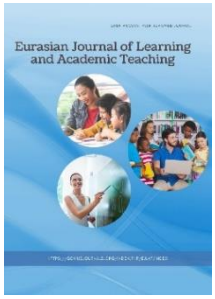


An Accentuated Technique Aimed at Fostering High-Speed Qualities in Children 12-14 Years Old Engaged in Taekwondo

Sh.X. Khankeldiev PROFESSOR
Sh.Tulkinovna Graduate student of Ferghana State University

ABSTRACT

The article outlines an accentuated methodology aimed at educating speed capabilities in young taekwondo fighters. The author's methods were experimentally tested on the basis of the developed complexes of physical exercises.

Keywords: Taekwondo, speed capabilities, accented technique, speed qualities in children, exercises

Taekwondo is a scientifically based way of using one's body for self-defense, which allows, as a result of intense physical and spiritual training, to extraordinarily expand the range of individualhuman abilities.

"Taekwondo is a type of martial art that does not know equal in power and efficiency of technology. The components of this art are discipline, technique and spirit, they are the means of developing in the students a sense of justice, firmness, humanism and purposefulness. In taekwondo, a strong emphasis is placed on spiritual culture, since it not only develops a healthy body and a clear mind, but also leads to good sports relationships and correct virtuous behavior (Choi Hong Hee, 1993).

When developing an improved methodology for the experimental group, we were guided by the following data:

- Analysis of competitive activity (the championship of Uzbekistan.) showed that the most effective method is aimed at high-speed work. Often, the conduct of the fight by athletes is aimed at waiting, for inflicting a counter blow, as well as a quick attack and exit from close combat.

- According to the theory and methodology of physical education, the age of 12-14 years is characterized by sensitivity for the education of any motor quality.

- For taekwondo , the age of 12-14 years is the age when athletes move from the age category of "children" to the youth category, where the requirements for the physical training of taekwondo athletes increase. At the initial stage, insufficient manifestation of strength qualities, in the use of hostilities can be compensated by the speed of movement and tactical techniques.

The content of complexes aimed at educating speed qualities in boys 12-14 years old engaged in taekwondo.

All thereasons would be divided into groups:

- running exercises;
- jumping exercises;
- protective actions;
- movement in racks;
- combat exercises;

Their distribution was as follows:

The preparatory part included exercises to prepare the body for the upcoming work - running exercises, movements in racks. At the

beginning of the main and in the middle of the main part of the exercise of a combat nature. When working on the speed-power component, practical exercises were carried out to implement general and special training. Each workout included exercises for practicing protective actions and techniques.

Their sequence depending on the tasks of training and content may vary. Also, the proposed individual groups ofexercises could be mutually replaced, due to similar orientation.

We offer sets of exercises for the education of speed abilities in young taekwondo practitioners.

Complex No1.

1. Running from the start from different positions.
2. Movement in various racks.
3. Perform individual punches or kicks at maximum speed into the air or on projectiles.
4. "Fight with the Shadow".

An innovative plan was developed – a lesson outline

Tasks:

1) Improvement of movements with basic steps and the site - step;
2) Improvement of the techniqueof applying individual blows with hands;
3) Improvement of the technique of individual kicks "yup chagi";
4) Development of speed abilities;

Complex No2.

1. Running with a maximum speed of 30-60 meters.
2. By beating off your forearm the hands of the partner who is "slapping" on your shoulder.
3. Applying a series of punches and kicks with the maximum frequency in the air or on projectiles.
4. Jumping off a stand 30-60 cm high.

Complex No3.

1. Slopes with the shoulder pulled back from the "clap" on it.
2. Alternate execution with the maximumfrequency of punches, and then running in place.
3. Perform fixed series of punches in jumps up on the spot with concentration of effort in one of them.
4. A single long jump from a place, from an approach or a take-off.

Complex No4.

