

FIRST NATIONAL TRAINING CAMP - MONTREAL

Day 1: Meeting



- reviewed focus of the camp 1) Training 2) Selection for national team
- National Team Criteria (all online has changed), main change if you're not part of team Canada you can still compete (at own cost) to try and earn points
 - o To earn points: Blue – camps, Black tournaments, Red – points (star and circle for non-national team as well)
- Mr. Seba (coach of coaches)
- 2015 Pan American Games (Canada)
- Focus on putting Kumite Athletes together as much as possible, Kata is individual
- Going to follow Own the Podium principles (money goes to athletes that perform, most points)
- Training Camps (future) with US, Central American countries
- Not all tournaments should be for peak performance (example Olympic female athlete would sometimes go to high caliber tournaments and kick with one leg)
- Key focus is Senior Worlds

Fitness Training:

- * Double foot jump (X5), *BEEP TEST *3 Jump (Start 2L, 1L,1L,2L)*vertical height jump
- *Measurements (height, weight, arm/torso length) *Medicine ball throw to pushup (on knees, feet down)
- *plank max 10 Mins

French Sparring team reaches 17 and fights at 12-14 (beep test) measurement of VO2 MAX

- focus on correlation between fitness and performance (very high)

Nutrition Section:

- focus on weight divisions/travel
- weight management, eating (before, during, after training), Food & Travel, Sleep, Stress & Mental Prep, Training = all effect performance
- Two biggest factors 1) Recovery (athletes wait too long), 2) Sleep (not enough especially when cutting or traveling)
- Body Comp
 - o Stats say for Fat Mass:
 - Female 11-12% (top) realistic 14-18%
 - Male 5-7%, realistic 9%, too low athletes drained, and tired
 - o Fat- Free Mass
 - Muscles, Bones, Organs
- What we can control
 - o Glycogen (too loose the fastest) and Water Mass
 - o Weight can vary ~2 KG / week
 - o At all times don't vary more than 2-3KG from goal weight
 - o Limit dieting or restricting 3-4 weeks before competition
 - o Goal: Lose .5KG per week (if more may compromise muscle mass)
- Losing weight: Max 1.2% per week
- Lose FAST water weight- max 4% of total body weight (at a time), day before or few hours 1.5-3Kg max or performance will be affected (up to 30%)
- Constant dieting causes metabolism to drop drastically (athletes sad and depressed)
- Skipping breakfast (NO,NO)
 - o Hungry = mad, aggression
 - o If you wait all day body is starving so you binge eat (decrease metabolism body thinks its starving) eat 3 meals a day and snack, if you an hungry eat and stop when no longer hungry***
 - o UHT (chocolate milk) good till high temp
- Tricks:
 - o Reduce extra sweets (never cut) ex. Chips, M&Ms, cookies
 - o Reduce juice intake
 - o Increase NRG expenditure, interval training
 - o Reduce amount of carbs (pasta, rice, bread)
 - o Eat more veggies & lean protein
 - o Drink coffee and tea before training
 - o Drink sport drinks during training (especially close to lunch) or late training

Food

- 24-48 Hrs before weigh in
 - o Eliminate reduce fiber (all bran, whole grain, vegetables)
 - o Eliminate reduce beans, salt (soy sauce, vegetables)
 - o Water
- Eat small snacks/ meals during day
 - o Fruit, granola bars, yogurt, coffee, boost
 - o Potatoes, white rice, white bread
 - o Protein, chicken, turkey, eggs, protein bars
 - o Almonds
 - o Weight of food matters don't look at calories

Dehydration

- Hot bath (high temp increases speed), sauna 15-20 mins 3-4X need break in between
- More than +4 kilos blood turns to honey (heart has to pump way harder)
- +5Kg (balance, electrolytes, nausea, vomiting, shivering or coma)
- After weigh in:
 - o Stomach can maximally hold 1.2 Liters, 200 ml per 15 mins is optimal = better absorption
 - o Drink Gatorade, PowerAde, eat salty foods: pretzels, plain bagel
 - o Eat meal 45 mins Max (high carb potatoes, rice, bread)
 - o Avoid high fats (dressings, cheese)
 - o Limit onion, pepper, cucumber (makes athletes burp)
 - o Drink up!

