

ABSTRACT

Thesis title: Methodical Technique of Makiwara Impact Training

Objective: The aim of the thesis is to create methodical technique of Makiwara impact training, detailed description and building of this punching board as well as its use while training. A further goal is to introduce the anatomy of the Seiken points of impact and their functional and anatomical changes that happen during the Makiwara impact training process.

Methods used: To build the methodical technique of Makiwara impact training I set up techniques of direct and indirect observation and mainly a method of rating. Furthermore I interviewed people involved and collected the relevant data.

Results: As an outcome of my thesis I created the methodical technique of Makiwara impact training, universal rules, training process stages and three alternatives of Gjaku Cuki impact. I introduced a manual how to build and assemble three different kinds of Makiwara. I described anatomical and functional changes of Seiken points of impact which happen during the Makiwara impact training process.

Key Words: Makiwara, points of impact, Seiken, training process, Gjaku Cuki.