

Oyata Speed Report Card

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Student Name

Date

Test 01 – Time Offline

Consistent Parameters

- Line – 6" from wall (Heels will be placed on line)
- Circle Sticker or Mark – 4" Diameter, Head Height, Contrasting Color to Background
- Visually Obstructed Noise Maker (ex: Clap Hands Out of View)



Times

Record a minimum of 3 Times – Measure the time it takes to clear the circle while covering from moment of sound. Could also substitute Visual Stimulus such as a strobe.

If the student does not cover their body/face with hands as they move, the event does not count.

Test 02 – Time on Target



Diag	Time	CPS	Angle

Diagonal: Distance in Centimeters from Index Knuckle to Target (Centered)

Time: Time in tenth of seconds

CPS: Centimeters per Second (Diagonal/Time=CPS)

Angle: Angle of Maximum Deviation

Note: 100 cm = 1 meter: This notation for overall speed concept though the arm is obviously not that long this gives you a more accurate idea of speed. It is very important that measurements are taken as instructed in the video for this test to be accurate.

Other Contributing Analysis

Age	Years		Months		Training Years	Years		Months	
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For Video Guidance on the Test Process: <https://www.kenshukai.org/oyatate-speed>