



नेताजी सुभाष क्षेत्रीय केन्द्र

NETAJI SUBHASH REGIONAL CENTRE

Kanpur Road, Sarojni Nagar  
कानपुर रोड, सरोजनी नगर  
लखनऊ, -226008, Lucknow-226008

सं० एनसीओई/ल०/से०द्रा०/2024

दिनांक— 3.1.2024

## विज्ञापन

भारतीय खेल प्राधिकरण वर्तमान में चल रहे प्रतिष्ठित योजना राष्ट्रीय उत्कृष्ट केन्द्र [National Centre of Excellence (NCOE)] में **ताईक्वांडो खेल विधा में क्योरूगी/पैरा क्योरूगी (K-44)** इवेंट में खिलाड़ियों के प्रवेश हेतु पात्र अभ्यर्थियों का चयन करने जा रहा है जिसमें लखनऊ केन्द्र में चयनतिथि दिनांक 7 से 9 फरवरी 2024 (रिपोर्टिंग समय 7 फरवरी को प्रातः 8.00 बजे) निर्धारित की गयी है। चयन प्रक्रिया में भाग लेने हेतु अभ्यर्थी की उम्र **दिनांक 01-02-2024 .. को 14 वर्ष** से अधिक होनी चाहिये एवं खेल उपलब्धि वर्ष 2019 से 2023 के मध्य निम्न प्रकार से होनी चाहिये, एवं अभ्यर्थी को चयन प्रक्रिया के समय अपने निम्नलिखित मूल प्रमाण एवं स्व सत्यापित प्रतिलिपि उपलब्ध करानी होगी :-

- 1- जन्म प्रमाण पत्र
- 2- आधार कार्ड
- 3- खेल उपलब्धियों के प्रमाण पत्र
- 4- शैक्षणिक प्रमाण पत्र
- 5- पासपोर्ट साईज के 04 फोटो

राष्ट्रीय उत्कृष्ट केन्द्र [National Centre of Excellence (NCOE)] चयनित खिलाड़ियों को निम्नलिखित सुविधाएं प्रदान की जाती हैं- बोर्डिंग (न्यूट्रिशन विशेषज्ञ द्वारा निर्धारित) आवास, स्पोर्ट्स किट, कंपीटीसन एक्सपोजर (प्रतियोगिताओं में भाग लेने का यात्रा भत्ता) आदि।

उपरोक्त के अतिरिक्त विशेषज्ञ प्रशिक्षकों द्वारा विश्वस्तरीय प्रशिक्षण, विश्व स्तरीय ट्रेनिंग सुविधा व खेल उपकरण, व्यक्तिगत नियोजित पोषण आहार, आधुनिक खेल वैज्ञानिक द्वारा फिजियोलॉजिस्ट, निपुण स्ट्रेन्थ एण्ड कंडीशनिंग, फिजियोथेरेपिस्ट एवं मसाज की सुविधा, मेडिकल सुविधा एवं बीमा की सुविधा आदि।

(अभ्यर्थी के चयन प्रक्रिया में भाग लेने हेतु किसी भी प्रकार की यात्रा, भोजन एवं आवास भत्ता भाखेप्रा की ओर से नहीं दिया जायेगा।) अधिक जानकारी के लिये संपर्क—[www.sailucknow.in](http://www.sailucknow.in)/[www.sportsauthorityofindia.nic.in](http://www.sportsauthorityofindia.nic.in)

आखिरी चयन मेरिट, सीट की उपलब्धता एवं आयु सत्यापन परीक्षा एवं भा०खे०प्रा० के दिशानिर्देशों के आधार पर होगा अधिक जानकारी के लिए श्री दीपक पंत, एचपीएम, ताईक्वांडो के मो० न० 96142 47747 व श्रीमती संध्या भारती, ताईक्वांडो प्रशिक्षक के मो० न० 82815 55591 पर संपर्क कर सकते हैं

प्रभारी क्षेत्रीय निदेशक  
ने०सु०क्षे०के०, लखनऊ



**NETAJI SUBHASH REGIONAL CENTRE,**  
**Sarojini Nagar, Kanpur Road, Lucknow- 226008**

SAI/NSRC/NCOE/Selection Trials/2024-25

Date: 03.01.2024

**SAI NCOE Open Selection Trials or Talent identification of Men and Women Taekwondo Athletes-Kyorugi & Para Kyorugi (K-44)- Revised Notification**

