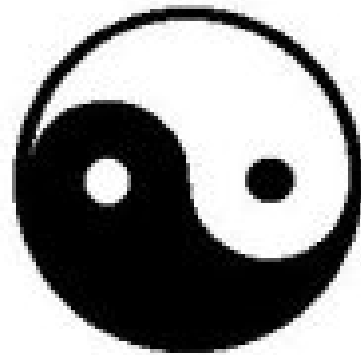


Training Folder



PERSONAL GOALS – *Tick off goals if or when achieved.*

Dream Goals (Life Goals)

What do I want to achieve in my karate career? What would I love to have?

Yearly Goals (Realistic Goals 2007)

What do I want to achieve this year? Eg. Win Kumite State Championships 2007, get a black belt... etc.

Weekly Goals (2007) – next 8 weeks

What things do I want to learn and improve in my training now?

Eg. Speed, countering etc.



**“To achieve these goals I must make a commitment to train hard and have a winning attitude”
“To be a Champion you need to train like one”**

Weekly Plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
:30am-7:30am							
:00am-9:00am							
:00am-10:00am							
0:00am-11:00am							
1:00am-12:00pm							
2:00pm-1:00pm							
:00pm-2:00pm							
:00pm-3:00pm							
:00pm-4:00pm							
:00pm-5:00pm							
:00pm-6:00pm							
:00pm-7:00pm							
:00pm-8:00pm							
:00pm-9:00pm							



Key Aims and Focus:

Technical Sessions

20/30 Minute Session

Technical Session Goals:	Rating 1 – 5
Focus for next Session:	



Technical Session Goals:	Rating 1 – 5
Focus for next Session:	

Technical Session Goals:	Rating 1 – 5
Focus for next Session:	

Technical Session Goals:	Rating 1 – 5
Focus for next Session:	

Technical Session Goals:	Rating 1 – 5
Focus for next Session:	



Strength & Conditioning Program 1- PART A Weights

<i>Exercise</i>	Sets / Repetitions	Date:		Date:		Date:	
		Weight	Complete	Weight	Complete	Weight	Completed

<i>Exercise</i>	Sets / Repetitions	Date:		Date:		Date:	
		Weight	Complete	Weight	Complete	Weight	Completed

<i>Exercise</i>	Sets / Repetitions	Date:		Date:		Date:	
		Weight	Complete	Weight	Complete	Weight	Completed

<i>Exercise</i>	Sets / Repetitions	Date:		Date:		Date:	
		Weight	Complete	Weight	Complete	Weight	Completed

WARM DOWN

5 minute walk – long strides to recover hamstrings and calves

10 minute stretch – work each side for 5 minutes



Strength & Conditioning Program 1- PART B Swiss

<u>Exercise</u>	Sets / Repetitions	Date: Complete	Date: Complete	Date: Complete	Date: Complete	Date: Complete
Exercise	Sets / Repetitions	Date: Complete	Date: Complete	Date: Complete	Date: Complete	Date: Complete
Exercise	Sets / Repetitions	Date: Complete	Date: Complete	Date: Complete	Date: Complete	Date: Complete

WARM DOWN

- § Back stretch over swiss ball – relax chest & arms.
- § Side oblique stretch over swiss ball
- § Karate belt hamstring stretch – foot position: mae geri or yoko geri (5 mins for L & R)

SCORING CRITERIA



Good form



Sporting Attitude



Vigorous Application



Awareness



Good Timing



Correct Distance