

ABSTRACT

Title: Technique and methodology of training of Ikeda´s kata exercise with jo in aikido.

Aim: The aim of this diploma thesis is to describe systematically and explain the exercise techniques of kata with jo of Ikeda Sensei on the basis of available resources and the author´s personal experience. The author aims to extend the possible forms of study of these techniques through multimedia processing for both professionals and public interested in martial arts.

Tasks:

- To gather the necessary theoretical and practical information and data needed for processing the theme
- To select and design tools for the elaboration of kata teaching methodology.
- Practical implementation: to divide kata analytically into sub-parts, to describe these parts and to take their photographic and video record.
- Create a video on DVD.
- To elaborate the textual and graphic part of the diploma thesis and to print the final version.

Methods of work:

The thesis is a theoretical-descriptive in nature and we use these methods for its implementation:

- Analysis and study of documents.
- Historical method.
- Compilation
- Comparative method.
- The method of photography and video.

Keywords: aikido, Ikeda´s kata exercise with jo, exercise positions with jo, jo, kata, postures in aikidó, movement