

Athlete Assessment -- Where are you?

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Are you an USA Karate team player or hopeful? Can I ask you a question? How do you know you are improving? Because you get the gold medal each year? Maybe your division is getting weaker. I mean, how can you know how you are doing if your sole measurement of success is what you do in competition? If you win and do not improve, you do not get any further then where you were before and this is not very helpful for your future of the future of the USA Karate team.

All right, how do we figure out if we are doing better? Of course, we assess ourselves. Assessment (a high flying word for testing) provides for measurement and evaluation. By periodic measurement you can;

- a. evaluate your training program as to its effectiveness in reaching your goals.
- b. compare with previous assessments to determine whether you have improved or gone backward;
- c. diagnose strengths and weakness and prescribe solutions accordingly; and,
- d. provide a method to predict where you want to go.

Any aspiring team member must have some means other then competition to assess performance and to assess the effectiveness of training.

There are a few basic fitness tests in common use today to test fitness. One of these is the AAPHERD Physical Best Test. It is a criterion based test with standards that should be met for basic fitness. However, it should not be assumed that if you meet the criteria, you are in shape for competitive efforts, however. The test can give you an idea of where your are and you can use it to track your improvement and to measure the effectiveness of your training methods.

The AAPHERD test includes the

- a. one mile run/walk
- b. triceps and calf skin fold measurements
- c. body mass index
- d. sit and reach
- e. pull ups
- f. curl ups

If you would like to see if you meet the minimum criteria, criteria are provided in the chart accompanying this article.

If you do not meet these criteria, you need to ask why. Are you being properly trained in the dojo, or are you not attending class enough? Do you supplement your karate training especially on off days? Do you train for strength, endurance, and cardio-vascular fitness? Find out what if anything is wrong and then take steps to improve it. I have developed a more involved Karate Performance Evaluation Test that can be used to track training improvements. This tests a number of different elements of strength - balance, agility, speed, etc. This KPET is covered at the Elite Karate Training Camps. For the serious karate competitor whom we hope meets the minimum fitness standards, assessment should provide a means over time to compare where you were with where you are at now. This comparative analysis will become a vital part of your overall training program.

PRESIDENTIAL PHYSICAL FITNESS AWARD

Qualifying Standards

Sex	Age	Curl-ups (timed one minute)	Shuttle Run (seconds)	V-sit reach or sit and reach		One-mile Run (minutes/seconds)	Pull-Ups
				(inches)	(centimeters)		
M	6	33	12.1	+3.5	31	10.15	2
M	7	36	11.5	+3.5	30	9.22	4
M	8	40	11.1	+3.0	31	8.48	5
M	9	41	10.9	+3.0	31	8.31	5
M	10	45	10.3	+4.0	30	7.57	6
M	11	47	10.0	+4.0	31	7.32	6
M	12	50	9.8	+4.0	31	7.11	7
M	13	53	9.5	+3.5	33	6.50	7
M	14	56	9.1	+4.5	36	6.26	10
M	15	57	9.0	+5.0	37	6.20	11
M	16	56	8.7	+6.0	38	6.08	11
M	17	55	8.7	+7.0	41	6.08	13
F	6	32	12.4	+5.5	32	11.20	2
F	7	34	12.1	+5.0	32	13.36	2
F	8	38	11.8	+4.5	22	10.02	2
F	9	39	11.1	+5.5	22	9.30	2
F	10	40	10.8	+6.0	22	9.19	2
F	11	42	10.5	+6.5	24	9.02	2
F	12	45	10.4	+7.0	36	8.23	2
F	13	46	10.2	+7.0	38	8.13	2
F	14	47	10.1	+8.0	40	7.59	2
F	15	48	10.0	+8.0	43	8.08	2
F	16	45	10.1	+9.0	42	8.23	1
F	17	44	10.0	+8.0	42	8.15	1

Holly: You need to include this chart with the article!