

# The Purpose of Doing Taekwondo

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**Annotation:** The goal of practicing taekwondo is to achieve harmony of physical, mental, spiritual and moral perfection of a person. In ancient times, these rules were expressed in the principles of "Mos'ul", "mue" and "do".

**Key words:** Taekwondo is not only a high-level self-defense method, but also a way of life, physical, mental, spiritual and moral perfection.

The goal of practicing taekwondo is to achieve harmony of physical, mental, spiritual and moral perfection of a person. In ancient times, these rules were expressed in the principles of "Mos'ul", "mue" and "do". Musul is literally a "combat technique" that embodies the principles of actual fighting and self-defense techniques in Taekwondo. Mue is a martial art. This principle is a way of working on oneself, the student not only learns to overcome his opponent, but also learns to overcome his own shortcomings; By improving Taekwondo techniques, he improves his will, tries to turn the exercises of self-awareness and perfection into a creative process. Do is the way to educate morals in the context. This principle embodies a person's understanding of his own nature, understanding of his place in the world, and the way of interacting with the world. Taekwondo not only develops physical qualities, but also helps its followers to lead a person to all-round perfection in the way of philosophical and spiritual development. The set of mental and physical training exercises, which is only in this martial art, is a place in the hearts of young people who come to the Taekwondo hall from all over the world. received The Republic of Uzbekistan is no exception. Of course, no rare book can replace a mentor. Therefore, after reading this guide, you will fall in love with Taekwondo and start studying the ancient art under the guidance of skilled teachers in Taekwondo schools that have opened in almost all regions of Uzbekistan. Thus, the goal of Taekwondo is to help a person develop into a well-rounded person through a combination of mental and physical exercises.

**The history of Taekwondo.** Since the roots of the development of this martial art go back a long time (2.5-3 thousand years ago), it is difficult to trace the beginning of the period of development of some of its types. As for the martial art of Taekwondo, it originated in Korea. Its origin is the ancient Korean self-defense technique Subakgi. In Korea, there have been several national lines that differ from each other in terms of technique and tactics in one-on-one wrestling. At first, especially Tekkyon was considered popular. During the Japanese occupation at the beginning of the century, it was one of the best in the arsenal of the national one-on-one wrestling school. A careful selection was made based on medical point of view, scientific analysis and skill (qualification).

The history of Taekwondo is confirmed by ancient paintings and images, and it began about two thousand years ago.

At the end of the 1st century BC, there were 3 states in the territory of present-day Korea: Goguryeo, Paekche and Sila. It is believed that during this period, various fighting systems that served as a model for modern Taekwondo began to be formed, including subak, tekkyon, chharyok, orenkwon, yusul, and others. In 1790, the great Korean scholar and statesman Donmu Lee wrote the treatise "Muetobothonchji" which contains information about ancient Korean martial arts and is considered the main historical document. This book covers weapon combat and some of the different systems and styles of hand-to-hand combat.

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**A Modern History of Taekwondo.** The current history of Taekwondo It can be said that the modern history of Taekwondo began on May 26, 1973, when the decision to establish the World Taekwondo Federation was made at the founding conference in Seoul with the participation of representatives of 35 different countries. This conference was held during the first World Championship with the participation of 200 athletes from 19 countries. The organizer of this competition was the Korea Taekwondo Association. Representatives and guests of the countries participating in the championship accepted the Charter of the new organization - World Taekwondo Federation (WTF). The World Taekwondo Center - the headquarters of the new organization became Kukkiwon. Dr. Kim Un-yeon was elected President.

From the beginning, the policy was set to develop taekwondo as a modern sport and include it in the program of the Olympic Games. If any sport wants to participate in the Olympics, it must meet the requirements of the Olympic Charter. Since its inception, the WTF has focused its activities on compliance with the criteria of the Olympic Charter. The charter was amended, protective equipment for athletes was introduced, the organizational structure was changed, the rules of the competition were reviewed, the judging technology of the judges was brought to a uniform standard, and an electronic system of evaluation was created in the competitions. Certification requirements for classification exams have been standardized.

This Charter was first recognized internationally on September 8, 1975. The International Sports Federation (GAISF) has recognized WTF as an organization that represents the interests of Taekwondo in the world. The GAISF recognizes only one organization per sport.

In April 1976, taekwondo was approved by the WTF International Military Sports Council (CISM) as the 23rd official sport.

