

Teaching Methods of Taekwondo

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Article Information

Received: February 15, 2023

Accepted: March 16, 2023

Published: April 17, 2023

Keywords: Taekwondo WT, Olympic Games, training process, pedagogical process, spiritual and moral, physical qualities, coach and athlete, high sports results, team, technical and tactical actions, referee, competition, skill and mastery, exercise.

ABSTRACT

The process of teaching Taekwondo is a pedagogical process aimed to the acquisition of knowledge, skills and abilities of the trainees, which envisages physical and mental, as well as spiritual and moral improvement.

In accordance with the decision of the President of the Republic of Uzbekistan No. PQ-127 on February 14, 2022 "On accelerating preparations for the successful participation of athletes of the Republic of Uzbekistan in the next summer and winter Olympic and Paralympic Games", as well as taekwondo WT. It is no exaggeration to say that the goal of popularizing Olympic sports, improving the system of selecting athletes among young people, and ensuring that our national teams achieve high results in prestigious sports competitions is the reason for athletes to achieve even higher results. Uzbek taekwondo players are among the top ten in Asia, and there are athletes who have their place in the world rankings. They are: Uluğbek Rashitov, Niyoz Polatov, Nikita Rafalovich, among women Charos Kayumova, Feruza Sodikova, Madina Mannopova .

As soon as Taekwondo was included in the program of the International Olympic Games, this led to its rapid development all over the world. Even in Uzbekistan, Taekwondo is considered to be a rapidly developing sport today. Its foundation stone in Uzbekistan was laid by Volmir Vasilyevich Legay in 1989. This type of sport, which is part of Eastern individual wrestling, first came to Tashkent. At first, demonstrations were shown, taekwondo was promoted. Then taekwondo clubs began to open in the capital. In a short time, the number of people who want to do it has increased. Taekwondo quickly attracted sports fans with its charm. Then the number of

people practicing this sport began to increase in the regions. Currently, taekwondo clubs are operating in all regions. The sport of taekwondo was created primarily as a self-defense system. It is for this reason that great importance is attached to the ethical aspects of the training and the correct execution of the various technical movements used. Learning Taekwondo is considered correct only if it is practiced based on tested principles and techniques.

Teaching taekwondo is a difficult process, and it is a pedagogical process aimed to the acquisition of knowledge, skills and abilities, physical and mental, as well as spiritual and moral improvement. The training process includes the activities of trainees and trainers. These two types of activity are closely related and influence each other. Teaching taekwondo is a process with an educational character. This process is closely related to the process of personality formation (outlook, moral-spiritual, certain characteristics of behavior, desire, habits and taste, development of physical qualities). The coach plays a leading role in the process of teaching and educating the athlete. In the process of training, he develops a sense of patriotism, love for work, positive attitudes towards society, a sense of friendship, qualities of will (courage, resourcefulness, initiative, stability, ability to make decisions), as well as during this process it develops in the athlete the qualities of adherence to the principle, perseverance in overcoming difficulties, and humility. The coach achieves the formation of conscious discipline in the trainees, educates them in the habit of following the sports regime, helps to form work hygiene and other useful skills. An athlete's personality is formed in a healthy and strong team, in which he lives, works and trains. The training process is organized on the basis of general rules and also on the basis of the studied materials, the goals and tasks of the training process, and the use of special methods corresponding to the age characteristics of the trainee. The main goal of the training process in Taekwondo is to train an athlete who achieves high sports results and has moral and moral qualities. In the process of training, this general goal can be clarified and narrowed down: for example, the training of a wrestler-athlete, the training of taekwondo coaches or referees, depending on the specific goals. a team is formed, they are united based on the pursuit of a single goal. The coach carries out the transfer of knowledge in the team, and the trainees carry out the assimilation of knowledge, skills and competencies required for the relevant activity. The specific goals of the training process determine the duration of the training process, the composition of the trainees, the structure and forms of the training process. In order to achieve the set goal, during the training process of an athlete, coach or referee, the following tasks are solved:

- 1) strengthening of health;
- 2) development of physical and volitional characteristics;
- 3) acquisition of knowledge on the theory of taekwondo sports;
- 4) mastering technical and tactical movements in fighting in competitions, mastering the skills of an instructor-stylist and referee.

As a conclusion I can say that the main training process includes a number of tasks: including acquiring knowledge and skills in terms of learning and training methods, competition rules, injury prevention, and others. tasks such as acquiring knowledge are defined in the directions. Training of skills and competences for taekwondo practitioners includes general developmental and special exercises, as well as exercises for other sports, methods, defenses, complex technical and tactical movements.

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