

## **Abstract**

### **Title**

The technical preparation of Kata-guruma technique.

### **Aim of thesis**

To execute the analysis of Kata-guruma technique according to the accessible literature and my own experience from competitions.

### **Method**

The analysis of the technique executed by observation, interviews, illustrations and written notes.

### **Results**

The Kata-guruma technique is mainly used by the competitors of smaller somatotype and lower weight. To execute this technique the physical condition, strong legs and well-developed back muscles are necessary.

### **Key words**

Tori, uke, tatami, judogi, Te-waza.