

Taekvondo Sporti O‘Zi Nima ?

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ABSTRACT

This article describes the main ideas and the results of best practice about the origin of Taekwondo and the stages of its development in the current Olympic sport.

What is Taekwondo? To put it simply, Taekwondo is an ancient Korean martial art and a universal form of unarmed self-defense. Taekwondo is based on the philosophy of continuous human development, improvement of the spiritual world and non-oppression. Taekwondo makes a person self-confident, disciplines his mind, respects himself and others, and helps others. A true Taekwondo student spreads this art to achieve harmony with nature and peaceful life. Taekwondo is not only a high-level self-defense method, but also a way of life.

The name Taekwondo consists of three words: "Tae" means foot, "kwon" means hand, and "do" means road. In Korea, "DO" means a path to perfection and a philosophical approach to life.

General Choi Hong Hee is considered the founder of modern Taekwondo. From 1946 to 1955, he made a great contribution to the development and improvement of Taekwondo as a martial art. Currently, Taekwondo as a form of individual combat is widespread all over the world.

The Asian and World Taekwondo Championships are being held, as well as included in the program of the Asian Games and the Olympic Games. Taekwondo is now becoming very popular in the world. This ancient martial art is developing in more than 170 countries as a very beautiful, energetic, dynamic sport.

Due to the popularity of such single combat, Korean masters have connected the ancient training principles and style ideas with modern sports, Taekwondo has acquired a wonderful system of pursuit of excellence, attractiveness and enthusiasm.

The goal of practicing taekwondo is to achieve harmony



of physical, mental, spiritual and moral perfection of a person. In ancient times, these rules were expressed in the principles of "Mos'ul", "mue" and "do".

Musul is literally a "combat technique" that embodies the principles of actual fighting and self-defense techniques in Taekwondo.



Mue is a martial art. This principle is a way of working on oneself, the student not only learns to overcome his opponent, but also learns to overcome his own shortcomings; By improving Taekwondo techniques, he improves his will, tries to turn the exercises of self-awareness and perfection into a creative process.

Do is the way to educate morals in the context.

This principle embodies a person's understanding of his own nature, understanding of his place in the world, and the way of interacting with the world.

Taekwondo not only develops physical qualities, but also helps its followers to lead a person to all-round perfection on the way to philosophical and spiritual development.

The set of mental and physical training exercises that are only in this martial art is a place in the hearts of young people who come to the Taekwondo hall from all over the world. received The Republic of Uzbekistan is no exception. Of course, no rare book can replace a mentor. Therefore, after reading this guide, you will fall in love with Taekwondo and start studying the ancient art under the guidance of skilled teachers in Taekwondo schools that have opened in almost all regions of Uzbekistan.

Thus, the goal of Taekwondo is to help a person develop into a well-rounded person through a combination of mental and physical exercises.



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