SAI NCOE Lucknow is conducting selection trials for **Men and Women Taekwondo Athletes-Kyorugi & Para Kyorugi** on **07<sup>th</sup>, 08<sup>th</sup> & 09<sup>th</sup> February 2024** at SAI, NCOE- Netaji Subhash Regional Centre, Kanpur Road, Sarojini Nagar, Lucknow, Uttar Pradesh — 226008. The various facilities of NCOE are: Boarding as per actual recommended by Nutrition Expert and individualized nutritional plans, Good quality Lodging facilities, World Class Coaching by Expert Panel of Coaches , Sports Kit, World Class Training Infrastructure & amp; Competition Exposure including foreign exposure (for selected Athletes) and Educational Expenditure assistance, Free Medical facilities, latest scientific support by exercise physiologist, strength and conditioning experts, physiotherapist, massage therapists etc.

**Important Information—**

- **Reporting Time is on 07/02/2024 at 8:00A.M.**
- **Venue: SAI Netaji Subhash Regional Centre, Sarojini Nagar, Kanpur Road, Lucknow, U.P. 226008**
- **Boarding and Lodging shall not be provided for the participants of selection trials.**

**List of Enclosures for ready reference.**

- 1. Selection Criteria and Documents required to be brought by the applicants at the time of reporting for trials. - Annexure-I**
- 2. Facilities to be provided in NCOE's to finally selected Athletes.-Annexure-II**
- 3. Test protocols:- Annexure-III**

For more details, please contact-Sh. Deepak Pant, HPM Taekwondo -9614247747 or Smt. Sandhya Bharti- Coach Taekwondo- 8281555591 or visit our website –

**<https://www.sailucknow.in> and <https://www.sportsauthorityofindia.nic.in>**

Regional Director Incharge  
SAI, NSRC Lucknow

## **ANNEXURE I**

### **SELECTIONCRITERIA (For both Kyorugi & ParaKyorugi (K44))**

<b>Age Criteria</b>	<b>Sports Performance Criteria (between 2018 to 2022)</b>
<ul style="list-style-type: none"><li>Age should not be less than 14 Years However, irrespective of age criteria, Athletes of exceptional potential may be considered for induction based on recommendations of Selection Committee.</li></ul>	<ol style="list-style-type: none"><li>1. Represented India in recognized championships.</li><li>2. Participation in Sub-Junior, Cadet, Junior and Senior in National Taekwondo championships.</li><li>3. Participation in National Games.</li><li>4. Participation in Sub-Junior, Cadet, Junior and Senior in National Open/Invitational Taekwondo Tournaments.</li><li>5. Participation in SGFI and All India University (AIU).</li></ol>

### **Documents Required**

<b>SL.NO</b>	<b>Documents to be produced at the time of selection trials. (In original &amp; self-attested photo copies)</b>
1	Date of Birth Certificate
2	Aadhaar Card
3	Sports Achievement Certificates
4	Educational Qualification Certificate
5	Passport Size Photographs (4Nos)

## **ANNEXURE-II**

### **Facilities to be Provided in NCOEs**

<b>Boarding</b>	<b>As per actual recommended by Nutrition Expert @ Rs. 1,20,000/year</b>	<b>Additional facilities</b>
<b>Lodging</b>	Rs. 10,000/-	World Class Coaching by Expert Panel of Coaches
<b>Sports Kit</b>	Rs. 20,000/-	World Class Training Infrastructure & Equipment's
<b>Competition Exposure</b>	Rs. 50,000/-	Individually Planned Nutrition
<b>Foreign Exposure</b>	Rs 2,00,000/-	For Selected Athletes
<b>Education Expenditure</b>	Rs. 10,000/-	Latest Scientific support by Exercise Physiologist, Strength & Conditioning Experts, Physiotherapist, Masseurs
<b>Miscellaneous</b>	Rs. 5,000/-	Free Medical facilities, Insurance Cover etc.

**Note:**

- In addition to the mentioned performance criteria, it may be noted that, above criteria is for appearing in **Selection Trials Only**. The final selection will be made on the basis of **Overall Merit, Availability of Seats and Age Verification Tests as per SAI guidelines**.

