

ENGLAND KARATE TRAINING GUIDE

INTRODUCTION:

This training guide is designed to help each individual athlete develop their own training programs and training regimes. The guide will not dictate in a ridged manner what you must do whilst training, but it will give examples of what type of training you should be doing for different periods during preparation for the forth-coming championships.

The training guide will be sectioned into approximately four training periods, working on a three-month time span. Each period will give training tips and a general overview about the type of training you should be thinking about doing, and suggest goals that you might want to set for yourselves in your own personal training.

PEAKING FOR CHAMPIONSHIPS:

As elite athletes, you are expected to perform to your highest standard at a given event. In the world of Karate, there are approximately three to four major events to which all athletes should aim to produce there best work and perform to there maximum potential.

In order to (potentially) gain your maximum state of fitness, and fighting skills, it is necessary to begin to structure your training regime to coincide with the dates of these four major championships throughout the year. The level of training, and intensity in which an athlete does throughout the year should vary depending on the forth-coming event. The levels may be split into the following categories:

- (a) *Base Level*
- (b) *Gradient Level*
- (c) *Peaking Level*

Base Level Training:

This level should be considered as your rest period. This is the training you do whilst not preparing for a championships, and generally considered as your normal every day routine of just going down to the Karate club and training, or your normal routine at the gym. The intensity of the training at this level is considered to be generally low, but obviously each individual athlete has different levels of fitness, therefore the intensity of each athlete training is relative to their own fitness levels.

THE TRAINING GUIDE

With all training plans, we must first establish the period of which the training will be worked over. In this example we will be working over approximately a twelve-week period. You set your goals weekly or by two weeks at a time. In any case this initial two-week period will be viewed as your initial preparation during your *gradient level* of training.

Weeks 1 to 4:

This period should involve the following:

Long distance runs approx. 20 to 30 minutes, Basic strength training such as Push-ups, sit ups, pull-ups etc.
Sprint's 30 to 50 meters, shuttle sprints and hill sprints.

Weight training: Start this off with heavy weights to build strength and endurance, or if you are borderline with your weight use lighter weights with high reps, this will help to build strength but without the bulk. (2 to 3 sessions a week.)

In order to increase fitness and endurance after each weight training session try to do some bag work. Try to imitate what a boxer might do on a heavy bag. Start off with 5 2-minute rounds with a 1-minute's rest in between each round. Push the last thirty seconds of each round as hard as you can. As you near the end of week 4 you should be looking to increase the number of rounds to 6, and as we start into week 5 to 8 your goal should be about 6 3-minute rounds.

Karate training: Visualize the techniques that you would like to use, and visualize the way in which you like to fight. See your self doing these techniques perfectly and hitting your opponent every time with them. With that in mind repeat these techniques in line work, pair work and mirror work. Allow these techniques to consume you, and make these techniques part of your nature, thus becoming second nature when executing them.

Remember to work both defense and attacking techniques. Think not only of how you want to fight, but also how you think opponents will try to fight you. With that in mind work on the techniques that will make you a more effective fighter both in attack and defense.

Sparring is obviously an essential part of your training, but whilst sparring try to experiment, and become familiar with the techniques you wish to use.

However an athlete decides to structure his or her training program, each athlete should be looking to do at least 9 to 12 sessions a week. The number of sessions that are actually done realistically depends on the life style of the athlete and the time in which he or she can actually fit in the session. However this is a world championship we are working towards and sacrifices should naturally be expected. (Minimum of 10 sessions a week.)

Week 5 to 8:

This period should involve the following:

Long distance runs approx. 20 to 30 minutes. Basic strength training such as push ups, Introduce long distance speed runs at least twice a week, i.e. run as hard as you can for 20 minutes (try to really push this, it also helps with your mental toughness) Sit ups, Pull-ups etc. Sprint's 30 to 50 meters, Shuttle Sprints and Hill Sprints.

Introduce ply-o-metric training to increase your explosive capabilities, and fitness. (Ask about this if you are unsure of what to do.)

Weight training: heavy weights to build strength and endurance, Be aware of building up too much bulk. If you have a tendency to put on bulk rapidly do not increase your level of weights at this stage. Lighten the load and begin to speed up the reps. If you are borderline with your weight use lighter weights with high reps, this will help to build strength but without the bulk.

