



How good is your judo condition?

For every judoka on the training camp of BUSHi Arnhem on 28 and 29 December 2018 it is possible to get a free physical basic measurement!

The measurements are taken care of by our partner **Vitex**. By testing we are able to measure the different physical components that influence the judo performance.

The measurements can be divided into basic and full measurements.

Basic measurement:

Body composition	Mainly relates to the distribution of muscle and fat in the body. Important is the ratio between height, weight and fat percentage.
Flexibility	The capability of a joint to move through its entire range of motion, which is important for the performance of the techniques.
Balance & Coördination	The capability to stay upright or to maintain control over physical activity is a main section of many sports skills.
Agility & Speed	The capability to change the position or direction of the body quickly.

Full measurement (will not be provided during the camp)

Strenghth	The capability to repeat series of muscle contractions without being fatigued.
Power	Gives the opportunity to exert maximum force in the shortest possible time, such as acceleration, jumping, pulling, pushing and throwing with speed component of fitness.
Condition	The capability to continuously practice for a long time without getting exhausted.

The results of an evaluation test can be used to:

- predict future performances;
- specify development points;
- monitor improvements;
- evaluate of training programs;
- stimulate a healthy lifestyle;
- put the athlete in the right training group;
- motivate the athlete.