

KKNZ



Karate Kids New Zealand

In contrast to the grading programme, which aims to develop and test the karate techniques, KKNZ aims to record and improve general physical performance.

The target group is kids aged 4 – 14. One of the main goals of the tests is to encourage and motivate our karate kids to take part in more physical exercise. There are nine levels, which are colour graded to match the karate belts.

Beginners start at a level corresponding to their age and then progress level by level through the programme, whereby the requirements at each level increase in complexity and difficulty.

The various exercises, including skipping, sit-ups, press-ups, back stretches, distance running and “Japan” test are designed to develop both strength and endurance. The obstacle course targets the kids agility, coordination and balance. Since the human body does not develop in all areas at the same pace, it could be, that the physical strength is well developed but the stamina or coordination are still underdeveloped.

It is therefore possible for kids to fulfill the KKNZ level requirements, even if they do not succeed in one category, as long as this is compensated for in another category.

On successful completion of the KKNZ tests, kids are awarded a badge and certificate.



KKNZ FITNESS TESTS

KKNZ 2011	4 - 6	5 - 7	6 - 8	7 - 9	8 - 10	9 - 11	10 - 12	11 - 13	12 - 14	13 - 15	14 - 16
Distance - Metres - Time	200 1.16	300 1.51	400 2.28	500 3.00	600 3.36	700 4.05	800 4.40	900 5.06	1000 5.40	1100 6.03	1200 6.24
Skipping / min	30	40	50	60	70	80	90	100	110	120	130
Knee Press-up/min	15/10	18/13	21/16	24/19	27/22	30/25	33/28	36/31	39/34	42/37	45/40
Sit-ups / min	2/2/2	4/4/4	6/6/6	8/8/8	9/9/9	10/10/10	11/11/11	12/12/12	13/13/13	14/14/14	15/15/15
Back lift	3	5	7	9	11	13	15	17	19	21	23
Japan Test / sec	13.0	12.5	12.0	11.6	11.2	10.8	10.5	10.2	9.9	9.7	9.5
Obstacle / level											