



Karate-Specific Strength & Conditioning Program Junior Kata

**THIS WORKOUT PROGRAM WAS DESIGNED FOR:
KARATE CANADA**

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Karate-Specific Strength & Conditioning Program

Junior Kata Athletes

Program Instructions

- This workout program has been specifically designed for Karate Canada and their **junior** athletes competing in **kata** (**this program**) and/or kumite (separate program).
- Below is a workout plan specifically designed for junior kata athletes who are classified as **beginner** weight trainers (0-1 years' experience working out in the gym) and **intermediate** (1-2 years)/**advanced** (2+ years)
- Choose your workout and perform 1-2x per week (in season) or 2-3x per week (preseason/offseason)
- When possible, perform these workouts earlier in the day **BEFORE** your karate training, or on separate days
- The first page of every workout is the exercises you should be performing.
The second page is a visual representation of the exercises. Refer to both when performing workout.
- If the "resistance" is too easy for you, or you advance past the given range for an exercise, increase weight performed by 5-10% until the appropriate **set and rep** range is reached (or near failure)
- The **rest** period indicates how much time there should be before starting the next exercise
"---" indicates either no rest (i.e. superset with the next following exercise), or rest as required
- **Make sure to begin each workout with a structured warm-up (see below)**
- If you have any questions regarding this program or would like to inquire about personalized karate-specific strength & conditioning programs, please email KalanAnglos@Gmail.com

Structured Warm-Up

Each workout begins with a warmup following the **IMAP** protocols:

- ✓ **I**ncrease
- ✓ **M**obilize
- ✓ **A**ctivate
- ✓ **P**otentiate

Increase: progressively increase heart rate by getting more intense and finishing with athlete beginning to sweat/increased heart rate & ventilation

Mobilize: Mobilizing the joints to ensure injury prevention. This is done by using movements such as controlled articular rotations (CARS) of joints, leg/arm swings, thoracic (torso) rotations & extensions etc.

Activate: Engaging the appropriate muscles to ensure optimal performance and injury prevention (common muscles to activate are the glutes for the lower body, and the muscles surrounding the scapula and shoulders/upper back for upper body)

Potentiate: A fancy way to say increase power potential. Often involves regular strength exercises at low intensity (body weight) or done faster (jumping, throwing etc.)



Instructions

- Complete each Category of this entire workout in order, one set at a time
- Follow the **set**, **rep**, and **rest** range, completing one set at a time for each exercise
- You can complete ALL sets in each category first (A1, A2, A3, A1, A2, A3, B1, B2, B1 etc.), or perform all categories together in order for a circuit-style training (A1, A2, A3, B1, B2, C1, C2, repeat)
- Refer to the pictures on the following page if you are unfamiliar with an exercise or need a reminder

Warm up

- ✓ **Increase:** Heart rate for 5-10 minutes, progressively increasing intensity
- ✓ **Mobilize:** Upper body (thoracic spine, shoulders, and torso rotations)
Lower body (hips/ankles)
- ✓ **Activate:** Banded crab walks (2 sets of 10-20 reps) to activate glutes
- ✓ **Potentiate:** 10x Body squats. 10x Jump Squats

Category A: Lower Body Strength

	Exercise	Resistance	Sets	Reps	Rest	Cues
A1	Sumo Deadlifts (kettlebell or dumbbell)	65-75% 1RM (20-50 lbs)	2	10-15	15sec	- Hips sit back - core tight - Drive thru legs
A2	Goblet Squats	65-75% 1RM (20-40 lbs)	2	10-15	15sec	- Sit hips back - Core braced - Control mvmt
A3	Walking Lunges	65-75% 1RM 10-25 lbs (each hand)	2	10-15	30sec	- Slight lean forward - Short stride - Front leg drives

Category B: Upper Body Strength

	Exercise	Resistance	Sets	Reps	Rest	Cues
B1	Push-ups	Bodyweight	2	Max	---	- full range - core tight
B2	bent-over Rows	65-75% 1RM (10-25 lbs)	2	10-15 ea. side	30s	- Pull from scapula's - squeeze together

Category C: Core & Rotational Explosiveness

	Exercise	resistance	Sets	Reps	Rest	Cues
C1	Deadbugs	Bodyweight	2	10-15 Each side	15s	-Lower spine stabilizes - engage core
C2	Bicycle Crunches	Bodyweight	2	10-15 Each side	30s	-Feet Elevated - Core engaged



