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# What is Evolución Sport Taekwondo?

It's the first specific software for Taekwondo. An easy to use tool which simplifies any trainer's work whether amateur or professional, in any club, federation or national team.

Any sportsman or woman who would like to have a personal trainer can use it, without the need of having any previous knowledge in Taekwondo training.

The program consists of two editions:

PR the first one is ***"Evolución Sport Professional"***, which has all the advantages of ***"Personal"*** but is also designed for those trainers who want to create their own custom-made training schedules (exercises, workloads, reports…. You can also benefit from one of the most innovative tools of the program: the tactic session edition. In this edition all of the Personal Training exercises and workloads can be edited.º

PE The second edition is ***"Evolución Sport Personal"***, ideal for those without specific knowledge in Taekwondo training. You only need to enter your personal data, start date, target date and the test results, and within a few minutes you will have your personal training regime designed by worldwide prestige trainers. In addition to the Spanish Taekwondo Federation trainer's training schedule (by Gabriel Esparza) included in the software, you can add further Personal Trainers to the Evolution Sport system to have a wider range of verified efficient training systems.

IN THIS EDITION YOU ARE NOT ABLE TO EDIT THE TRAINING SCHEDULES OR WORKLOADS.

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El Arte del TAEKWONDO

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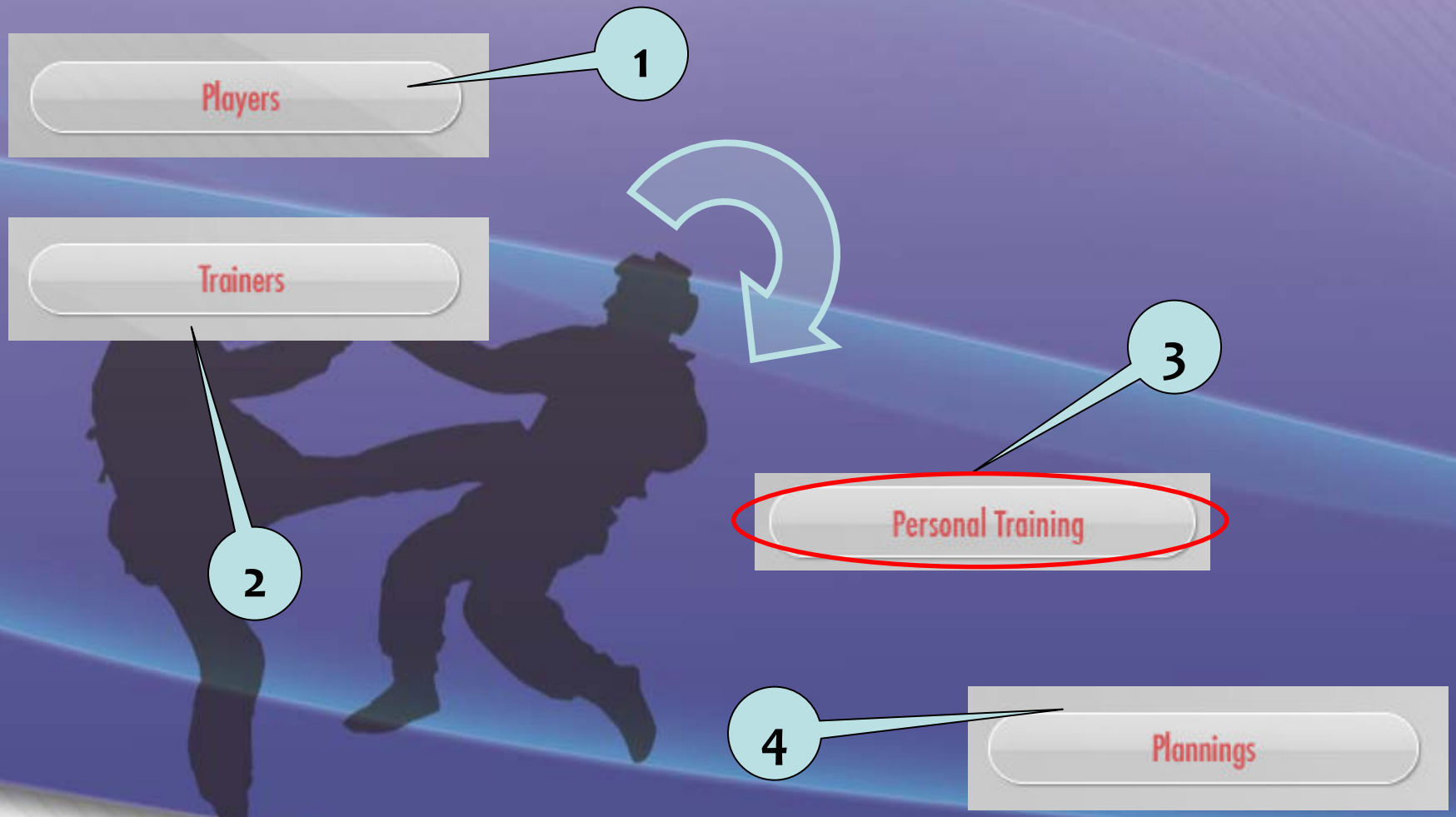
# Before you create a planning.

