

Abstract

Title: The differences in evaluation of the landing technique aimed at the traceurs and the artistic gymnasts.

Objectives: The work is focused on the qualities of realized landing of the artistic gymnasts compared to the traceurs.

Methods: Based on the expert evaluation of the data we had obtained during the measurement we used the basic statistical methods and LESS (Landing Error Scoring System) methodology to examine landing differences of both groups.

Results: We found out that the landing technique of the artistic gymnasts was different from the traceurs. The results of the Mann Whitney test show that the differences in assessment of the landing technique are statistically significant at the level $\alpha = 0.05$ ($p = 0,04$). According to the evaluation based on LESS methodology we can say that the artistic gymnasts have achieved better results. The results they have got reflect development, content and above all emphasis on the landing technique and its important part in the competitions.

Keywords: landing, parkour, artistic gymnastics, technique, acrobatic preparation