

## **Abstract**

**Title:** The possibilities of MMA sports training in Prague

**Objectives:** The main objective of this thesis is to summarize the knowledge of the MMA sports training in Prague, the characteristics of MMA, its history, principles and types. Further to characterize the individual components of wrestlers' sports training in the Czech Republic in comparison with conditions abroad.

**Methods:** The method of data collection was a study of available literature, mapping of Prague area focusing on all MMA training opportunities, interviews and personal comments of specific coaches.

**Results:** We found out that the possibilities of sports training and the gyms' facilities are of the same level throughout the Czech Republic but there are significant differences in approach to training and opportunities in gyms when compared to a successful foreign club.

**Keywords:** MMA, sports training, martial arts, gym