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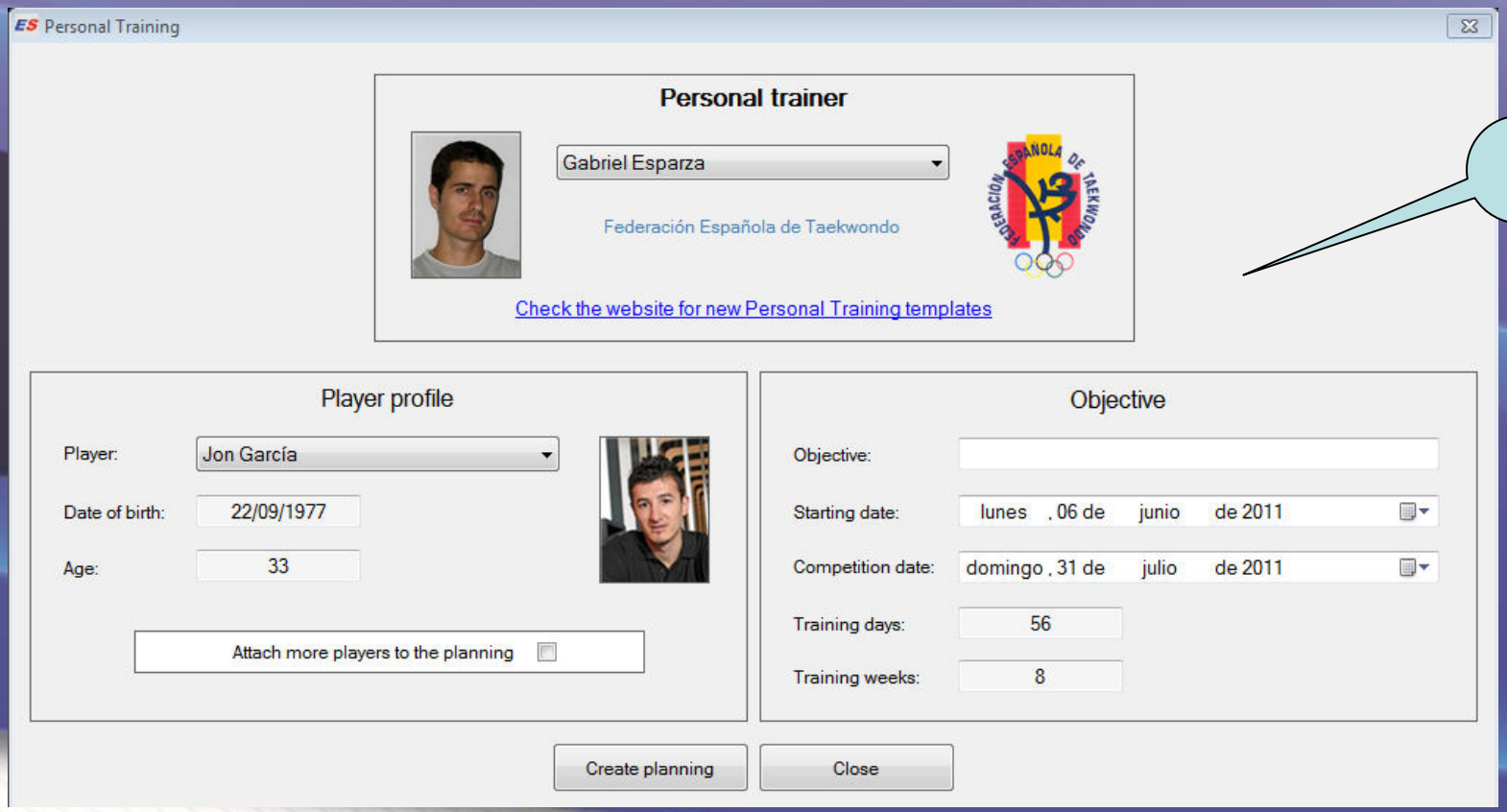
# What can do you?

Plan a whole club's training schedule in only three steps, with personalised workloads in regard to age strength, speed, resistance and goals, thanks to the Personal Training tool. A tool with the C.A.R's (Centro de Alto Rendimiento [High performance centre] in San Cugat del Vallés) best training professionals at your disposal.




1

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# Steps 2 and 3 of Personal Training.

2

3

Player test

**Objective:** Example

Jon García

Date: 14/03/2011

Maximum strength | Running

**Hamstring curl (laying down)**
Weight lifted 56 kg
Number of repetitions 7
Maximum strength 67,2 kg

**Bench press**
Weight lifted 78 kg
Number of repetitions 7
Maximum strength 93,6 kg

**Leg curls**
Weight lifted 89 kg
Number of repetitions 8
Maximum strength 110,5 kg

**Gluteus on machine**
Weight lifted 89 kg
Number of repetitions 9
Maximum strength 114,5 kg

**Lat pull down**
Weight lifted 67 kg
Number of repetitions 6
Maximum strength 77,8 kg

Print test form

## Physical training table

Gabriel Esparza

Player: Jon García
Objective: Example

Days: 04/04/2011 - 24/04/2011
Stage: Transformation

### MONDAY 04/04/2011

**1 HAMSTRING CURL (LAYING DOWN)**
Test date: 14/03/2011
Max.strength: 67,2 kg

| | Maximum S. | Explosive S. |
|---|---|---|
| Intensity | 100% | 40 % |
| Load (kg) | 67,2 kg | 26,88 kg |
| Repetitions | 1 | 8 |
| Pause | 60 " | 30 " |
| Rhythm | Fast | Max exp |
| Series | 3 | 3 |

**2 R. Tuit Chagui Attack**
(Protector)

| | S.Ala.Ana.P. |
|---|---|
| Time / Rep. | 3 |
| Series | 6 |
| Intensity | 100 % |
| Exercises pause | 5 " |
| Final pause | 15 " |

**3 BENCH PRESS**
Test date: 14/03/2011
Max.strength: 96,8 kg

| | Maximum S. | Explosive S. |
|---|---|---|
| Intensity | 100% | 40 % |
| Load (kg) | 96,8 kg | 38,72 kg |
| Repetitions | 1 | 8 |
| Pause | 60 " | 30 " |
| Rhythm | Fast | Max exp |
| Series | 3 | 3 |

