High Performance Test Guideline

High Performance HUB Kyorugi

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Objective

High Performance Test (HPT) – Swiss Taekwondo

The High Performance Test (HPT) of Swiss Taekwondo serves as the central instrument for the annual squad selection and is directly linked to the Swiss Olympic PISTE. The overarching goal is to assess athletes' performance in a standardized way and to create a transparent basis for allocation to the three squad levels of the High Performance Hub (HPH): **Foundation Team, Development Team, and High Performance Team**.

Overview

- **Standardized performance diagnostics:** The test provides the KSD (Head of Elite Sport) and the coaches with a scientifically sound overview of the athletes' current physical condition.
- **Selection tool and squad allocation:** The test results are a decisive criterion for allocation to the different support levels. While the Foundation Team represents the entry level for athletes in their first year of the HPH, the Development Team requires, among other things, a placement in the upper half of the PISTE. The High Performance Team is reserved for athletes who have confirmed their potential multiple times, for example through several medals at G-Ranking tournaments.
- **Early detection of deficits:** The standardized test procedures (mobility, jumping power, endurance) make it possible to identify muscular imbalances, limited flexibility, or conditional weaknesses before they lead to injuries.

In summary, the High Performance Test is intended to ensure an **objective, transparent, and annually recurring assessment** of athletic performance in order to place the right athletes in the appropriate squad structures and to support them in a targeted manner.

Content of the Test

1. Medical Tests

- **Sports medical examination** (health check, injury history)
- **Sports medical interview** (physical resilience, pre-existing conditions, medication)

2. Strength Measurements

- **Tapping 10 sec** (force plate)
- **Squat Jump** (force plate)
- **Counter-Movement Jump** (force plate)
- **Drop Jump** (force plate)

3. Taekwondo-Specific Technical Test

- **Technical demonstration** (kicking techniques, stepping patterns)

4. Flexibility Measurements

- **Side Split**
- **Front Split**

5. Endurance Test

- **Shuttle Run** to determine aerobic/anaerobic endurance capacity

Schedule

1	**Sports Medical Interview**	General health check
2	**Flexibility Measurements**	Identification of limitations and asymmetries
3	**Strength Measurements**	Force plate
4	**Technical Test with Video Analysis**	Technical demonstration
5	**Endurance Test (Shuttle Run)**	To determine aerobic/anaerobic endurance capacity

Jumping Tests

1. Tapping
Quick foot contact time

1. Stand upright, feet hip-width apart, arms relaxed.
2. Quickly and rhythmically move up and down, keeping the feet in contact with the ground.
3. Maintain a high frequency (minimal ground contact time).
4. Continue for 10 seconds as fast as possible.

Measurement
Number of foot contacts in 10 seconds

Focus
Reactivity, speed, coordination

Tip
Stay relaxed and light on your feet – don't jump too high.

2. CMJ
Explosive total body strength

1. Stand upright, feet shoulder-width apart, arms free.
2. Squat down (approx. 90°).
3. Immediately jump up as high as possible.
4. Land in a stable position.

Measurement
Jump height (cm) or flight time (s)

Focus
Overall power, explosive strength

Tip
Keep the knees over the toes and control the landing.

3. Squat Jump
Explosive power from the squat

1. Stand upright, feet shoulder-width, hands on hips or in front of chest.
2. Squat down (approx. 90°) and hold (no countermovement).
3. Jump up as high as possible.
4. Land in a stable position.

Measurement
Jump height (cm) or flight time (s)

Focus
Explosive strength without countermovement

Tip
Keep a short, direct movement – no preparatory dip.

4. Single Leg CMJ
Single-leg strength & stability

1. Stand on one leg, the other leg slightly off the ground (optional: hand on hips).
2. In the knee (approx. 90°).
3. Jump up as high as possible on the same leg.
4. Land stably on the same leg.

Measurement
Jump height (cm) or flight time (s)

Focus
Unilateral strength, stability, coordination

Tip
Keep the knee stable, do not let it collapse inward.

5. Dropjumps
Reactive strength & stretch-shortening cycle

1. Stand on a box (20 cm).
2. Step down and land softly on the ground.
3. Immediately rebound as high as possible.
4. Controlled landing.

