

## **BUILDING A KARATE EXPERT: The development model of karate expert**

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Historically, sport talent and talent identification in young people have been studied with reference to expert athletes, but due to various limitations presented by this prediction, talent and its identification have gone to the background to give rise to the study of the expert athlete and the development of the athlete's expertise. Karate is a late specialization sport in which its participants achieve sporting success after the age of twenty. In addition, the increase in the number of active competitors in recent years and sports professionalization has made rising an expert athlete in this discipline an even more difficult task. In this situation, is necessary a change of sports paradigm in which young people are ensured to develop their full potential and can successfully reach sporting performance, by consolidating physical and sports literacy, and a development process that is in line with the individual conditions and maturity of each participant. The Development Model of Karate Expert is a long-term expertise development program so that coaches, managers, clubs, and others involved in karate, can accompany the participant during their sporting development by introducing the appropriate contents according to the maturation of the athlete. In addition, this model seeks to ensure that the karateka enjoys participation to promote physical practice for life and combat the sedentary lifestyle that affects our society.

### **Biography**

Pere García is Sport Science BSc and Physical Therapy BSc from University of Lleida and INEFC (National Physical Education Institute of Catalonia). Pere is focused on expertise development in karate and therapeutic exercise. Currently, he is the training methodology & performance director at Karate Club Just and responsible of physical therapist & rehab area at Quality Training RR.