

Abstract

Title: Methodology training in sports matches in karate

Objectives: The main aim of this work is to create a model of development of movement skills and special skills and knowledge of tactics needed to manage difficult situations in sports match.

Methods: In our thesis we used a method of analysis and study of documents, historical method and the method of compilation and comparison. The method of analysis was applied in the analysis of various aspects of discipline kumite and method of compilation and comparison in the comparison of traditional and modern teaching methods. Method photographs and video footage was used for multimedia processing the issue with output in the form of a DVD.

Results: The result of this study is a modern concept of teaching sport match which follows the changing trends in the development of karate raised working towards Olympic sport.

Keywords: Sport, karate, kumite, training, methodology