

Abstract

Title:

The use of gymnastic ball in combat sport.

Objective:

The aim of this work is to create a stack of exercises for martial arts wrestlers usable for training and improvement of movement on the ground. The exercises used use a gymnastic ball, which replaces the absence of a sparring partner. The partial aim of the thesis is to find out the difficulty of the proposed exercises based on the respondents' subjective perception.

Methods:

Based on a long-term observation of martial arts training in conjunction with professional resources dealing with the issue, gymnastic ball exercises were profiled. There were 18 respondents who distinguished the difficulty of the 8 selected exercises. A 10-point Borg Scale was used to evaluate the difficulty, which records the individual perception of the effort required to perform the exercise.

Results:

The result of the work is a set of exercises on the gymnastic ball suitable for training fight positions and situations for combat on the ground. Furthermore, individual evaluation of the difficulty of selected exercises wrestlers combat sports. The exercises were evaluated by the respondents from simple ones, such as the „Shifting feet while lying on belly” exercise to very demanding „Kneeling on one leg“ exercises. The overall assessment suggests that the individual exercises were selected with very different performance requirements.

Keywords:

Gymnastic ball, combat sports, ground fighting, Borg Scale.