



Individual Movements of Physical Training in the Sport of Taekwondo

Kabulov Abdinayem Kayratdin Uli

2nd year master's degree Nukus State Pedagogical Institute named after Ajinyaz (Nukus, Republic of Karakalpakstan)

Abstract: *This article is about the sport of taekwondo. We consider the individual fighting manners of an athlete.*

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The implementation of the sports training program at the stage of the highest sports skill in the sport of taekwondo, involves drawing up a plan of physical training events and sports events, drawing up individual plans for sports training of athletes taking into account their weight categories.

According to the federal standards for the sport of taekwondo, the following tasks are set at the stage of higher sportsmanship:

- Achievement of results of the level of sports national teams of the Republic of Uzbekistan;
- Increasing the stability of demonstrating high sports results in Uzbek and international official sports competitions.

Relying on the federal standards for the sport of taekwondo, leading athletes must be at the peak of their athletic form for a long time in order to increase stability and demonstrate high athletic results, which requires the athlete to exert maximum physical and mental strength, in view of this, the athlete and coach are forced to look for new ways to improve sports training. A highly qualified athlete, being at the top of the sports elite, is undoubtedly an extraordinary individual, with a set of psychological characteristics and physical qualities inherent only to him, which are capable of providing maximum sports results in his sports career. The authors are confident that the individualization of sports activity of an athlete at the stage of higher sportsmanship will help to find new ways to improve sports training.

The system of individualization of sports activities of Uzbek taekwondo athletes, despite the success in Uzbek and international competitions, has not yet been finally formed. In the scientific and methodological literature there is no information about the system of individualization of sports activities of taekwondo athletes at the stage of higher sports skill. In this regard, it is necessary to search for new effective ways to improve the system of individual training of highly qualified taekwondo practitioners. Often, practice coaches use traditional Korean techniques, without taking into account Uzbek specifics, or apply developments from other types of martial arts, without taking into account the specifics of training in taekwondo. In both cases, the effectiveness of training

decreases and, as a result, the competitive result. In the domestic methodology of taekwondo training, not enough attention is paid to the individualization of sports activities and, as an integral part of it, the formation of an individual taekwondo combat style, the importance of this problem is undeniable. The formation of an individual manner of fighting, meets the abilities of the taekwondo practitioner himself, his requirements for sports activities in dodang, which allows him to achieve high sports results in a shorter period of time. The individual manner of fighting is determined by the specifics of the sport and the rules of taekwondo competitions, as well as the individual personal characteristics of the taekwondo practitioner himself. The personal characteristics of a taekwondo practitioner are: anatomical and morphological features of the physique, properties of the nervous system, temperament, character traits, physical and functional qualities, and others. These features form the principle of an individual approach, which is one of the most important principles of individual training of highly qualified taekwondo practitioners. The individual manner of fighting is unique in its content and execution; it is inherent only to a specific athlete. At the initial stage, it is formed on the basis of innate abilities, physical and mental qualities, anatomical and morphological features, as well as technical and tactical skills available behind the athlete. Further improvement of the individual manner of fighting takes place under the influence of systematic, creative, joint work of the athlete and the coach. During the formation of individual abilities, the properties and qualities that are inherent in a particular athlete pass into qualitatively new formations that allow the widest disclosure of the individual capabilities of this athlete. They are most effectively fixed in competitive conditions, adapting the athlete to changing situations and requirements that come directly from the content of the duel and from the actions of the opponent. In this context, a taekwondo practitioner, within the framework of the competition rules, forms his sports activities for himself, creating the most convenient technical, tactical and strategic characteristics that create an effective individual manner of fighting. An effective and economical style of individual fighting style, allows you to defeat leading rivals against the background of fatigue of physical and mental strength. In taekwondo, the individual manner of fighting is formed and improved in training and competitive activities. In these types of activities, the following types of training are improved and individualized: physical, technical, tactical, psychological and intellectual.

When forming an individual manner of fighting, the athlete and the coach are forced to rely on the strongest aspects of training and the individual data of the athlete, which will allow them to achieve high results in competitions. First of all, it is necessary to take into account the typological properties of the nervous system, coordination and motor abilities that will provide the athlete with the effectiveness of the technical and tactical arsenal, psychological stability and functional condition in the formation of an individual manner of fighting an athlete. The formation of an individual taekwondo fighter's fighting style occurs, first of all, by mastering an extensive arsenal of technical and tactical actions. In fact, a taekwondo practitioner achieves victory due to the individual manner of fighting, combined with the optimal organization of the training process, his giftedness, personal activity, as well as the ability to adapt to high physical and psychological loads in conditions of competitive activity. Each athlete is individual and makes the most of his most powerful training sides. However, due to the most powerful sides, there is compensation and interchangeability of weak and missing sides of the preparation. Such compensatory and interchangeability allows you to more accurately form an individual taekwondo fighting style.

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