

Abstract

Bachelor thesis title: Regeneration in judo

Goal: Comparison of various possibilities of regeneration methods and tools of the professional club USK Praha and non-professional club Judo Příbram. Gathering and comparison of the knowledge in the sphere of regeneration methods, among the competitors in chosen groups.

Method: The questionnaire survey, qualitative research.

Results: Of From the gathered results we recognize, that of ten regeneration methods the professional club USK Praha is performing nine. The non-professional club Judo Příbram is using six regeneration tools. The most used methods are stretching, sleep and sauna.

Key words: Judo, Regeneration, Regenerative means, Regenerations procedures.