The Canadian Sport for Life, Long-term Athlete Development (LTAD) Model outlines the seven stages of a person's journey to develop Physical literacy for lifelong enjoyment in physical activity and sport performances. Now all National Sport Organizations in Canada are designing their own sport LTAD models. This poster is an overview of the sport specific Karate LTAD model.

The Functional Development model of an athlete has four stages of development: Training to Train, Training to Perform, Training to Compete, and Training to Win.

**Training to Train** - Developing Sport Specific Skills and Fitness
- Males: 12-15; Females: 13-15
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 55%
- Competition Load: 45%
- Pre-competition: 50%
- In-season: 40%
- Off-season: 10%

**Training to Compete** - Optimizing Performance
- Males: 15-17+/−; Females: 15-17+/−
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 65%
- Competition Load: 35%
- Pre-competition: 50%
- In-season: 30%
- Off-season: 20%

**Training to Win** - Maximizing Performance
- Males: 20+/−; Females: 20+/−
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 70%
- Competition Load: 30%
- Pre-competition: 60%
- In-season: 20%
- Off-season: 20%

**Active for Life** - Retire, Relish and Return
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 80%
- Competition Load: 20%
- Pre-competition: 50%
- In-season: 30%
- Off-season: 20%

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**FUNDAMENTALS** - Building Blocks
- Males: 5-8; Females: 5-8
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 40%
- Competition Load: 60%
- Pre-competition: 50%
- In-season: 40%
- Off-season: 10%

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**ACTIVE START** - Highline
- Males and Females 5-6 years old
- Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 70%
- Competition Load: 30%
- Pre-competition: 50%
- In-season: 40%
- Off-season: 10%

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**LEARNING TO KARATE** - Karate Literary
- Males 6-8; Females 6-8
- Developmental and Chronological Age
- Percent Distribution of Karate Training Load and Competition
- Training Load: 60%
- Competition Load: 40%
- Pre-competition: 50%
- In-season: 40%
- Off-season: 10%

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**FOR MORE INFORMATION ON CANADIAN LTAD PLEASE VISIT WWW.LTAD.CA**