

NETAJISUBHASREGIONALCENTRE,
SarojiniNagar,KanpurRoad,Lucknow.226008

चयन ट्रायल/2023-24

दिनांक : 28.12.2023

पुरुष और महिला ताइक्वांडो एथलीटों की प्रतिभा की पहचान के लिए साई एनसीओई ओपन चयन ट्रायल

साई एनसीओई लखनऊ 08, 09 एवं 10 जनवरी 2024 को साई, नेताजी सुभाष क्षेत्रीय केंद्र, सरोजिनी नगर, कानपुर रोड, लखनऊ, उत्तर प्रदेश में पुरुष और महिला ताइक्वांडो एथलीटों-क्योरुगी/पैरा क्योरुगी (K-44) के लिए चयन प्रक्रिया आयोजित की जा रही है। एनसीओई में चयनित खिलाड़ियों को विभिन्न सुविधाएं प्रदान की जाती, जैसे: पोषण विशेषज्ञ द्वारा अनुशंसित वास्तविक आवश्यकताओं के अनुसार भोजन, आधुनिक आवास सुविधाएं, कोचों के विशेषज्ञ पैनल द्वारा विश्व स्तरीय कोचिंग, खेल किट, विश्व स्तरीय प्रशिक्षण अवसंरचना नि: शुल्क चिकित्सा सुविधाएं, शैक्षिक व्यय, फिजियोलॉजिस्ट, शक्ति और कंडीशनिंग विशेषज्ञ, मनोवैज्ञानिक, फिजियोथेरेपिस्ट, मालिश विशेषज्ञ की सुविधा प्रदान की जाती है।

महत्वपूर्ण जानकारी-

1. रिपोर्टिंग समय: 08/01/2024 को प्रातः 8:00 बजे।
2. कार्यक्रम स्थल: भारतीय खेल प्राधिकरण, नेताजी सुभाष क्षेत्रीय केंद्र, सरोजिनी नगर, लखनऊ, कानपुर रोड, उत्तर प्रदेश – 226008
3. चयन ट्रायल के प्रतिभागियों को भोजन एवं आवास की व्यवस्था स्वयं वहन करनी होगी।

अधिक जानकारी के लिए, कृपया श्री दीपक पंत, H.P.M, ताइक्वांडो -9614247747 और श्रीमती संध्या भारती - कोच ताइक्वांडो - 8281555591 से संपर्क करें या हमारी वेबसाइट पर जाएं –

<https://www.sailucknow.in> and [https:// www.sportsauthorityofindia.nic.in](https://www.sportsauthorityofindia.nic.in)

वरिष्ठ कार्यकारी निदेशक
भारतीय खेल प्राधिकरण, लखनऊ



NETAJISUBHASREGIONALCENTRE,
SarojiniNagar,KanpurRoad,Lucknow.226008

SAI/NSRC/NCOE/Selection Trials/2023-24

Date: 28.12.2023

**SAI NCOE Open Selection Trials or Talent identification of Men and Women Taekwondo Athletes-
Kyorugi & Para Kyorugi (K-44).**

SAI NCOE Lucknow is conducting selection trials for **Men and Women Taekwondo Athletes-Kyorugi & Para Kyorugi** on **08th, 09th & 10th January** 2024 at SAI, NCOE- Netaji Subhash Regional Centre, Kanpur Road, Sarojini Nagar, Lucknow, Uttar Pradesh — 226008. The various facilities of NCOE are: Boarding as per actual recommended by Nutrition Expert and individualized nutritional plans, Good quality Lodging facilities, World Class Coaching by Expert Panel of Coaches , Sports Kit, World Class Training Infrastructure & amp; Competition Exposure including foreign exposure (for selected Athletes) and Educational Expenditure assistance, Free Medical facilities, latest scientific support by exercise physiologist, strength and conditioning experts, physiotherapist, massage therapists etc.