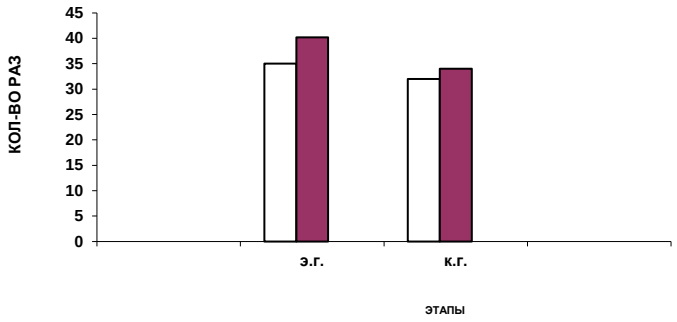
1. Slopes "swallowing the blow".
2. Performthe maximum number of punches in a jump on the spot.
3. Consecutive series of 10 punches or kicks.
5. Multiple jumps (triple, five, ten times).

The indicators of the frequency of hand movements in the test ofthe blow of the right oi - left hand of the "jirugi" for 10 seconds were investigated. in the experimental group at the beginning of the experiment was 35±2.65, at the end this indicator was 40.2±1.6, so the increase in indicators was 15%, in the control group this indicator at the beginning of 32±2.34, and at the end of the experiment the indicator of the frequency of hand movements is 34±1.8, an increase of 6.3%.

Table 1 Resource requirements by component

A change in the test scores is a blow with the right - left hand of the "jirugi" in 10 seconds. in the experimental and control groups during the experiment.

Group	Stage	x±d	M%	t st	R	t st	R
Эксперим.	Beginning	35±2,65	15	5,1	<0,01	8,2	<0.01
	The end	40,2±1,6					
Control.	Beginning	32±2,24	6,3	2,0	>0,05		
	The end	34±1,8					



□ - Beginning of the experiment ■ - end of the experiment

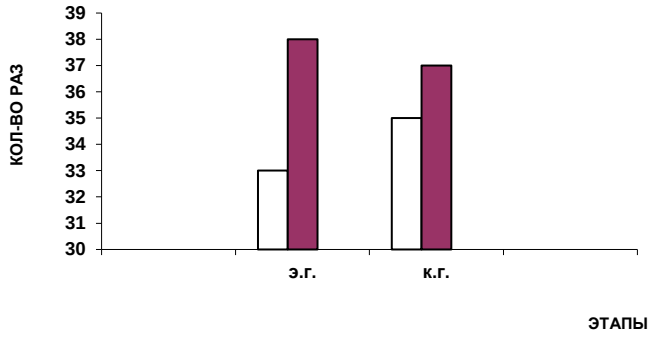
Rice. 1. The increase in test performance is hit with the right - left hand of the "jirugi" in 10 seconds. in the experimental and control groups during the experiment.

Indicators of the frequency of movements in the test running in place for 10 seconds. in the experimental group at the beginning of the experiment was 33±1.08, and at the end this indicatorleft 38±0.7, the increase in results was 15.2%. In the control group, this indicator at the beginning of the experiment was 35±0.9, and at the end of the experiment the indicator of running on the spot was 37±1.02, the increase in results was 5.7%

Table 2 Resource requirements by component

The change in the indicators in the test of running in placese for 10 seconds. in the experimental and control groups during the experiment.

Group	Test	stage	X±d	M%	t st	R	t st	R
Эксперим.	№2	Beginning	33±1,08	15,2	12,5	<0,01	2,56	<0,05
		The end	38±0,7					
Control.	№2	Beginning	35±0,9	5,7	4,6	<0,01		
		The end	37±1,02					



□ - Beginning of the experiment ■ - end of the experiment

Rice. 2. Increase in test performance running on the spot in 10 seconds. in the experimental and control groups during the experiment process of the experiment.

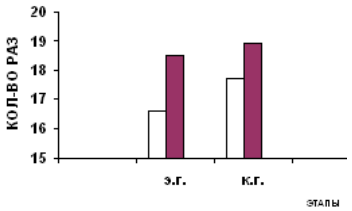
Indicators of the frequency of leg movements in the test - a blow with the left foot "dolio chaga" in the average level for 10 seconds. in the experimental group at the beginning of 17.2±0.54, at the end of the experiment this

indicator is 18.7±0.53, and the increase in results is 8.7%. In the control group at the beginning of the experiment, this figure is 17.1±0.47, at the end of 17.8±0.42, so the increase in results is 4.1%..

