

WKC/USA Fitness Assessment Descriptions

The following fitness assessment will be used at the WKC/USA Team Trials to assess each athlete's overall fitness level in determining their potential placement on the team. Each of the listed areas will be assessed, weaknesses determined and recommendations may be made on how to increase the athlete's fitness level. Any athlete participating in the team trial who does not have a basic level of fitness as determined by his/her assessment may be disqualified from placement on the team.

The following Assessments will be used:	Total Points possible/assessment
1. Core Muscle Assessment	3 Points
2. Multistage Fitness Assessment	3 Points
3. Push-Up Assessment	3 Points
4. Lateral Cone Jump Assessment	3 Points
5. Stationary Vertical High jump Assessment	<u>3 Points</u>
Total test points possible	15 Points
 Points needed for consideration to team	 10 or More

	Individual Assessment Scores	Total Scores
Poor	0 Points	9 or less Points
Needs Improvement	1 Point	10-11 points
Good	2 Points	12-13 Points
Excellent	3 Points	14-15 Points

There are four levels for scoring as noted in the table above. Individual scores of 1 point or less are considered areas of weakness. Total scores of 11 points or less indicate that the athlete's overall fitness level is poor or needs improvement and could cause that athlete to be disqualified from consideration to the WKC/USA Team. Individual scores of 2 or total scores of 12-13 points are considered good but are still in need of improvement. Individual scores of 3 or total scores of 14 and 15 are considered excellent. The fitness assessment will be considered as part of the athlete's overall consideration to the team as will performance in Kata and Kumite at the team trials, AAU Nationals and the athletes past history in sanctioned AAU/USA and international tournaments.

Core Muscle Strength Assessment

Objective: To assess the strength and stability of the athlete’s shoulders, pelvic girdle, abdominal and lower back musculatures.

Equipment Needed: Stop watch, score sheet, writing utensil, score recorders (partners), form observer(s).

Conducting the Test: Athletes assume a pike position with the elbows under the shoulders, the forearms shoulder width apart on the floor, and toes on the floor

Stage	13-15 Points	16 + Points	Time	Comments
Stage 1	1	0	1 min	Hold this position for 60 seconds
Stage 2	1	1	1:15	Lift R-arm off the ground (hold 15 seconds) Return
Stage 3	1	1	1:30	Lift L-arm off floor (hold 15 seconds) Return
Stage 4	2	1	1:45	Lift R-leg off floor (hold 15 seconds) Return
Stage 5	2	2	2 min	Lift L-leg off floor (hold 15 seconds) Return
Stage 6	3	2	2:15	Lift R-arm & L-leg off floor (hold 15 seconds) Return
Stage 7	3	2	2:30	Lift L-arm and R-leg off floor (hold 15 seconds)
Stage 8	3	3	3 min	Return to beginning position and hold 30 seconds.

Scoring: Based on stage completed with proper postural alignment without touching down to the floor. Buttock should be in a neutral position; body in a straight line. Slight deviation from this is acceptable, but if the hips are out of position or any part of the body other than the toes or forearms touch the ground then the test will be stopped for those individuals. His/Her score will be recorded and represent the stage the athlete completed before breaking posture or dropping to the floor.



Stage 1 – 1 minute



Stage 2 – 15 seconds



Stage 3 – 15 seconds



Stage 4 – 15 seconds



Stage 5 – 15 seconds



Stage 6 – 15 seconds



Stage 7 – 15 seconds



Stage 8 – 30 seconds

Multistage Fitness Assessment (20 Meter/66 foot Shuttle Run)

Objective: To assess the aerobic capacity of the athlete.

Equipment Needed: Pacer CD/cassette*, score recorder (partner), score sheet, writing utensil, tape measurer to mark lines 66 feet apart.

Conducting the Test: Involves continuous running between two lines 66 feet (20 meters) apart. Pre-recorded beeps are played and with each level (minute) the athlete reaches, the beeps increase in speed. The athletes' aerobic fitness capacity is determined by the number of laps achieved.

