

Karate Competition Manual to Success



KARATE
COACHING

Age: _____ Trainings Age: _____ Rank: _____ Year: _____



Welcome

Welcome to the Karate Competition Manual to Success

It is important for athletes as well as coaches to be able to profile an athlete and to analyze not only his or her specific sports skills but also every other factor that has an influence on the athlete. This manual will help not only to analyze and profile every athlete but also gives immediate help, suggestions and ideas on how to improve one's performance. With the help of this manual, an athlete and coach can determine the weak points of an athlete and sum up the results to take a course of action to improve performance. This manual should be in constant use by the athlete and the coach to track and monitor the athlete's performance as well as the progress over the athlete's competition career. Every year this manual should be completely re-done to see where improvements have been made or still needed. Simple but powerful graphics will make this manual vivid, easy to read and understand. I recommend that you put this manual in a binder folder with several copies of all pages that personal notes and information have to be written on. That way old notes can be compared immediately right next to each other.

Good Luck

Marcus Hinschberger

President & Founder of KarateCoaching



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Competition Factors

The 8 Important Factors For An Athlete:

Listed below are the 8 most important factors that will determine your success as an athlete. Be knowledgeable to a certain extent about all of them. Discuss them with your coach and learn strategies to master all of them.

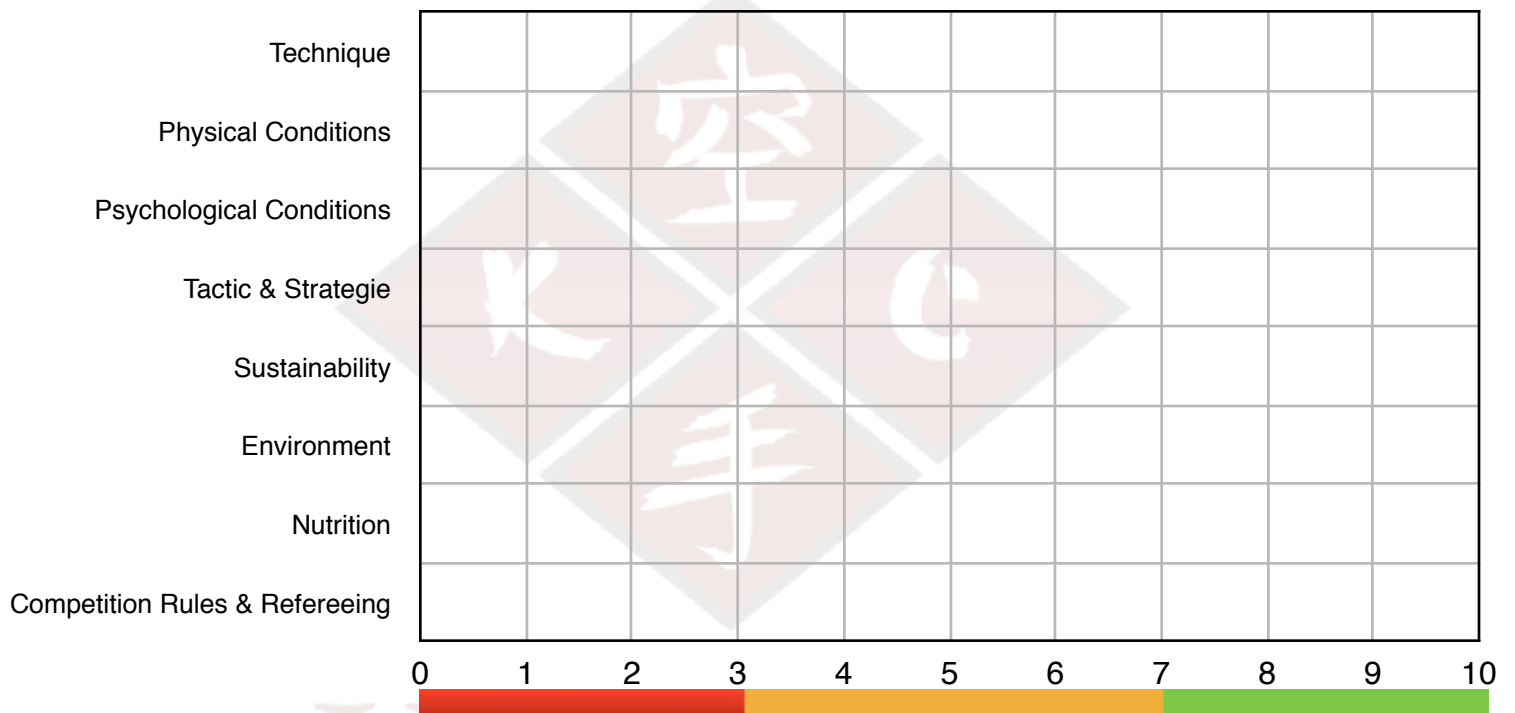
1. **Technique:** Correct technique with good structural alignment, focus, power and speed.
2. **Physical Conditions:** Speed, agility, quickness, power, strength, balance etc.
3. **Psychological Conditions:** Fighting spirit, short/long term motivation, aggression, will to train hard, will to win, recovery from setbacks and disappointments etc.
4. **Tactic & Strategic:** Offensive, defensive, pushing the opponent, pulling the opponent, defending the center of the ring, using the outer circle of the ring to avoid and evade the opponent etc.
5. **Sustainability:** Correct recovery, sleep, staying injury free, long term motivation etc.
6. **Environment:** Support by husband/wife, family, friends, finances, home/housing situation, coach, team mates, balanced lifestyle etc.
7. **Nutrition:** Balanced Food (30% Carbs, 30% Protein, 30% fats), eating a rainbow, enough water - clean eating (no sugar, no processed foods) etc.
8. **Competition Rules/Regulations & Athlete competence:** Knowledge of the rules and regulations, basic understanding of refereeing and refereeing procedures, understanding formal but also strategic behavior on the tatami etc.

Competition Factors Analyze Chart (Before)

Please analyze yourself and give yourself grades in each of the factors from 0 (bad) to 10 (very good). Then mark the chart for each of the 8 factors with your score. In which area do you feel you need the biggest improvement? Find a plan of attack with your coach about your weakest factors. Re-analyze yourself every one to three months. It is recommended that your coach analyzes you as well to compare with your results.

■ Competition Factors Analyze Chart

Date: _____



My three biggest areas to improve immediately are:

- 1) _____
- 2) _____
- 3) _____