On July 17, 1980, at the 83rd General Assembly of the International Olympic Committee (IOC) in Moscow, taekwondo was recognized as a WTF pre-Olympic sport.

In January 1981, WTF was recognized by the International Council for Science and Physical Education (ICSSPE).

In July 1981, Taekwondo took part in the World Games for the first time as an official sport.

In June 1985, it was approved by the IOC Executive Council as a demonstration performance at the 1988 Olympics in Seoul (Korea).

In May 1986, the Executive Committee of the International University Sports Federation (FISU) included Taekwondo in the program of the World Championship among students.

In September 1988, taekwondo appeared as a spectacular sport at the Seoul Olympics.

In September 1991, taekwondo was included as an official sport in the program of the III Goodwill Games.

In August 1992, at the Barcelona Olympics, Taekwondo started as an exhibition type.

In September 1994, at the anniversary session of the IOC, the addition of Taekwondo (WTF) to the official program of the Sydney Olympics was unanimously accepted.

In February 1995, taekwondo was recognized by the Association of International Sports Federations (ASOIF) of the WTF Summer Olympic Games.

Currently, the WTF unites national taekwondo associations grouped into 4 regions:

- Asian Taekwondo Organization;
- European Taekwondo Organization;
- Pan American Taekwondo Organization;
- African Taekwondo Organization.



Representatives of the national association are the highest body of the organization of the General Assembly. WTF hosts the following tournaments:

- Taekwondo Olympic tournament;
- Taekwondo World Championship;
- Taekwondo World Championship among juniors;
- Taekwondo World Cup;
- Taekwondo World Championship among Students;
- Taekwondo World Championship among the military;
- Asian Taekwondo Championship;
- European Taekwondo Championship;
- Pan American Taekwondo Championship;
- African Taekwondo Championship.

In 2003, the World Championship was held for the first time as a demonstration round of "PXUMSE".

The above-mentioned tournaments organized and authorized by the WTF are held only for the representatives of the national associations of the world organization. Thus, it is possible to standardize the technique of the competition and increase the effectiveness of the attractiveness of the sports fight.

The first Olympic Taekwondo tournament was held in Sydney (Australia) from September 27 to 30, 2000. Hundreds of athletes (52 men and 48 women) competed for medals in 4 weight categories.

According to the information published by the Australian National Olympic Committee, tickets for this sport were sold at 99.9%. The following sports showed the best results of the competition: gymnastics, tennis (100%), athletics and triathlon (99.92%). Currently, the IOC has decided to hold a competition between men and women in 4 weight categories. "Developing taekwondo as a sport, we promote it to the world. It would be too simplistic to leave taekwondo only as a martial art," said WTF President Dr. Kim Un-yeon. Changing the rules of the competition for the upcoming Olympic Games will determine the ideas of the development of the modern Taekwondo sport.

**Structure of Taekwondo.** Modern Taekwondo consists of the integration of a single set of exercises of 5 main areas:



1. Kibon dongjak is the main style. This method is the foundation of work that will be acquired as a result of diligently performing all exercises in the future.
2. Pumse is a set of specially performed exercises in which the impersonator fights with one or more opponents by imagining a real life battle and wins. In practice, the principle of pxumse - MUE is based on understanding and implementation as a martial art.
3. Kyorugi - battle. Teaching fighting techniques and tactics.
4. Hosinsul - mutual action and self-defense in battle. Teaching the practical application of taekwondo techniques in various situations of life.



5. Kyokpa - technique demonstration. Developing and demonstrating human potential through Taekwondo.

**Clothes for work.** Taekwondo is called dobok. Dobok shows what kind of sport a person is engaged in and at what level (qualification). While wearing Taekwondo uniforms, we undertake to conduct ourselves in a manner appropriate to this uniform.

Dobok consists of a jacket, trousers and a belt. The jacket and pants are made of white cotton material, which is traditional for Taekwondo. The length of the jacket's sleeves should reach the ankle, which should cover the upper part of the knee. Pants should cover the ankles. On the left side of the chest, usually, the emblem of the club or federation is sewn. It is not allowed to wear other signs and various decorations on the dobok.



Taekwondo practitioners use either bare feet or special soft shoes (called "sogi" in Korean). Covers the right thigh and calf and allows kicking with the foot.

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