INFORMED CONSENT FORM

We invite you to participate in the research titled "The Relationship Between Jumping Performance and Kicking Power in Taekwondo Athletes". You are required to dedicate approximately …. (you can specify the time in hours or minutes) to this research. Participation in this study is entirely voluntary. To ensure the success of the study, you are expected to answer all questions completely, honestly, and without any pressure or suggestion, providing the answers that best suit you. Reading and approving this form means you agree to participate in the research. However, you also have the right to refuse to participate or to withdraw from the study at any time after starting. The information obtained from this study will be used solely for research purposes, and your personal information will be kept confidential. Since personal data will be collected in this research, all necessary measures will be taken to protect personal data in accordance with the Law No. 6698 on the Protection of Personal Data and related legislation. If you require further information beyond what is provided regarding the purpose of this research, either now or later, you can ask the researcher now or contact them via email at bettulguder@bayburt.edu.tr or by phone at 0 539 865 38 33.

Subject and Aim of the Study:

The primary aim of this study was to determine the metrics obtained in the jumping (CMJ, DJ) performances of TKD athletes, such as flight time, jump height, and reactive power index (i.e., the ratio between JH and take-off time), as well as the power of the most commonly used Roundhouse kick and side kick in TKD competitions, using a PowerKube™ (Strike Research Ltd., Norwich, England) measuring device.

The secondary objective is to determine the relationship between the jumping (CMJ, DJ) performance and kicking (Roundhouse kick and side kick) power of TKD athletes. It is believed that the findings of this research will provide a predictive model for coaches regarding the relationship between the physical and technical performance of TKD athletes, and will contribute valuable information to the literature on the correlation between jumping and kicking power measurement results. Accordingly, the research problems are presented below.

Study Procedures: The study will include 21 male and 15 female Taekwondo athletes aged at least 18 years with experience participating in international competitions. Athletes with international competition experience in TKD (Turkish Taekwondo Association) competitions and who train 6 units per week (2 hours per day) will be included in the study. Athletes with injuries or any medical restrictions during the study period will be excluded. Athletes will be asked to follow the same diet for 48 hours before each session, avoid strenuous exercise, and refrain from using any ergogenic aids or stimulants. Participants will be read the Helsinki Declaration before the study. After a detailed explanation of the study's objectives and risks, a written informed consent form will be signed.

I have read the information above, which must be provided to participants before the research, and I understand the scope and purpose of the study I am asked to participate in, as well as my voluntary responsibilities. I received written and verbal explanations about the study from the researcher(s) named below. I was also verbally informed about the potential risks and benefits of the study.

I was given sufficient assurance that my personal information will be carefully protected. Under these conditions, I agree to participate in this research voluntarily, without any pressure or coercion.

The participant's:

Name-Surname:

Signature:

Contact Information: Email: **Phone:**

<u>Of the researcher:</u>

Signature:

Contact Information: Email: