

COACHING WORK IN TAEKWONDO SPORTS SCHOOLS AND ITS ROLE IN EDUCATION

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Abstract: The article reveals the educational influence of Taekwondo, that it fosters creativity, creativity, team spirit and the ability to mobilize one's strength in vital situations. The teaching methodology for the sport of taekwondo is one of the most important general disciplines, which includes an extensive complex of knowledge that is the theoretical foundation for the professional education of specialists in physical culture and sports. The teaching methodology, revealing almost all aspects and methods of human improvement, creates the necessary prerequisites for the professional growth of a specialist in the field of physical education and sports training.

Key words : coach/ teaching methods/ taekwondo/ coaching/ physical education/ sports training/ training .

The teaching methodology for the sport of **taekwondo** is one of the most important general disciplines, which includes a broad range of knowledge that forms the theoretical foundation for the professional education of specialists in physical education and sports.

The need to introduce this academic discipline is due to the desire for a holistic understanding of the diverse scientific and practical knowledge about physical education as a diverse social phenomenon that is increasingly penetrating many areas of human life and activity - education, upbringing, production, recreation, sports.

The teaching methodology, revealing almost all aspects and ways of human improvement, creates the necessary prerequisites for the professional growth of a specialist in the field physical education and sports training.

The content of the proposed methodological recommendations includes the following fundamental concepts: physical education as a component of universal human culture, its role, types, social essence and functions; physical exercise as the main specific means of physical education, used for the development of physical abilities, organs and systems, for the formation and improvement of motor skills; patterns of formation of abilities and skills as the basis for teaching motor actions; motor abilities as a complex of morpho - functional properties of the organism, determining the possibility of manifestation of human motor activity; physical activity and rest as the basis for the methodology of development of motor abilities.

Terminology researchers identify the following main features that characterize sports terminology:

1. Dynamism. Sports terminology is rapidly evolving: new sports (curling, sumo, etc.) emerge with their own terminology systems, and old terms are replaced by new ones (for example, Greco - Roman wrestling was replaced by classical wrestling).
2. Slight limitations from general literary vocabulary, which follows from the wide use of sports terminology.
3. The evaluative nature of sports terminology. Despite one of the main requirements for a term — the absence of connotations — sports terms are quite expressive, figurative, emotional, and evaluative, which is largely explained by spontaneous (natural) origin of this terminology.
4. The presence of a significant number of synonymous terms . This usually occurs when a Russian term is supplemented with an international foreign-language equivalent.
5. The proximity of sports terminology to technical terminology is due to the



specificity of sports and technical activities based on the precision of performing actions.

The primary methods for assessing human physical development are physical examination (somatoscopy) and measurements—anthropometry (somatometry) . The level of physical development and its degree of harmony are determined using anthropometric research methods.

Taekwondo, also known as taekwondo, is a Korean martial art. Its distinctive feature is the active use of the legs in combat, both for striking and for defense. The word "taekwondo" is composed of three Korean words: [tae] "to trample" + [kwon] "fist" + [do] "path, method, teaching, dao." The philosophy of this martial art is based on complete self-control, peaceful conflict resolution, and self-defense without the use of weapons . Taekwondo for children teaches self-control and endurance, and its unique techniques allow for the incapacitation of an opponent with a single strike.

Stabilization maximum speed an athlete's performance that occurs during the training process and prevents further improvement; it is caused by performing too many exercises at maximum speed without variability in their use.

Taekwondo is a martial art that originated in Korea. The main characteristic of this sport is the use of kicks in fighting . Karate is a Japanese martial art. It is based on the power and precision of strikes, as well as defensive techniques. Taekwondo is a Korean martial art. It also emphasizes precision strikes and defensive techniques, but also incorporates numerous kicking techniques.

Taekwondo is characterized by high repetitions and low resistance. This develops flexible, thin, and long muscles . These muscles are located closer to blood vessels and increase overall endurance. All training sessions are accompanied by systematic warm-ups of the muscles and ligaments. Taekwondo is an excellent starting point for adults – those who have previously practiced and want to get back into shape, or those who are new to sports . execution physical exercises Part Motor action; the movement of the human body as a whole relative to its surroundings (environment, support, physical bodies) or certain parts relative to others, as well as the mechanical movement of sports equipment. First and foremost, taekwondo is all about high kicks, jumps, and split-legged movements. This requires excellent flexibility, coordination, and even elements of acrobatics. In fact, this is the foundation of training young athletes, who can begin training even at preschool age. In taekwondo, various parts of the body are used as "weapons." The hands, elbows, feet, and knees are primarily used. The part of the body that transmits the impact of the blow to the opponent's body is called the striking point.

Taekwondo is a relatively young sport. In its current form, it began to exist in 1955. Taekwondo developed in Korea. It is distinguished by its emphasis on jumping and high kicks during combat. Taekwondo originated with the Japanese conquest of Korea in the first half of the 20th century. Therefore, it is sometimes called "Korean karate." In taekwondo, belts are generally graded from white to black. A white belt signifies something new and pure, the beginning of a taekwondo practitioner's journey; at this stage, the athlete is considered a student. The second level is the yellow belt. Yellow symbolizes the color of the rising sun. WTF Taekwondo has 11 colored belts and 6 primary colors. The 11 belts represent the 11 main stages of an athlete's development. The color of snow, the color of the birth of life, the color of the beginning of a new year, the color of a clean slate on which the first lines of taekwondo have yet to be written. A white belt is a belt for beginners in WTF Taekwondo.

It instills inner discipline and lays the foundations of morality . It possesses a developed ideological system based on traditional values. Exercises develop flexibility, agility, and coordination. Fat is replaced by muscle. Taekwondo fosters creativity, constructiveness, team spirit, and the ability to mobilize one's strength in life-changing situations.

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