Scoring: Determined by the number of laps reached before the athlete is unable to keep up with the beeps. If an athlete arrives across the line before the beep has sounded, they must wait until the beep to continue on. If an athlete does not cross the line prior to the beep, they have **one chance** to turn around immediately on the beep and get back on track. The second time they do not make it they are finished with the last lap completed counted for their results.

13-15 yrs points	Total number of laps completed	
	Male	Female
0	40 or less laps	24 or less laps
1	41-55 laps	25-39 laps
2	56-69 laps	40-54 laps
3	70 + laps**	55 + laps

16 + yrs points	Total number of laps completed	
	Male	Female
0	50 or less laps	30 or less laps
1	51-60 laps	31-45 laps
2	61-74 laps	46-60 laps
3	75 + laps**	61 + laps

*The Pacer Multi-stage music CD or Audiocassette can be obtained through Human Kinetics, PO Box 5076, Champaign, IL 61825-5076 by phone (800) 747-4457 or by Web www.humankinetics.com

**During the Team Trials, the Coaching committee may stop the Multi-stage Fitness Assessment once the highest number of laps has been completed depending on the allotted time and the number of participating athletes.

Push-Up Assessment

Objective: To assess the athlete's muscular endurance.

Equipment Needed: Score recorder (partners), round cones approximately 6 inches from floor (athlete's partner's fist can be used to touch), writing utensils, score sheet, form observer(s)

Conducting the Test: Males use the standard "military" style push-up with only their hands and toes touching the floor. Female athletes will use the bent knee position for this test. The athlete must come down so they are a fists distance from the floor, if they don't have proper form, the push-up in question will not be counted. Count the total number of push-ups completed. During the test athletes can rest as long as they stay in the push-up position. If the athlete begins to lose range of motion or neutral alignment of their hips the test will be stopped with the total number of proper pushups completed being recorded.

Scoring: Scoring for this test is based on the number of repetitions completed using proper form and technique.

13-15 Yrs. Push-Ups			16 + yrs. Push-Ups		
Male	Points	Female	Male	Points	Female
<30	0	<25	<35	0	<30
30-39	1	25-34	35-54	1	30-44
40-59	2	35-49	55-74	2	45-64
60 +	3	50 +	75 +	3	65 +

Male



Start



Finish



Front view

Female



Lateral Cone Jump Assessment

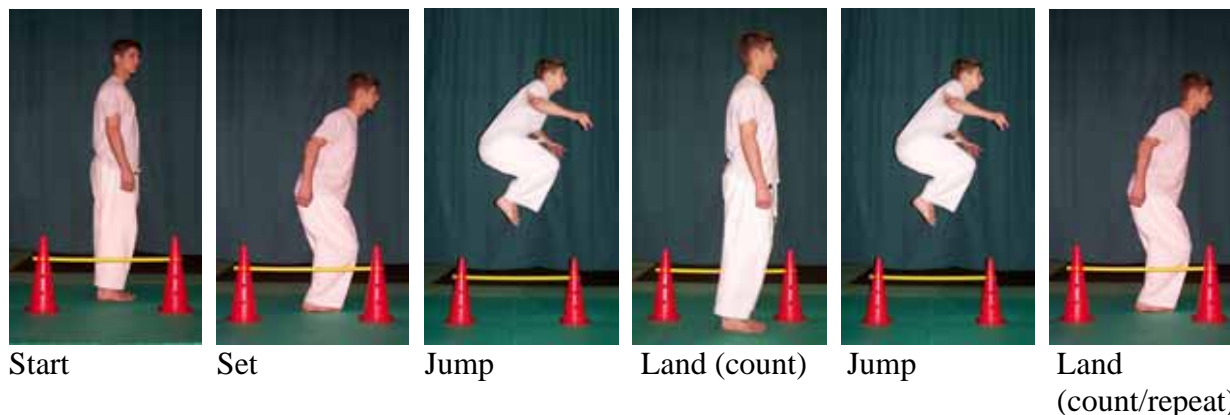
Objective: To assess the athlete's anaerobic power, explosiveness, repetitive power and endurance of the athlete.

Equipment needed: Two 12 inch cones/station, stop watch, cross beam or tape measuring 12 inches from the floor, jump counter (athlete's partner), score sheet and writing utensil and a form observer(s).