## ANNEXURE-III

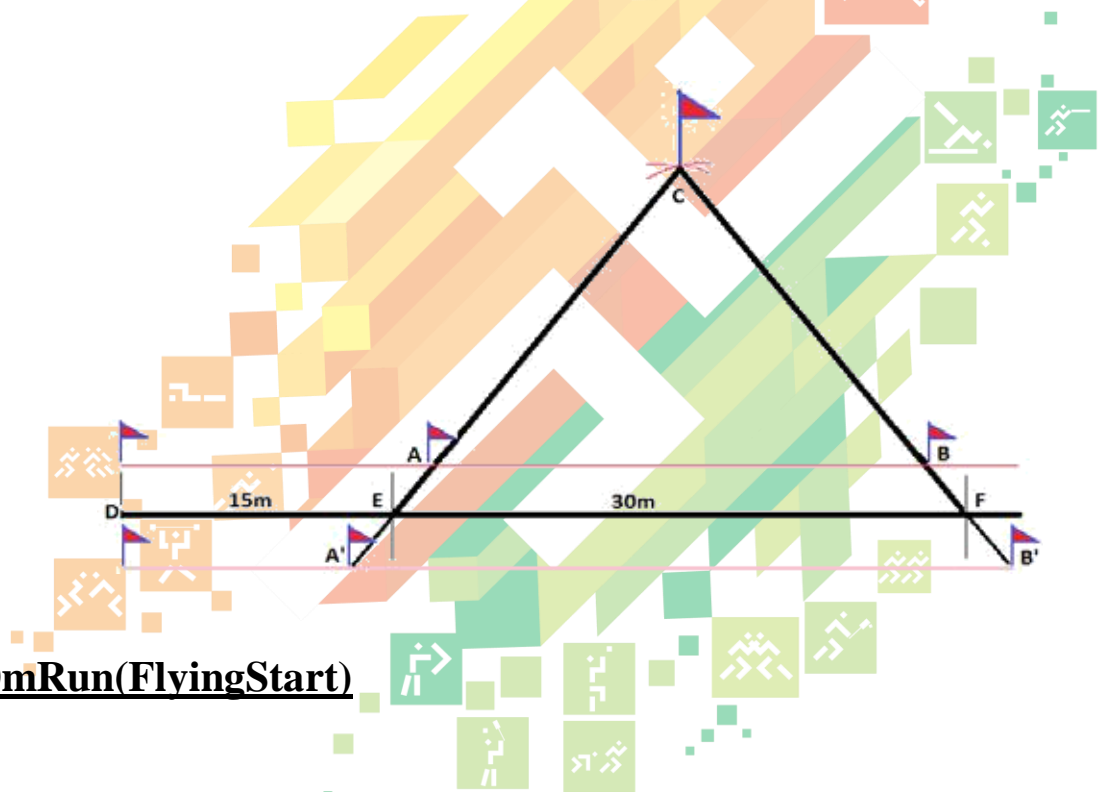
### Motor Ability Test:-

#### 2.1).30MeterRun(Flying Start)

**Aim/Purpose:** To measure the maximum speed.

**Equipment/Facilities:** Electronic Stop Watch, Flagpole (Six), Measuring Tape and 45 meters running course or strip. The running strip should be firm and non-slippery.

**Marking:** The distance of 45 meters is divided into two zones of 15 meters and 30 meters as shown in the diagram – 1. That is DE (15 m) and EF (30 m). Take radius of 30 meters and mark an arc from point “E”. Mark another arc of 30 meters from point “F” and intersecting at point “C”. Join CE and extend to A’ and join CF and extend to B’. Fix flags at all these seven points.



**Fig.1.30mRun(FlyingStart)**

**Procedure:** The athlete stands behind the line “D” and on signal accelerates and crosses the line “E” with extreme possible speed and also cross the line “F” with same speed. Athletes are not permitted to run with spikes. Two trials are permitted.

**Scoring:** The time keeper stands on point “C” and when the athlete reaches in the line with flags “A-A’” and “E” line he starts the watch and when the torso of the athlete comes in the line “B-B’” and cross “F” stop the watch. The time is then recorded from the watch.

## **2.2).VerticalJumpTest**

**AimPurpose:** Tomeasuretheexplosivepoweroflowerlimbs(legs).

**Equipment/Facilitiesrequired:** MeasuringTape,Bench,Chair,ChalkPowderandDuster.

**Marking:** Averticalwallisprominentlymarkedincentimetresupto3.50meters

**Procedure:** The athletes dips their fingers in chalk powder and stand side-wise against the wall, keeping the arm raised completely above the head and clap the extended hand marked with chalk on finger straight. The athlete jump as high up as possible and touch the wall. The reading shall be noted by keeping eyes in level with the chalk mark on the progressed marking. Three attempts are permitted.