Important Information—

- **Reporting Time is on 08/01/2024 at 8:00A.M.**
- **Venue: SAI Netaji Subhash 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, HPM Taekwondo -9614247747 or Smt. Sandhya Bharti- Coach Taekwondo- 8281555591 or visit our website –

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

Sr. Executive Director
SAI, NSRC Lucknow

ANNEXURE I

SELECTIONCRITERIA (For both Kyorugi & ParaKyorugi (K44))

Age Criteria	Sports Performance Criteria (between 2018 to 2022)
<ul style="list-style-type: none">Age should not be less than 14 Years However, irrespective of age criteria, Athletes of exceptional potential may be considered for induction based on recommendations of Selection Committee.	<ol style="list-style-type: none">1. Represented India in recognized championships.2. Participation in Sub-Junior, Cadet, Junior and Senior in National Taekwondo championships.3. Participation in National Games.4. Participation in Sub-Junior, Cadet, Junior and Senior in National Open/Invitational Taekwondo Tournaments.5. Participation in SGFI and All India University (AIU).

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	Aadhaar Card
3	Sports Achievement Certificates
4	Educational Qualification Certificate
5	Passport Size Photographs (4Nos)

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
Foreign Exposure	Rs 2,00,000/-	For Selected Athletes
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

Motor Ability Test:-

2.1).30MeterRun(Flying Start)

Aim/Purpose: To measure the maximum speed.

Equipment/Facilities: Electronic Stop Watch, Flagpole (Six), Measuring Tape and 45 meters running course or strip. The running strip should be firm and non-slippery

Marking: The distance of 45 meters is divided into two zones of 15 meters and 30 meters as shown in the diagram – 1. That is DE (15 m) and EF (30 m). Take radius of 30 meters and mark an arc from point “E”. Mark another arc of 30 meters from point “F” and intersecting at point “C”. Join CE and extend to A’ and join CF and extend to B’. Fix flags at all these seven points.

