

## Some Aspects Of Technical And Tactical Training Of Taekwondists

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### **Annotation**

The Society Is Carrying Out Large-Scale Work To Form A Healthy Lifestyle, Create Conditions For The Young Generation For Constant Physical Education And Sports In Accordance With Modern Requirements, Strengthen Youth Confidence In Their Will, Strength And Capabilities, And Affirm Such Qualities As Courage, Patriotism And Devotion To The Motherland, As Well As The Systematic Organization Of The Selection Of Gifted Athletes Among Young People And The Further Development Of Physical Culture And Sports.

**Key Words:** Taekwondo, Physical Education And Sports, Complex Techniques, High Result, Nervous System, Tactical Actions.

### **Introduction:**

Representatives Of The Republic Of Uzbekistan Show High Results At The Olympic And Asian Games, World And Asian Championships, As Well As Various International Sports Competitions. In Particular, The Accelerated Development And Popularization Of Such A Sport As Taekwondo Wtf In The Republic Deserve Special Attention.

Over The Years Of Independence, Increasing The Sports Potential And Authority Of Uzbekistan In The World, Our Athletes Have Taken A Worthy Part In Prestigious International Competitions In This Sport, Having Won 44 Gold, 64 Silver And 71 Bronze Medals.

In Order To Further Develop Wtf Taekwondo, Improve The System Of Training Highly Professional Athletes And Personnel, The Faculty "Taekwondo And Sports Activities" Was Organized As Part Of The National University Of Uzbekistan Named After Mirzo Ulugbek, Where One Of The Main Tasks Of The Faculty Is To Train Specialists With High Intellectual Potential And Deep Knowledge In The Field Of Sports As Well As The Introduction Of Innovative Techniques At All Levels Of Education And Training, Conducting Deep Scientific Research On Topical Topics In The Field Of Physical Culture And Sports.

Taekwondo Is One Of The Most Popular Oriental Martial Arts In The World, Which Provides Reliable Self-Defense Against Unarmed Or Armed Opponents. Taekwondo Is Based On The Spiritual Concept Of The Unity Of The Universe And Man, Opens Up Wide Opportunities For The Realization Of The Forces Of Nature. Taekwondo School Students Are Distinguished By Devotion To Teachers, Respect And Respect For Parents, Discipline, Honesty, And Respectful Attitude Towards Students. Taekwondo Classes Contribute To The Control Of Consciousness, Thought, Emotions And Movements Of The Human Body, Mobilize An Athlete In Critical Situations Of A Fight, Concentrate The Impulse Of The Impact Force, Provide Control Of Dynamic Balance During Kicks And Punches, Provide Control Of Breathing And The Flow Of Vital Energy At The Moment Of Impact.

Taekwondo Is Practiced Today By People Of Different Ages And For Different Purposes As A Sport Or As A Means Of Self-Defense. More Than 100 Countries Of The World Have Established National Organizations United In The World Taekwondo Federation (Wtf). This Sport Is Also Of Interest To People Who See In It Not Only A Sports Discipline, But Also A Martial Art, A System Of Self-Defense.

**Material And Methods:** Taekwondo Is Both An Ancient Korean Martial Art And A Relatively New Modern Combat System. The Depictions Of The Taekwondo Techniques Used Document The Fact That At Least Taekwondo-Like Martial Arts Were Known In Korea Over 2000 Years Ago. They Were Re-Systematized And Presented Under The Name Of Taekwondo Only In 1955 By The Korean Major General Chai Hong-Hi, Who Can Rightfully Be Considered The Man Who Revived The Martial Art Of His Country.

The Name Taekwondo Is Formed From 3 Korean Words That Express The Essence Of This Martial Art: Tae Means "To Push", "Kick" Or "Hit" With The Foot In A Jump. Techniques With The Legs: Keon Literally Means "Fist" And Is Used To Designate Techniques With The Hands. It Comes From The Chinese Word "Tao" And Has A Symbolic Meaning Of Spiritual Development, The Path Of Knowledge. Taekwondo Can Be Translated As The Path Of The Fist And Leg (Tae - Leg, Kwon - Fist, Do - Path). This Type Of Korean Martial Arts Has A

Rich Arsenal Of Techniques (More Than 3000) In Quality That Are Not Inferior To The Techniques Of Chinese Wushu And Japanese Karate. The Focus Is On Varied Footwork.

The Ancient Masters Of The Ancient Schools Developed The Most Complex Techniques With A "Blow In Flight", In Which Lightning Speed Was Supplemented With Powerful Energy For A Duel With Foot And Horse Rivals.

Taekwondo Technique Is Subordinated To The Education Of Fighting Spirit. Having Emerged As A Means Of Self-Defense, Taekwondo Has Become A Kind Of Self-Improvement System That Hones The Mind Of A Person And Fosters High Morality In Him. The Self-Confidence Inherent In People Who Practice Taekwondo Is Acquired Not Only Through Persistent Physical Training In Order To Master The Highest Technique Of Controlling One's Body For Fighting, But Also Through The Development Of Mental Discipline.

The Art Of Taekwondo Includes Martial And Sports Sections. Combat Taekwondo Studies Weapon Work And Weapon Work. A Stick, Sword And Nunchucks Are Commonly Used As Weapons. Sports Taekwondo Consists Of Performing Poomsae (A Set Of Basic Exercises) And Kerugi (Sparring), As Well As Kekpa (Breaking Hard Objects), Which Is Practiced At Demonstration Performances Or At Certification For A Belt.

Performing Poomsae, The Sportsman Is Fighting An Imaginary Opponent (Shadow Boxing). Kerugi Is A Competition Between Two Real-Life Athletes, One Of Whom Wins. Kekpa Makes It Possible To Assess The Accuracy Of A Blow When Breaking Hard Objects Such As A Board Or Brick. It Is Difficult To Calculate The Force Of A Blow In Combat Without The Risk Of Causing Serious Damage To The Enemy, Sometimes Fatal. Therefore, A Way Was Found To Assess Such A Huge Force Not On Living Objects, But On Wooden Boards, Tiles, Bricks. The Technique Of Strikes, Blocks And Stances Is The Same In All Sections Of Taekwondo. It Has Been Formed Over The Centuries And Today Undergoes Only Minor Changes Depending On The Schools. Taekwondo Is Available To Everyone, Because It Makes It Possible To Develop The Psychological, Physiological And Mental Reserves Of A Person, As Well As Foster Willpower, Self-Discipline And Martial Spirit. Nowadays, Taekwondo Has Developed Into A Modern Amateur Sport, Maintaining The Tradition And Spirit Of The Martial Art. Taekwondo Is Taught As A Subject In Schools And Colleges In Many Countries. Taekwondo Has Become An Integral Part Of Training In The Military. The Statutes, Competition Rules And Taekwondo Certification Test Meet The Requirements Of An International Amateur Sport.

Performing Special Exercises Used In Taekwondo Contributes To The Formation Of Technical Skill And Coordination Of Movements. The Formation Of Taekwondo Striking And Defensive Techniques Depends On The Possibility Of Using Various Points On The Fingers, Hand, Forearms, Feet, Knee. The Striking Zones Of The Extremities Are "Stuffed" With Various Shock Motor Actions And Special Exercises In The Process Of Breaking Boards And Bricks With Feet And Hands.

