

## **Abstract**

**Title:** Compensation of muscle dysbalance by Judo fighters.

**Goals:** Our goals are to check which muscles and body parts are the least stretched and weakest. The main goal of our work is to design couple training drills which can lower or even eliminate this muscle dysbalance.

**Methods:** In our work we used the method of synthesis and analysis. With the analysis data method we discovered that muscles are most affected by muscle dysbalance. And based on synthesis we made couple compensatory drills which we add to the training.

**Results:** We discovered that for Judo you need a lot of muscle body parts, but even in this sport you find muscles that are not that much used and not too much overloaded. In this work we wanted to point out, that those muscle parts need to be compenzated if you dont want to get injured or you do want to get better Judo results.

**Keywords:** judo, compenzation drills, muscle dysbalance, training