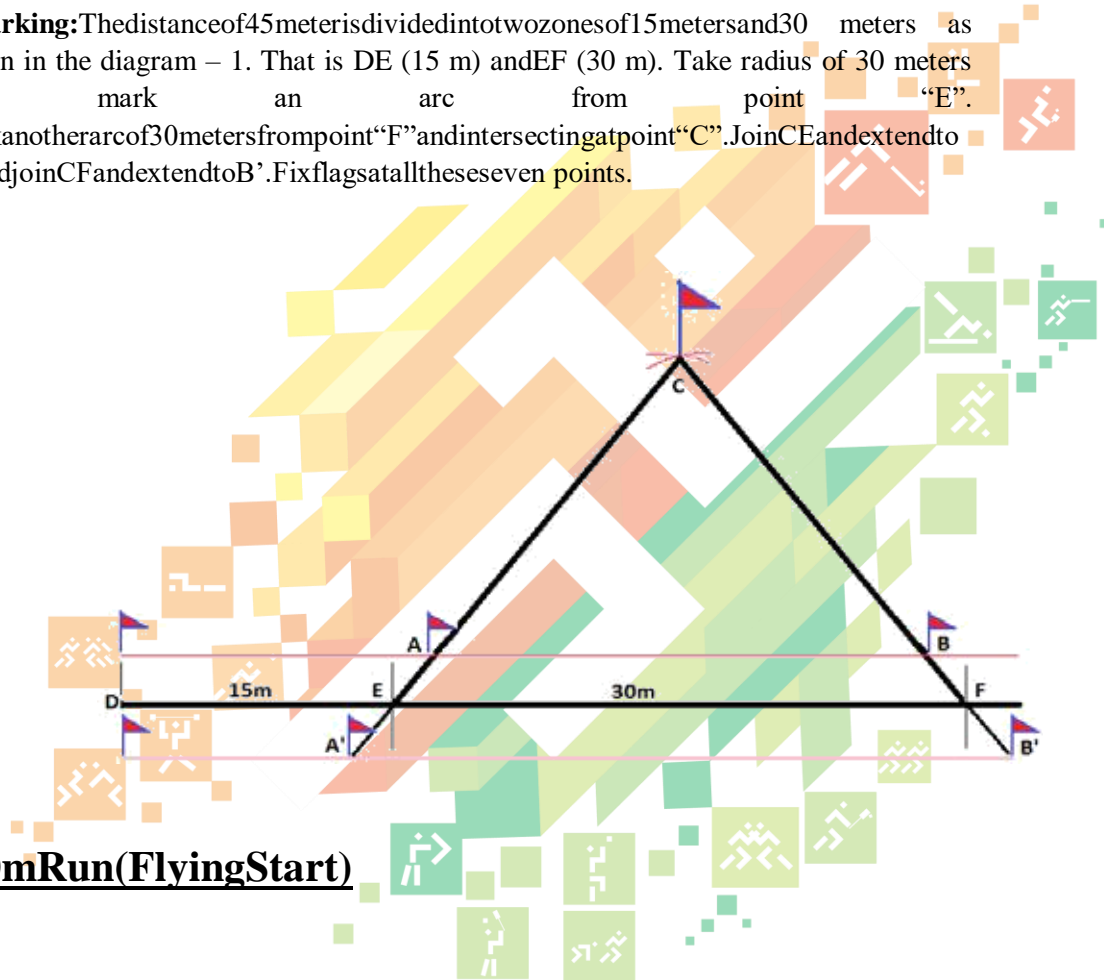


Fig.1.30mRun(FlyingStart)

Procedure: The athlete stands behind the line “D” and on signal accelerates and crosses the line “E” with extreme possible speed and also cross the line “F” with same speed. Athletes are not permitted to run with spikes. Two trials are permitted.

Scoring: The time keeper stands on point “C” and when the athlete reaches in the line with flags “A-A’” and “E” line he starts the watch and when the torso of the athlete comes in the line “B-B’” and cross “F” stop the watch. The time is then recorded from the watch.

2.2).VerticalJumpTest

AimPurpose: Tomeasuretheexplosivepoweroflowerlimbs(legs).

Equipment/Facilitiesrequired: MeasuringTape,Bench,Chair,ChalkPowderandDuster.

Marking: Averticalwallisprominentlymarkedincentimetresupto3.50meters

Procedure: The athletes dips 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 jump 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.



2.3).StandingBroadJump:

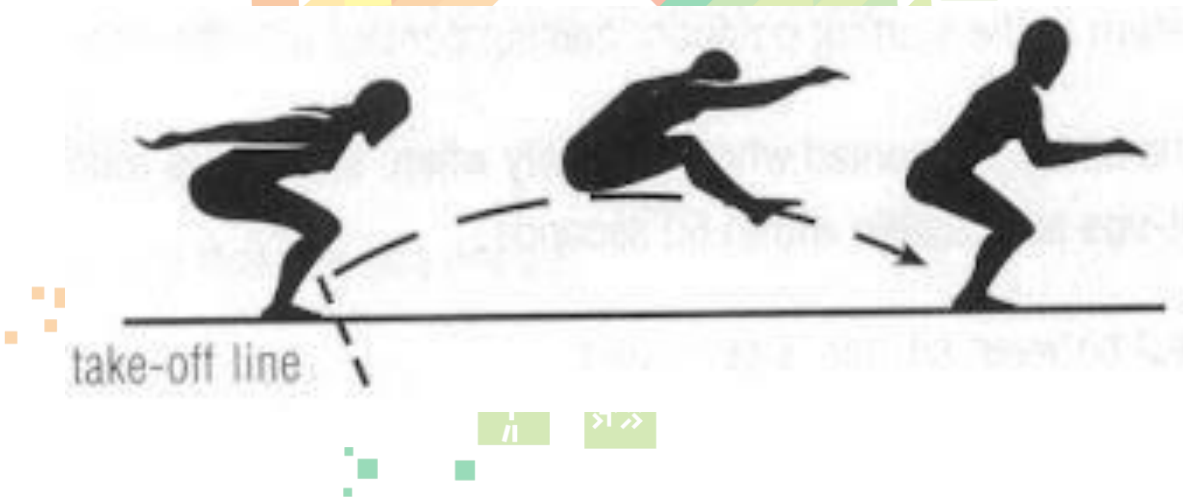
Aim/Purpose: To find the maximum muscle power.

Equipment/Facilities:

- 1) A flat jumping area at least 20 feet in length.
- 2) A tape measure at least 10 feet long duct tape or masking tape.

Procedure:(Using a Tape Measure)

1. Place a 2-to 3-foot (0.6-0.9m) length of tape on the floor to serve as a starting line.
2. The athlete stands with the toes just behind the starting line.
3. The athlete performs a counter movement and jumps forward as far as possible.
4. The athlete must land on the feet for the jump to be scored. Otherwise the trial is repeated.
5. A marker is placed at the back edge of the athlete's rearmost heel, and the tape measure determines the distance between the starting line and the mark.
6. The best of three trials is recorded to the nearest 0.5 inch or 1 cm.



