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## THE IMPORTANCE OF DEVELOPING SPECIAL SKILLS IN TAEKWONDO IN IMPROVING THE TECHNICAL AND TACTICAL TRAINING OF 12-14 YEAR OLD TAEKWONDO FIGHTERS

Pulatov Laziz Azamat ugli\*

\*Teacher

Department of Taekwondo and Sports  
National University of UZBEKISTAN

### ABSTRACT

*The special skills inherent in the sport of Taekwondo are an essential part of performing technical movements and serve as the foundation for all kick kicks. This new rule encourages taekwondo fighters to strike more blows to the opponent's head, as well as imposes additional requirements on the technical skills of taekwondo fighters. The manifestation of special abilities depends on the anatomical structure of the joints, the elongation of the muscles and ligaments, muscle tone, the general functional state of the body and external conditions. The fact that it is more beneficial to develop special skills while standing can be explained by the fact that this situation is close to the real situation of taekwondo fighters in competitive activities.*

**KEYWORDS:** *Encourages, Anatomical, Foundation, Inherent*

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