

ABSTRACT

Title:

Kickboxing techniques and the frequency of their use in ring disciplines: a systematic review

Objectives:

The aim of this thesis is to determine the frequency of individual techniques used during fights in full-contact kickboxing matches at international level based on a systematic review of scientific publications.

Methods:

The method used to create this bachelor thesis was a systematic review based on a referred selection of items in accordance with PRISMA recommendations. First, a research question was set to determine the frequency of techniques used in ring disciplines (K-1 and Low kick) in kickboxing. Using predefined keywords and Boolean operators, a search script was developed to search scientific databases such as the Web of Science, PubMed and Scopus. Duplicate studies were removed from search results and the final number of studies was reduced according to predefined criteria. Eligible studies were used for data analysis and subsequent synthesis.

Results:

Out of the total number of studies found ($n = 347$), ten studies were used for the results of this systematic search.

The most commonly used technique in kickboxing ring disciplines was identified as the Jab. Two studies have identified the Jab as the technique with the highest frequency of use, while three other studies identified the Jab in combination with the Punch as the most used striking combination in the fight. Among the leg techniques, the Low kick was twice rated as the technique with the highest frequency of use during the fight.

Key words:

K-1, Low kick, fight, analysis, martial arts