A1 – Sumo Deadlifts



2 X 15 (sets x reps)

A2 – Goblet Squats



2 X 15

A3 – Walking Lunges



2 X 15

B1 – Pushups



2 X max

B2 – Bent Over rows



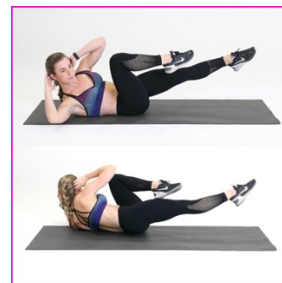
3 X 15

C1 –Deadbugs



2 X 10-15

C2 – Bicycle Crunch



2 X 10-15



Intermediate/Advanced Level

Instructions

- Complete each Category of this entire workout in order, one set at a time
- Follow the **set**, **rep**, and **rest** range, completing one set at a time for each exercise
- **For Category A** (Lower Body) complete **ALL** sets of each individual exercise before continuing to the next (i.e. complete all sets of A1, then all sets of A2, all A3, then continue to category B/C)
- Refer to the pictures on the following page if you are unfamiliar with an exercise or need a reminder

Warm up

- ✓ **Increase:** Heart rate for 5-10 minutes, progressively increasing intensity
- ✓ **Mobilize:** Upper body (thoracic spine, shoulders, and torso rotations)
Lower body (hips/ankles)
- ✓ **Activate:** Banded crab walks (2 sets of 10-20 reps) to activate glutes
- ✓ **Potentiate:** 10x Body squats. 10x Jump Squats

Category A: Lower Body Strength

	Exercise	Resistance	Sets	Reps	Rest	Focus on
A1	Dumbbell/Barbell Clean & Jerks	85-95% 1RM	2-4	3-5	1:00 - 2:00	- Emphasize proper technique
A2	Barbell Sumo Deadlifts	70-85% 1RM	2-4	6-10	1:00 - 2:00	- Toes out (similar to shiko dachi)
A3	Rear-Foot Elevated Split Squats (Bulgarians)	70-85% 1RM (20-50 lbs dumbbells)	2-4	6-10 each leg	:30 - 1:30	- Short, stable stance - slight lean frwr

Category B: Upper Body Strength

	Exercise	Resistance	Sets	Reps	Rest	Focus on
B1	Bench Press	70-85% 1RM	2-3	6-10	30s	- shoulders "set" - Leg drive - Chest stays up
B2	Single-Arm Cable or bent-over Row	60-75% 1RM	2-3	10-15 Each side	30s	- Pull from scapula - Squeeze scapulas together

Category C: Core & Rotational Explosiveness

	Exercise	Resistance	Sets	Reps	Rest	Focus on
C1	Rotational Ball Tosses	10-20 lbs Medicine ball	2	12 Each side	30s	- Coil & uncoil torso - Rotate & throw hard
C2	Cable/Band Woodchops	60-75% 1RM	2	12 Each side	30s	- Pull from obliques - Constant tension



A1 – Barbell Clean & Jerk (advanced)

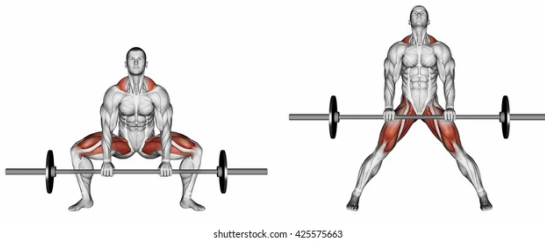
OR

A1 – Dumbbell Clean & Jerk (intermediate)



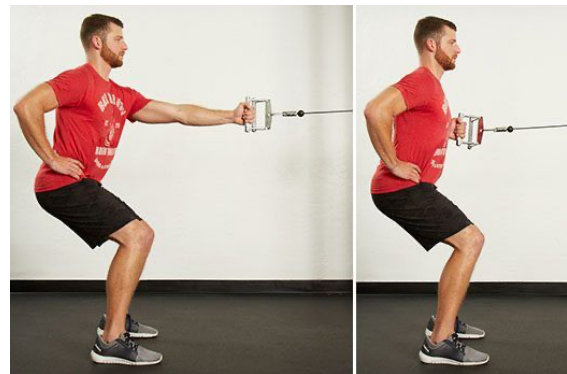
A2 – Barbell Sumo Deadlifts

A3 – Split Squats



B1 – Bench Press

B2 – Cable/Bent Over rows



C1 –Med. Ball Tosses

C2 – Cable/band Woodchops

