

## **Abstract**

**Title:** Athletic preparation for karate – kumite training

**Objectives:** The main aim of my bachelor thesis is to prepare, describe and evaluate specific exercises which arise from combining fitness and coordination factors of kumite with essential athletic movement elements for the use in kumite training. The subgoal is to compose a list of terms, facts and context necessary for reaching the main aim.

**Methods:** Historical method was used to explain the evolution of karate and athletics sport disciplines. Individual movement abilities, sports equipment and exercises are presented descriptively . Compilation of "specific" excercises is a result of analytical-synthetic method. By connecting athletic exercises with essential kumite exercises a synthetic of both was born as an effective tool for increasing sports performance.

**Results:** Basic athletic movement skills were used for training of movement abilities using described factors and their importance for athlete's performance, of which most applied to original exercises was run, which improves speed development and strength of lower limbs. Other athletic's elements in special exercises are jumps, that strengthen the explosive power of lower limbs. Such exercises are significant for development of coordination factors like sequence of movements, reactions and rhythmic ability as well.

**Keywords:** Fitness factors, sports training, kumite, karate, athletics