SELF-DEFENCE TECHNIQUES AS AN INSTRUMENT OF COMPETITOR’S DEVELOPMENT IN KARATE SPORT

Abstract
Modern trends in Karate sport that are in accordance with organizational concept of WKF have tendencies toward Olympic Sports and they are significantly strengthened by the new competition rules that are, despite of great progress in providing dynamics into Karate, still seeking for constant improvement. When it comes to Jujitsu, it is often said that it is “the mother of traditional Martial Arts” which puts it directly into basic martial education system that can later develop specialization in direction of Judo, Karate, Aikido etc. As with the most Martial Arts (meaning sports), Jujitsu as well develops certain directions and tendencies which are reflected in three main goals that later on can bring compatibility, especially with Karate. These goals are the following: 1) self-defense skills; 2) sports and technical development direction; 3) professional expertise and interdisciplinary. This paper brings comparative explication of basic elements of compatibility among Karate and Ju-jutsu techniques that are equivalent for application in competitors training process in Karate and especially in Kumite discipline.

Key words: self-defense, Ju-jutsu, Karate sport