Measurement
Jump height (cm) or contact time (ms)

Focus
Reactive strength, speed, elasticity

Tip
Keep the ground contact short, "jump immediately".

Taekwondo Technical Test

https://youtu.be/v_aVR6vv43U?is=-HezVzNjq_TdOSQX

Costs

Medical examination and ECG = approx. 190.- (ECG only required every two years)

Physical examination = 100.-

Swiss Olympic blood test = approx. 150.-

The costs are to be borne by the athletes. Please contact your health insurance provider. Some costs may be covered by your insurance.

Database

The regular collection of medical and performance-related data is essential for a performance-oriented athlete development. The performance diagnostic data in particular provide an overview of the athlete's development.

These surveys are only useful if the results are used for individual training planning. For this reason, a long-term storage and creation of an internal database of the performance diagnostic results makes sense.

The sensitive and personal data are stored in an ST internal database and are available for further processing.

<u>The data protection guidelines must be observed.</u>

Selection & Results

The sport-specific performance tests and location assessments are used to select the most promising athletes for the national team.

Physical components such as various standardized jump forms, flexibility, as well as typical Taekwondo movement tasks complete the overall picture of the athlete.

In addition, the competition results of the athletes and their development in the previous years are used as selection criteria for the national team.

The results are sent to the athletes in a clear and descriptive overview and should serve as a basis for further individual training planning. Training recommendations are also sent out together with the results.

The selection of the national team is carried out annually by the KSD.

The selection process for the HUB

Registration for the High Performance Test

In principle, any athlete who meets the following criteria may register for the High Performance Test:

At least 4th Kup

Born in 2015 or earlier

International competition experience

Important: The tests involve costs and considerable organisational effort. The number of squad places and Swiss Olympic Cards is limited. We therefore recommend taking part only if there is a genuine willingness to commit to elite-level sport.

High Performance Test

Taekwondo-specific test

- Technical sequence
- Split measurement
- Kup/Dan grade
- Competition results

Medical examination according to Swiss Olympic*

- Blood test
- ECG
- Sports medical examination
- Medical questionnaire

Endurance test (Yo-Yo)

Physiotherapy tests

Mobility / flexibility

Explosive and maximal strength measurement

Stability test

Signing the Commitment

Athletes who are admitted to the HUB must sign the Commitment and comply with Swiss Taekwondo's call-ups for training sessions and competitions.

Swiss Olympic Cards

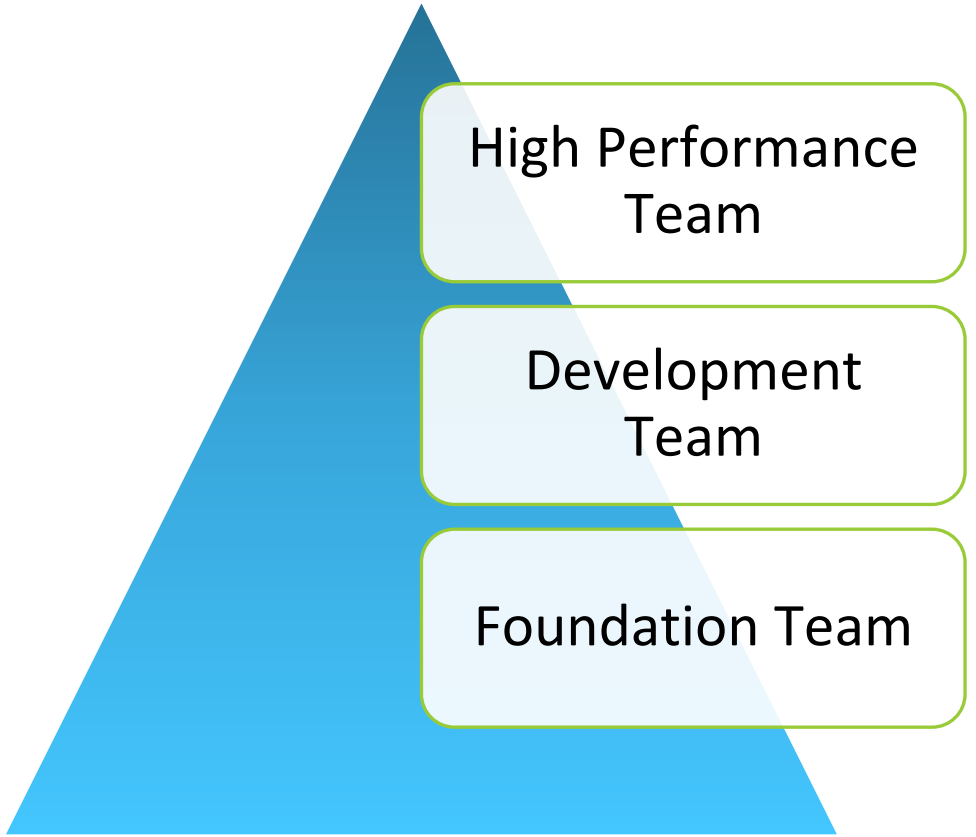
Swiss Olympic Cards are awarded on the basis of the High Performance Test results to athletes who have signed the Commitment.