Conducting the Test: Two 12 inch cones with a cross bar or tape stretched across them will be set up and each athlete will stand to the left side of the hurdle. When the athlete's feet leave the floor, the time will begin and the number of touches achieved in 30 seconds (lateral jumps) will be counted. On the start command, the athlete will jump over the barrier to the right using both feet, then immediately jump back over the barrier to the starting point. The athlete will Continue jumping over the barrier until the command to stop is given. If you break the tape barrier, move or knock over the hurdle, the test stops. You have a choice of accepting the number of full jumps completed, or starting over with a new 30 second count. The athlete will have a maximum of two attempts to complete this test if they break form or knock over the cones or barrier.

Scoring: The athletes score is the number of touches completed in 30 seconds (each time they go over the cone and land would be considered a touch). A score will be recorded for lateral (side to side) jumps. The timer starts the watch when the athlete's feet leave the ground on the first jump and gives a warning 15 seconds into the drill and counts off every 5 remaining seconds for the full 30 seconds. The timer stops the watch at 30 seconds. While the clock is running, the timer or third person counts each foot contact between jumps. A jump in progress when the clock hits 30 seconds does not count. The test result equals the number of completed jumps achieved within 30 seconds.

13-15 Yrs. Points			16 + yrs. Points		
Male Jumps	Points	Female Jumps	Male Jumps	Points	Female Jumps
< 25	0	< 15	< 35	0	< 25
25-34	1	15-24	35-44	1	25-34
35-49	2	25-39	45-59	2	35-49
50+	3	40+	60 +	3	50 +



Stationary Vertical Jump Assessment

Objective: To assess the athlete's elastic leg strength, speed and explosiveness.

Equipment Needed: Tape measurer to tape to the wall for height, ladder for observer, form observer(s), score sheet, open wall or pole for recording vertical jump.

Conducting the Test: Attach the tape measurer far enough up the wall so the athlete does not touch over the tape. The athlete stands with his side next to a wall/pole and reaches up with the hand closest to the wall. Keeping the feet flat on the ground, the point of the longest finger tip is recorded. The athlete then stands away from the wall and jumps vertically as high as possible using both arms and legs to assist in projecting the body upwards, attempting to touch the wall at the highest point of the jump. The difference in distance between the reach height and the jump height is the score. The best of three attempts is recorded (Running jumps will not be counted).

Scoring: The best height of three jumps will be recorded in distance (Jump height - stationary reach height).

Males	Females	13-15 years
< 8.25 inches	< 5 inches	0 pts
8.25 in. < 12 in.	5 inches < 8.25 inches	1 pts
12 in. < 16 in.	8.25 inches < 12 inches	2 pts
16 in. +	12 inches +	3 pts

Males	Females	16 + years
< 12 in.	< 8.25 inches	0 pts
12 in. < 16 in.	8.25 inches < 12 inches	1 pts
16 in. < 20 in.	12 inches < 16 inches	2 pts
20 inches +	16 inches +	3 pts



Measure
(At finger tip)



Set



Jump
(Measure @ touch)

Athlete Fitness Assessment Results

Athlete No. _____ AAU No. _____ Date: ____/____/____

Name: _____ Age: _____ DOB: ____/____/____

Gender: Male Female Weight: _____ lbs.

Phone No. () _____ Cell Phone No. () _____

E-mail address (print legibly): _____ Karate Style: _____

Dojo: _____ Sensei: _____

Core Muscle Strength Assessment: Stage Completed _____ **Points** _____

Multi-Stage Fitness Assessment: Laps Completed _____ **Points** _____

Push-Up Assessment: Total Completed _____ **Points** _____

Lateral Cone Jump Assessment: Total Completed _____ **Points** _____

Vertical Jump Assessment: Reach Height: _____

Highest Jump _____ - Reach Height _____ = _____ Vertical Jump

(Circle highest jump) Jump Height 1 _____

Jump Height 2 _____

Jump Height 3 _____ **Points** _____

Comments - Athlete:

Medical (Signature & date required for input):

Coaches (Signature & date required for input):