



NETAJI SUBHAS REGIONAL CENTRE,
Sarojini Nagar, Kanpur Road, Lucknow. 226008

SAI/NSRC/NCOE/Selection Trials/2022-23

04.03.2022

SAI NCOE Open Selection Trials for Talent identification of Men and Women Taekwondo Athletes-Kyorugi

SAI NCOE Lucknow is conducting selection trials for **Men and Women Taekwondo Athletes-Kyorugi** on 10th and 11th March at SAI, Netaji Subhash Regional Centre, Kanpur Road, Sarojini Nagar, Lucknow, Uttar Pradesh — 226008. The various facilities of NCOE are: Boarding As per actual s recommended by Nutrition Expert, Good quality Lodging facilities, World Class Coaching by Expert Panel of Coaches , Sports Kit, World Class Training Infrastructure & amp; Competition Exposure and Educational Expenditure assistance, Free Medical facilities, individualized planned nutrition, latest scientific support by exercise physiologist, strength and conditioning experts, physiotherapist, masseurs etc.

Important Information —

- **Negative RT PCR Report is mandatory (not older than 72 hours)**
- **Reporting time is on 10/03/2022 at 8:00 A.M, Venue:**
- **Venue: SAI Netaji Subhas Regional Centre, Sarojini Nagar, Kanpur Road, Lucknow,U.P. 226008**
- **Boarding and Lodging shall not be provided for the participants of selection trials.**

List of Enclosures for ready reference.

1. Selection Criteria and Documents required to be brought by the applicants at the time of reporting for trials. - **Annexure-I**
2. Facilities to be provided in NCOE's to finally selected Athletes.- **Annexure-II**
3. Test protocols:- **Annexure-III**

For more details, please contact- Sh Deepak Pant, Coach Tkd - 9614247747 or Smt. Sandhya Bharti- Coach Tkd- 8281555591 or visit our website –

<https://www.sailucknow.in> and <https://www.sportsauthorityofindia.nic.in>

Executive Director
SAI, NSRC Lucknow

ANNEXURE I

SELECTION CRITERIA

Age Criteria	Sports Performance Criteria (between 2018 to 2022)
<ul style="list-style-type: none">• Age should not be less than 12 Years as on 1st January 2022.(as competition for cadet category is upto the 14 years)• However, irrespective of age criteria, Athletes of exceptional potential may be considered for induction based on recommendations of Committee members.	<ol style="list-style-type: none">1. Represented India in recognized championships.2. Medal winner in Senior, Junior and/or Cadet in National Taekwondo championship.3. Medal winner in Senior, Junior and/or Cadet in Federation Cup.4. Medal winner in SGFI and All India University (AIU).5. Gold or Silver medal winner in State Championship.

Documents Required

SL.NO	Documents to be produced at the time of selection trials. (In original & self-attested photo copies)
1	Date of Birth Certificate
2	Aadhar Card
3	Sports Achievement Certificates
4	Educational Qualification Certificate
5	Passport Size Photographs (4Nos)
6.	Negative RT PCR Report (max. 72 hours before)

ANNEXURE-II

Facilities to be Provided in NCOEs

Boarding	As per actual recommended by Nutrition Expert @ Rs. 1,20,000/year	Additional facilities
Lodging	Rs. 10,000/-	World Class Coaching by Expert Panel of Coaches
Sports Kit	Rs. 20,000/-	World Class Training Infrastructure & Equipment's
Competition Exposure	Rs. 50,000/-	Individually Planned Nutrition
Education Expenditure	Rs. 10,000/-	Latest Scientific support by Exercise Physiologist, Strength & Conditioning Experts, Physiotherapist, Masseurs
Miscellaneous	Rs. 5,000/-	Free Medical facilities, Insurance Cover etc.

Note:

- In addition to the mentioned performance criteria, it may be noted that, above criteria is for appearing in **Selection Trials Only**. The final selection will be made on the basis of **Overall Merit, Availability of Seats and Age Verification Tests as per SAI guidelines**.

