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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

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## ABSTRACT

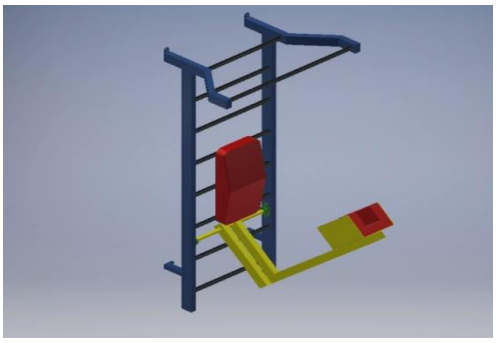
*The special skills inherent in the sport of Taekwondo are an essential part of performing technical movements and serve as the foundation for all kick kicks. This new rule encourages taekwondo fighters to strike more blows to the opponent's head, as well as imposes additional requirements on the technical 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*

## INTRODUCTION

**The aim of the study:** to test and theoretically substantiate the importance and effectiveness of the formation of special skills specific to taekwondo in improving the technical and tactical training of 12-14-year-old taekwondo fighters.

**The results of the study:** In the process of studying the characteristics of improving the technical and tactical training of 12-14-year-old taekwondo fighters, the importance of the formation of special skills specific to taekwondo and its effectiveness in its development were analyzed. Accordingly, in young taekwondo fighters, a methodology for developing special skills specific totaekwondo was developed and an experimental test was performed using special equipment



(PLA FLEXIBLE) to:'pulling, gathering on the body with the legs bent at the knees while leaning upright). The overall mobility of the body joints was also assessed.

At the end of the study, all the results showed that the performance of young taekwondo fighters in the experimental group is much higher than the performance of the control group. This demonstrates the effectiveness of the methodology we have developed for developing taekwondo-specific skills in 12-14 year old taekwondo fighters.

Modern taekwondo has been gaining popularity and development year after year since its inclusion in the Olympic program. On April 5, 2018, the World Taekwondo General Assembly Council was held in Hammamet, Republic of Tunisia. According to him, a number of changes have been made to the rules of taekwondo. In particular, it was confirmed that a direct kick to the opponent's head would give three points, and a circular blow would give five points. 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. Taekwondo fighters who want to outperform their opponents want to hit more on the head on their own, and this, of course, requires that they have well-developed taekwondo skills.

Taekwondo WT requires more flexibility than other martial arts because it is mainly kicked. It is not the presence of a quality of flexibility that is required to perform a technically perfect foot kick, especially at the height of the head while standing on one foot, but an improved position to reach a specific skill level. That is, to perform such complex movements, you need to develop special skills that are unique to the sport of taekwondo.

Also, the development of special skills specific to the sport of taekwondo:

- wide range of distance from the opponent;
- be able to deliver blows to the opponent even at long distances;
- avoid opponent's attacks;
- not to miss a shot from the opponent;
- Provides advantages such as tracking all the movements of the opponent as a whole.

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. It will also improve this special ability, increase the ability of taekwondo fighters to move, prevent injuries, expand the

technical and tactical arsenal, as well as the defensive and counter-attacking skills of taekwondo fighters.

Today, the views on the importance of developing special skills in improving the technical and tactical training of young taekwondo fighters are not sufficiently studied. Although the role of special abilities in martial arts has been studied by a number of authors, most of these studies have been conducted mainly among older and highly qualified athletes.

In recent years, we can see that the competition between taekwondo fighters has grown rapidly in the world of taekwondo. This is reflected in the fact that during the competition, they become more competitive, the passive phases in the movement decrease and the number of blows to the head increases. This trend is due to the fact that the requirements for taekwondo fighters are increasing day by day, improving their technical and tactical training in order to achieve high results.

In addition, the correct, quick and easy skills and competencies in the techniques of the movements studied, in order to rationally overcome difficult situations in sports competitions and effectively and successfully organize the training system. It is necessary to develop special skills in taekwondo in the formation of

In the sport of Taekwondo, special skills, along with increasing the strength and speed of technical movements, allow you to fight from a distance outside the affected area of the opponent's body (leg and hand blows).

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. Special abilities also depend on the flexibility of muscles and tissues. The elastic properties of muscles can be greatly altered by the central nervous system.

The formation of special abilities depends on the age of the athlete: the mobility of the major joints of the body increases from 7 to 13-14 years, and reaches stability at 16-17 years, and then decreases. At the age of 10-14, it is possible to effectively develop the quality of flexibility by implementing targeted activities at the age of 10-14. Accordingly, focusing on developing the special skills of young taekwondo fighters as much as possible at the age of 12-14 will serve as the main foundation for their future sports activities.

The study was conducted at the sports complex of the National University of Uzbekistan. The study involved 12 to 14-year-old children who had been practicing taekwondo WT for 3-4 years and whose physical performance and fitness were relatively close. (12 people - control group, 12 people - experimental group).

