

**Abstract:**

**Title of the diploma dissertation:** Exercise training programs for soldiers of the Czech Army

**Objective of diploma dissertation:** Ascertainment of the current physical condition and proportion of locomotive abilities of the soldiers of Czech Army based on analysis of results of annual testing, and consecutive creation of training programmes based on principles of exercises and methods of technical sports for their improvements.

**Respondents:** Professional soldiers of 151<sup>st</sup> Engineer battalion in Bechyně.

**Method:** In the first phase the data were received from the analysis of the annual testing of the soldiers and its consecutive comparison. In the second phase the data were received from the group of 434 professional soldiers, who were divided in 3 target groups according to their results.

**Results:** In the second phase there were created training programmes for target groups by using of the exercises and methods of technical sports.

**Key words:** Physical training, physical readiness of the soldier, annual testing, technical sports, Karate, Musado, Judo