

Abstract

Title: Using of gymnastic motoric-functional preparation for kick and strike technique in combat sports and martial arts

Objective: The aim is to create exercise program with using of gymnastic motoric-functional preparation with focus on physical competences in relationship to the kicks and punches technique.

Methods: Based on the literature review process and own experiences was made intersection between gymnastics and martial arts activities which was the basis for the implementation of the exercise program.

Results: Proposed exercise program is a means to improve teaching of kicks and punches techniques. Program include four sub preparations, involving a total of fifteen exercises. Exercises have the character of gymnastic training to the inclusion of kicks and punches during the exercises. The program can be modified and diversify its inclusion in sports training in combat sports and martial arts.

Keywords: gymnastics, motoric-functional preparation, martial arts and combat sports, exercise program