*Details on the performance diagnostics can be found in the "Medical Concept".

Squad structure

Athletes are assigned within the High Performance Hub (HUB) on an annual basis, linked to the High Performance Test (Swiss Olympic PISTE).

Under the FTEM model, the HUB spans T2 to E2, and ultimately, in the best case, M.



Foundation Team

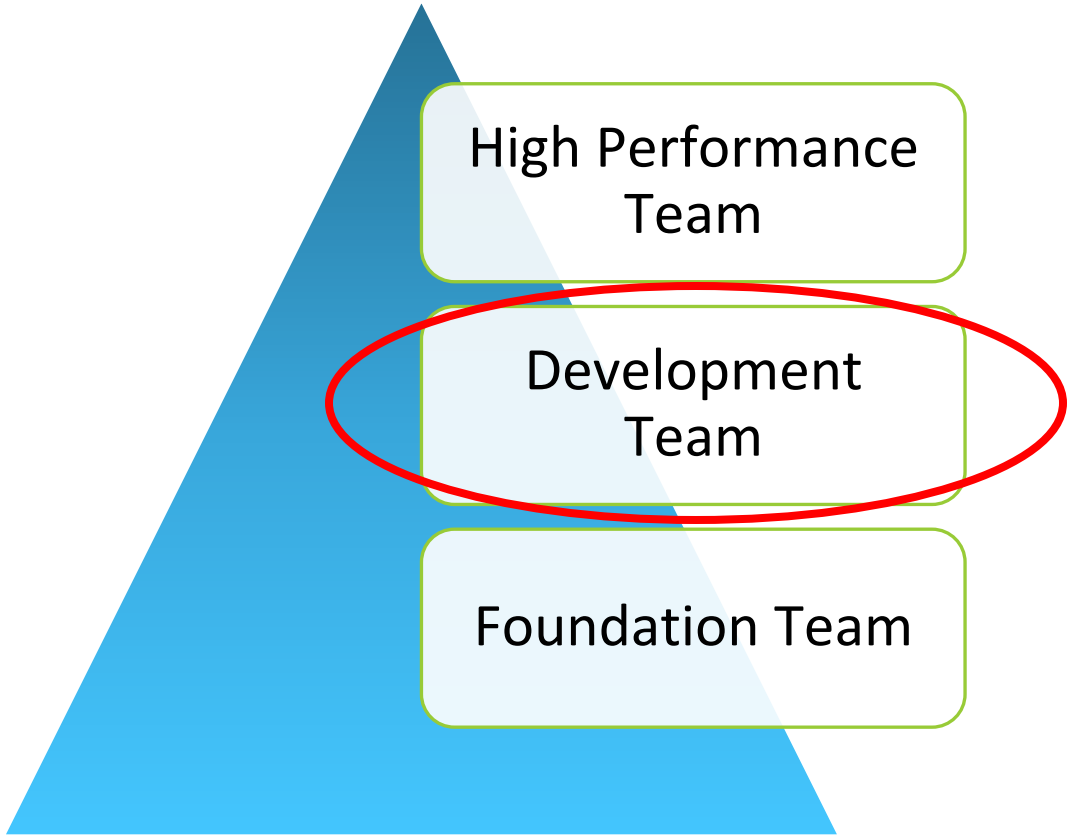
The Foundation Team comprises athletes who have passed the first selection into the HUB and who are classified at T2/T3 in the FTEM model.

