

Abstract

Work title:

Conception of a new Kickboxing examination code for testing technical skills up to 1st Dan.

The goal of this work:

The primary goal of my master's paper is to break the current and past Czech kickboxing examination system down to the individual levels of technical skills and examine each of them. Further, it is my aim to propose and develop a detailed conception of new examination code from 7th Kyu to 1st Dan.

Methods:

I carried out a content analysis of the current and past examination code for testing technical skills in the Czech Republic and compared those with examination codes from abroad. I consulted the proposed new conception of the examination code with professional specialists. Based on their advice and based on information sourced from various publications I developed the detailed new conception.

Results:

A new examination code with well arranged overview of the required technical skills of a kickboxer for each level of the downwardly system of kickboxer's technical proficiency is the output of my work.

Key words:

Technique, technical proficiency, kickboxer .