**4 LEG CURLS**
Test date: 14/03/2011
Max.strength: 83,2 kg

| | Maximum S. | Explosive S. |
|---|---|---|
| Intensity | 100% | 40 % |
| Load (kg) | 83,2 kg | 33,28 kg |
| Repetitions | 1 | 8 |
| Pause | 60 " | 30 " |
| Rhythm | Fast | Max exp |
| Series | 3 | 3 |

**5 L. Bandal Back Leg Attack**

**6 GLUTEUS ON MACHINE**
Test date: 14/03/2011
Max.strength: 8,7 kg
Maximum S. Explosive S.

**7 L. Tuit Chagui Attack**

**8 LAT PULL DOWNS**
Test date: 14/03/2011
Max.strength: 96,8 kg
Maximum S. Explosive S.

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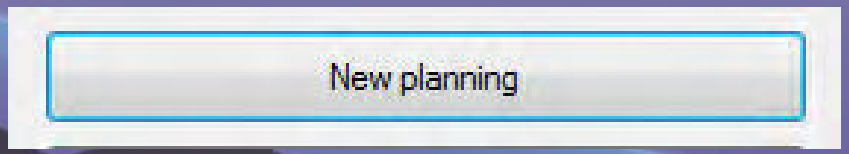
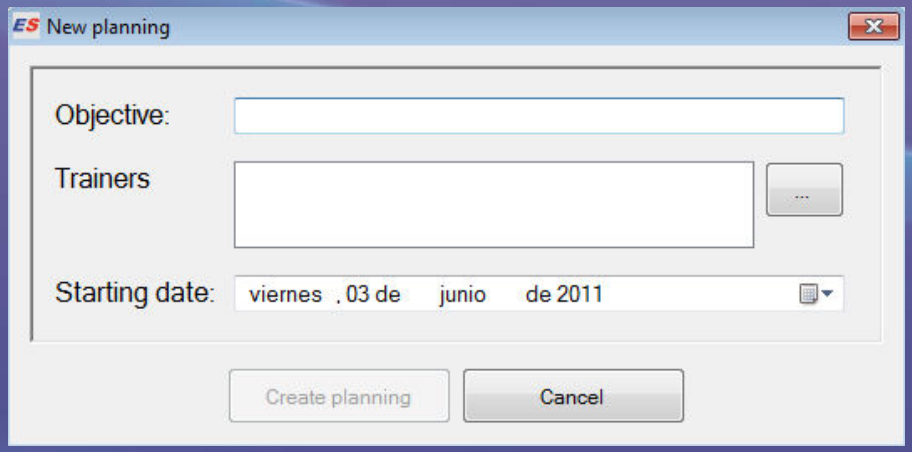
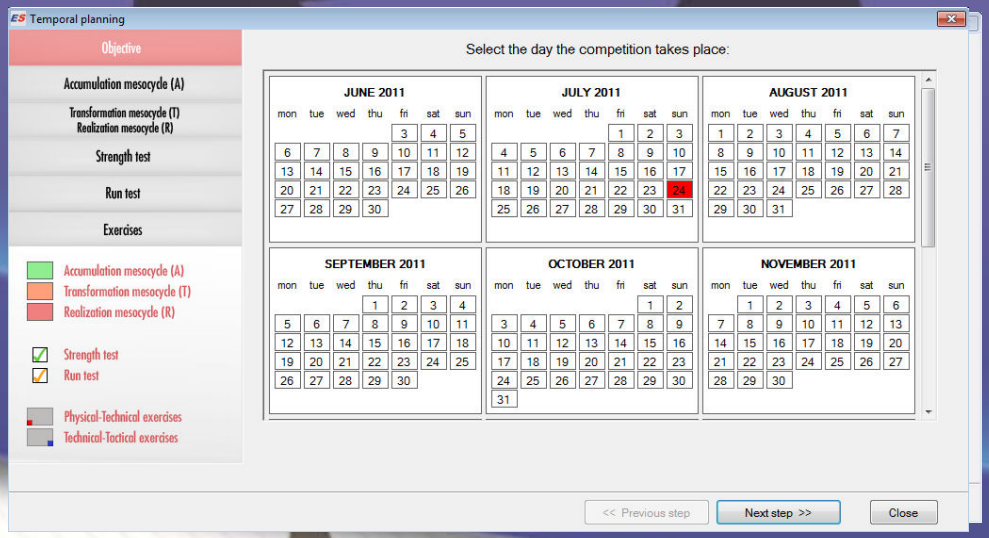
# Creation of a planning ?

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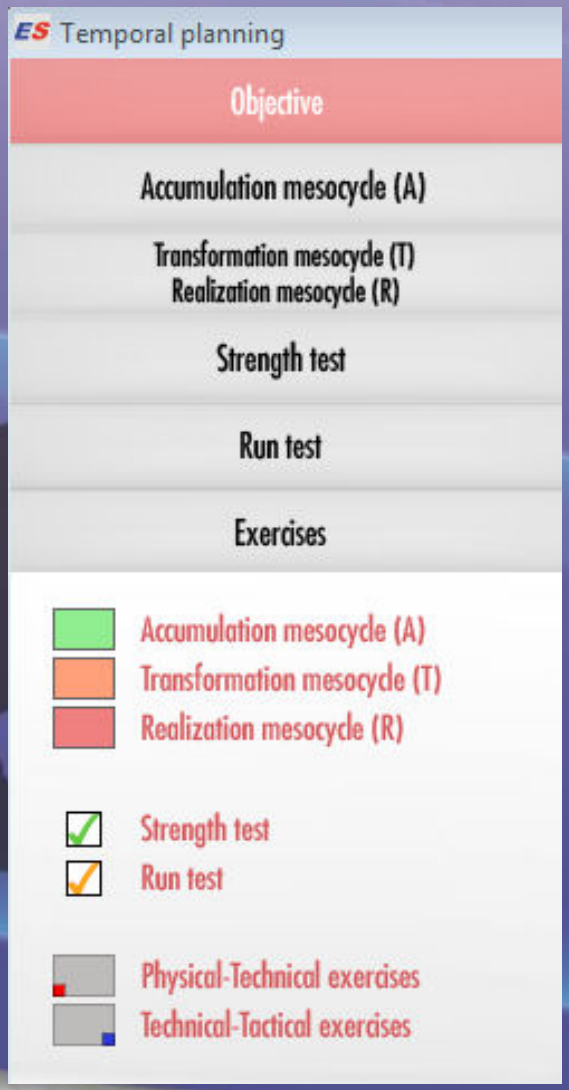
# Creation of a planning ?

