

Abstract

Grappling combat sports is a contemporary topic that is concerned with an extensive issues. This Bachelor thesis has a descriptive function and deals with the origin, development and basic techniques of grappling and combat sports. Virtually there are almost no sources and records of grappling written in czech language. Therefore the thesis deals with this issue from a broader point of view for the purpose of informing the public about this topic. It also describes the history and characteristics as well as the development of other martial arts that grappling is based on and bears some of their common. rules, basic terminology and prevention of possible injuries are included too. The practical part is aimed on training such as examples of training units, special introductory exercises and practice. Finally, these basic techniques and their description are illustrated by photographs I've taken to better demonstrate the practice. The Bachelor Thesis has 83 pages, photographs included.

Key words: Grappling, history, origin, practice, basic techniques