ANNEXURE-III

TEST PROTOCOLS

1. Anthropometric Tests

- a) Standing Height
- b) Body Weight
- c) Sitting Height
- d) Arm Span
- e) Leg Length
- f) Arm Length
- g) Waist-to-hip ratio

2. Motor Ability Test

- a) 30 m Sprint Test
- b) T Test (Agility)
- c) Vertical Jump or Counter Movement Jump (Explosive Strength)
- d) Sit-Ups (Measure abdominal muscle endurance)
- e) Sit and Reach Test
- f) Beep Test (Aerobic Test)
- g) Plank

3. Sports Specific Test

- a) Standing Kicking Balance Test
- b) 20 sec continuous Kicking
- c) Kyorugi (Sparring / competitive bout)
- d) Hexagonal Obstacle Test

B] Detailed Guidelines for Tests.

Test No. 1 - Anthropometric Tests: - To be measured by Anthropometric Expert

- | | |
|-----------------------|----------------|
| a) Standing Height | in centimetres |
| b) Body Weight | in Kgs |
| c) Sitting Height | in centimetres |
| d) Arm Span | in centimetres |
| e) Leg Length | in centimetres |
| f) Arm Length | in centimetres |
| g) Waist-to-hip ratio | in centimetres |

Aim /Purpose: To assess the game suitability of the athlete for excellence in Taekwondo.

Equipment/ Facilities: Anthropometric Height Measurement Scale, Electronic Weighing Machine.

Test No. 2 - Motor Ability Test: -

2.1). 30 Meter Sprint Test fig-01

Aim /Purpose: To measure the maximum speed.

Equipment/ Facilities: Measuring tape or marked track, Stopwatch or Timing Gates, Cone Markers, flat and clear surface of at least 80 meters [preferably synthetic tack).

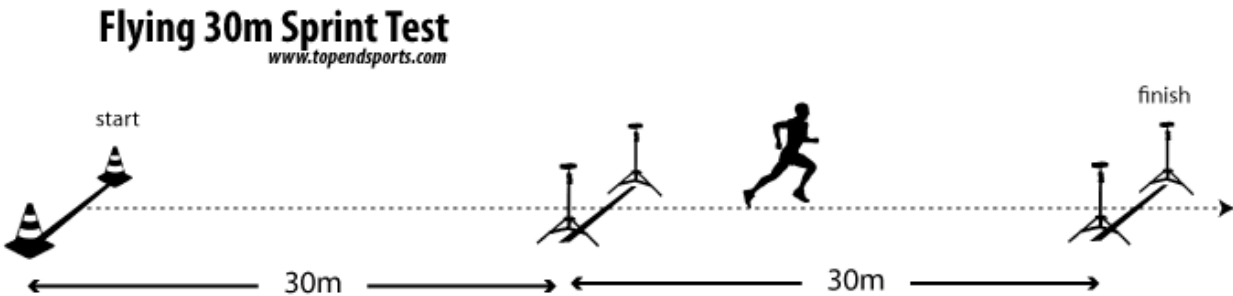


Fig.1. 30m Run (Flying Start)

Procedure: Set up cones at 0, 30m and 60m along a straight line, and timing gates if available at 30m and 60m. The test involves a 30m acceleration area to enable the runner to get up to their maximum speed, then maximal sprinting over 30 meters. The tester should provide hints for maximizing speed (such as keeping low, driving hard with the arms and legs) and encourage them to continue running with maximum effort past the finish line. The athlete stands behind the line and Athletes are not permitted to run with spikes. **Results:** Two trials are allowed, and the best time is recorded to the nearest two decimal places.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<4	4.0 - 4.2	4.3 - 4.4	4.5 - 4.6	>4.6
Female	<4.5	4.5 - 4.6	4.7 - 4.8	4.9 - 5.0	>5.0

(Ref: able adapted from Davis et al. (2000).

DAVIS, B. et al. (2000) *Physical Education and the study of sport*. 4th ed. London: Harcourt Publishers.

References by- <https://www.brianmac.co.uk/t Drill.htm>)

2.2). T Test(Fig.2)

Purpose: The T-Test is a test of agility for athletes, and includes forward, lateral, and backwards running.

Equipment required: Measuring Tape, Marking Cones, Stopwatch,

Pre-test: Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender, test conditions. Measure and mark out test area. Perform an appropriate warm-up. See more [details of pre-test procedures](#).

