

Abstract

Title of thesis: Construction of preparatory period for Taekwondo WTF.

Purpose: Purpose of this bachelor thesis is creation of a plan for preparatory period with all its belongings. It should be applicable in praxis and it should provide needed physical condition for subsequent periods of yearly cyklus.

Methods: To make bachelor thesis secondary sources were used, above all expert literature which deals with the theme and websites. Within the practical part there is made the training plan of preparatory period for 12 weeks based on secondary sources and author's own findings from praxis and the descriptive method was used.

Key words: yearly cyklus, preparatory period, taekwondo wtf, physical abilities