2.4)6X10mtr.Shuttlerun

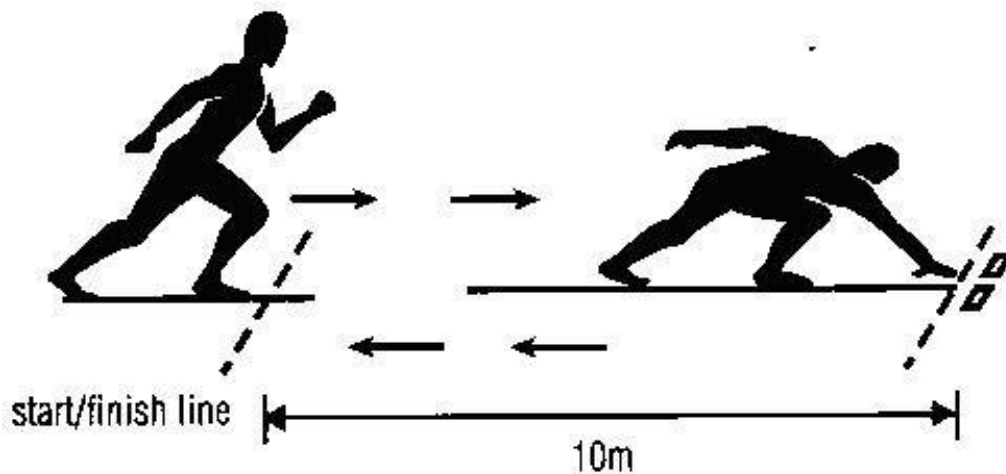
AimPurpose: Todeterminetheagilityoftheathlete.

Equipment/Facilities required: Stop watch, lime powder and a running course of 10meters. Surface ofthecourse shouldbe non-slippery.

Marking: 10metersof distanceismarkedbytwoparallellinesof5meterseach.

Procedure: The athletes (2 together) stand behind the starting line. On the commend ofstarting signal “GO”, athletes run faster, go nearest to the other line and touch it with theone hand , turn and come back to starting line, touch it with hand, turns and repeat it fora total of 5 times and 6th time, run over the line as fast as possible. Two chances arepermitted.

Scoring:Thebettertimetakenbytheathletetocompletethecourseof6X10meterstothe nearest 1/ 10 of a second is recorded as score of the test. The better attempt out ofthetwo is consideredorscoringpurpose.



2.5).Situps(pikeposition):

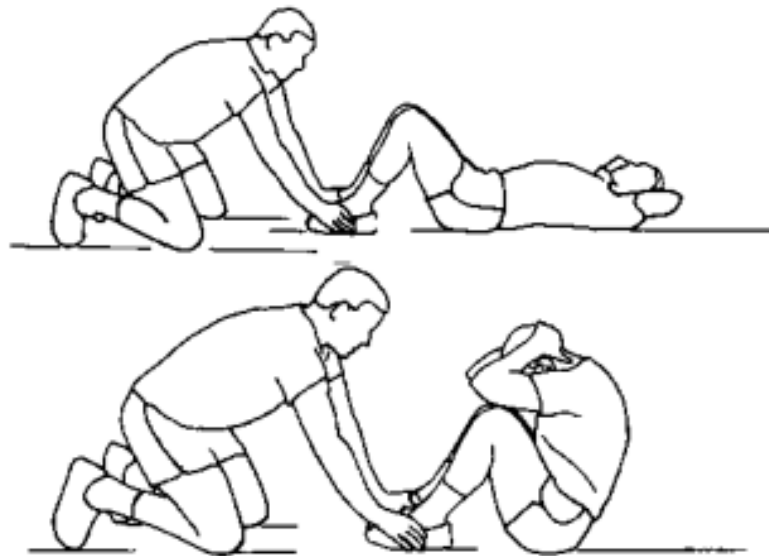
Purpose: To measure explosive Abdominal

StrengthEquipment/FacilitiesRequired:Floor/Ground,StopWatch

ProcedureofConductingthe Test:

The athlete assumes back lying position on the mat keeping her arms over the head. On the command "GO" he/she energetically liftsthe legs and upper body and toucheshis/her feet with the hands. This is called sit ups in "V" position. He/she performsmaximum sit ups in piked position in 60 seconds. The time keeper starts taking time onthecommand"GO"and stops thewatchat 60seconds.