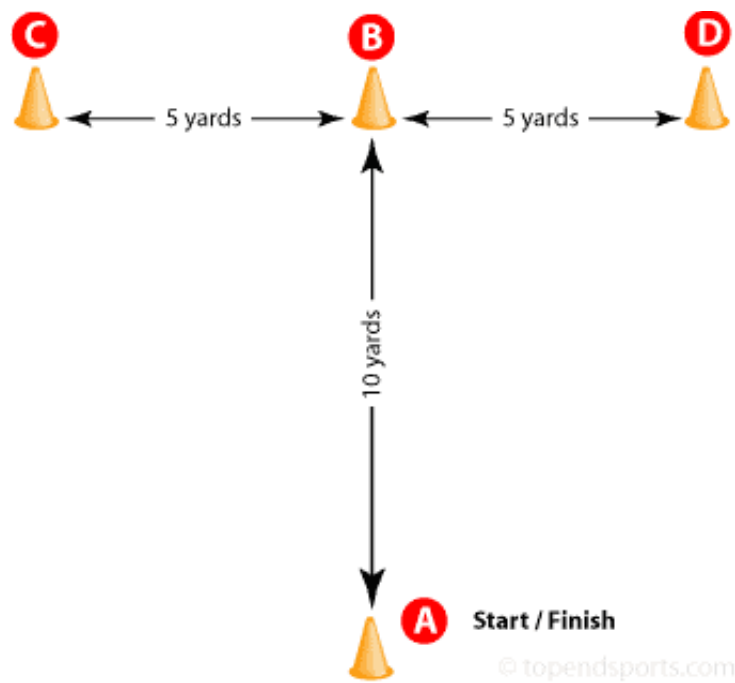


Fig.2 T Test.

Test setup: Set out four cones as illustrated in the diagram above (5 yards = 4.57 m, 10 yards = 9.14 m).

Procedure: The subject starts at cone A. On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then turn left and shuffle sideways to cone C, and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

Scoring: The trial will not be counted if the subject crosses one foot in front of the other while shuffling, fails to touch the base of the cones, or fails to face forward throughout the test. Take the best time of three successful trials to the nearest 0.1 seconds. The table below shows some scores for adult team sport athletes.

Excellent	Above Average	Average	Below Average	Poor
<10.01 secs	10.01 - 10.13 secs	10.13 - 10.37 secs	10.37 - 10.67 secs	>10.67 secs

(Ref: The following table, adapted from Hoffman(1961)^[1], is for high school athletes. References by- <https://www.brianmac.co.uk/t Drill.htm>)

2.3). Vertical Jump Test (Fig.3)

Aim Purpose: To measure the explosive power of lower limbs (legs)

Equipment/Facilities required: Measuring Tape, Bench, Chair, Chalk Powder and Duster.

Marking: A vertical wall is prominently marked in centimeters up to 3.50 meters

Procedure: The athletes dip their fingers in chalk powder and stand side-wise against the wall, keeping the arm raised completely above the head and clap the extended hand marked with chalk on finger straight. The athlete jumps as high up as possible and touch the wall. The reading shall be noted by keeping eyes in level with the chalk mark on the progressed marking. Three attempts are permitted.

Scoring: The standing reach is subtracted from the jumping reach. The score shall be best of three jumps.

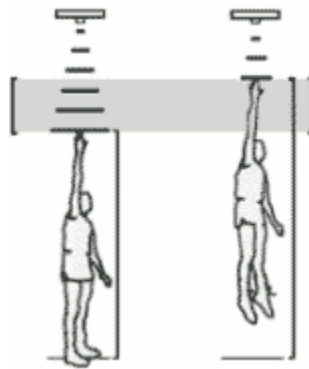


Fig. 3: Vertical Jump Test

Gender	Excellent	Above average	Average	Below average	Poor
Male	>65cm	50 - 65cm	40 - 49cm	30 - 39cm	<30cm
Female	>58cm	47 - 58cm	36 - 46cm	26 - 35cm	<26cm

The following are national norms for 16 to 19-year-olds(Davis2000)

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>70cm	56 - 70cm	41 - 55cm	31 - 40cm	<30cm
Female	>60cm	46 - 60cm	31 - 45cm	21 - 30cm	<20cm

The following table is for adult athletes (20+) (Arkinstall 2010)

2.4). Sit ups (pike position) Fig. 4:



Purpose: To measure explosive Abdominal Strength

Equipment / Facilities Required: Floor/ Ground, Stop Watch

Procedure of Conducting the Test: The athlete assumes back lying position on the mat keeping her arms over the head. On the command "GO" he/she energetically lifts the legs and upper body and touches his/her feet with the hands. This is called sit ups in "V" position. He/she performs maximum sit ups

in piked position in 60 seconds. The time keeper starts taking time on the command "GO" and stops the watch at 60 seconds.

