

Abstract

Title:

General and special physical training in kickboxing

Goal:

Main target of this testimony is to evaluate conditional training of adult representative kickboxers, which are focused to semi-contact sports. Another goal is to compare all representative individuals in selected criteria with additional male and female comparison related to their specially selected motional abilities.

Methods:

The analyses method and comparison method have been used in my thesis. The analyses method has been applied on elaboration and description of individual condition on prepare of each representative. I have received all used data based on questioner form. Method of comparison has been used to compare all representatives. Than the same method has been applied to compare male and female members in special motional abilities, important to all kickboxers.

Results:

Results have been stipulated based on questioner form. Representatives have mainly very similar training. Male and female individuals develop mainly knuckle mobility and, very rarely, coordination. Males train mainly short term condition. On the other hand, females, surprisingly, trains explosive power. Reaction speed has been developed by both groups on the same level. Except motional ability development and training, men do supplementary sports and therefore further regeneration. Building physical condition, men used so called circle training methods more often, compared to women. They also use more equipment, compared to women. Female representatives use different food supplements widely, as a contrast to male representatives.

Key words:

representatives, semi-contact disciplines, questioner, mobility abilities