

Improving Martial Arts Performance using Video Analysis

Video analysis is an increasingly popular tool in modern-day sports for athletes to gain insight into their technique and performance. In martial arts, video analysis may be used to analyse performance elements such as timing, angles and synchronization of movements. In this project, students will explore the use of video analysis as a means to provide feedback during their training in the sport.

This project aims to allow students to:

1. Learn and experience the process of video capture
2. Identify important variables in the performance of their sport and examine them through video analysis
3. Innovate and adopt solutions to improve performance based on variables analysed

No. of students for GL: up to 2

Interested students may contact Esther Chok (esther_chok@tp.edu.sg) for a preliminary discussion