CERTIFICATE

Certificate ID: 436076916 Time & Date Of Publication: 11/25/2026 15:14:13

Title:

"Vatsaev's 90–180 Method"

Author Name:

Arbi Vatsaev

ID Number:

6537

Description

Name and Objectives: "Vatsaev's 90–180 Method" **For Developing Agility and Reaction Speed** The name "Vatsaev's 90–180 Method" identifies Vatsaev as the author. From a biomechanical perspective, the numbers "90–180" refer to the main changes in the body's position in space during Exercises 2 and 3. The method consists of three exercises, all designed to develop agility and motor reaction speed in combat sports athletes through unpredictable commands given by the coach. This method is suitable for both children and adults. However, it is important to understand that, in cases of poor proprioception, injuries to the foot, lower leg, hip joint, or other physical limitations, the method should be used only after receiving approval from the treating physician.

Chairman

K.Schreiber