

Abstract

Title: Selected gymnastic exercises for flexibility development of hip joints in karate training

Objective: The aim of this thesis is to verify, whether typical gymnastic exercises have an effect on the development of hip joints in a group of karatist with different length of training practice.

Methods: This thesis is of quasi-experimental character. 18 probands were intentionally selected from two groups – a group of moderately advanced (10) and a group of advanced (8) aged 6-11 years. Probands have completed a movement program aimed at developing flexibility in the hip joints (static, dynamic and theraband exercises). Meantime all probands underwent initial, first control, second control and output measurements using the SFTR method in the hip joints every four weeks of the movement program. Methods used: Mann-Whitney test, Effect size, SFTR method.

Results: In both groups, the joint range in the hip joint was improved, especially in the first control measurement (after static exercises). Overall, there is a slight increase in both groups from input to output for all movements. The effect of the exercise on the mobility of the hip joint was not proved, as well as the effect of different types of exercises in both groups with different length of training practice.

Keywords: gymnastics, karate, flexibility, development, hip joint