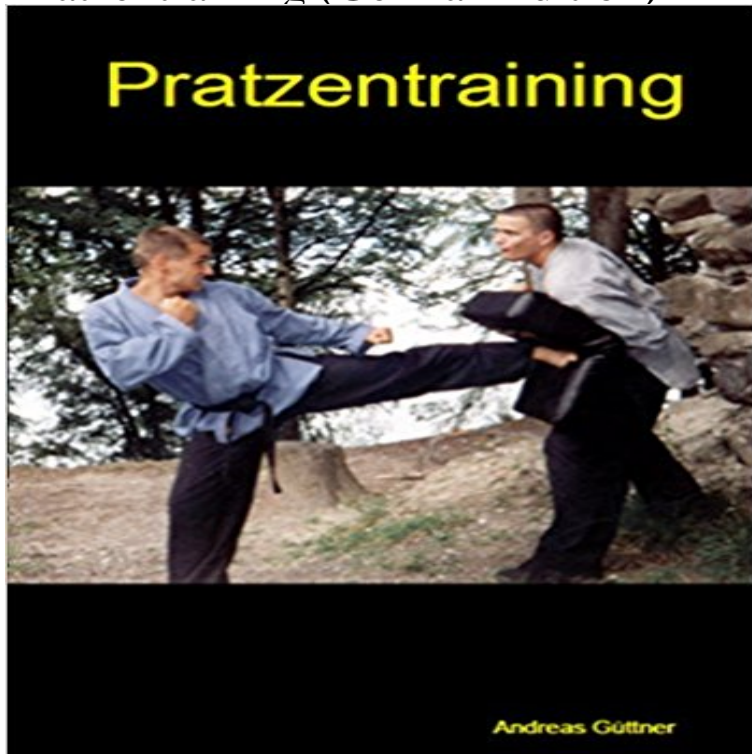


Pratzentraining (German Edition)



Der Großteil der Schlag-, Stoß- und Tritttechniken, aber auch eine Vielzahl von Blocktechniken will im Kampfkunstunterricht realistisch trainiert werden. Man kann am Partner aber nicht immer voll durchziehen, wie in einer echten Kampfsituation. Es wird mit leichtem bis hartem, nicht aber mit vollem Kontakt gearbeitet. Das Grundschulmäßige Üben der Techniken ermöglicht einen vollen Krafteinsatz, doch man hat keinen Widerstand. An den Pratzen kann man mit vollem Krafteinsatz arbeiten und hat dabei einen variablen Widerstand. Die Pratzen stellen verschiedene Ziele am Körper in unterschiedlichen Höhen und Richtungen dar. Man kann die Zielgenauigkeit und die Reaktionsschnelligkeit trainieren. Bei intensiver Pratzenarbeit wird zudem die Ausdauer trainiert.

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