

Hong Kong Kendo Team Training & Selection Proposal of 18 WKC

Date: April, 2021

Venue: Paris

Training Plan

- Phase I (Jan, 19 to Sept, 19)– Develop on basic kendo skills and physical strength
 - Aim to demonstrate the correct and Ippon of every single hit
 - Develop high spirit in training.
 - Develop good footwork and Same
 - Train up the physical strength of the player to accommodate the WKC level. E.g. Speed, Power, Coordination, Reaction time, Agility
- Phase II (Oct, 19 – Jun, 20) – Continue on physical strength and develop the advance Kendo skills.
 - Continue the aims of Phase I but focus on Plenty of Kakari - Geiko
 - Master the advance kendo Skills to get ippon in shiai
 - Hiki-Waza
 - Debana-waza
 - Renzoku-waza
 - Oji-waza
 - Nuki-waza
 - Suriage-waza
 - Kaeshi-waza
- Phase III (Jul, 20 – WKC) – Continue on advance kendo skill and focus on the competition skills.
 - Focus on the Shiai practice
 - Continue to polish the player’s special – Waza
 - Develop the strategy of shiai

- Timing of the hit under different situation

Selection tests of WKC

- Phase I – Sept of 2019

Selection Criteria	Weight	Requirement		
Technical	15%	Men x 2 (Forward & Backward)		
		Kote x 2 (Forward & Backward)		
		Do x 2 (Forward & Backward)		
		Tsuki x 1		
		(Each hit can get Perfect IPPON will count 1 point)		
		1 min Kote-Men-Do (3 points max)		
		Men	<=50set, F(0) 51 – 54 set, C(1) 55 – 57 set, B(2) >=58 set, A(3)	
		Ladies	<=45 set, F(0) 46 – 49 set, C(1) 50 – 52 set, B(2) >=53 set, A(3)	
Attendance	30%	According to the attendance % of Squad Training (Tue + Sun) Below 50 = 0 50 – 59 = 60 60 – 69 = 70 70 -79 = 80 80 – 89 = 90 91 – 100 = 100		
Physical	50% (each test)	1600M	Men	>=8min 21s F(0) 7'41" – 8'20" E(20) 7'21" – 7'40" D(40) 7'01" – 7'20" C(60) 6'31" – 7'00" B(80)

carry 10%)			<=6'30" A(100)
		Ladies	>= 10min 41s F(0) 9'51" – 10'40" E(20) 9'11" – 9'50" D(40) 8'46" – 9'10" C(60) 8'16" – 8'45" B(80) <=8'15" A(100)
	1 min sit up	Men	<=34 F(0) 35-40 E(20) 41-44 D(40) 45-48 C(60) 49-53 B(80) >=54 A(100)
		Ladies	<=25 F(0) 26-36 E(20) 37-40 D(40) 41-44 C(60) 45-49 B(80) >=50 A(100)
	4 x 10M shuttle run	Men	>=10" 91, F(0) 10"81-10"90 E(20) 10"71 -10"80 D(40) 10"61 - 10"70 C(60) 10"51-10"60 B(80) <=10"50 A(100)
		Ladies	>=12"28 F(0) 12"18-12"27 E(20) 12"08 - 12"17 D(40) 11"98 - 12"07 C(60) 11"88 -11"97 B(80) <=11"87 A(100)
	1 min push- up	Men	<=7 F(0) 8-12 E(20) 13 – 24 D(40) 25-33 C(60) 34-41 B(80) >=41 A(100)
		Ladies	1-4 F(0) 5-9 E(20) 10-21 D(40) 22-30 C(60) 31 – 37 B(80) >=38 A(100)
	1 min 10M Men -Hiki- waza run	Men	<=10 rounds, F(0) 11 Rounds, E(20) 12 Rounds, D(40) 13 Rounds, C(60) 14 Rounds, B(80) 15 Rounds, A(100)
		Ladies	<=8 rounds, F(0) 9 Rounds, E(20)

				10 Rounds, D(40) 11 Rounds, C(60) 12 Rounds, B(80) 13 Rounds, A(100)
Events	5%	Participate in Local or Oversea Event at least once in the period		
Overall	100%	Overall <50% = Fail and cannot enter the phase II selection.		

- Phase II – Jun of 2020
 - TBC
- Phase III – Dec of 2020
 - TBC