Training Fight - Checking The Effectiveness Of Mastering Techniques. The Success Of The Fight Depends On The Choice Of Effective Positions, Fast Movements, Various Maneuvering Techniques, Quick And Accurate Attacks And Blocking. According To Experts, About 30% Of Attacking Techniques In Taekwondo Are Performed With Hands, And About 70% - With Feet. Attacking Actions With The Hands Are Characterized As "Piercing" And "Striking". Non-Contact Strikes Are Applied Directly, From Below, From Above, From The Side, From The Inside To The Outside And From The Outside To The Inside. Taekwondo Legs Are Used In Attack And Defense. This Requires A High Level Of Coordination Of Movements In The Process Of Formation Of Complex Coordination Motor Actions. Attacking Actions With Legs Differ In The Height Of The Point Of Striking (Low, Medium And High) And The Spatial Position Of The Enemy (Behind, On The Flank, Frontally, At An Angle). The Following Types Of Blows Are Distinguished: Pushing, Piercing, Piercing, Straight, Circular, In A Jump. Modern Representations Of The Process Of Technical And Tactical Training Of Athletes-Combatants Are Conditioned By The Choice Of Effective Means, Methods And Organizational Forms Of Training And Competitive Activity.

**Result And Discussion:** Formation Of Technical And Tactical Actions Is Aimed At Finding Ways And Directions To Increase The Effectiveness Of Competitive Activity, Improve Physical Performance And Use A Wide Range Of Technical Means In A Duel. The Technical And Tactical Training Of Young Athletes Allows Them To More Fully Realize Their Motor Abilities In The Process Of Conducting A Duel.

An Athlete's Motor Capabilities Are Provided By A Complex Of Physiological Systems Of The Body, Their Levels Of Development, Which Determines The Nature Of Motor Actions During The Fight. In The Process Of Technical And Tactical Training Formation, The Organism Adapts To New Conditions Of Motor Actions Fulfillment. This Causes The Restructuring Of The Work Of Various Organs And Systems Of The Body, The Improvement Of Mechanisms, The Expansion Of The Range Of Adaptive-Compensatory Reactions.

The Process Of Formation Of Technical And Tactical Actions Has A Significant Impact On The

Realization Of Motor Potential, But This Occurs Only Within The Limits Determined By The Genotype. This Process Of The Formation Of Technical And Tactical Actions In Single Combats Is Associated With The Morphological And Physiological Restructuring Of The Athlete's Body Systems, Which Is Due To The Specificity Of The Motor Regime In Different Sports.

In The Practice Of Single Combats, Technical And Tactical Actions Acquire A Specialized Character And Are Manifested In A Specific Pace Of The Duel, The Possibility Of Power Single Combat Or Outplaying, The Predominance Of The Attacking, Counterattacking Or Combined Form Of Conducting The Duel. The Formation Of Technical And Tactical Actions Is Limited By The Genotype, Stimulated By The Conditions Of Education And Training.

A.A. Novikov Conditionally Identifies Two Directions In The Process Of Individualization Of Technical And Tactical Training In Contact Types Of Single Combats:

1. Psycho Physiological, Which Takes Into Account The Characteristics Of The Athlete's Psyche, The Properties Of The Nervous System.
2. Functional And Pedagogical, Taking Into Account The Functional Capabilities And Morphological Characteristics Of The Students.

Scientists Who Consider The First Direction Mainly Study The Mental Properties Of A Person And Health-Improving Means In The Process Of Training And Competitive Activity.

Specialists Who Propose The Second Direction Of The Process Of Teaching Motor Actions Consider The Ways Of Using The Inclinations Of A Person, Manifested In The Specificity Of The Parameters Of Movement (Quickly, Strongly, For A Long Time). They Mainly Determine The State And Functional Capabilities Of The Physiological Systems Of The Body, Explore The Ways Of Forming Technical And Tactical Actions.

Such A Distribution Of Directions For Studying The Process Of Formation Of Technical And Tactical Actions Among Representatives Of Contact Sports Is Due To High Requirements For The Complex Of Physical And Mental Qualities In This Type Of Activity. In Martial Arts, Various Technical And Tactical Manners Of Conducting A Duel Are Used. To Increase The Effectiveness Of The Duel, The Fighters Rebuild The Technical And Tactical Manners Of The Duel. Taekwondo Representatives Conduct Fights In The Following Manner:

1. Attacking Manner: Shock Attack, Onslaught, Maneuverable Attack, Series Of Blows, Overcoming, Counter Attack, Combination Attack.
2. Counterattacking Strategy: Shock Retreat, Provocative Maneuvering, Expectant Retreat.
3. Defense Strategy: Exhausting Defense, Inferior Defense.

