MAXIMUM STRENGTH

Even though maximum strength efforts are rare during a judo combat, it's importance for the sport lies in the fact that this capacity serves as the base for all other expressions of strength. Therefore, a level of maximum strength will serve as a cap on both power and endurance. This evaluation through the combined result of maximum strength tests in three exercises allows to demonstrate the general level of maximum strength. Since no consistent set of data is currently available, indexes have been established by Judo Canada coaching staff (all values are presented in kilograms). Further analysis for posterior confirmation of the established benchmarks will be required.

LEVEL 4
WORLD CLASS
LEVEL 3
EXCELLENT
LEVEL 2
AVERAGE
LEVEL 1
POOR

HANGRIP ENDURANCE

The ability to keep the grip during the combat is of paramount importance to success. For this, the capacity to densify the hand and fingers and keep the contraction throughout the whole fight without marked strength loss is a prerequisite. To assess this capacity a simple test is used, consisting of the suspension from a hanging judogi maintained for the longest period possible. Since no consistent set of data is currently available, indexes have been established by Judo Canada coaching staff (the results are presented in seconds). Further analysis for posterior confirmation of the established benchmarks will be required.

LEVEL 4
WORLD CLASS
LEVEL 3
EXCELLENT
LEVEL 2
AVERAGE
LEVEL 1
POOR

AEROBIC POWER

Even though Aerobic energy production pathway is not the main source of energy in competitive judo, low level of aerobic power and capacity will serve as a cap on athlete ability to tolerate the training volume and intensity as well as affect the speed of recovery. Benchmarks listed below reflect the training that for sport the judo athletes gain after long periods of training and competing. Results are presented in seconds. Further analysis for posterior confirmation of the established benchmarks will be required.

LEVEL 4
WORLD CLASS
LEVEL 3
EXCELLENT
LEVEL 2
AVERAGE
LEVEL 1
POOR

ENDURANCE

The ability to keep the grip during the combat is of paramount importance to success. For this, the capacity to densify the hand and fingers and keep the contraction throughout the whole fight without marked strength loss is a prerequisite. To assess this capacity a simple test is used, consisting of the suspension from a hanging judogi maintained for the longest period possible. Since no consistent set of data is currently available, indexes have been established by Judo Canada coaching staff (the results are presented in seconds). Further analysis for posterior confirmation of the established benchmarks will be required.

LEVEL 4
WORLD CLASS
LEVEL 3
EXCELLENT
LEVEL 2
AVERAGE
LEVEL 1
POOR

BENCH PULL

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 105 | 112 | 120 | 129 | 138 | 148 | 167
3 | 99 | 106 | 113 | 121 | 130 | 140 | 158
2 | 92 | 99 | 104 | 112 | 120 | 129 | 145
1 | 82 | 87 | 93 | 100 | 107 | 115 | 130

MAXIMUM RUNNING SPEED

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 18 | 18 | 18 | 18 | 18 | 18 | 16
3 | 17 | 17 | 17 | 17 | 17 | 16 | 15
2 | 16 | 16 | 16 | 16 | 15 | 15 | 14
1 | 15 | 15 | 15 | 15 | 15 | 14 | 13

DEAD LIFT (TRAP BAR)

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 190 | 202 | 216 | 232 | 248 | 266 | 301
3 | 179 | 191 | 204 | 219 | 234 | 252 | 276
2 | 165 | 176 | 189 | 201 | 216 | 232 | 252
1 | 147 | 157 | 168 | 180 | 193 | 207 | 234

MULTI-STAGE FITNESS TEST (20M SHUTTLE RUN)

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 14 | 14 | 14 | 14 | 14 | 14 | 12
3 | 13 | 13 | 13 | 13 | 13 | 12 | 10.5
2 | 12 | 12 | 12 | 12 | 12 | 10.5 | 9.5
1 | 10.5 | 10.5 | 10.5 | 10.5 | 10.5 | 9.5 | 8.5

BENCH PRESS

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 118 | 126 | 135 | 145 | 155 | 167 | 188
3 | 112 | 119 | 127 | 137 | 147 | 157 | 178
2 | 103 | 110 | 117 | 126 | 135 | 145 | 164
1 | 92 | 99 | 105 | 113 | 121 | 130 | 146

MAXIMUM SUSPENSION TIME

LEVEL | -60 KG | -66 KG | -73 KG | -81 KG | -90 KG | -100 KG | +100 KG
---|---|---|---|---|---|---|---
4 | 120 | 110 | 105 | 98 | 91 | 85 | 73
3 | 109 | 101 | 95 | 88 | 82 | 77 | 66
2 | 50 | 84 | 79 | 73 | 68 | 64 | 55
1 | 66 | 62 | 58 | 54 | 50 | 47 | 40