Table 3 Resource requirements by component

The change in the dolio chaga kick test to an average level of 10 seconds. in the experimental and control groups during the experiment.

Group	Stage	X±d	M%	t st	R	t st	R
Эксперим. Pr. n.	Beginning	16,6±0,65	11,5	7,4	<0,01	1,9	>0,01
	The end	18,5±0,56					
Control. Ave. N	Beginning	17,7±0,62	6,8	4,2	<0,01		
	The end	18,9±0,43					
Эксперим. BGN N	Beginning	17,2±0,54	8,7	8,3	<0,01	4,2	<0,01
	The end	18,7±0,53					
Control. Lv. N.	Beginning	17,1±0,47	4,1	5,0	<0,01		
	The end	17,8±0,42					



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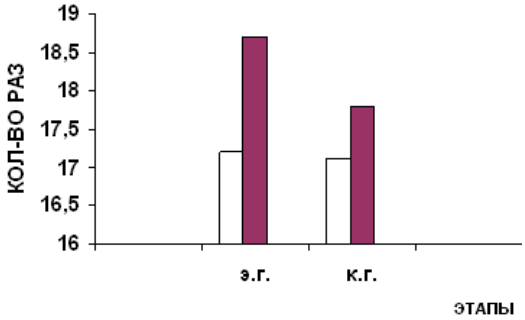
Rice. 3. Increase in the indicators of the test of right kick "dolio chaga" to an average level in 10 seconds. in the experimental and control groups during the experiment.



□ - Beginning of the experiment ■ - end of the experiment

Rice. 4. An increase in test scores with a left foot blow "dolio chaga" to an average level in 10 seconds. in the experimental and control groups during the experiment.

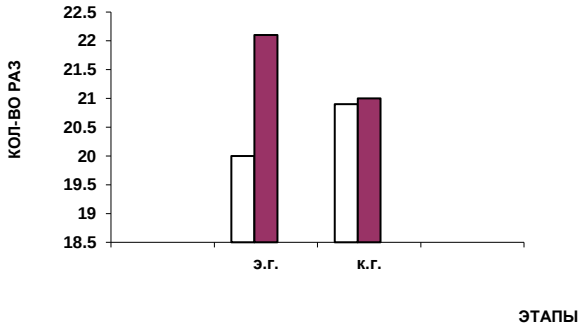
The resultof the squat test for 20 seconds. in the experimental group at the beginning of the experiment was 20±0.52, and at the end of the experiment this figure was 22.1±0.43, so the increase in results was 10.5%,

in the control group at the beginning this indicator is 20.9±0.37, and at the end of the experiment the result was 21±0.38 the increase in results in the control 0.6%.

Table 4 Resource requirements by component

Change in the performance of the squat test for 20 seconds. in the experimental and control groups during the experiment.

Group	test	Stage	X±d	M%	t st	R	t st	R
эксперим.	№4	Beginning	20±0,52	10,5	9,5	<0,01	6,1	<0,01
		The end	22,1±0,43					
control.	№4	Beginning	20,9±0,37	0,5	0,6	>0,05		
		The end	21±0,38					



□- Beginning of the experiment ■- end of the experiment

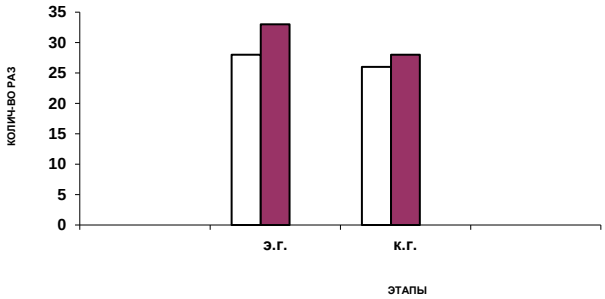
Rice. 5. Increase in the performance of the squat test for 20 seconds. in the experimental and control groups during the experiment.

