

Abstract

Title

The influence of using military boots on the power of front kick

Objectives

The aim of this work is to identify and compare front kick while using military boots to front kick with no usage of those boots.

Methods

This bachelor work can be described as empirical and observational. A multicomponent force plate was used to detect the power of the front kick. The powers of the kick with the boots and without the boots were compared with the aid of a statistic method called paired t-test.

Results

In four cases the power of the front kick decreased by the influence of the boots, in one of these four cases was the declension statistically significant. In two cases was the power of the front kick increased due to usage of the boots, while in one of these cases was this increase statistically significant. The result of the interpersonal comparison was statistically insignificant. It was ascertained, that a previous experience with combat activities, which use kicking techniques, and also experience with usage of boots while kicking do affect the power of the front kick. However the results acquired by the measurement and statistical data processing cannot be generalized.

Keywords

close combat, front kick, military boots