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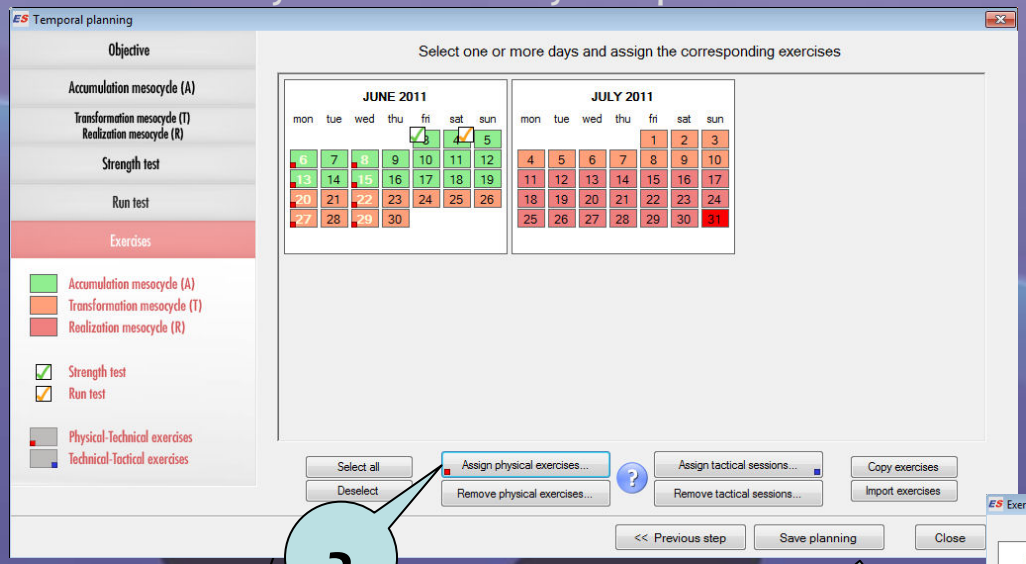
# What can do you?

Plan your training schedule in an easy and intuitive way for both Taekwondo and any other activity or sport.

1. Select which days you are going to do your training exercises
2. Click on “Assign physical exercises”
3. Choose the exercises
4. Assign workload

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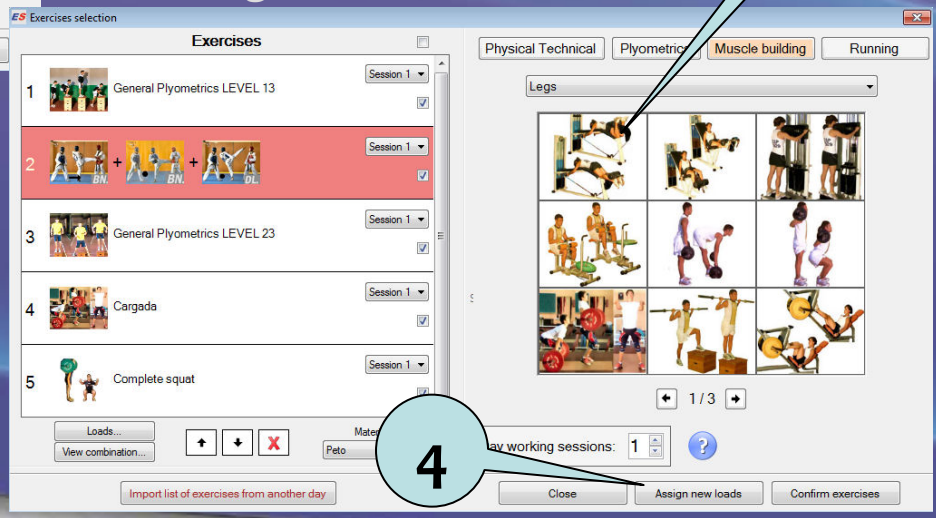


