

Hong Kong Karate do

William Thomas
Head coach

2018 elite programme outline

Group 1 - Qualifying athletes

- Top 50 WKF General Ranking (phase 3 entry top 100)
- WKF K1 Premier League events
- Eligibility for Olympic qualification

NSA Selection

- AKF Championships
- Asian Games
- WKF World Championships



2018 elite programme outline

Group 2

- Athletes outside top 50 WKF general ranking
- WKF K1 Series 'A' events

NSA Selection

- EAKF Championships
- AKF Championships
- WKF World Championships

Changes in WKF Ranking position

- Athletes than gain the necessary ranking points from series 'A' events that place them in the top 50 will progress to group 1
- Athletes losing the top 50 status will switch to the group 2 programme

Elite C, senior & Part-time athletes

- WKF K1 Series A (authorised by head coach)
- International open competitions

NSA Selection

- China Series / Championships
- AKF Championships
- Asian Games
- WKF World Championships

Youth Programme 2018

Events

- National Championships
- EAKF Championships
- AKF Championships
- World Youth cup competition and training camp
- World youth league
- Youth Olympics

Talent ID & Development

- Continued monitoring
- Functional movement and core development
- A varied, enjoyable, challenging learning environment through elite coaching
- Talent identification from within sponsored athletes for individual and team Kata and Kumite.



Athlete centred performance model

- Athlete Centred Coaching is a coaching philosophy underpinned by a set of values and coaching behaviours
- The primary goal of the coach is to help their athletes take responsibility of their sporting behaviours that create their results



Why

Simply

This coaching philosophy
creates more consistent
and higher performing
athletes.





Training programmes

- Programmes will be based on the individuals targets.
- Strength & Conditioning will be periodised
- Psychology will be on a needs led basis
- Nutrition 'Biochem' testing needs led
- Sports science initiatives adhered to

Coaching staff

- 2018 should see a full complement of coaches



Confirmation

The HKSI and the NSA have regular working group meetings to discuss the progress and planning of the Hong Kong karate programme.

- Monitor the progress of individual programmes
- Guest coaches and training partners
- International training opportunities
- Development of potential talent

Testing week

- Athletes will be test periodically for performance and results
- Karate skills sessions/competitions
- Strength and conditioning
- Psychology
- Sports Science
- Nutritional intake monitoring

Performance monitoring

- HKSI experienced support staff plan, monitor and review athlete progress towards their targets
- Psychology
- Nutritional support
- S & C
- Sport Science
- Skills
- It's the athlete that has to execute!

Summary

- Adopt an athlete centered approach
- Increased provision
- Greater opportunities to access elite coaching
- Individualized training goals and training programmes
- Development of those who show the potential to be gifted and talented.

Questions and Answers

- Thank you for listening