**Scoring:** The standing reach is subtracted from the jumping reach. The score shall be best of three jumps.



### **VerticalJumpTest**

### **2.3).Standing Broad Jump:**

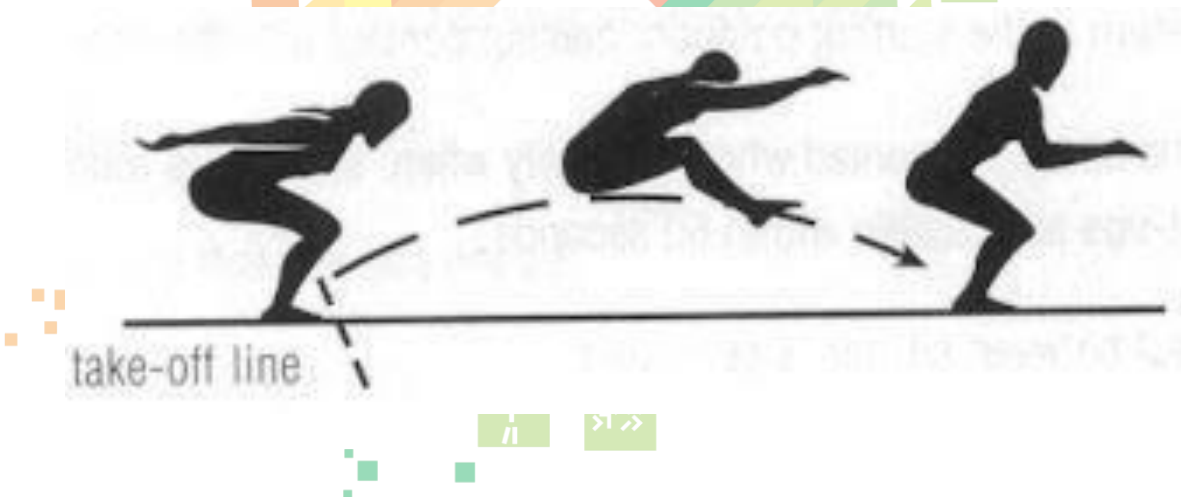
**Aim/Purpose:** To find the maximum muscle power.

#### **Equipment/Facilities:**

- 1) A flat jumping area at least 20 feet in length.
- 2) A tape measure at least 10 feet long duct tape or masking tape.

#### **Procedure:(Using a Tape Measure)**

1. Place a 2-to 3-foot (0.6-0.9m) length of tape on the floor to serve as a starting line.
2. The athlete stands with the toes just behind the starting line.
3. The athlete performs a counter movement and jumps forward as far as possible.
4. The athlete must land on the feet for the jump to be scored. Otherwise the trial is repeated.
5. A marker is placed at the back edge of the athlete's rearmost heel, and the tape measure determines the distance between the starting line and the mark.
6. The best of three trials is recorded to the nearest 0.5 inch or 1 cm.



## **2.4)6X10mtr.Shuttlerun**

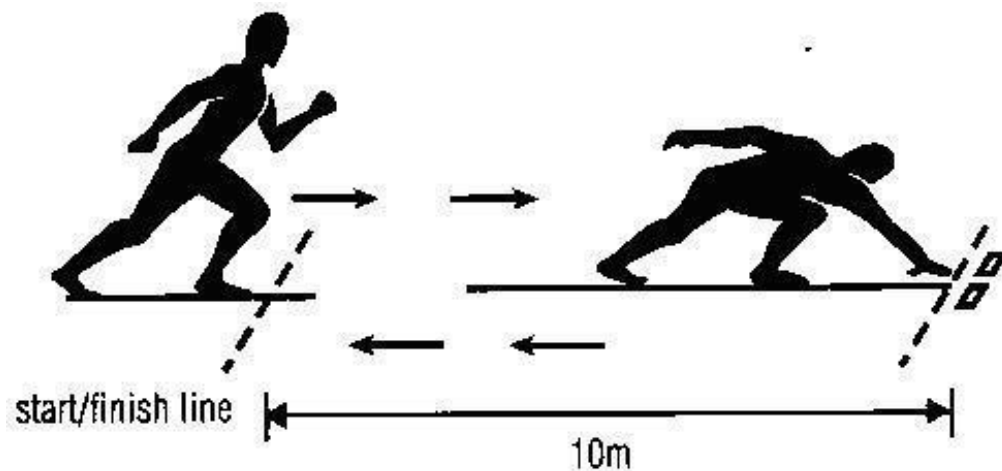
**AimPurpose:** Todeterminetheagilityoftheathlete.

