

Abstract

Title: Special exercises in the dojo facilities

Project targets: Characteristics of different sorts of power and methods of their development by means of using expanders, rope and uke focused on the explosive and persistent power. Creating supply of exercises developing specific powerful judo abilities.

Method: Data collection and studies of accessible materials was used. I have acquired most of information and knowledge from the Czech and foreign trainers as well as from practice of author. This material together with the used literature was processed and sorted according to the separate topics.

Results: Supply of exercises important for the development of powerful abilities which do not require a big space and much equipment.

Key words: Powerful abilities, dojo, expanders, deflection