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