**Equipment/Facilities required:** Stop watch, lime powder and a running course of 10meters. Surface ofthecourse shouldbe non-slippery.

**Marking:** 10metersof distanceismarkedbytwoparallellinesof5meterseach.

**Procedure:** The athletes (2 together) stand behind the starting line. On the commend ofstarting signal “GO”, athletes run faster, go nearest to the other line and touch it with theone hand , turn and come back to starting line, touch it with hand, turns and repeat it fora total of 5 times and 6th time, run over the line as fast as possible. Two chances arepermitted.

**Scoring:** Thebettertimetakenbytheathletetocompletethecourseof6X10meterstothe nearest 1/ 10 of a second is recorded as score of the test. The better attempt out ofthetwo is consideredorscoringpurpose.





## **2.5).Situps(pikeposition):**

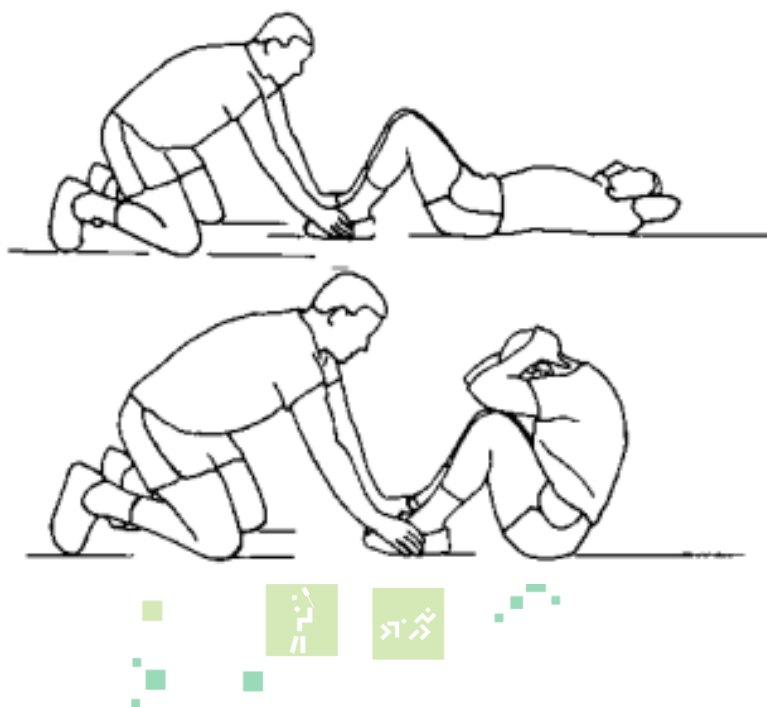
**Purpose:** To measure explosive Abdominal

**StrengthEquipment/FacilitiesRequired:** Floor/Ground, Stop Watch

### **ProcedureofConductingthe Test:**

The athlete assumes back lying position on the mat keeping her arms over the head. On the command "GO" he/she energetically lifts the legs and upper body and touches his/her feet with the hands. This is called sit ups in "V" position. He/she performs maximum sit ups in piked position in 60 seconds. The time keeper starts taking time on the command "GO" and stops the watch at 60 seconds.

**Scoring.** Maximum number of Sit Ups performed in 60 seconds will be his/herscore.



## **2.6).PushUp:**

The push-up fitness test (also called the press up test) measures upper body strength

**Equipment/Facilities:** floormat, stopwatch, wall, chair, assistant.

**Pre-test:** Explain the test procedures to the subject. Perform screening of health risks and obtain informed consent. Prepare forms and record basic information such as age, height, body weight, gender and test conditions. Perform a standard warm-up.

**Procedure:** A standard push-up begins with the hands and toes touching the floor, the body and legs in a straight line, feet slightly apart, the arms at shoulder width apart, extended and at a right angle to the body. Keeping the back and knees straight, the subject lowers the body to a predetermined point, to touch some other object, or until there is a 90-degree angle at the elbows, then returns back to the starting position with the arms extended. This action is repeated, and the test continues until exhaustion, or until they can do no more in rhythm or have reached the target number of push-ups.

**Scoring:** Record the number of correctly completed push-ups in 1 minute.



## 2.7).BackStrength(Hyperextension)Purpose:Tomeasurebackstrength

**Equipment/FacilitiesRequired:**Acushionedtableof1.5m.long.



### **BackStrengthTest**

**Procedure of Conducting the Test:** An athlete assumes prone lying position on the table with his/her upper body remaining out of the table. The arms are kept folded on the chest. A supporter holds the athlete from the thighs. The athlete bends forward to about  $45^\circ$  and then he/she lifts her upper body to about  $30^\circ$  above the horizontal level. This counts as one repetition. He/she continues to perform the maximum repetitions.

