



21 5/25/25

मध्यप्रदेश राज्य कराते अकादमी, भोपाल

राज्य खेल परिसर, तात्या टोपे नगर, भोपाल म०प्र०

प्रतिभा चयन कार्यक्रम सत्र 2026-27

• ट्रायल के दूसरे चरण में निम्नलिखित शारीरिक दक्षता परीक्षण किया जाएगा:

S.No.	Test Name	Purpose
1.	Sit & Reach Test	Flexibility
2.	Push-Ups (1 Minute)	Upper Body Muscular Endurance
3.	Sit-Ups/ Partial Curl Up (1 Minute)	Core Strength & Muscular Endurance
4.	Illinois Agility Test	Agility & Change of Direction Speed
5.	1600 Mt. Run	Aerobic Endurance
6.	Standing Broad Jump	Explosive Leg Power
7.	Seated Medicine Ball Throw	Upper Body Explosive Power
8.	20 Mt Sprint	Maximum Running Speed
9.	Flamingo Balance Test (1 Minute)	Static Balance & Postural Control

Note: The above Physical Fitness Tests are proposed in accordance with the specific performance requirements of Karate (Kata and Kumite). The normative data, evaluation criteria, and interpretation of test results shall be established and conducted in consultation with the **Strength & Conditioning Coach of the Sports Science Centre**. Any modifications or inclusion of additional tests may be made based on the recommendations of sports science experts to ensure a scientific and objective talent identification process.

Pinner
5/6/26



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प्रतिभा चयन कार्यक्रम सत्र 2026-27

- ट्रायल के प्रथम चरण में निम्नलिखित तकनीकी परीक्षण किया जाएगा:

Basic and Kata Technical Test

Kihon Testing Norms and Scoring Criteria: (100 points)

- 1. Stance (20 points):**
 - Firmness and stability of stance: 10 points
 - Correct alignment of body: 5 points
 - Balance maintained throughout movements: 5 points
- 2. Punching Techniques (20 points):**
 - Execution of punches with proper form: 10 points
 - Speed and power of punches: 5 points
 - Accuracy of targeting: 5 points
- 3. Kicking Techniques (20 points):**
 - Execution of kicks with proper form: 10 points
 - Height and extension of kicks: 5 points
 - Control and balance during kicks: 5 points
- 4. Blocking Techniques (15 points):**
 - Correct positioning and timing of blocks: 10 points
 - Efficiency in deflecting attacks: 5 points
- 5. Footwork (15 points):**
 - Agility and precision in foot movements: 10 points
 - Proper weight distribution during transitions: 5 points
- 6. Focus and Concentration (10 points):**
 - Maintaining concentration throughout the routine: 5 points
 - Demonstrating focus on technique execution: 5 points

Kata Testing Norms and Scoring Criteria: (100 points)

- 1. Technique Execution (25 points):**
 - Accuracy and precision in performing each movement: 10 points
 - Fluidity and continuity between techniques: 10 points
 - Proper timing and rhythm: 5 points
- 2. Kime (Focus) (20 points):**
 - Sharpness and explosiveness in techniques: 10 points
 - Clear demonstration of intention in movements: 10 points
- 3. Bunkai (Understanding) (15 points):**
 - Ability to demonstrate practical applications of kata techniques: 10 points
 - Understanding of the underlying principles behind each movement: 5 points
- 4. Posture and Stance (20 points):**
 - Maintenance of correct posture throughout the kata: 10 points
 - Stability and solidity of stances: 10 points
- 5. Spirit and Performance (20 points):**
 - Displaying martial spirit and energy: 10 points
 - Overall performance and presentation: 10 points

KIHON & KATA SCORING INTERPRETATIONS (Out of 200 Points)

Excellent	161-200 Points
Very good	121-160 Points
Good	81-120 Points
Average	41-80 Points
Below average	0-40 Points

Kumite Technical Test

Kumite Techniques (45 points)

- 1. Punches (10 points):**
 - Accurate execution
 - Speed and precision
 - Effective follow-through
- 2. Kicks (10 points):**
 - Height and reach
 - Speed and control
 - Balanced landing
- 3. Blocks (10 points):**
 - Timely and effective defence
 - Adaptability to opponent's attacks
 - Control and stability
- 4. Combination Attacks (15 points):**
 - Fluidity and seamless transitions
 - Varied combinations showcasing skill

Defensive Strategies (30 points)

- 1. Evasion (10 points):**
 - Ability to avoid opponent's attacks
 - Quick reflexes and anticipation
- 2. Counterattacks (10 points):**
 - Well-timed responses to opponent's moves
 - Effective use of openings
- 3. Blocking (10 points):**
 - Solid defense against various attacks
 - Control and composure under pressure

Physical Conditioning (15 points)

- 1. Endurance (5 points):**
 - Stamina throughout the match
 - Recovery after intense exchanges
- 2. Strength (5 points):**
 - Power in strikes and movements
 - Physical resilience under pressure
- 3. Agility (5 points):**
 - Quick and coordinated movements
 - Ability to change directions effectively

Overall Performance (10 points)

- 1. Consistency (5 points):**
 - Maintaining performance throughout the trial
 - Limited errors and consistent execution
- 2. Adaptability (5 points):**
 - Adjusting strategies based on opponent's style
 - Overcoming challenges during the match

Kumite Scoring Interpretations (Out of 100 Points)

Excellent	81-100 Points
Very good	61-80 Points
Good	41-60 Points
Average	21-40 Points
Below average	0-20 Points

म0प्र0 राज्य (मार्शल आर्ट) कराते अकादमी, भोपाल

सत्र 2026-27 हेतु सिलेक्शन ट्रायल
हेतु प्रस्तावित दिनांक व जिला/संभाग का विवरण

क्र.	जिला/संभाग	प्रस्तावित दिनांक
1	ग्वालियर	23.06.2026
2	इंदोर	24.06.2026
3	जबलपुर	25.06.2026
4	रीवा	29.06.2026
5	नर्मदापुरम्	30.06.2026
6	टी.टी नगर स्टेडियम भोपाल (राँ व प्रवन टेलेन्ट सर्च)	04 से 05 जुलाई 2026

श्री दीपक सिंह नरवरिया
कराते प्रशिक्षक
म0प्र0 राज्य कराते अकादमी, भोपाल