

ABSTRAKT

Title:

The influence of body armour on a direct front kick strength

Aim:

The aim of the thesis was both to find out and compare the strength of a direct front kick made either with a ballistic vest or without it. Furthermore, the thesis focused on the strengths of a direct front kick made with a load-bearing vest compared to a ballistic vest.

The methods used:

The thesis can be characterised as an empiric work based on observation. The kick strength was measured by a dynamometer and the results have been statistically evaluated by a paired t-test.

Results:

The first part of the thesis, which was dealing with a direct front kick made with a ballistic vest or without it, resulted in the fact that there is a positive effect of using that kind of a vest. The kick strength was definitely more intensive using the ballistic vest. However, this can be claimed only in such ideal conditions which were available during the measurements. The probands were also not influenced by any physical strain, which is quite typical of martial activities.

The second part focused on the differences using a ballistic or a training load-bearing vest when performing a direct front kick. There were no significant differences between the kicks with these two vests.

Key words:

Close combat, body armour, load-bearing vest, ballistic vest, direct front kick.