

Special Judo Fitness Test

Test Rules

Three athletes of similar body mass are needed to perform this. 1 participant (tori) is evaluated and the other 2 (ukes) receive throws. The tori begins the test between the 2 ukes (3 m away from each uke). On a signal, the tori runs to one of the ukes and applies a throwing technique called ippon-seoi-nage (1 shoulder throw). The tori then immediately runs to the other uke and completes another throw. The athlete must complete as many throws as possible within 1 min. The total number of throws completed by the tori during each of the period will be recorded.

Nage Komi

Test Rules

Three athletes of similar body mass are needed to perform this. 1 Participant (tori) is evaluated and the other 2 (ukes) receive throws. The tori begins the test standing with the 2 ukes ready to approach tori. On a signal, tori throws as quick as possible while ukes are immediately approaches tori fast. This drill only works if Ukes get up quickly and approaches tori to be prepared to get thrown. The number of throw are calculated for a 1 min interval.

Beep test

Test Rules

The Standard test has 21 levels, and each level consists of a different number of shuttles. The test is performed by running between two markers placed 20 meters (65.6 feet) apart or 22 yards, at an increasing pace as indicated by the beeps. The test ends when you can no longer keep pace, or level 21 is completed.

The test can be performed by an individual without assistance or used by a coach to test an entire team.

Burpee Challenge

Test Rules

Death by burpees. Set the clock for 1 minute. On the signal, the Judoka performs 1 burpee. On the next minute signal, the Judoka performs 2 burpees. On the next minute signal, the Judoka performs 3 burpees. The reps go up every minute. The Judoka stops when he/she cannot get to the number of burpees in the minute.

