

## RESEARCH ON THE PSYCHOLOGICAL DETERMINANTS OF KARATEKA'S PREPAREDNESS FOR COMPETITION

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### ABSTRACT

Recently, studies of mental readiness for activity in extreme conditions, directly related to solving the problems of psychological preparation of a person, readiness for sports activity, in this regard, are a convenient model for studying general psychological patterns. In most specific types of sports, including karate, the agenda is to identify psychodiagnostic readiness indicators for the selection of appropriate techniques. All these questions, generalized by the concept of "personal factors of mental readiness" and constitute the essence of the problem.

**Keywords:** Karateka, mental readiness, pre-launch state, competition, anxiety, motivation, willpower, reaction, attention, noise immunity, communication.