Abstract

Title: Design of test set for long-term monitoring of top-level karate karate athletes.

Objectives: The aim of this work is to design the test set for long-term monitoring of the top-level karate athletes.

Methods: A total of 26 probands (10 women and 16 men) aged 18-26 years were included in the research. Everyone has practiced karate for at least 2 years and they are holders of a minimal green belt. A total of 10 motor tests were included in the designed test set. Selected 7 tests from this test set were tested by the test-retest method. Pearson's correlation coefficient was used to determine reliability and objectivity.

Results: Modified Bass test (r_{rel}=0,83, r_{obj}=0,94), repeated punches and blocks gedanbarai + choku cuki (r_{rel}=0,82, r_{obj}=0,95), repeated mawashigeri kicks (r_{rel}=0,93, r_{obj}=0,97), shuttle run 30x10 m (r_{rel}=0,83), straight two arms medicine ball throw from heiko dachi stance (r_{rel}=0,91), knee to wall touch (r_{rel}=0,97), height of jokogeri kick (r_{rel}=0,97).

Keywords: karate, kata, the structure of sport performance, testing, test set