Scoring. Maximum number of Sit Ups performed in 60 seconds will be his/her score.

2.5). Sit and Reach Test- Fig.5

Equipment required: Ruler Box

Test procedure: This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands-on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice reaches, the subject reaches out and holds that position for at least one-two seconds while the distance is recorded. Make sure there are no jerky movements.

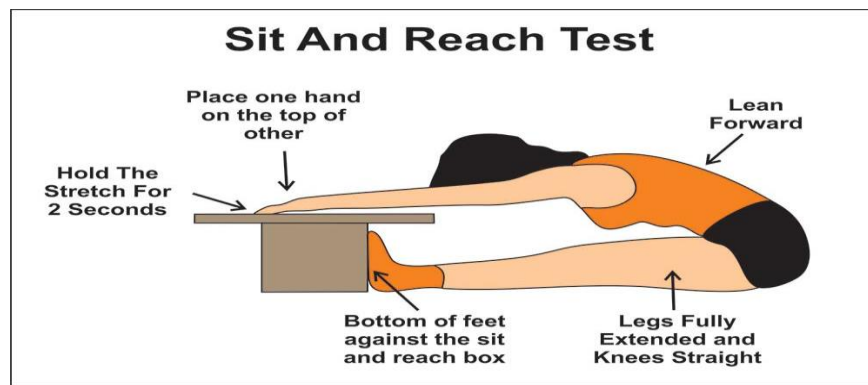


Fig.5- Sit and reach test

The following table is for 16 to 19-year-olds (Davis et al. 2000, p. 126)

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	<4
Female	>15	15.0 - 12.0	11.9 - 7.0	6.9 - 4.0	<4

(Ref- <https://www.brianmac.co.uk/t Drill.htm>)

2.6). Beep Test Fig. 6:

Purpose: The 20m multistage fitness test is a commonly used maximal running aerobic fitness test.

Equipment required: Flat, non-slip surface, marking cones, measuring tape, Beep test audio, audio player, recording sheets.

Procedure: This test involves continuous running between two lines 20m apart in time to recorded beeps. For this reason, the test is also often called the 'beep' or 'bleep' test. The participants stand behind one of the lines facing the second line, and begin running when instructed by the recording. The speed at the start is quite slow. The subject continues running between the two lines, turning when signalled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level). If the line is reached before the beep sounds, the subject must wait until the beep sounds before continuing. If the line is not reached before the beep sounds, the subject is given a warning and must continue to run to the line, then turn and try to catch up with the pace within two more 'beeps. The subject is given a warning the first time they fail to reach the line (within 2 meters), and eliminated after the second warning

	Men	Women
Excellent	> 13	> 12
Very good	11 - 13	10 - 12
Good	9 - 11	8 - 10
Average	7 - 9	6 - 8
Poor	5 - 7	4 - 6