Stick to the bag work routine and introduce some mirror work. At the end of week 10 you should aim for 7 3-minute rounds with 1-minute rest period in between each round.

Karate training: At this stage you should be putting the techniques that you have been working on in real life situations. Start to simulate conditions that may occur in a fight and start drilling your techniques again. Try to make the situation as real as possible as to get the true effect of what's happening on the mat. Make sure your training partners attack you in a manner that will match the kind of techniques you will face on the day of the championships. Work on tactics, such as counter techniques and double counters etc.

Work on timing and reaction must also begin at this stage. Use different people to work with on this. And work at least 5 2-minute rounds in both stances.

Remember to work both defense and attacking techniques. Think not only of how you want to fight, but also how you think some will try to fight you. With that in mind work on the techniques that will make you a more effective fighter both in attack and defense.

The sparring should still be of an experimental nature but the intensity at which you start to fight at should now increase to about 60 to 70 percent. Fight 2 to 3-minute rounds. Also introduce competition style kumite, i.e. (compete for points)

(Note: If at all possible, between the weeks 7 and 10 you could do a couple of local tournaments, this could aid to your training. The focus here should really be to just see how you are progressing with your training, and to see if things that you want to do are coming together.)

The number of sessions per week should still be in the region of 9 to 12.

Week 9 to 10:

This period should involve the following:

Long distance runs approx. 20 to 30 minutes. Basic strength training such as push ups, Introduce long distance speed runs at least twice a week, i.e. run as hard as you can for 20 minutes (try to really push this, it also helps with your mental toughness) Sit ups, Pull-ups etc. Sprint's 30 to 50 meters, Shuttle Sprints and Hill Sprints.

Increase the ply-o-metric training to increase your explosive capabilities, and fitness. (Ask about this if you are unsure of what to do.)

Weight training: In this period we need to start lightening the load to about 30 to 40 percent of your maximum, and produce fast high reps. Make a weight training circuit switching from one station to another. Doing this will still help with your strength but will also aid in your fitness. By the end of week 10 you will stop doing weight training.

Stick to the bag work routine and mirror work. At the end of week 10 you should aim for 7 3-minute rounds with 1-minute rest period in between each round.

Karate training: Every thing at this stage is now geared towards the championships. Drills, scenarios, tactics and all repetition of techniques should be done at your maximum capabilities. The sessions should start to get a little shorter, but the intensity i.e. the effort, workload, and atmosphere surrounding your training should still be high.

Work on timing and reaction must continue at this stage. Use different people to work with on this. And work 5 2-minute rounds in both stances.

Any competition fighting done now should be at 80 to 90 percent, and you should now mostly fight for points. (This stage is very volatile and injuries can occur quite easy, so much care must be taken).

The number of sessions per week should still be in the region of 9 to 12. However the length of the sessions may become shorter. Shorter sessions but high intensity, as now we are beginning to enter *the peaking stage*.

(Note: INTENSITY: - increase the frequency with which you may execute a techniques, commitment level rises with each session, attitude and good kimaie. Push your self to improve your Karate, it may hurt sometimes, but in the end you will feel that you deserve to well, i.e. WIN.)

Gradient Level:

This level has several stages, starting from your initial preparation stage for the championships to your end preparation stage, which then leads to *the peaking stage*. The stages in the *gradient level* can be split into many different stages, and should be done by the athlete. The important thing for each athlete to remember whilst setting these different stages is that they should give