Scoring.MaximumnumberofSitUpsperformedin60seconds will behis/herscore.



2.6).PushUp:

The push-up fitness test (also called the press up test) measures upper body strength

Equipment/Facilities: floormat, stopwatch, wall, chair, assistant.

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 and test conditions. Perform a standard warm-up.

Procedure: A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated, and the test continues until exhaustion, or until they can do more in rhythm or have reached the target number of push-ups.

Scoring: Record the number of correctly completed push-ups in 1 minute.



2.7).BackStrength(Hyperextension)Purpose: Tomeasurebackstrength

Equipment/FacilitiesRequired:Acushionedtableof1.5m.long.



BackStrengthTest

Procedure of Conducting the Test: An athlete assumes prone lying position on the table with his/her upper body remaining out of the table. The arms are kept folded on the chest. A supporter holds the athlete from the thighs. The athlete bends forward to about 45° and then he/she lifts her upper body to about 30° above the horizontal level. This counts as one repetition. He/she continues to perform the maximum repetitions.

Scoring: The maximum number of repetitions performed by the athlete will be his/herscore

2.8).SitandReach:

Aim/Purpose: To measure the trunk flexibility

Equipment/ Facilities Required: A flat table of about 50cm height. A chart in cm to be placed on the Table/box.

Procedure for conducting the Test: An athlete is asked to stand on the Table with bare feet. He/she stands in such a way that his feet toes touch the far end of the Table. He/she slowly starts bending downward with stretched arms and open fingers and touches his/her hands/ fingers on the centimeter chart placed on the Table by keeping knees straight and head down. He/she tries to go as down as possible and holds in that position for 3-4 seconds. The distance reached on the centimeter chart is recorded.

Scoring: The maximum distance on centimeter chart, where a he /she touch the tip of his/her fingers is recorded which will be his /her score for Bend and Reach Test.



2.9)NordicHamstringTest:

Purpose: To measure the eccentric strength of Hamstring group of muscle

Equipment/Facilities: Assistant, Recording sheet, Mat, Cushioned Platform

Procedure: Subjects were instructed to keep shoulder, hip and knee joints in a straight line and were asked to try to keep this position steadily entire the movement. Ankles were stabilized by the examiner. Then, the subjects were instructed to do maximum repetitions of controlled forward falling gradually until they could no longer resist the gravity force and start to fall.

Scoring: Number of repetitions or Duration for holding the body at 45 degree angle).



Plank Test

Purpose: Plank test measures the strength & stability of the overall core group of muscles.

Equipment– Taekwondo Mat, Stopwatch, Assistant

Procedure - The aim of this test is to hold an elevated position for as long as possible. The subject should be instructed to 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.

Scoring: The score is

the total time completed



SidePlankTest

Purpose: SidePlanktestmeasuresthe strength&stabilityoftheSideCoregroupofmuscles.

Equipment–TaekwondoMat,Stopwatch,Assistant

Procedure - The aim of this test is to hold an Side elevated position for as long as possible.The subject should be instructed to start with the upper body supported off the ground by theOne of the elbows and forearm, and the legs straight with the weight taken by the side of theankle. The hip is lifted off the floor creating a straight line from head to toe. As soon as thesubject is in the correct position, the stopwatch is started. The head should be facing sidewardand not looking forwards. The test is over when the subject is unable to hold the back straightandthe hipis lowered.Thesameshouldbe repeatedtothe otherside ofthebody.

Scoring:Thescoreisthetotaltimecompleted



800MetersRun:

Purpose:Tomeasuretheendurancecapacityofthesubjects.

Equipment/Facilities:Stopwatches,400mTrack,Whistle

Markings:The400mdistanceismarkedonthe fieldoramarked400mtrackcanbeusedwherecurvestartisto be given.

Procedure: The athlete stand behind the starting line. On the starting signal athlete runs the 400meters distancei.e., twotimesin400mtrackaslimitedtimeas possible.