On the basis of special equipment (PLA FLEXIBLE) in the implementation of the study, a program aimed at the formation of special skills of 12-14-year-old taekwondo fighters was developed and implemented in the experimental group. Taekwondo fighters often develop flexibility exercises while sitting or lying down, but taekwondo fighters can only demonstrate their flexibility skills while standing. Because training, sparring, and competition activities, taekwondo fighters stand up and kick.

Based on observations and analytical approaches, it was concluded that the effectiveness of flexion exercises while sitting or lying down was ineffective compared to standing exercises.

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. The program for the experimental group is based on special equipment (PLA FLEXIBLE) and consists of a set of static stretching exercises. The control group was based on the traditional curriculum developed for the Republican College of Olympic Reserve.

Prior to the study, both groups of taekwondo fighters were tested for the development of special skills through the equipment, and the results were recorded. The table below provides pre-research results.

**Indicators of special abilities of taekwondo fighters of the experimental and control group at the beginning of the pedagogical research on the equipment "PLA-FLIXIBLE"**

| № | Athlete Performance | A | M | TG | | NG | | $t_{st}$ | R |
|---|---|---|---|---|---|---|---|---|---|
| | | A | | $\bar{X}_1$ | V% | $\bar{X}_2$ | V% | | |
| 1 | Lift the leg straight | *Left* | 83° | 46,98 | 12,37 | 47,92 | 12,17 | 0,37 | P>0,05 |
| | | *Right* | 77° | 45,99 | 10,89 | 46,93 | 10,78 | 0,43 | P>0,05 |
| 2 | Bend the leg straight at the knee | *Left* | 70° | 55,03 | 10,09 | 56,99 | 11,56 | 0,75 | P>0,05 |
| | | *Right* | 67° | 56,34 | 11,13 | 57,28 | 11,05 | 0,35 | P>0,05 |
| 3 | Lift the leg straight from the side | *Left* | 66° | 43,05 | 13,22 | 45,99 | 12,31 | 1,21 | P>0,05 |
| | | *Right* | 68° | 44,95 | 12,44 | 45,01 | 12,51 | 0,02 | P>0,05 |
| 4 | Bend your legs at the knees | *Left* | 65° | 56,13 | 12,31 | 57,98 | 11,78 | 0,63 | P>0,05 |
| | | *Right* | 65° | 57,99 | 10,66 | 58,03 | 10,70 | 0,01 | P>0,05 |

Table 1 shows the results of the initial experimental dynamics to determine the level of development and testing of special skills in the foot movements of 12-14-year-old taekwondoists in the control and experimental groups at the beginning of the study. According to him, the left and right legs of taekwondo fighters were tested for straight and lateral lifting of the legs while standing on the equipment, and bending the knees while standing.

At the end of the study, a re-experiment was conducted to determine the effectiveness of both groups. According to him, young taekwondo fighters were re-tested through the first test exercises (lifting the legs straight and sideways while standing on the equipment, bending the legs while standing upright). The results of the indicators are shown in Table 2 below.

**At the end of the pedagogical research, the special skills of the experimental and control group taekwondo fighters on the PLA-FLIXIBLE equipment**

| № | Athlete Performance | A | M | TG | | NG | | $t_{st}$ | R |
|---|---|---|---|---|---|---|---|---|---|
| | | A | | $\bar{X}_1$ | V% | $\bar{X}_2$ | V% | | |
| 1 | Lift the leg straight | *Left* | 83° | 59,19 | 11,29 | 53,29 | 10,71 | 2,22 | P<0,05 |
| | | *Right* | 77° | 54,69 | 10,71 | 52,11 | 11,44 | 1,02 | *P>0,05* |
| 2 | Bend the leg straight at the knee | *Left* | 70° | 65,39 | 11,50 | 58,77 | 11,11 | 2,20 | P<0,05 |
| | | *right* | 67° | 66,58 | 10,74 | 59,87 | 10,54 | 2,33 | P<0,05 |
| 3 | Lift the leg straight from the side | *Left* | 66° | 53,19 | 12,01 | 47,46 | 11,84 | 2,23 | P<0,05 |
| | | *Right* | 68° | 52,59 | 10,36 | 47,12 | 11,86 | 2,32 | P<0,05 |
| 4 | Bend your legs at the knees | *Left* | 65° | 65,81 | 10,04 | 59,21 | 11,47 | 2,31 | P<0,05 |
| | | *Right* | 65° | 65,68 | 10,52 | 59,55 | 10,26 | 2,20 | P<0,05 |

Table 2 concludes the study to determine the degree to which 12-14-year-old taekwondo fighters developed special skills in the experimental and control group, to determine the effectiveness of a specially designed program for the experimental group, and to compare the performance of the two groups. As can be seen from the table, it was found that the specific flexibility of the young

taekwondo fighters in the experimental group was much higher than that of the control group taekwondo fighters. In particular, although the level of reliability (P> 0.05) was relatively low in the right leg index of the “Straight leg lift” test, all other seven test scores were positive. a high degree of reliability (P <0.05) was noted.

In short, the formation of special skills typical of taekwondo in 12-14-year-old taekwondo, along with improving their technical and tactical training, serves to strengthen the arsenal of kicks and increase their chances in the competition.

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