

Summary

Title:

The concept and checking of the karate kata training methods

Objective:

The aim of this dissertation is to find out the most effective karate kata exercise training methods.

Methods:

The experiment was achieved with the Method of the simple, direct and shared observation of three examined groups (1 group consisted of 20 examined subjects). The next method which was used was the method of testing, measurement and comparison. By using these methods there was ascertained the most effective kata exercise training method. For this ascertainment there was used the Czech Karate Association practice (testing) regulations focusing on six techniques we have chosen.

Results:

The results describe the effectivity of each of the kata exercise training methods.

Key words:

Karate, kata,