**Scoring:** The maximum number of repetitions performed by the athlete will be his/her score

## **2.8).SitandReach:**

**Aim/Purpose:** To measure the trunk flexibility

**Equipment/ Facilities Required:** A flat table of about 50cm height. A chart in cm to be placed on the Table/box.

**Procedure for conducting the Test:** An athlete is asked to stand on the Table with bare feet. He/she stands in such a way that his feet toes touch the far end of the Table. He/she slowly starts bending downward with stretched arms and open fingers and touches his/her hands/ fingers on the centimeter chart placed on the Table by keeping knees straight and head down. He/she tries to go as down as possible and holds in that position for 3-4 seconds. The distance reached on the centimeter chart is recorded.

**Scoring:** The maximum distance on centimeter chart, where a he/she touches the tip of his/her fingers is recorded which will be his/her score for Bend and Reach Test.



## **2.9)NordicHamstringTest:**

**Purpose:** To measure the eccentric strength of Hamstring group of muscle

**Equipment/Facilities:** Assistant, Recording sheet, Mat, Cushioned Platform

**Procedure:** Subjects were instructed to keep shoulder, hip and knee joints in a straight line and were asked to try to keep this position steadily entire the movement. Ankles were stabilized by the examiner. Then, the subjects were instructed to do maximum repetitions of controlled forward falling gradually until they could no longer resist the gravity force and start to fall.

**Scoring:** Number of repetitions or Duration for holding the body at 45 degrees angle).



## **Plank Test**

**Purpose:** Plank test measures the strength & stability of the overall core group of muscles.

**Equipment**—Taekwondo Mat, Stopwatch, Assistant

**Procedure** - The aim of this test is to hold an elevated position for as long as possible. The subject should be instructed to start with the upper body supported off the ground by the elbows and forearms, and the legs straight with the weight taken by the toes. The hip is lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The head should be facing towards the ground and not looking forwards. The test is over when the subject is unable to hold the back straight and the hip is lowered.

**Scoring:** The score is

the total time completed



## Side Plank Test

**Purpose:** Side Plank test measures the strength & stability of the Side Core group of muscles.

**Equipment:** Taekwondo Mat, Stopwatch, Assistant

**Procedure** - The aim of this test is to hold an Side elevated position for as long as possible. The subject should be instructed to start with the upper body supported off the ground by the One of the elbows and forearm, and the legs straight with the weight taken by the side of the ankle. The hip is lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The head should be facing sideward and not looking forwards. The test is over when the subject is unable to hold the back straight and the hips lowered. The same should be repeated to the other side of the body.

**Scoring:** The score is the total time completed



## 800 Meters Run:

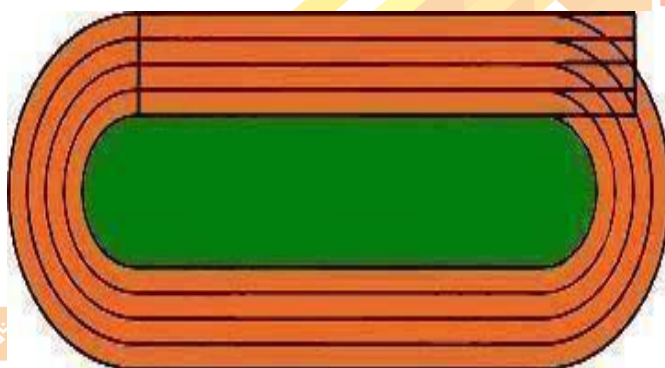
**Purpose:** To measure the endurance capacity of the subjects.

**Equipment/Facilities:** Stopwatches, 400m Track, Whistle

**Markings:** The 400m distance is marked on the field or a marked 400m track can be used where curve start is to be given.

**Procedure:** The athlete stands behind the starting line. On the starting signal, the athlete runs the 400 meters distance i.e., two times in 400m track as limited time as possible.