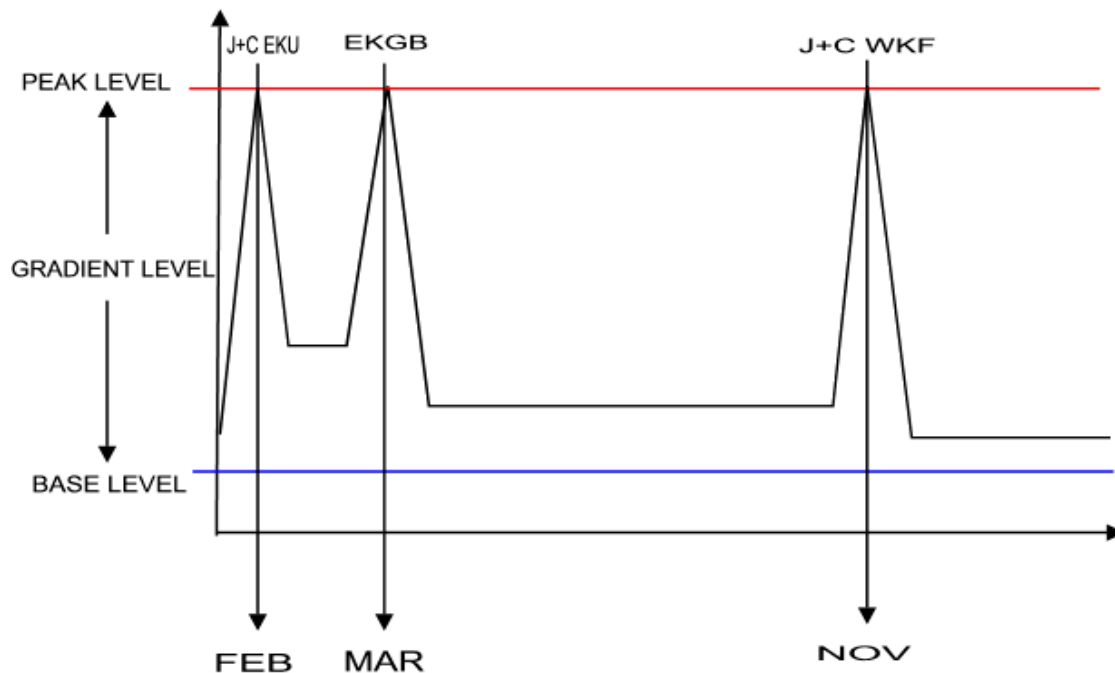
themselves goals and various fitness targets to achieve. Also as each stage is achieved, the level of training should be increased and the intensity at which each individual trains at should increase with each level.

Peaking Level:

This period may vary for some athletes, although the training session may be shorter, the intensity of the sessions now become fever pitch. Mental preparation for the event comes into play. The training at this key stage is more focused on fine tuning the work that you have done in your *gradient level*, and sharpening up the techniques and fighting skills that you have worked on. All athletes must take into account that when you are representing the country at an international event there will be a period where the squad will come together for pre training. This period should be taken into account when preparing for the championships.

(Note: - your preparation during the *gradient level* should be of such a nature that by the time the squad goes for pre training which has on average three training sessions a day, the experience should not be difficult to handle. This is not the period to work on your fitness level, or the place to begin preparing for a championship physically or mentally. This period usually lasts for about two weeks before the event.) See diagram below.

FITNESS LEVEL



Week 11 to 12:

This stage is pre training, and is usually done in another country in order to acclimatize to the conditions of where you are going to compete. These sessions will generally be supervised by the national coaches, and will solely focus on kumite training.

These sessions will be high in intensity, but will give the finishing touches to your training regime that you have undergone for the past twelve weeks. The sessions will start to get shorter and you will receive longer rest periods in order to recover for the competition. By the end of week 12 you should be ready and fit to compete to the best of your ability. From here on its all mental.

Conclusion

The above is only a guide as to the type of training that you should be doing in preparation for the forth-coming world championships. Think about your training program, think about how you would like to see your fighting progress and proceed to implement your training program. Get into a routine that you can use, and keep.

Mental preparation and weight control tends to be of a personal nature and is different for most athletes, but I will comment that these are very important factors of your training and should not be left to the pre training to think about. These are matters that should be always on your mind and taken into great consideration when training and preparing for these championships. Visualize yourself performing to your best, and see yourself winning. Throughout your training keep a check on your weight, and if you are borderline stay away from heavy weight training sessions and stick to light weights with high reps.

Finally give yourself at least 2 days within the week of complete rest from training. This will allow your body to recover and aid in the quality of your training. Train hard and eat healthy, and most importantly enjoy what you are doing.

If you have any questions regarding this training guide speak to Wayne.

This training guide was produced by

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