

Abstract

Title: Supervision of the training process in preparation for the Taekwon-Do ITF representation

Abstract: The aim of this diploma paper is to analyse and evaluate the Taekwon-Do representative's motoric tests. The paper consists of two parts. The first part contains the history of Taekwon-Do, the contest's disciplines, history of Czech national team and the team's success. Then, there are prepared guidelines for the development of fitness, developmental patterns of juniors and seniors. There is also a theoretical part, where the methodology of development capabilities, testing's significance and methods of work are elaborated. The second part contains the research results of motor tests of individual representatives. The results are evaluated and graphically displayed and compared with standards UNIFITTEST (6-60). All of the motor testing took place in early 2010 in two stages at the beginning of national team training camp. The first stage of the testing was held in January in preparation period and the second stage in February in the pre-race period. By comparing the results of these tests it has been demonstrated that the senior team has the highest level of fitness. In comparison with the standards UNIFITTEST (6-60) it was detected above-average performance in all tested probands.

Keywords: Taekwon-Do ITF, test batteries, fitness training, representation, UNIFITTEST (6-60)