4

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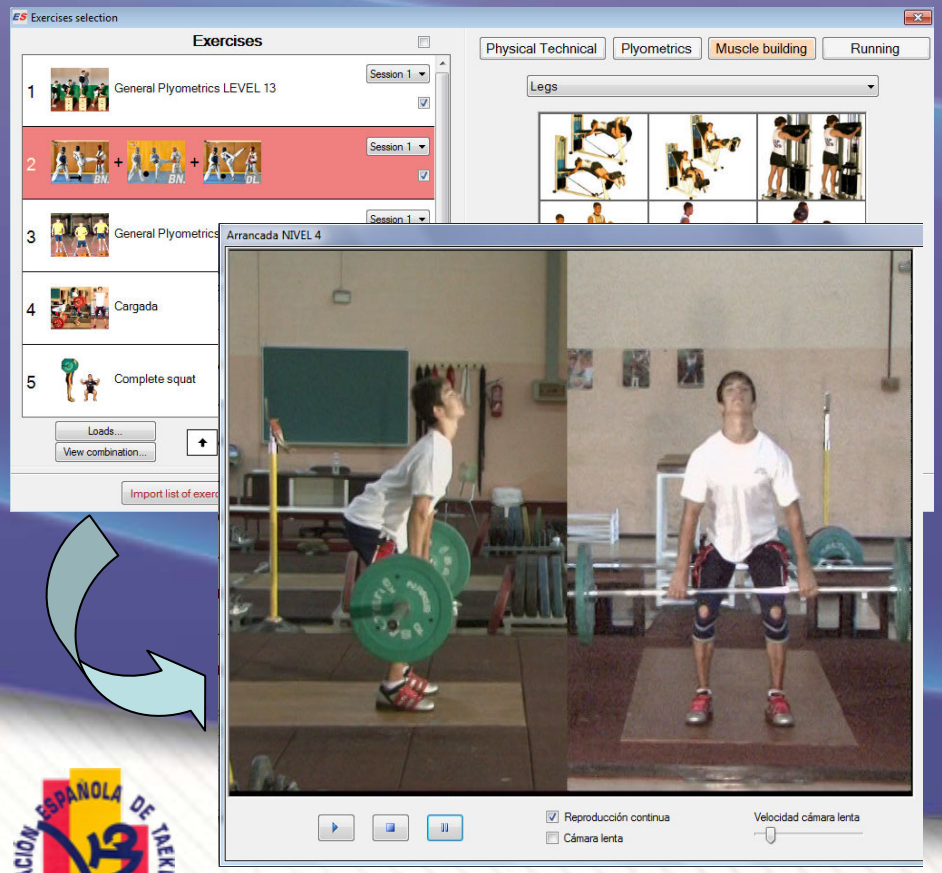
# What can do you?

You have high quality videos which display the correct execution of all Taekwondo's techniques from two different angles, plyometric exercises and bodybuilding exercises, all of which have a playback speed control that enables the viewer to clearly see the technique.



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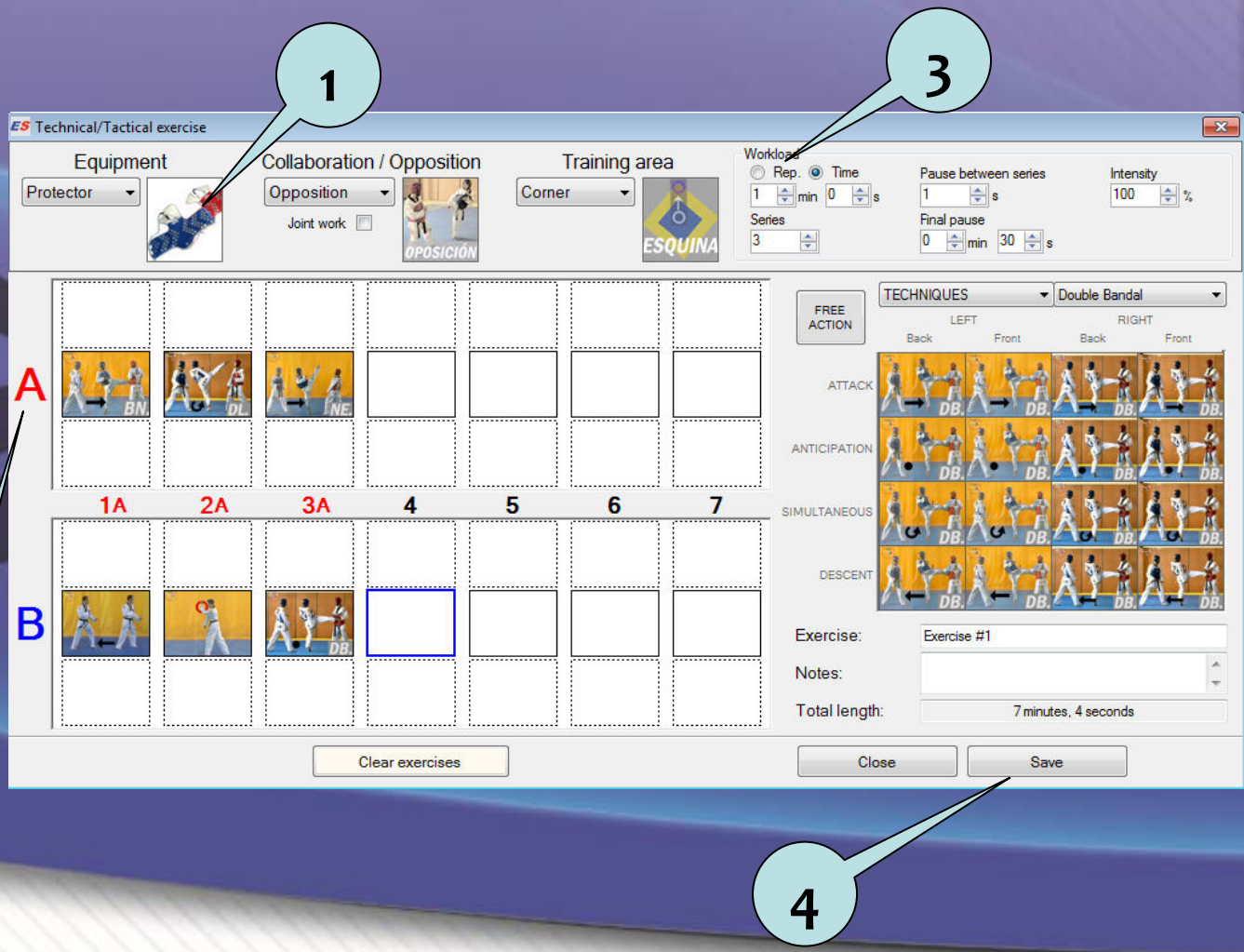
# What can do you?

