul style="list-style-type: none"> • Continue ABCs development • Continue speed and power through games • Medicine ball, Swiss ball and body weight exercises for strength as well as hopping/bounding exercises • Basic flexibility exercises • Warm-up with dynamic mobility 	<ul style="list-style-type: none"> • Emphasis on general and balanced physical conditioning • Aerobic training prioritized after onset of Peak Height Velocity (PHV) • Strength training prioritized in females after PHV and with onset of menarche • Strength training prioritized in males 12-18 months after PHV • Flexibility training • Shoulder, elbow, core, spine and ankle stability • Frequent musculoskeletal evaluations during PHV 	<ul style="list-style-type: none"> • Karate and individual intensive physical conditioning • Shoulder, elbow, spine, and ankle stability • Optimum preparation: tapering and peaking 	<ul style="list-style-type: none"> • Maintenance and possible improvements of physical capacities with at view to maximizing performance • Shoulder, elbow, spine, and ankle stability • All aspects individualized • Frequent prophylactic breaks (rest and recuperation breaks) 	<ul style="list-style-type: none"> • Keep active through karate and sport participation • Endurance training • Strength training • Flexibility training

Mental cognitive development	<ul style="list-style-type: none"> • Positive attitude to sport • Confidence • Concentration • Achieve success and receive positive reinforcement 	<ul style="list-style-type: none"> • Introduction to mental preparation • Understanding the role of practice • Perseverance • Confidence • Concentration • Achieve success and receive positive reinforcement 	<ul style="list-style-type: none"> • Goal-setting (short and medium term) • Imagery (practicing and improving technique and self-confidence) • Relaxation (deep breathing) • Patience and control • Concentration • Continued positive reinforcement 	<ul style="list-style-type: none"> • Focus and thought control, self-talk and verbal cues for dealing with distractions and negative thoughts • Long term goal setting • Performance routines and preparation (Visualize different situations and solution strategies) • Anxiety control and relaxation (progressive muscle relaxation, hypnosis) • Personal responsibility and involvement in decision-making 	<ul style="list-style-type: none"> • Well developed and refined and individualized mental skill and routines • Refocusing plans/coping strategies • Will-to-win/drive, concentration, focus • Independent decision making • Capable of teamwork and taking advice 	<ul style="list-style-type: none"> • Relaxation • Readjustment to non-competitive environment
Logistical considerations	<ul style="list-style-type: none"> • Grade school • Evenings only 	<ul style="list-style-type: none"> • Grade school • Evenings only • Parental transport or public transit 	<ul style="list-style-type: none"> • High school • Late afternoon of evening • Parental transport or public transit 	<ul style="list-style-type: none"> • High school • Some schedule flexibility • Public transit or own transport 	<ul style="list-style-type: none"> • University or working or • Flexible schedule • Own transport or public transit 	
Financial considerations	<ul style="list-style-type: none"> • Dependent on parents 	<ul style="list-style-type: none"> • Dependent on parents 	<ul style="list-style-type: none"> • Competition travel • Equipment • Training cost • Dependent on parents 	<ul style="list-style-type: none"> • Competition travel • Equipment • Training costs • Tuition • Lodging • Social expenses 	<ul style="list-style-type: none"> • Competition travel • Equipment • Training costs • Tuition • Lodging • Social expenses 	