**Scoring:** The time to cover the 800 meters distance to the nearest 1/10<sup>th</sup> of a second is recorded.





**TAEKWONDO****Boys**

Age/ Parameters	Height			Weight			Vertical jump			30m flying start			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
12 yrs	148	152	156	37	39	41	43.0	45.0	47.0	4.20	4.10	4.00	3.20	3.00	2.50	17.5	16.9	16.4
13 yrs	153	157	161	41	43	45	45.0	47.0	52.0	4.05	3.95	3.85	3.00	2.50	2.40	17.0	16.5	15.9
14 yrs	158	162	166	47	49	51	48.0	52.0	56.0	3.95	3.80	3.65	2.50	2.40	2.30	16.5	15.9	15.4
15 yrs	163	167	171	53	55	57	50.0	54.0	59.0	3.88	3.65	3.55	2.40	2.30	2.25	15.9	15.4	14.9
16 yrs	168	172	175	56	58	60	52.0	56.0	61.0	3.82	3.55	3.50	2.35	2.25	2.20	15.4	14.9	14.4
17 yrs	172	175	178	61	63	65	54.0	58.0	63.0	3.77	3.50	3.45	2.28	2.20	2.15	14.9	14.4	13.9
18 yrs	175	177	180	64	66	68	55.0	59.0	65.0	3.74	3.46	3.42	2.25	2.15	2.10	14.4	13.9	13.5

**Girls**

Age/ Parameters	Height			Weight			Vertical jump			30m flying start			800m run			6x10m shuttle Run		
	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
12 yrs	146	150	154	36	38	40	39.0	42.0	47.0	4.50	4.30	4.15	3.35	3.20	3.05	18.6	18.0	17.51
13 yrs	150	154	158	40	43	45	41.0	43.0	50.0	4.42	4.20	3.95	3.20	3.10	2.55	18.1	17.6	17.0
14 yrs	154	158	162	45	48	50	43.0	45.0	53.0	4.31	4.00	3.80	3.15	3.05	2.50	17.6	17.0	16.5
15 yrs	158	162	165	50	53	55	45.0	47.0	52.0	4.22	3.96	3.78	3.05	2.55	2.45	17.0	16.6	16.1
16 yrs	162	165	167	54	56	58	47.0	49.0	54.0	4.17	3.94	3.74	3.00	2.50	2.45	16.6	16.0	15.5
17 yrs	164	167	169	55	57	59	49.0	51.0	56.0	4.14	3.90	3.70	2.55	2.45	2.40	16.1	15.5	15.0
18 yrs	166	168	170	56	58	60	51.0	53.0	58.0	4.10	3.85	3.65	2.50	2.40	2.35	15.6	15.1	14.7

## Specific Skill Test For Taekwondo Athletes

### **1. STANDING KICKING BALANCE TEST**

**Objective**– To measure specific static Balancing Ability

**Frequency**– Twice a year

**Equipment Required** – Stop Watch,  
Taekwondo Mats, Whistle, An assistant

### Procedure–

1. The Athlete is asked to stand on one leg and raise the other leg Dollyo Chagi or C u t k i c k Ball of the foot of the Kicking leg).
2. Just above the waist/ as high as possible and for as long as possible.
3. Given the subject a minute to practice their balancing before starting the test.
4. The timing stops when the elevated foot touches the ground or the person hops or otherwise loses their balance position.
5. The best of three attempts is recorded.
6. Test to be conducted for both legs and recorded separately.



### **2. SIDESPLIT TEST**

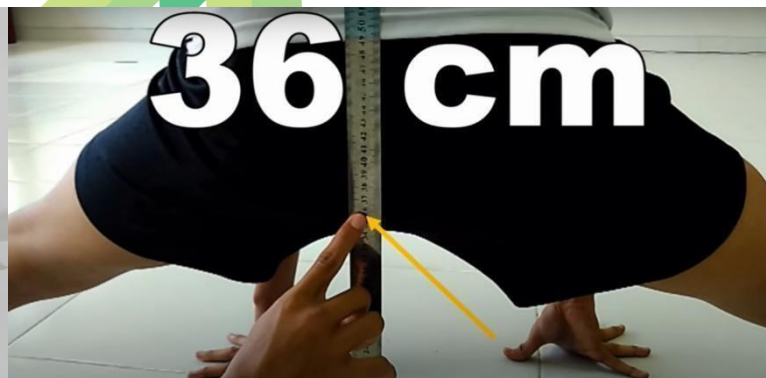
**Objective**– To measure the ROM of Hip Joint

**Frequency**– Twice a year

**Equipment Required**– Measuring Scale, Assistant of the same gender, Taekwondo mats

### Procedure–

1. The subject is asked to perform sidesplit by placing both hands in front on the floor.
2. The sidesplit must be done in a straight line following both the heels and the Coccyx (End of Spine)
3. Subject must be instructed not to move too much forward or excessive backward
4. Sidesplit must be done in a stable condition.
5. NO additional external force is to be applied on the subject as it may cause serious injury.
6. The measurement between the feet is taken by keeping the scale perpendicular.