Plan specific tactic trainings for today's Taekwondo.

1. Choose the equipment, type of training and training area
2. Select what competitor "A" is going to do and how "B" is going to respond
3. Assign the workload in terms of duration or repetitions
4. Save the exercise

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# What can do you?

General reports of the training schedules which the program generates automatically. These can be annual reports, per stages or per microcycle.

## Workload distribution

Objective: Example

| | ACCUMULATION (38%) | | | TRANSFORMATION (38%) | | |
|---|---|---|---|---|---|---|
| Microcycle | 1 | 2 | 3 | 4 | 5 | 6 |
| Date | 14/03/11 | 21/03/11 | 28/03/11 | 04/04/11 | 11/04/11 | 18/04/11 |
| HYPERTROPHY S. | 65% | 70% | 70% | | | |
| Sessions | 1 | 1 | 2 | | | |
| MAXIMUM S. | 85% | 90% | 95% | 100% | 100% | 100% |
| Sessions | 1 | 2 | 1 | 2 | 2 | 2 |
| EXPLOSIVE S. | | | | 40% | 40% | 40% |
| Sessions | | | | 2 | 2 | 2 |
| G.EXP.S.PLYO. | | | | 40% | 40% | |
| Sessions | | | | 1 | 1 | |
| S.EXP.S.PLYO. | | | | | | 35% |
| Sessions | | | | | | 1 |
| AEROBIC C. | 75% | 75%-80% | 85% | | | |
| Sessions | 1 | 2 | 2 | | | |
| MAX.AEROB.P. | | | | 85%-90% | 90% | |
| Sessions | | | | 2 | 2 | |
| S.ALA.ANA.P. | | | | 100% | 100% | 100%-95% |
| Sessions | | | | 3 | 3 | 5 |

| Strength Loads | | | | | |
|---|---|---|---|---|---|
| Kind | Sessions | % macro | A | T | R |
| HypertrophyS. | 4 | 14% | 14% | 0% | 0% |
| Maximum S. | 12 | 43% | 14% | 21% | 7% |
| Explosive S. | 8 | 29% | 0% | 21% | 7% |
| G.Exp.S.Plyo. | 2 | 7% | 0% | 7% | 0% |

| Stamina Loads | | | | | |
|---|---|---|---|---|---|
| Kind | Sessions | % macro | A | T | R |
| Aerobic C. | 5 | 17% | 17% | 0% | 0% |
| Max.Aerob.P. | 4 | 14% | 0% | 14% | 0% |
| S.Ala.Ana.P. | 20 | 69% | 0% | 38% | 31% |
| TOTAL | 29 | 100% | | | |

## Custom training table

Objective: Example

MICROCYCLE 5
(11/04/2011 --- 17/04/2011)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| Maximum S. | 9 exercises<br>Intensity: 100%<br>Repetitions: 1<br>Series: 4<br>Pause: 60"<br>Ex. Rhythm: Fast | | | | 9 exercises<br>Intensity: 100%<br>Repetitions: 1<br>Series: 4<br>Pause: 60"<br>Ex. Rhythm: Fast |
| S.Ala.Ana.P. | 4 exercises<br>Intensity: 100%<br>Time: -<br>Repetitions: 3<br>Series: 6<br>Ex. Pause: 5"<br>Final pause: 15" | | 4 exercises<br>Intensity: 100%<br>Time: -<br>Repetitions: 3<br>Series: 6<br>Ex. Pause: 5"<br>Final pause: 15" | | 4 exercises<br>Intensity: 100%<br>Time: -<br>Repetitions: 3<br>Series: 6<br>Ex. Pause: 5"<br>Final pause: 15" |
| Max.Aerob.P. | | 1 exercise<br>VO2 max.: 90%<br>Distance: 1000 m<br>Series: 3<br>Pause: 180" | | 1 exercise<br>VO2 max.: 90%<br>Distance: 1000 m<br>Series: 4<br>Pause: 180" | |


| Strength Loads | | | | | |
|---|---|---|---|---|---|
| Kind | Sessions | % macro | A | T | R |
| HypertrophyS. | 4 | 14% | 14% | 0% | 0% |
| Maximum S. | 12 | 43% | 14% | 21% | 7% |
| Explosive S. | 8 | 29% | 0% | 21% | 7% |
| G.Exp.S.Plyo. | 2 | 7% | 0% | 7% | 0% |
| S.Exp.S.Plyo. | 2 | 7% | 0% | 4% | 4% |
| TOTAL | 28 | 100% | | | |

| Stamina Loads | | | | | |
|---|---|---|---|---|---|
| Kind | Sessions | % macro | A | T | R |
| Aerobic C. | 5 | 17% | 17% | 0% | 0% |
| Max.Aerob.P. | 4 | 14% | 0% | 14% | 0% |
| S.Ala.Ana.P. | 20 | 69% | 0% | 38% | 31% |
| TOTAL | 29 | 100% | | | |


## Custom training table

Objective: Example

ACCUMULATION --- 21 days (3 weeks)

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| M 1<br>14/03/2011 | S. TEST<br>(REST) | R. TEST<br>(REST) | Maximum S.: 85% | Aerobic C.: 75% | HypertrophyS.: 65% |
| M 2<br>21/03/2011 | Maximum S.: 90% | Aerobic C.: 75% | HypertrophyS.: 70% | Aerobic C.: 80% | Maximum S.: 90% |
| M 3<br>28/03/2011 | HypertrophyS.: 70% | Aerobic C.: 85% | Maximum S.: 95% | Aerobic C.: 85% | HypertrophyS.: 70% |

TRANSFORMATION --- 21 days (3 weeks)


