

# THE MOTORIC ABILITIES AND THE MORPHOLOGICAL CHARACTERISTICS IN THE PREDICTION OF THE SPORTS RESULTS IN KARATE

Original scientific paper

## **Abstract**

*Karate as a sports discipline has settled specific requirements in terms of defining all the relevant characteristics, abilities and features that are important for karate as a sport. Only the knowledge of the relevant anthropological dimensions of this sport, one can define a battery of the measuring instruments and test the most important dimensions of this sport. This paper deals with the influence of the motoric abilities and the morphological characteristics on the sports results in karate and , especially, on the Montenegrin national team that won numerous competitions all around the world. The program of the research anticipated the definition of the optimal number of factors by means of the analysis of the main components on the basis of seven anthropometric characteristics and on the sample of forty examinees.*

**Key words:** *karate, motoric abilities, morphological characteristics, the eurofit of the testing batteries, foreseeing.*