

## **Abstract**

**Title:** Testing and developing explosive power of young karate athletes of discipline kata

**Objectives:** The objective of this bachelor thesis is to determine the effect of the intervention conditioning program on explosive power of young karate athletes of discipline kata.

**Methods:** Testing was performed using four motor tests. The data were processed using basic statistical method and Wilcoxon pair test.

**Results:** Intervention conditioning program had a positive effect on increasing the level of explosive power in the tested experimental group.

**Keywords:** karate, kata, explosive power, testing, developing, kids