

Skills Profile for Karateka

Physical	Demonstrate good muscular strength and endurance
Capacity	Perform excellent balance, footwork and movement Demonstrate agility and aerobic endurance Demonstrate explosive speed, reflexes, co-ordination, orientation, jumping skills Demonstrate punching and kicking techniques and accuracy Demonstrate explosive responses
Sensory	Demonstrate good central and peripheral vision
Capacity	Demonstrate excellent hand/eye co-ordination
Mental	Capable of planning, executing and evaluating evasion strategies (kumite- sparring)
Capacity	Capable of planning, executing and evaluating defensive strategies (kumite- sparring) Capable of planning, executing and evaluating offensive strategies (kumite- sparring) Use imaging and imagination (kata-template) Demonstrate technical creativity kitsuku shimasu goshujin atama (tighten your mind) Kokoro wa hanatan koto wo yosu (the mind must be free) Kime (focus) (the last three do not translate well into English. 'Tighten your mind' on one level is Concentrate (use the conscious mind) on technique, on another level its concentrate (use the conscious mind) on an opponent his breathing, muscle tension, perspiration, looking for the smallest detail of his intention to attack. 'The mind must be free' is the opposite, becoming one with the opponent imagineering (i.e. using the subconscious mind) therefore anticipating his attack. 'Focus' is using both at the same time. It is using the analyser and integrator parts of the brain at the same time.)
Personality	Demonstrate restraint
Capacity	Demonstrate control Direct competitiveness