### 3. HEXAGONAL OBSTACLE TEST

**Objective**– To measure multidirectional quick feet ability

**Frequency**– Twice a year

**Equipment Required** – 66 cm hexagon, Stop Watch, Taekwondo Mats, Whistle, Assistant  
**Procedure** – The athlete stands in the middle of the hexagon, facing line A. to maintain this position during testing, ie facing line A. On GO stopwatch command is executed and the athlete jumps with both legs over line A. Band back to center, then passes the C line then back to center and so on until all (6 lines jumped). When the athlete jumps through the A line and returns to the middle until it can perform all the lines skipped, then the test is considered to have performed a series of tests. Athletes carry it out three times. After completion the three stopwatch sequences are stopped and time is recorded. After performing the test series the athlete breaks, then performs the second test loop.



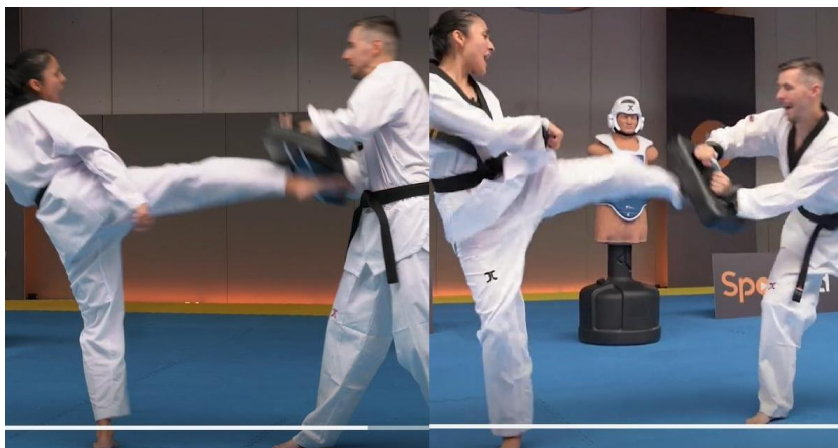
### 4. 30 SECONDS BODY KICK TEST

**Objective**– To measure specific Speed Endurance Ability

**Frequency**– Twice a year

**Equipment Required**– Iranian Target, Stop Watch, Whistle, Assistant

**Procedure** – The athlete is asked to warm up properly for about 15 minutes. The assistant is asked to hold the Iranian Target at Body (Middle) level right in front of the subject. On the command of “Go” the subject executes continuous Roundhouse kicks for 30 seconds (From the same place) with maximum speed. Kicks should be executed above the waist and not more than chest level. The number of kicks is recorded as result. Only valid kicks executed with appropriate power at the body level are counted.



## 5. 20SECONDSHEADKICKTEST

**Objective**–TomeasuretheproficiencyofHeadKicks

**Frequency**–Twiceayear

**EquipmentRequired**–HandMitt(FanPad),StopWatch,Whistle,Assistant

### Procedure–

1. Theathleteisaskedtowarmupproperlyforabout15minutes
2. The assistant is asked to hold the Hand Mitt (Fan Pad) at Head (Face) level right infrontofthesubject.
3. On the command of “Go” the subject executes maximum number of Head Kicks for 20seconds(Fromthesame place)with maximum speedandaccuracy.
4. Kicks shouldbeexecutedatthe hand mittthedattheheadlevel.
5. The subject must not bring the target lower than the head level of the subject and mustkeep thetarget at aheadlevelina fixedposition.
6. Total points scored by the subject (as per WT scoring guidelines) with the head kicksarerecordedas result.



## KYORUGIMATCH(Sparringcompetitivebout)–

**Objective**–TomeasureTaekwondomatchplayingability(Gametemperament)

**Frequency**–Twiceayear **EquipmentRequired**–

WTapprovedprotectiveguards,Officials,EmergencyMedicalSupport **Procedure** –

Competition Style sparring with WT Rules & Regulation shall be conductedasperWTRules.Subjective/Qualitativeassessmentsshallbedoneinthefollowingareas.**Assessment** –

1. Pointsscoredbyturningorspinningkick.
2. Highervaluetechniquesasfollows(Head,Trunk,Punch,Gam-Jeom).
3. Aggressivematch management
4. Lesspanalties



