



# Karate-Specific Strength & Conditioning Program Junior Kumite

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

BY: KALAN ANGLOS, Msc., cscs

Copyright © 2022, All Rights Reserved. No parts of this publication may be produced or transmitted in any form without prior written permission of Kalan Anglos



## Karate-Specific Strength & Conditioning Program

### Junior Kumite Athletes

#### Program Instructions

- This workout program has been specifically designed for Karate Canada and their **junior** athletes competing in kata (separate program) and/or **kumite** ([this 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](mailto: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
A2	Goblet Squats	65-75% 1RM (20-40 lbs)	2	10-15	10sec	- Sit hips back - Core braced - Control mvmt
A2	Squat Jumps	Body weight	2	10-15	30sec	- Proper squat - Drive up hard - absorb & bounce
A3	Walking Lunges	10-25 lbs (each hand)	2	15	30sec	- Slight lean forward - Short stride - Front leg drives

### Category B: Full Body Power/Explosiveness

	Exercise	Resistance	Sets	Reps	Rest	Cues
B1	Dumbbell Chest Press	Bodyweight	2	Max	---	- full range - core tight
B2	Dumbbell Push-Press	10-20 lbs	2	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 – Goblet Squats**



**A2 – Squat Jumps**



**A3 – Walking Lunges**



**B1 – Dumbbell Chest Press**



**B2 – Dumbbell Push-Press**



**C1 – Deadbugs**



**C2 – Bicycle Crunch**





## 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, then 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: Full Body Power/explosiveness

	Exercise	Resistance	Sets	Reps	Rest	Cues
A1	Dumbbell/Barbell Clean & Jerks	85-95% 1RM	2-4	3-5	1:00 - 2:00	- Emphasize proper technique

### Category B: Lower Body Strength

	Exercise	Resistance	Sets	Reps	Rest	Cues
B1	Barbell Squats	70-85% 1RM	2-4	6-10	1:00 - 2:00	- Brace core - Low & control - Drive up hard
B2	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 frwrd

### Category C: Full Body Power/Explosiveness

	Exercise	Resistance	Sets	Reps	Rest	Cues
C1	Bench Press	70-85% 1Rm	2-3	6-10	30s	- shoulders "set" - Leg drive - Chest stays up
C2	Landmine Push-Press	60-75% 1RM	2-3	10 Each side	30s	- Back leg drives - Transfer force to arms hard

### Category D: Core & Rotational Explosiveness

	Exercise	Resistance	Sets	Reps	Rest	Cues
D1	Rotational Ball Tosses	10-20 lbs Medicine ball	2	12 Each side	30s	- Coil & uncoil torso - Rotate & throw hard



**A1 – Barbell Clean & Jerk (advanced)**

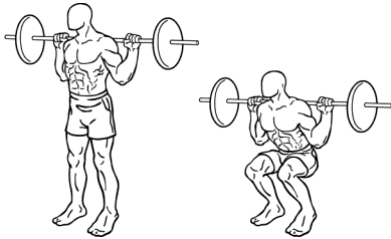
**OR**

**A1 – Dumbbell Clean & Jerk (intermediate)**



**B1 – Barbell Squats**

**B2 – Rear Foot Elevated Split Squat**



**C1 – Bench Press**

**C2 – Landmine Push Press**



**D1 –Med. Ball Tosses**



If no wall, use partner