

Abstract

Title of the master thesis: Training Program for Beginners in Grappling

The aim: To create a training program for beginner grapplers.

Method: The method used in the creation of this training program is formative evaluation. The collection of research was conducted through personal interviews with trainers and high-level athletes from the United States, personal observation, and analysis of literature. Based on the interviews, personal observations, and literary analysis, the research was evaluated and resulted in the formulation of various training programs for strength, speed, endurance, and skills within the field of grappling.

Results: The training program is designed for beginners in grappling. The training program strongly emphasizes rules focusing on the prevention of injuries to athletes and the development of proper movement skills. Additionally, accompanying each exercise in the training program are photographs demonstrating the proper techniques.

Key words: grappling, martial arts, training