

The Importance Of Taekwondo Training In The Physical Development Of 7-8 Year Old Children

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Abstract: This article discusses the issues and problems of taekwondo practitioners' physical and mental training to fully reveal their individual abilities and potential, which are hidden even in a person.

Keywords: physical, training, individual ability, physical training.

Relevance. Today, taekwondo is one of the youngest and fastest growing martial arts, widely practiced in more than 200 countries around the world and is an Olympic sport. Taekwondo is a scientifically based sport that uses all physical abilities for self-defense. Intensive physical and mental training in this type of sport allows full manifestation of individual abilities and potential hidden even in a person.

Taekwondo is a martial art unmatched for its technique in terms of strength and effectiveness. Discipline, technique and perseverance, which are formed as a result of constant training, help to develop such qualities as honesty, justice and goal-orientedness in the participants

In the process of physical education of children of junior school age, the tasks of strengthening their health, developing their physical abilities, expanding the functional capabilities of the body, forming movement skills, educating moral and willful qualities such as patriotism, hard work, mutual respect in the team, courage, determination, striving for the goal are solved.

It is proven that the use of modern, non-standard and innovative means, including taekwondo, in the effective and comprehensive development of a child's body leads to the desired results.

Thus, the physical and psychological development of 7-8-year-old schoolchildren, the formation of their physical abilities and basic physical qualities through movement skills, as well as the detailed study of the possibilities of wide use of taekwondo in increasing the level of physical fitness have not lost their relevance at the same time.

The purpose of the study. To expand the possibilities of using taekwondo for the comprehensive physical development of children aged 7-8.

Research organization. The study was conducted at the Center for Training for Olympic and Paralympic Sports, Yunusabad District, Tashkent City, No. 2. A total of 36 children aged 7-8 participated in the experiment. An experimental (18 people) and a control (18 people) group were formed from them.

Research methods. Analysis and generalization of scientific-methodological literature, pedagogical observation, control tests, functional research method and statistical re-development of data.

Таққикот натижалари ва уларнинг муҳокамаси. The exercises and movement games used in the first phase of the study allowed students to become familiar with taekwondo movements that are very similar in structure. In the second stage, based on the level of mastery of movement techniques, in-depth training and improvement stages, exercises and movement games were used that required quick, accurate and high-quality performance of movements in conditions close to the competition.

The uplifting emotions that arose during the exercises and active games made it possible to stabilize movement skills.

In the third stage, more complex exercises and action games aimed at improving the technique were used.

The games were held in an emotional context typical of the competition, allowing the players to adapt to real competition conditions and requiring them to perform the technical techniques they had mastered at high speed, and when necessary, to make quick and proportionate decisions to solve simple and complex tactical tasks.

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In the pedagogical experiment carried out at the beginning and at the end of the study, indicators of the development of the physical qualities specific to the specialty of 7-8-year-old taekwondo players were determined. According to the results of the control tests, a reliable difference between the indicators of both groups was noted at the beginning and at the end of the experiment.

Table 1
Test results of young taekwondo players in the control and experimental groups at the beginning and end of the pedagogical experiment

№	Test	Experimental group		Control group		t
		at the beginning	at the end	at the beginning	at the end	
1	Long jump (cm)	112	125	113	115	P<0,05
2.	30 meter run (p)	7,6	6,4	7,5	7,3	P<0,05
3.	Bending the arms in a supine position (times)	16	20	15	17	P<0,05
4.	6 minute run (m)	740	831	746	780	P<0,05

The results of TG young taekwondo players in the "long jump" test were equal to 11.6%, while in NG this indicator was 1.8%. TG results improved by 11.8% and NG by 1.3% in the "30-meter run" test. In the test "flexing arms and writing while lying down", the results of TG improved by 18.9%, while in NG this indicator was 6.8%. The results of the "6-minute run" test improved by 12.4% in TG, while the results of NG were equal to 3.9%.

Also, during the research, control tests were conducted at the beginning and at the end of the experiment in order to determine the functional capabilities of the children. Functional indicators were determined by heart rate (HR, beats/min), compression force (kg), and the test of Stange and Genche.

Table 2
Morphofunctional indicators of young taekwondo players of the control and experimental groups at the beginning and end of the pedagogical experiment

т/р	Test	Experimental group		Control group		t
		at the beginning	at the end	at the beginning	at the end	
1	Load (dice/min.)	92,4	85,5	92,6	89,3	P<0,05
2.	Compression force (kg)	10,4	11,8	10,5	10,9	P<0,05
3.	Barbell test (s)	18,14	30,63	18,78	21,22	P<0,05
4.	Genche test(s)	18,11	29,8	16,09	21,65	P<0,05

As can be seen from Table 2, the increase in "YuQCh" indicators in the experimental group was 7.4%, in the control group it was 3.5%. The compressive strength values improved by 13.5% in the experimental group and by 3.8% in the control group. The dynamics of indicators on the barbell test were 12.4% and 2.5%, respectively. TG results on the Genche test were 11.3% better, while NG scores improved by 4.6%.

Pedagogical experiments have shown that regular participation in taekwondo exercises has an effective effect on both the physical and functional development of children. According to the conducted control tests, it was found that the indicators are reliably higher in young taekwondo athletes of TG than in NG.

The increase in the physical performance of the athletes of the experimental group was 11.6% in the Long Jump test; 11.8% in the "30 meter run" test; 18.8% in the test "Bending hands and writing while lying down"; In the "6 minute run" test, it was 12.2%. and in the control group, there was no reliable change in the value of morphofunctional indicators.

Conclusion. Today, taekwondo is a martial art and modern sport adapted for mass physical education with a spiritual and philosophical basis, which, along with having an effective impact on the development of the physical abilities of young athletes, is of great importance in increasing their morphofunctional capabilities.

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