

SPORT KARATE

A large number of people throughout the world practice karate in its competitive or recreational form in schools and clubs. The motives that lead them to this activity can be boiled down to the need for movement, socializing with others, and competition. The fundamental reason and purpose for practicing karate is to gain specific motor skills, a harmonious, psychosomatic development, and for socializing competing.

By training, the following aspects are allowed to develop:

- Basic situational motor skills,
- Intellectual and functional abilities,
- Specific structural character traits,
- A value system and motivation,
- Micro social adaptation.

It is possible to practice karate as early as the age of six. With its specific and dangerous fighting technique and its exceedingly strict discipline with which the authoritativeness develops, karate is ideal for both defense and attack and is therefore irreplaceable in the army and police forces throughout the world.

Karate's philosophy, its attractiveness and content have caused it to become the most popular of all of the martial arts. The process of long-term training is not just in practicing techniques. It is a pedagogical process of permanent raising and it creates moral principles while balancing personal needs with the interest of the society as a whole.

The key principles of karate are:

- Correct timing - using the situations in which the opponent is the least prepared/weakest,
- Maximal energy concentration - using both all of ones' mental and physical power at the same time,
- Constant movement - in order to disable the opponents' successfully organized attack while creating the ideal moments for ones' attacks and defense,
- Physical and mental balance - the motor actions while fighting follow a certain psychological security,
- Ethical principle - behavior in accordance with the correct sport moral and within social norms.

The motor skills are:

- Speed - simple and complex motor reactions, the speed of one move as a frequency of many consecutive moves, and fast movements,
- Coordination - the ability to follow and do fixed tasks,
- Strength - the ability for the muscles to overcome resistance with static and dynamic contraction,
- Flexibility - the ability to do moves with maximal amplitude,
- Precision - the ability to precisely determine the direction and intensity of movement,
- Balance - the ability to 'correct' the influence of gravity and to overcome other forces that may cause the body to be in an unstable position,
- Stamina - not to 'give in' and become tired.

As a sport, karate is one of the most complex as it requires a fast analysis of large amounts of information, while at the same time a large number of situational parameters should be compared, the opponents intentions should be recognized, and the length of the 'fight'/contest during the competition predicted. The activities in karate are very complicated so that intellectual abilities are used as they are being learned.

Competitions are divided into two primary groups:

- Kumite (Karate combat) - two competitors compete against one another in accordance with the judging rules,
- Kata(s) - several attacks and blocks that follow a precisely set pattern are executed against a set number of imaginary opponents. Scenes from the animal world (cat, bear, bird) are often taken.

Program in Karate club Mars

- Single techniques - Attitudes, movements, punches, kicks, blocks, throws, falls, breaths, attack combinations, counter-attacks
- Techniques with the opponent - Ippon kumite, sanbon kumite, jiyu kumite
- Kata Shotokan - Taikyoku Shodan (Nidan, Sandan, Yondan, Godan, Rokudan), Heian Shodan (Nidan, Sandan, Yondan, Godan), Jion, Kanku Dai, Unsu, Goju Shiho Dai
- Kata Shito-ryu - Bassai Dai, Seienchin, Kosokun Dai, Annan, Paiku, Chatanyara Kushanku, Kosokun Sho, Jion, Jiin, Matsukaze, Jyuroku, Annanko
- Practicing with music - Free style Kata (Bunkai & Music)
- Theory - History of Karate, Kata and Kumite Competition Rules (WKF)
- Video presentations
- Excursions, camps and other associations