Scoring:Thetimetocoverthe800metersdistancetonearer1/10thofasecondisrecorded



TAEKWONDO**Boys**

Age/ Parameters	Height			Weight			Vertical jump			30m flying start			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
12 yrs	148	152	156	37	39	41	43.0	45.0	47.0	4.20	4.10	4.00	3.20	3.00	2.50	17.5	16.9	16.4
13 yrs	153	157	161	41	43	45	45.0	47.0	52.0	4.05	3.95	3.85	3.00	2.50	2.40	17.0	16.5	15.9
14 yrs	158	162	166	47	49	51	48.0	52.0	56.0	3.95	3.80	3.65	2.50	2.40	2.30	16.5	15.9	15.4
15 yrs	163	167	171	53	55	57	50.0	54.0	59.0	3.88	3.65	3.55	2.40	2.30	2.25	15.9	15.4	14.9
16 yrs	168	172	175	56	58	60	52.0	56.0	61.0	3.82	3.55	3.50	2.35	2.25	2.20	15.4	14.9	14.4
17 yrs	172	175	178	61	63	65	54.0	58.0	63.0	3.77	3.50	3.45	2.28	2.20	2.15	14.9	14.4	13.9
18 yrs	175	177	180	64	66	68	55.0	59.0	65.0	3.74	3.46	3.42	2.25	2.15	2.10	14.4	13.9	13.5

Girls

Age/ Parameters	Height			Weight			Vertical jump			30m flying start			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
12 yrs	146	150	154	36	38	40	39.0	42.0	47.0	4.50	4.30	4.15	3.35	3.20	3.05	18.6	18.0	17.51
13 yrs	150	154	158	40	43	45	41.0	43.0	50.0	4.42	4.20	3.95	3.20	3.10	2.55	18.1	17.6	17.0
14 yrs	154	158	162	45	48	50	43.0	45.0	53.0	4.31	4.00	3.80	3.15	3.05	2.50	17.6	17.0	16.5
15 yrs	158	162	165	50	53	55	45.0	47.0	52.0	4.22	3.96	3.78	3.05	2.55	2.45	17.0	16.6	16.1
16 yrs	162	165	167	54	56	58	47.0	49.0	54.0	4.17	3.94	3.74	3.00	2.50	2.45	16.6	16.0	15.5
17 yrs	164	167	169	55	57	59	49.0	51.0	56.0	4.14	3.90	3.70	2.55	2.45	2.40	16.1	15.5	15.0
18 yrs	166	168	170	56	58	60	51.0	53.0	58.0	4.10	3.85	3.65	2.50	2.40	2.35	15.6	15.1	14.7

Specific Skill Test For Taekwondo Athletes

1. STANDING KICKING BALANCE TEST

Objective-To measure specific static balancing ability

Frequency-Twice a year

Equipment Required – Stop Watch, Taekwondo Mats, Whistle, An assistant

Procedure–

1. The Athlete is asked to stand on one leg and raise the other leg Dollyo Chagi or C u t K i c k Ball of the foot of the Kicking leg).
2. Just above the waist/ as high as possible and for as long as possible.
3. Given the subject a minute to practice their balancing before starting the test.
4. The timing stops when the elevated foot touches the ground or the person hops or otherwise loses their balance position.
5. The best of three attempts is recorded.
6. Test to be conducted for both legs and recorded separately.



2. SIDESPLIT TEST

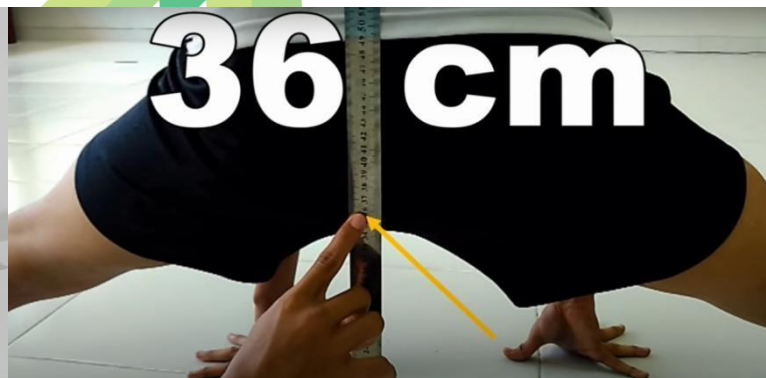
Objective-To measure the ROM of Hip Joint

Frequency-Twice a year

Equipment Required-Measuring Scale, Assistant of the same gender, Taekwondo mats

Procedure–

1. The subject is asked to perform sidesplit by placing both hands in front on the floor.
2. The sidesplit must be done in a straight line following both the heels and the Coccyx (End of Spine)
3. Subject must be instructed not to move too much forward or excessive backward
4. Sidesplit must be done in a stable condition.
5. NO additional external force is to be applied on the subject as it may cause serious injury.
6. The measurement between the taken between the perineum and the floor by keeping the scale perpendicular.