Indicators in the flexion test - extension of the arms at a stop for 20 seconds. in the experimental group at the beginning of the experiment were 28±0.9, at the end this figure was 33±1.7, the increasein p-ezultates was 15.2%, in the control group this indicator was 26±1.5, and at the end of the experiment 28±1.6, and the increase in indicators was 7.7%

Table 5 Resource requirements by component

Change in the indicators of the test flexion - extension of the arms at a stop for 20 seconds. in the experimental and controlgroups during the experiment.

Group	test	Stage	X±d	M%	t st	R	t st	R
Эксперим.	№5	Beginning	28±0,9	18	8,4	<0,01	6,8	<0,01
		The end	33±1,7					
control.	№5	Beginning	26±1,5	7,7	2,9	<0,01		
		The end	28±1,6					



□ - Beginning of the experiment ■ - end of the experiment

Rice. 6. Increase in the indicators of the test flexion - extension of the arms at a stop for 20 seconds. in the experimental and control groups during the experiment.

In determining the reliability of the differences in arithmetic means between groups, we obtainedthe following results:

In the test, a blow with the right - left hand of the "jirugi" in 10 seconds. t = 8.2, at ρ < 0.01, which is greater than the boundary value, so the differences between the groups are considered significant.

In the test, running in place for 10 seconds. t = 2.56, with ρ < 0.05, whichis greater than the boundary value, so the differences between the groups are considered reliable.

In the test, a right (left) kick with the "dolio chaga" in 10 seconds. t = 4.2, at ρ < 0.01, which is greater than the boundary value, so the differences between the groups are considered to beperfectly correct.

In a 20-second squat test. t = 6.1, at ρ < 0.01, which is greater than the boundary value, so the differences between the groups are considered reliable.

In the test, flexion is the extension of the arms at a stop for 20 seconds. t = 6.8, with ρ < 0.01, which is greater than the gof the vulnerability value, so the differences between the groups are considered significant.

In determining the validity of the differences between the beginning and end of the experiment in each of the groups, it was revealed:

In the test, a blow with the right - left hand of the "jirugi" in 10 seconds. inthe experimental group t = 5.1, at ρ<0.01, which is greater than the boundary value, so the differences are considered reliable, in the control group t = 2.0, at ρ>0.05, which is less than the boundary value, so the differences between the groups are considered unreliable.

In the test, running in place for 10 seconds. in the experimental group, the differences between the arithmetic means are significant, since t = 12.5, at ρ<0.01, which is more than the boundary value. In the control group, t = 4.6, at ρ<0.01, which is more than the boundaryvalue, so the differences between the arithmetic means are significant. In the test, the right kick in 10 seconds. in the experimental group, the differences are considered significant, since t = 7.4, with ρ < 0.01, which is more than the boundary value. Pri left foot kick t = 8.3, with ρ < 0.01, which is more than the boundary value, so the differences between the arithmetic means are considered reliable.

In the test, a right foot kick in 10 seconds. in the control group t = 4.2 , at ρ < 0.01, which is more than the boundary value, so the differences between the arithmetic means are considered reliable. When hitting with the left foot, the differences are considered reliable, since t = 5.0, at ρ < 0.01, which is more than the boundary value.

In a 20-second squat test. in the experimental group t = 9.5, at ρ < 0.01, so the differences between the arithmetic means are significant. In the control group, the differences are not valid, since t = 0.06, with ρ > 0.05.

In the test, flexion is the extension of the arms at a stop for 20 seconds. in the experimental group t = 8.4, at ρ < 0.01, so the differences between the arithmetic means are significant. In the control group, the differences are significant, since t = 2.9, at ρ > 0.01.

When analyzing the reliability of the differences between the groups, between the beginning and the endof the experiment, we found that the arithmetic means of the experimental group are higher than the control values, therefore, there are enough grounds to say that our improved method turned out to be more effective.

The increase in the level of training of young taekwondo athletes, in accordance with modern requirements and conditions of fierce competition in competitions, requires a constant search and improvement of methods to increase the level of the educational and training process.

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