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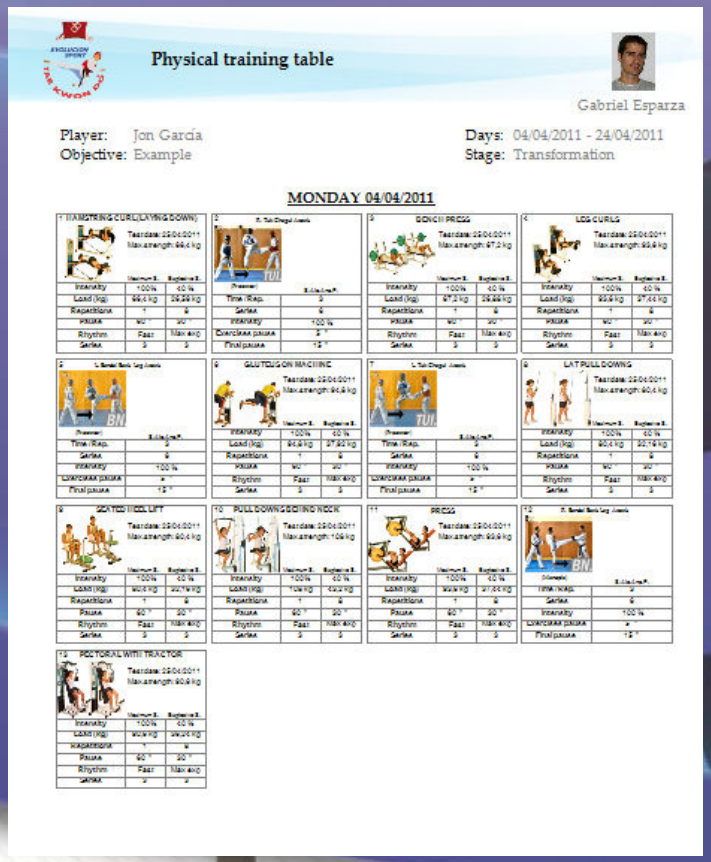
# What can dou you?

Individual reports so that each of your pupils has their personal training program.



Physical training table

Gabriel Esparza

Player: Jon García
Objective: Example

Days: 04/04/2011 - 24/04/2011
Stage: Transformation

MONDAY 04/04/2011

Technical Tactical session

Jon García Aguado

IMPROVED TACTICS IN ATTACK

1. Cuerpo a cuerpo

| Repetitions / Time | Series | Pause between series | Final pause | Intensity | Collaboration | Equipment | Training area |
|---|---|---|---|---|---|---|---|
| 1' 00" | 3 | 11 | 1' 00" | 100% | Colaboración | Peto | Delimitada |

A

B

1A 2B

(*) Notes: despues de accion bloquear

2. con bloqueo

| Repetitions / Time | Series | Pause between series | Final pause | Intensity | Collaboration | Equipment | Training area |
|---|---|---|---|---|---|---|---|
| 1' 00" | 3 | 11 | 1' 00" | 100% | Colaboración | Peto | Delimitada |

A

B

1A 2B

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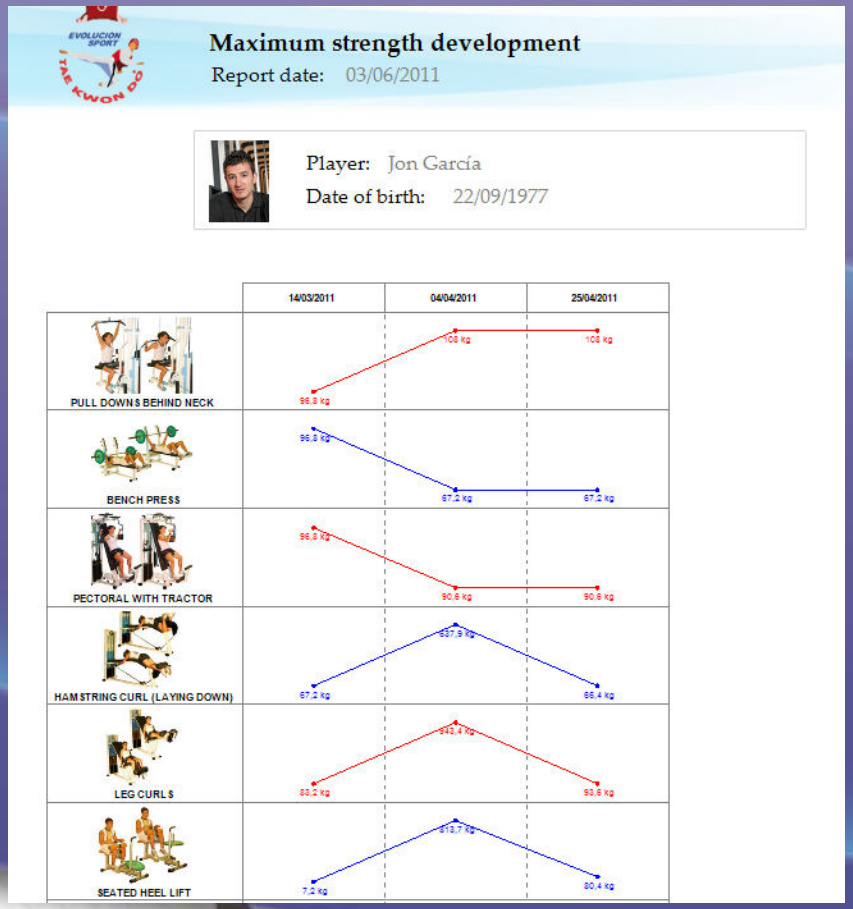
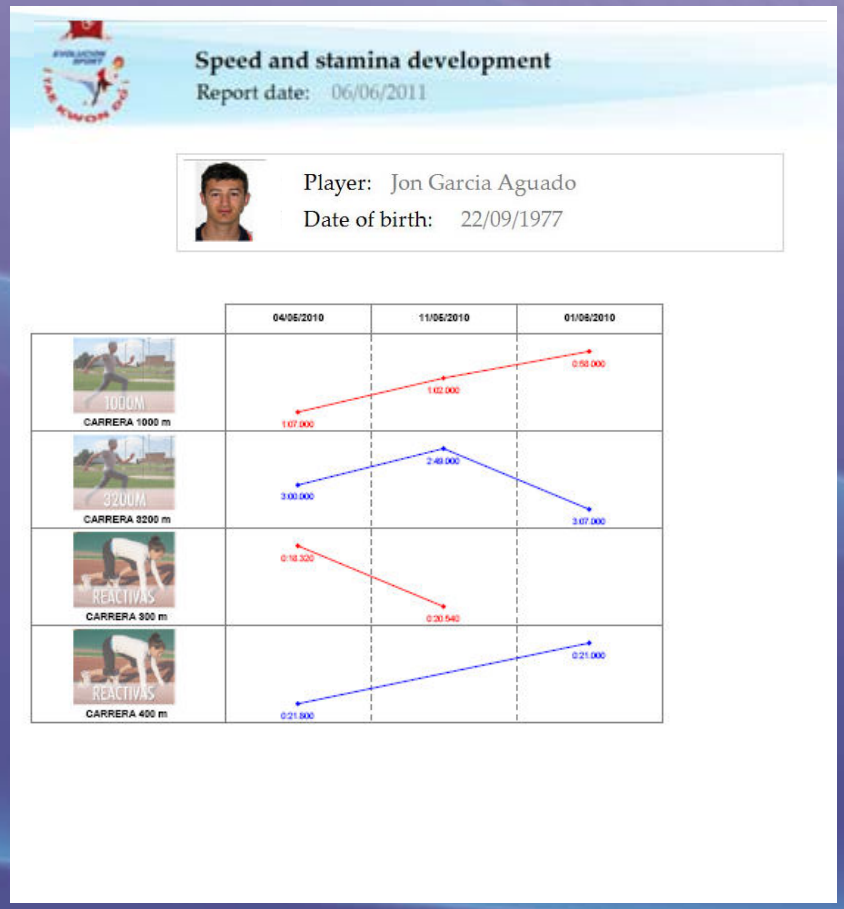
# What can dou you?

