

THE INFLUENCE OF THE SPECIFIC ACTIVITIES IN REAL FIGHT AS A PREDICTOR TO THE WIN AS A CRITERION IN COMPETITIVE KICKBOXING

Abstract

In the reasearch, conducted on Balkan's championship in kickboxing (Krupalija 2010) on sample of 78 examinees, 14 varimax factors were separated, described as a specific activities in real fight. The goal of this research was to determine to what extent those 14 varimax factors, described as a specific activities in real fight, have influenced the final result (win-loss) in kickboxing. Regarding goal of the work, specific fight actions were positioned as predictors and win variable was defined as a criterion. We determined which variable-specific action in fight had the most significant influence to the win variable (win in kickboxing disciplines Full Contact and Low Kick) using the regressive analysis. One peculiar thing is that with some individual variables (actions) that mostly wasn't the case- FACTOR10 (rotary kick with low range) and FACTOR3 (specific defense activities), while we may single out FACTOR13 (specific offensive enactment with right, stronger arm), then FACTOR11 (specific combination of defense and attack from right side of the body), and finally FACTOR2 (rotations in space), from those with positive sign. This implies that fight success must be observed as a composite activity, not as an activity with any limited (one or more) sets of actions in order to win.

Key words: *kickboxing, kick box, win, fight, martial arts*
