

THE IMPACT OF THE UPPER BODY POSITION ON THE SIDE KICK WITH LEG IN KICKBOXING

Saulite S., Pimenovs E.

Latvian Academy of Sport Education, Riga, Latvia

The position of the upper body position is indicated as the most important factor directly influencing the performance of the kick in kickboxing. There are a lot of information about the external forces involved in the movement that can help the coach or sports scientist quantify the athlete's performance or physical development. The aim of the research: to determine the effect of a change in the position of the upper body of a kickboxer on the time of execution of the side kick with the foot placed in front and the ground reaction force in the place, moving forward and in the counterattack. 14-16 years old 10 kickboxers took part in the research. Side kick with the front foot in the counterattack, it is recommended to keep the upper body in the position 0° to the vertical axis, because in this position the kick leg reaches the highest speed (3.95 ± 0.04 m/s) and kicking execution time in this position is the shortest ($0,70 \pm 0,01$ s) compared to other upper body positions. The shortest execution time of the side kick on the place and moving forward was in the upper body position 0° and 45° to the vertical axis, but the fastest kick was performed in the upper body position 90° . But the side kick with the front leg in a counterattack in the upper body position 90° to the vertical axis has the shortest execution time and the fastest kick. Fastest side kick with the forward foot in the place and moving forward will be in the upper body position 45° to the vertical axis, but performing side kick with the forward foot in counterattack and side kick moving forward from the position of the upper body 90° against the vertical axis was partially proved.

Key words: kickboxing, position of the upper body, side kick