Reports about the progress made in strength, speed and resistance.

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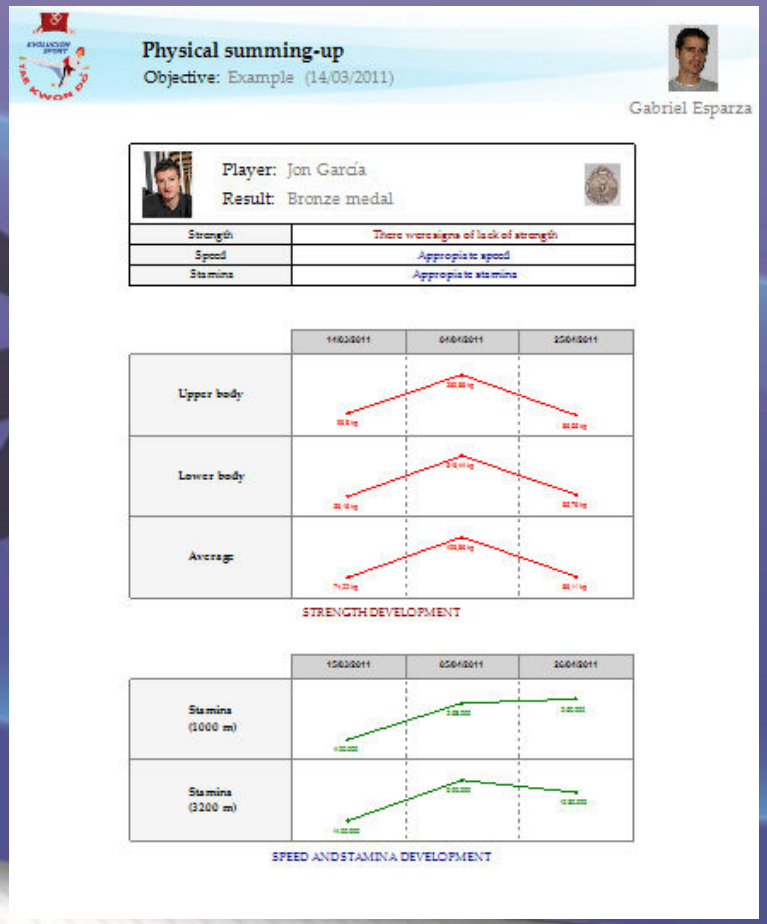
# What can dou you?

Comparative reports about the physical deficiencies perceived in the competition: the program compares your actual state with the deficiencies detected by the trainer.



**Physical summing-up**

Objective: Example (14/03/2011)

Gabriel Esparza

Player: Jon García

Result: Bronze medal

| | |
|---|---|
| Strength | There were signs of lack of strength |
| Speed | Appropiate speed |
| Stamina | Appropiate stamina |

| | 11/03/2011 | 01/04/2011 | 25/04/2011 |
|---|---|---|---|
| Upper body | | | |
| Lower body | | | |
| Average | | | |

STRENGTH DEVELOPMENT

| | 12/03/2011 | 02/04/2011 | 26/04/2011 |
|---|---|---|---|
| Stamina (1000 m) | | | |
| Stamina (3200 m) | | | |

SPEED AND STAMINA DEVELOPMENT

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