Between Fights & Travel

- Gatorade, crackers, fruit bars (thick ones, fruit source), bear paws, trail mix, cheese sticks
- Energy drinks (gist= bad)
- Vitamin Water (gist = bad, all sugar)
 - o Anything that is 'fat burner' (pills) or has ingredients 'phrine' on end could contain hidden ingredients and not healthy
- Too much protein (turns to fat)
- 3 things shown to work: protein shakes, sport drinks and creatine (need nutritionist is specific way to take)
- Travel:
 - o Take supplements 7 days before departure
 - Cold FX X2 in morning
 - Glutamine 1X g/day
 - Bring saline on plane to moisten nasal passage

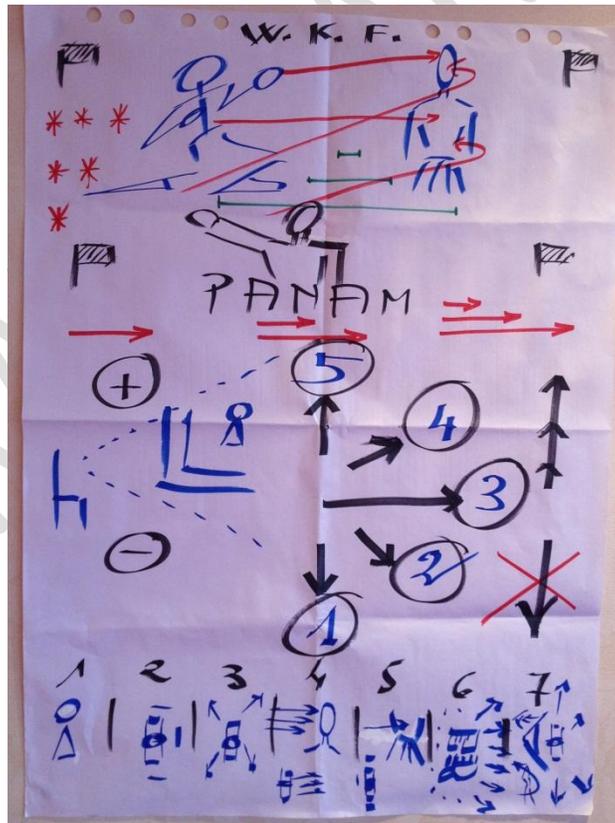
- Melatonin (to help jet leg and sleep)
- Wash your hands!
- Wear scarf in airport and plane to keep airways moist and bacteria out
- Ginger gravel (way better than Peptol) if you feel like throwing up at any time)
- Bring snacks on planes (fruit bars,)
- Wear compression socks (especially foot to ankle) to avoid swelling, should be knee high

Kata Training:

- Use of Dart Mouth to pin point actions on screen and practice techniques (highly individual)
- need to do under pressure, with people watching and referees giving as much feedback as possible

Kumite Training:

Focus on scoring Techniques:



- Ones we know, new rules need to find the referee, give them what they want to see
 - o Must score for the ref 1 or 2nd time otherwise they mentally see you as not good
- Coaches give positive and negative feedback, do what works cut what doesn't score
 - o Top teams Venezuela, Brazil, Mexico, USA (need to see what they do and use tactics against it)
 - o Evaluation based on:
 - 1) Athlete Criteria
 - 2) VS static opponent
 - 3) Opp. May move in any direction
 - 4) Aggressive opp. With multiple face attack
 - 5) Opp. Waits for you to attack then you counter to the body (you do 2 attacks)
 - 6) Dynamic opp, punching kicking moving a lot
 - 7) moving, everywhere, all directions, winning 4:0 doesn't want to spar with you anymore
- Don't score when situation is not favorable for you, get out
- Evaluated by 3*, ***= possibility to win 1st place, ** can place but not in finals (semifinal), * = may win 1-3 matches not win 0*=not on the team
- Be your own best friend, believe in your technique, don't waste energy and effort
- Keep value in draw, wait till final seconds if opponent is better than you
- **throw first then step
- Refs: what makes it hard for ref's to score
 - o 1) Technique not good form (shoulders raising, basis for everything) looks to light rather than good and grounded (most refs come from traditional background, want to see you grounded)
 - o 2) Don't recoil, recovery (speed you take back the punch more important)
 - o 3) After scoring keep the spirit after point
 - o 4) have to support technique with footwork
 - o 5) Have to move forward and back not up and down
 - o 6) Control the distance
 - o 7) Continuity (always attack with point and follow up points)
- Refs won't stop you at first point, need to have combo with scoring points on 2nd, 3rd point

Day 2

Athletes Meeting:

- Reviewed and approved selection criteria
- Some athletes having trouble with the interregional training (can't commit)
- Problems with coaching (different ones and kata)
- New interest in University worlds (better than worlds) and K1 tournaments

Training:

- Test Matches to stimulate tournament setting (10:00-1:30pm)
- One round sparring, kata in between with international judges
- Focus on letting judges see the technique not the referees, for national team focus on tactics and preparing technique (not two fighters exchanging blows), want fighters to be at 50% and go to 90% and back down, can't be 75% all the time

Afternoon:

- One of the most important things is tournament warm up (if you don't warm up right, you can compete to win)
- Number one principle during warm up is enjoy what you're doing (moving body and mind, be happy satisfied with what you do)
- No negative emotions or pressure from environment (family, friends, coaches)
- Listen to your heart, put personality on the mat
- For countries with not a lot of experience coaches should hold a pre-tournament with 2-3 matches day before (to calm nerves)
- 5 situations to practice in sparring with refs:
 - o 1) one person attack, one counter
 - o 2) one attack, one avoids (defense only)
 - o 3) dynamic opponent (move lots do take downs, punching, kicking)
 - o 4) Be the first person to score
 - o 5) down two points and need to equal it or get more points to win

Video Analysis:

- Mr. Seba conducted seminar, watch the videos and use your experience and tools to see what works and what doesn't work
- Tools:
 - o 1) Are they acknowledging the rules
 - o 2) What are the scoring techniques?
 - o 3) Defensive tech. (mine and opponents, successful and unsuccessful)

- 4) Distance (where do I feel comfortable, where does opp. Feel uncomfortable)
- 5) Tactic (counter, anticipation, scoring, or neutralizing opp.)
- 6) Rhythm of the match (beginning, middle, end)
- 7) Tactics used when match is: winning, losing, draw
- 8) Who is controlling match (middle, corner, their area)
- 9) Communication (between all three: athlete, coach, referees)
- 10) Control over opponent
- 11) Control the technique (contact)
- 12) who has endurance (remains strong in difficult times of match, control your pain and suffering during match)
- When we fight we can't think of all the factors but it may come down to one or two, can use your own tools
- First two fights coaches analyzes then athletes with coaches supervise (ask questions, why did Mexico lose when they had the lead?)
- Example: Jap vs Mexico on Monster Bouts
 - Jap. Wanted Mex. To stop and couldn't focus technique, Mexico. Wanted to move around she did two attacks relax and scored with a kasami, jap. Scored on Mexico's 'silly' moments (when she was thinking what to do next)
- To do best video analyses. Need the whole match with judges and points showing, for worlds put up 5 cameras, film every match get 60-70hrs and watch every match
- Spain was last in worlds after Second World War, using vid. Ana. Earned 11 medals to be tied with Japanese (they didn't copy their mistakes like other countries)
- Need to see what works: successful scoring techniques, things opp. Can't block, what scored (punch, kick, take down), level (jodan, chudan, gedan), on direct or multiple technique, beginning, middle or end of match, left or right side using to strike, counter or non-counter, preparatory or not
- We need a more scientific approach to competing,
- EX- Spain vs hungry in team kumite
 - Hungry always kept same order from (weakest to strongest fighter)
 - Spain asked his fighters would be most comfortable fighting each fighter in order to be 100% confident, result = Spain won

Kata:

-Continued with video analysis

Kumite:

- We warmed up started with partner drills
 - 1) Line work one attacked, one defended (attack only 50%, def. 80%)
 - 2) A: attack, D: provoke attack then defend with one ippon

- 3)A: attack: D: provoke, counter and move to the side (don't stop close must be far away in safe area)
- 4)A then D then A then D = continuity (any direction)
- 5) provoke and block jodan and gyako tsuki (1) or (2) gyako tsuki (for point) block jodan
- 6) line work anything you want to do
- Cool down and Cheer

Recovery Work shop:

- Athletes don't care of themselves well, don't rest and result is unnecessary injuries, remember we need down time and they are other sports than karate, sometimes we need to do something different
- What we need to work on is flexibility, we can't expect to have a full range of motion if we aren't flexible very important in karate
- Don't rely on tapping
- Ice any injury that just occurred to decrease swelling (pain, immobility, can't sleep because of pain = ice)
- Heat to make you relax, or if you are stiff and sore
- Ice 4 stages: 1)Painful 2)Burning 3)Tingling 4) Numbness (4mins)
- Resting:
 - Stretch and make sure you distinguish between over training and burnout
 - If you don't rest= injury
 - After extraneous workout like this weekend body needs 48 hrs of rest
- Stretching: warm ballistic (increase heart rate), mimic movements you do in comp. or training 3-4X 20-90 secs each (static after training) good time 30 secs
- Use heart rate to determine how hard you can push yourself resting (count for 15sec x 4=64), max 191

Afternoon Activities: Coach one on one feedback and debrief & team selection

Other:

- Quebec school program
- Athletes representative
- for me: practices defending attacks coming from the side, coaches said I had good spirit and I'm a good pusher to push the pace, need to make technique cleaner (sharper), and foot work both feet at one time, practice medicine ball throws and training with partner on blocking gyako tsuki
- me reaction time, foot work
- Cool down very important, athletes should do it, and new cheer

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