

Abstract

The title of the thesis: practice of leg attack takedowns in basic and specialized phase of freestyle training.

The purpose of the thesis:

- to analyse leg attack takedowns as most important stage of freestyle training,
- to guide beginning coaches to the teaching methods.

The methods used to analyze the leg attack takedowns technique:

Observing method and interview.

The Results: the results of the thesis is the analysis of particular techniques and their implementation in training.

Key words: free style, technique in standing position, leg attack takedown, active grip.