Very poor

< 5

< 4

Reference by topendsports.com/

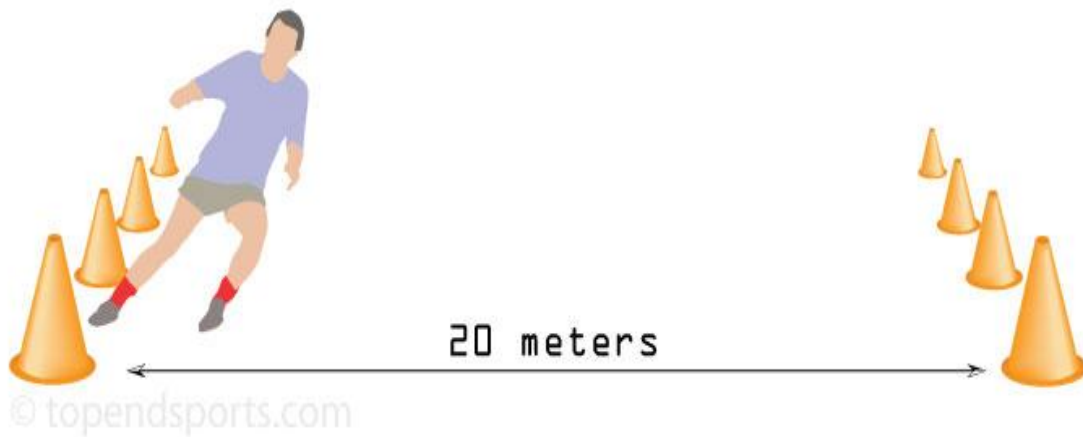


Fig.6- Beep Test

2.7) Plank

The *Plank Test*, also known as the *Prone Bridge Test*, is a simple fitness test of core muscle strength, and can also be used as a fitness exercise for improving core strength. The aim of this test is to hold an elevated plank position for as long as possible.

Purpose: The plank test measures the control and endurance of the back/core stabilizing muscles.

Equipment required: flat and clean surface, Stopwatch, recording sheets, pen.

Procedure: The aim of this test is to hold an elevated position for as long as possible. Start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the subject is unable to hold the back straight and the hip is lowered.

Rating	Time
Excellent	> 6 minutes
Very Good	4-6 minutes
Above average	2-4 minutes
Average	1-2 minutes

3.0 Specific Skill Test for Taekwondo Athletes

SN	Name of the Test	Objective of the test	Procedure
3.1	Standing Kicking Balance Test	To measure whole body Balance and proficiency in kicking	<ul style="list-style-type: none"> • The Athlete is required stand on one leg and raise the other leg (Dollyo Chagi or yup Chagi) just above the waist / as high as possible and for as long as possible. • The subject is to be given a minute to practice their balancing before starting the test. • The timing stops when the elevated foot touches the ground or the person hops or otherwise loses their balance position • . Test to be conducted for both legs and recorded separately.
3.2	20 sec continuous Kicking	Speed Ability	<ul style="list-style-type: none"> • 20 sec. continuous kicking (Standing position & 1 selective kick) on target pad • record the number of kicks executed successfully in 20 seconds. • kicks should be above the waist and not more than chest level.
3.3	Kyorugi (Sparring / competitive bout)	To assess game ability	<ul style="list-style-type: none"> • Competition Style sparring with WTF Rules & Regulation • To be conducted between athletes in the same age group and wt category • To be assessed by the panel of coaches/experts

3.4 HEXAGONAL OBSTACLE TEST

Purpose- Hexagonal Obstacle Test Objective: To measure or know the agility level of an athlete.

Equipment- 66 cm hexagon, stopwatch and assistant.

Implementation Procedure-

- The athlete stands in the middle of the hexagon, facing line A. Facing line A will be maintained during the whole test.
- On GO, athlete jumps with both legs to B and back to center.
- Like wisely to C, D, E, F respectively. Every time after jump to point come back to center should be maintained.
- Athletes carry it out three times. After completion the three stopwatch sequences are stopped and time is recorded.

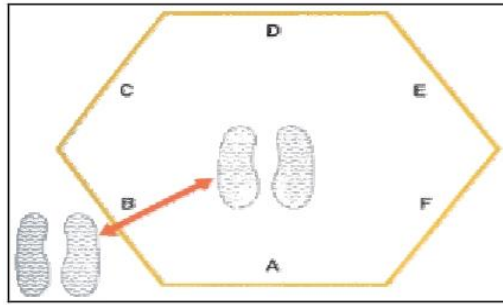


Figure 7. Hexagonal Obstacle Test



Figure 8. Hexagonal Obstacle Test

- **Assessment:** In the recording of scoring record the highest value that can be achieved by the athlete. If the athlete performs a test that passes the line not according to the rule then the test is repeated.

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<11.2 secs	11.2 - 13.3 secs	13.4 - 15.5 secs	15.6 - 17.8 secs	>17.8 secs
Female	<12.2 secs	12.2 - 15.3 secs	15.4 - 18.5 secs	18.6 - 21.8 secs	>21.8 secs

Ref: Hendarto S, Rahayu T, Soegiyanto. Development of Taekwondo physical instruments: test ages of 14-17 years old. JPES. 2018; 18(4): 2207-20

