

Abstract

Title:

Technical maturity of a kickbox representative

Objectives:

The main goal of this thesis is to determine the level of technical maturity of each adult kickbox representative, whether it is dedicated to semi-contact or full-contact disciplines. Another objective is to compare three views on the technical maturity of each representative, according to the representative himself and two state coaches. Then to compare representatives of semi-contact disciplines with representatives of full-contact disciplines in selected techniques of strikes and kicks. In conclusion, it will be ascertained how men and women see their technical maturity.

Methods:

In my thesis I used a method of analysis and the comparison method. I applied the analysis method in analyzing and describing the individual technical preparation of each representative. Information about the technical maturity was obtained on the basis of a questionnaire. I used the comparison method in the comparison of the representative himself and the opinions of the two state coaches. Then I used it in comparison of representatives of semi-contact disciplines and representatives of full-contact disciplines in techniques of strikes and kicks. Finally, by the same method, it will be found how men and women see their technical maturity.

Results:

- In strike evaluation, probands rated themselves better than state coaches
- On the other hand, the probands rated themselves worse than national coaches in the kicks
- Entities in semi-contact disciplines are technically more advanced than those in full-contact disciplines
- Women rated themselves better than men
- State coach of full-contact disciplines rated probands more critically than national coach of semi-contact disciplines

Key words:

Representative, state coach, technician, questionnaire