

Questionnaire code=

**Personal and sport information questionnaire**

Name = age =

Weight = height =

**\*\*Please mark the best answer\*\***

\*How many day do you work out in week?

- A. 1-2 days
- B. 2-3 days
- C. 3-4 days
- D. more than 5 days

\*How many day do you work out in week?

- A. up to 3 sessions
- B. 4-5 sessions
- C. 5-6 sessions
- D. more than 6 session

\*How long does your training session last?

- A. less than 1 hour
- B. 1-2 hours
- C. 2-3 hours
- D. more than 3 hours

\*At which level do you practice?

- A. National
- B. Clubs
- C. Colligate

\* How many years have you been seriously exercising?

- A. Less than 3 years
- B. 3-5 years
- C. More than 5 years

\* do you do warm up exercises before combat practicing?

- A. Yes
- B. No

If you answered yes please answer following question

\*how long does it takes to warm –up?

- A. Less than 15 minute
- B. 15-30 minute
- C. 31-45 minute
- D. More than 46 minute

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\* Which type of warm-up exercises do you use?

A. Stretching

B. Running

C. Combat exercise

D. Stretching ± running

E. Stretching ± combat exercise

F. Stretching ± Running ± Combat Exercise