Athletes holding an SOTC R card in their first year within the structure.

Development Team

The Development Team comprises athletes at levels T3–E1 who meet at least one of the following criteria:

a) SOTC N
b) upper half of the PISTE ranking
c) SOC Elite

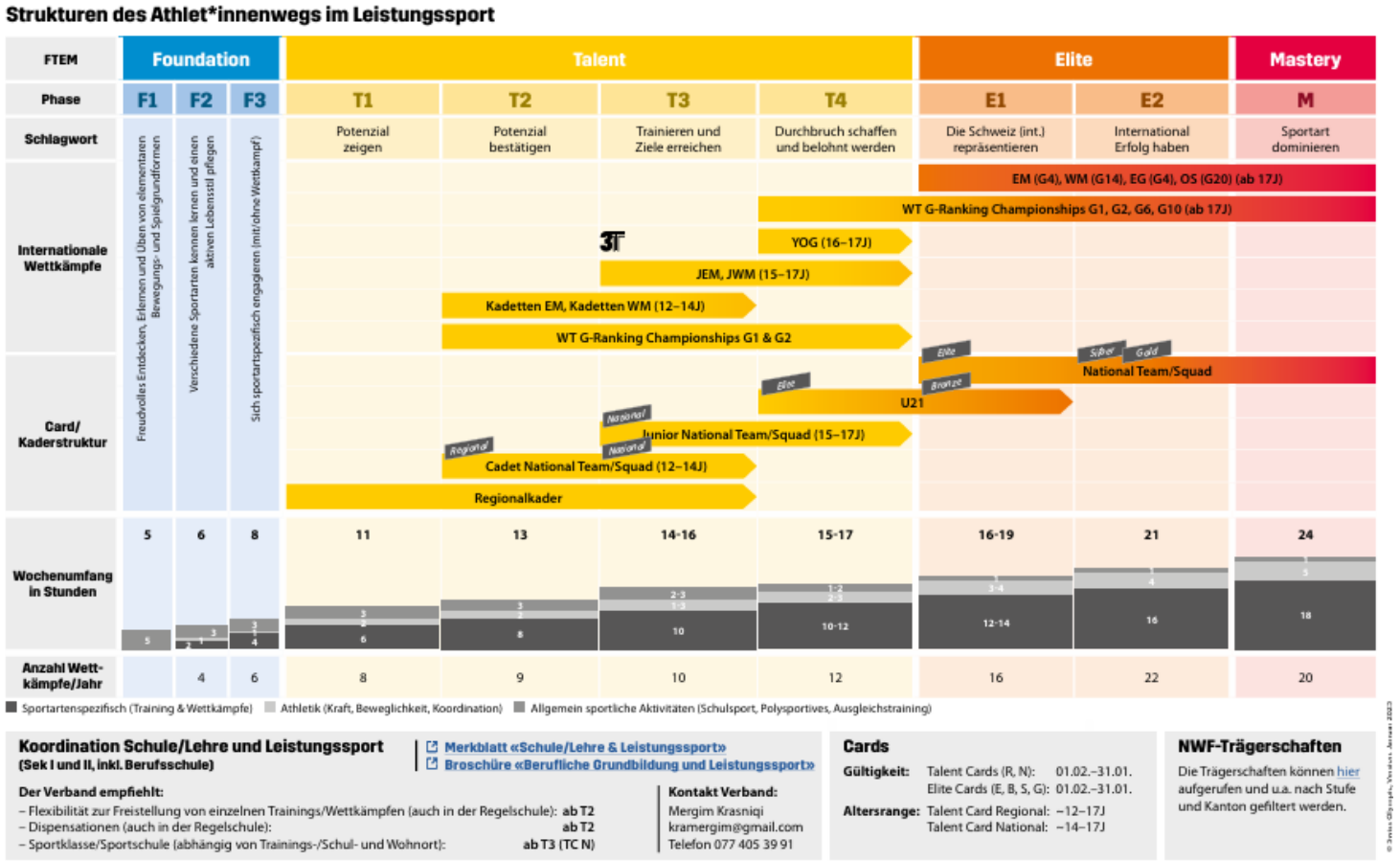


High Performance Team

The High Performance Team comprises athletes holding an SOTC N, SOC E or higher who have confirmed their potential on several occasions: more than one medal at G-ranking tournaments in the previous year and/or exceptional performances, in the upper half of the PISTE ranking. FTEM level T4–M.

At this level, eligibility for the SpiSpoRS (elite sport recruit school) is assessed. Athletes should attend the information event in Magglingen. The top three to five athletes in the PISTE ranking may be assigned to the HPT.

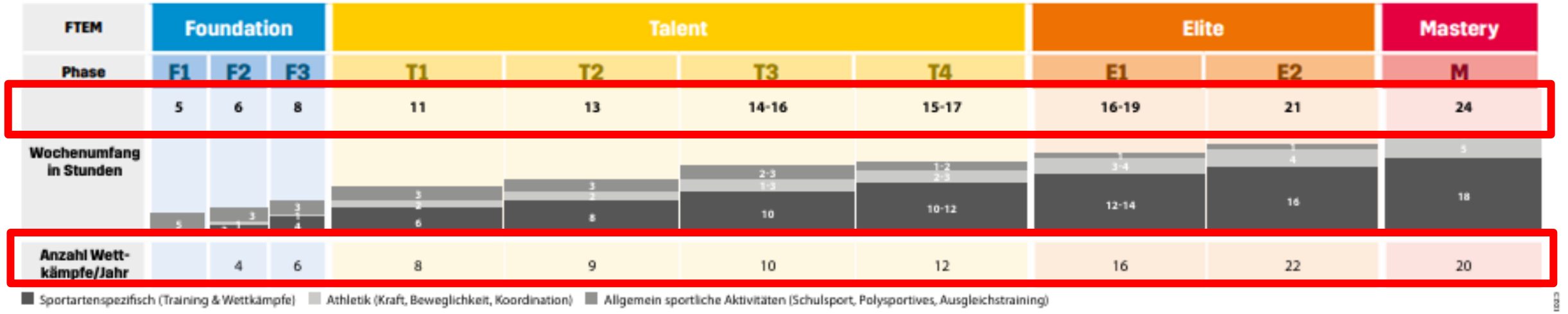
FTEM – Swiss Taekwondo



Cadets: Foundation / Development Team
Juniors: High Performance / Development / Foundation Team
Seniors: High Performance / Development / Foundation Team

The current Swiss Taekwondo FTEM is also available on the Swiss Olympic website.

Expectations regarding training hours and competitions



The training hours indicated in the FTEM serve as a guideline for each level. In certain cases, deviations may make sense on an individual basis and can be discussed with the NC (National Coach).

Support & Qualifications

Development Team:
Active HUB athletes who meet at least one of the following criteria — SOTC N, upper half of the PISTE ranking, at least in their second year in the HPH, SOC E, FTEM level T3–E1 — may be assigned to the Development Team. The focus here is on the athlete's overall development. Partial funding of the season is reviewed and communicated on a half-yearly basis.

Foundation Team:
Athletes in their first year in the HPH and/or in the lower part of the PISTE ranking, holding an SOTC R, are assigned to the Foundation Team for the first half of the year. An upgrade for the second half of the year can be achieved on the basis of results obtained in the first six months. Any funding within the Foundation Team focuses on training camps and squad gatherings.

End of career?! What comes next?

In order to show athletes a path beyond their active elite sport career at an early stage, they are involved in a range of activities.
Depending on their classification, different support measures apply, and athletes may be invited to these throughout the year.
At the annual athlete meeting "Review and Outlook", the coming season and the corresponding selection process are discussed. The topic of ending a career is also addressed respectfully, and options are outlined.

High Performance Team	Development Team	Foundation Team
• Coach Education C 1&2 • Coach Education B Licence (preparation for BTL) • National Referee Seminar	• Coach Education C-1&2 Licence • National Referee Seminar	• Coach Education C-1&2 Licence • National Referee Seminar

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