Improvement Of Technical And Tactical Actions Is An Important Condition For Achieving High Sports Results In Taekwondo. However, In This Type Of Martial Arts, These Issues, Unfortunately, Have Not Yet Received Sufficient Development. The Basis Of The Training Process In Taekwondo Is Technical And Tactical Training, Which Takes Most Of The Time. The Study Of The Training Process Of Athletes Allowed Scientists To Develop Various Approaches To Differentiating The Means Of Technical And Tactical Training For Component Parts With The Formulation Of Specific Tasks For These Areas. Differentiation Of The Means Of Technical And Tactical Training Ensures The High Quality Of The Long-Term Training Process Of Taekwondo Athletes. Therefore, The Setting Of Tasks, The Sequence Of Using The Means Of Forming Technical And Tactical Training Among Scientists Do Not Coincide. Experts Distinguish Three Components Of Technical And Tactical Training: Versatile, Basic, Special.

Athletes Can Qualitatively Master The Technique Of Single Combats Only By Using The Most Effective Teaching Methods And To Improve Them In A Holistic Way, In The Process Of Which Separate Elements And Phases Of The Movement, The Mastered Movement, Are Consistently Considered.

The Dismembered Method Makes It Possible To Study In Detail In Primary Education, Correct The Mistakes Of Early Learning And Form Individual Parts Of The Movement Of Students. These Teaching Methods Are Interconnected, They Are Used In Turn: A Holistic Method - A Dismembered Method - And Vice Versa.

In The Practice Of Conducting Classes, The Method Of Mirror Teaching Has Justified Itself. It Lies In The Fact That The Athlete, Making The Movement As A Whole, Can Monitor The Correctness Of Its Implementation In The Mirror, Which Is One Of The Items Of Equipment In The Hall.

Taking Into Account The Complex Coordination Nature Of Exercises In Taekwondo, Its Rigidity And Aggressiveness Of Kicks And Punches, Mastering The Technique Can Be Done In The Following Modes: By Divisions; Slowly - Gently; Slow - Hard; Fast - Soft; Fast - Hard.

Split Mode - Performing Exercises At A Slow Pace, With Fixation At Intermediate Phases Of Movement. The Purpose Of The Mode Is To Memorize By Muscles And Visually Intermediate Positions Of The Exercise. Slow - Soft Mode - Performs The Exercise At A Slow Pace In General With A Gentle Touch On The

Target. The Purpose Of The Mode Is To Memorize The Entire Exercise By The Muscles And Visually.

Slow-Hard Mode - Performs The Exercise At A Slow Pace In General With A Firm Touch On The Target. The Goal Of The Mode Is To Develop The Strength Of The Muscles Involved In The Exercise And The Accuracy Of Touching The Target. Fast - Soft Mode - Performs The Exercise With Real Speed And A Gentle Touch On The Target. The Purpose Of The Regime Is To Develop The Speed And Accuracy Of The Exercise. Fast - Hard Mode - Performs The Exercise At Real Speed By Firmly Touching The Target. The Goal Of The Regime Is To Actually Perform The Exercise (To Defeat). Mastering The Technique In These Modes In Shadow Combat, On Shells (Pears), In Pairs And With Special Equipment.

**Conclusion:** Analysis Of Literary Data Testifies To Many Unresolved Issues In The Process Of Teaching Motor Actions In Martial Arts. At Present, The Potential Physical And Especially Mental Capabilities Of The Body Of Practicing Youth Are Just Beginning To Be Actively Studied. We Need A Search For New Directions That Determine The Reserves Of A Person In This Sport.

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