



## Analysis of Competitive Activity and Characteristics of Applied Loads of Highly Skilled Taekwondo Players

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### ABSTRACT

In order to resolve the issues mentioned, it was necessary to single out the main factors in the preparatory structure of highly qualified Taekwondo players, as well as determine the factors that can be changed in the process of training, the most important of which is the training process.

### Keywords:

Sport, initiative, competition, efficiency

At the initiative of the President of the Republic of Uzbekistan, special attention is paid to sports, including Taekwondo. Our taekwondo players are achieving important victories in the Olympic and world sports arenas. It is felt necessary to continue research aimed at improving the training process in order to maintain the achieved high positions and further develop it in the future.

The above-mentioned points also suggest finding new ways to improve the training of highly qualified taekwondo fighters and reserves. This is primarily related to solving the problem of rational planning and control of training loads.

1. In taekwondo, how are highly qualified taekwondo players connected with the structure of educational training programs in which the individual characteristics of competitive activities are used.
2. Based on what conditions and how to systematize training microstructure samples, and which microstructures should be selected for this.
3. What parameters of the nagruzka should be used for rational planning and control.

4. How and in which structures it is necessary to determine the efficiency of the application of the selected priorities according to the tasks to be solved.

A.A. Based on the results of the research of Novikov and others, highly qualified taekwondo players are divided into 3 groups based on the characteristics of the competition structure, as well as their special training.

1. "Technical" - taekwondo practitioners who use a large number of combinations of methods, technical-tactical complexes.
2. "Quick-force" - taekwondo players who use less technical-tactical combinations in terms of size and variety compared to taekwondo players of the "technical" group;
3. "Functional" - taekwondo players who have high endurance and perform a large number of offensive actions in competition compared to other groups of taekwondo players.

However, the authors did not present the quantitative differences in MF indicators and training parameters of taekwondo players, and also did not provide information about the characteristics of their use of the exercises specific to each group of taekwondo players. In

order to determine the above-mentioned points, as well as to find the characteristics of the used training examples, we conducted pedagogical supervision of highly qualified taekwondo MF and analyzed the progress of the training process. MF was analyzed in the process of watching the matches in the World Championship, Olympic Games, Asian

Championships, and a number of other major international competitions through live video materials. In total, more than 100 competitions were analyzed. The results of our research are presented in Table 1. Average values of MF indicators of taekwondo players competing in different styles ( $X + s_2$ )  $R < 0.1$

1 - Table

Беллашувни олиб бориш услуги	МФ кўрсаткичлари										
	Схуж	Схим	Е	Л	м	Ф	Шхуж	1уж м	1са м	Тст	Nn
Техник	0,75	0,56	9,8	5,6	6,9	1,36	1,02	24	38	0,194	4
	+	+	+	+	+	+	+	+	+	+	+
	0,9	0,01	1,2	6,8	0,8	0,12	0,1	2	4	4	0,5
Тезкор куч	0,68	0,76	9,4	5,4	6,6	1,22	0,83	27	35	0,169	21
	+	+	+	+	+	+	+	+	+	+	+
	0,1	0,09	0,8	1,1	0,9	0,08	0,2	2,5	5	0,02	0,04
Функционал	0,52	0,82	5,1	3,6	3,4	0,84	0,44	19	32	0,229	1,6
	+	+	+	+	+	+	+	+	+	+	+
	0,04	0,1	0,2	0,6	0,5	0,02	0,03	0,4	1,5	0,03	- \-

According to the results of table 1, the attack efficiency of the Taekwondo fighters of the technical and rapid-force groups is higher than that of the functional group.

It was observed that the taekwondo players in the technical group had high values of "pk" - attack impulse indicators.

Taekwondo players in the technical group use more tactical preparation movements (TX) to start the front leg kick than the other group taekwondo players for the purpose of

executing the fore leg kick techniques up to 5-6 ( $R < 0.01$ ), and after starting the front leg kick, the combination ( $R < 0.01$ ) used 3-4 additional finishing methods ( $R < 0.01$ ) attack in the process of creating combinations in their movements, taekwondo practitioners in technical garukh switch from one type of kick to the second or third, etc. can pass. ( $R < 0.01$ ). Taekwondo fighters in the Quick-Strength group perform the following technical structure in relation to others, namely:

"TX ► front leg kick ► YaU". In this case, the indicator of the starting speed of the entry of the method represents the chronogram of the technical structure "TX ► front foot strike ► YaU" and it is the best of them.

Taekwondo players in the fast-power group demonstrate the highest level of technical activity in the second and third minutes of the competition ( $R < 0.01$ ).

Taekwondo players in the functional group show a high level of activity during the entire competition, they make more attempts to perform Tx than other group taekwondo players ( $N_1=16-18$ ,  $R < 0.001$ ), (during the competition). At the end of the first and second periods of the competition, great activity is observed in the taekwondo players of functional gurakhi.

Analyzing the characteristics of the structures of the used drills shows that taekwondo players of different groups choose their own drills during training.

For example, taekwondo players of the technical group, in comparison to others, use coordinated complex exercises of many different directions: anaerobic-lactate, anaerobic-glycolytic and mixed aerobic-anaerobic in the course of training ( $R < 0.01$ ). The size of application of such nagruzka is from slow to limit (to maximum).

Taekwondo fighters of the fast-power group use more specialized anaerobic-lactate and anaerobic-glycolytic loads than other groups of taekwondo fighters. Taekwondo athletes of the functional group use exercises that develop aerobic capacity and power endurance more than others ( $R < 0.01$ ).

The analysis of the size and intensity of the applied particles also allows to determine a number of characteristics. For example, functional taekwondo fighters use larger weights than others, but usually the intensity of the weights is not high.

Fast and strong taekwondo players often use intense punches during training. Their proportions reach 75-80% of the total volume ( $R < 0.01$ ). In addition, taekwondo practitioners use both general and special quick-force techniques.

Functional taekwondo players use less highly

coordinated complex movements during training than other groups of taekwondo players. Taekwondo practitioners of this group prefer to attack with one-on-one techniques. The described analysis of the characteristics of MF and the exercises used by highly skilled taekwondo fighters helped to determine the general requirements for the development of exercise planning and control methods.

These requirements are as follows:

1. Taekwondo training should be planned taking into account the individual characteristics of taekwondo players during the competition.
2. It is necessary to control the loads taking into account their following characteristics: size, direction, specialization and coordination complexity.
3. Before planning and monitoring training exercises, it is necessary to develop a system of classification of exercises in taekwondo, after determining the exercise values of the tools used. Our above opinion calls for further research.

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