

## **SUMMARY**

### **Title:**

Production and verification of teaching project of elementary arts of karate.

### **Objective:**

Production and verification of efficient and methodical training programme of karate for children and youth, which increases technical ability and fitness.

### **Methods:**

Experiment was made by the simple direct method and it took part in the observing five test's groups (one group was made nearly from 25 observed subjects). And than was used the testing and measuring method Eurofit test and test order ČSKe with criterions. The test results were rated by Microsoft ACCESS®, Microsoft EXCEL®, Statistica 6.0® a Graph Pad PRISM®.

### **Results:**

The results validated utility of training programme, but this programme is not more efficient than common training methods.

### **Key words:**

Karate, elementary arts of karate, teaching and training project.