3. HEXAGONAL OBSTACLE TEST

Objective-To measure multidirectional quick feet ability

Frequency-Twice a year

Equipment Required – 66 cm hexagon, Stop Watch, Taekwondo Mats, Whistle, Assistant

Procedure – The athlete stands in the middle of the hexagon, facing line A. to maintain this position during testing, ie facing line A. On GO stopwatch command is executed and the athlete jumps with both legs over line B and back to center, then passes the C line then back to center and so on until all (6 lines jumped). When the athlete jumps through the A line and returns to the middle until it can perform all the lines skipped, then the test is considered to have performed a series of tests. Athletes carry it out three times. After completion the three stopwatch sequences are stopped and time is recorded. After performing the test series the athlete breaks, then performs the second test loop.



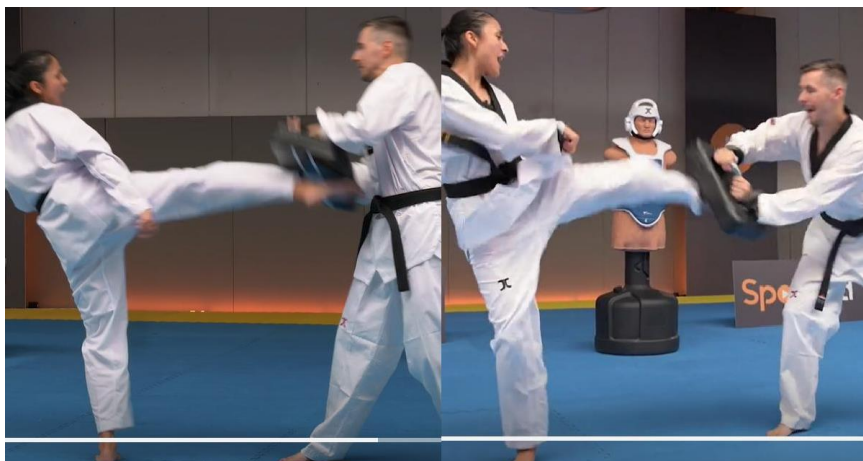
4. 30 SECONDS BODY KICK TEST

Objective-To measure specific Speed Endurance Ability

Frequency-Twice a year

Equipment Required-Iranian Target, Stop Watch, Whistle, Assistant

Procedure – The athlete is asked to warm up properly for about 15 minutes. The assistant is asked to hold the Iranian Target at Body (Middle) level right in front of the subject. On the command of “Go” the subject executes continuous Roundhouse kicks for 30 seconds (From the same place) with maximum speed. Kicks should be executed above the waist and not more than chest level. The number of kicks is recorded as result. Only valid kicks executed with appropriate power at the body level are counted.



5. 20SECONDSHEADKICKTEST

Objective- To measure the proficiency of Head Kicks

Frequency–Twice a year

Equipment Required–Hand Mitt (Fan Pad), Stop Watch, Whistle, Assistant

Procedure–

1. The athlete is asked to warm up properly for about 15 minutes
2. The assistant is asked to hold the Hand Mitt (Fan Pad) at Head (Face) level right in front of the subject.
3. On the command of “Go” the subject executes maximum number of Head Kicks for 20 seconds (From the same place) with maximum speed and accuracy.
4. Kicks should be executed at the hand mitt held at the head level.
5. The subject must not bring the target lower than the head level of the subject and must keep the target at a head level in a fixed position.
6. Total points scored by the subject (as per WT scoring guidelines) with the head kicks are recorded as result.



KYORUGI MATCH (Sparring competitive bout)–

Objective- To measure Taekwondo match playing ability (Game temperament)

Frequency–Twice a year

Equipment Required–WT approved protective guards, Officials, Emergency Medical Support

Procedure – Competition Style sparring with WT Rules & Regulation shall be conducted as per WT Rules. Subjective/Qualitative assessments shall be done in the following areas. **Assessment** –

1. Points scored by turning or spinning kick.
2. High value techniques as follows (Head, Trunk, Punch, Gam-Jeom).
3. Aggressive match management
4. Less penalties



