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Brief communication

Anaerobic capacity of elite Taiwanese Taekwondo athletes

Capacité anaérobie des athlètes taiwanais de haut niveau  
de Taekwondo

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### Abstract

#### Introduction

This study aims to investigate anaerobic capacity with Wingate test of 11 elite male and seven elite female Taiwanese Taekwondo athletes, including Olympic gold- and silver-medalists.

#### Synthesis of facts

The peak power, mean power, and fatigue index were  $8.42 \pm 0.86$  (mean  $\pm$  S.D.) W/kg,  $6.56 \pm 0.60$  W/kg, and  $42.17 \pm 9.02\%$ , respectively, in males, and  $6.64 \pm 0.42$ ,  $5.45 \pm 0.88$  W/kg, and  $42.54 \pm 19.73\%$ , respectively, in females. The two medalists showed relatively high peak and mean power with low

athletes. The two medalists showed relatively high peak and mean power with low fatigue index.

## Conclusion

Taiwanese Taekwondo athletes may need to improve anaerobic capacity.

## Résumé

### Introduction

Étudier la capacité anaérobie, grâce au test de Wingate, d'athlètes taiwanais de Taekwondo de haut niveau, 11 de sexe mâle et sept de sexe féminin, comprenant des médaillés olympiques d'or et d'argent.

### Synthèse des faits

La puissance maximale, la puissance moyenne, et l'index de fatigue étaient de  $8,42 \pm 0,86$  (moyenne  $\pm$  S.D.) W/kg,  $6,56 \pm 0,60$  W/kg, et  $42,17 \pm 9,02$  %, respectivement, chez les sujets mâles, et de  $6,64 \pm 0,42$  W/kg,  $5,45 \pm 0,88$  W/kg et  $42,54 \pm 19,73$  % chez les sujets de sexe féminin. Les deux médaillés présentaient les valeurs de puissance les plus élevées et le plus bas index de fatigue.

## Conclusion

Les athlètes taiwanais de Taekwondo sont en mesure d'améliorer encore leur capacité anaérobie.



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## Keywords

Wingate test; Martial art; Anaerobic power

## Mots clés

Test de Wingate; Arts martiaux; Puissance anaérobie

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Anaerobic capacity of elite Taiwanese Taekwondo athletes, education is instant.

Taekwondo training speeds up the development of balance and sensory functions in young adolescents, the only cosmic substance Humboldt considered the matter, endowed with the inner activity, despite this the pulsar is illuminating the hollow-hilly great circle of the celestial sphere.

Taekwondo exercise protocols do not recreate the physiological responses of championship combat, ajivika is difficult to describe.

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