

Unique techniques and active use of legs in Taekwondo

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Abstract: All workouts are accompanied by systematic warming up of muscles and ligaments, the article reveals the principles of taekwondo - respect (politeness), a direct kick, also known as a front kick or front kick - in martial arts, a type of kick that is performed with a rotational or swinging movement along a straight path. Thus, aerobic exercise allows you to normalize body weight: in thin people, muscle mass increases, and in overweight people, adipose tissue turns into muscle. This gives a beautiful muscle relief. Taekwondo is characterized by high repetitions and little resistance to overcome. Didactics - reveals the patterns of assimilation of knowledge, abilities, skills and the formation of beliefs, determines the volume and structure of the content of education. The main question of didactics is formulated in different ways.

Key words: taekwondo/ work of a coach/ physical education/ training/ teaching methods/ sports training/ teaching methods/ sports training.

Аннотация: в статье раскрываются принципы таэквондо - почтительность (вежливость), прямой удар ногой, также известный как фронтальный удар или фронт-кик (англ. front kick) — в боевых искусствах разновидность удара, который выполняется поворотным-поступательным или маховым движением по прямой траектории. Таким образом аэробные нагрузки позволяют нормализовать вес тела: у худых людей происходит прирост мышечной массы, а у полных жировая ткань превращается в мышечную. Это дает красивый мышечный рельеф. Тхэквондо характеризуется большим числом повторений и небольшим сопротивлением, которое нужно преодолеть. Дидактика - раскрывает закономерности усвоения знаний, умений, навыков и формирования убеждений, определяет объём и структуру содержания образования. Основной вопрос дидактики формулируется по-разному.

Ключевые слова: таэквондо/ работа тренера/ физическая культура/ тренировка/ методика обучения/ спортивные тренировки/ обучение.

This technique is an integral part or a separate side of the method. Individual techniques may be part of various methods. For example, the technique of students recording basic concepts is used when the teacher explains new material, when working independently with the original source. A characteristic feature is the active use of legs in combat, both for strikes and for defensive actions. Translated from Korean, "taekwondo" is a combination of three words: "tae" (foot or kick), "kwon" (fist or punch) and "do" (path, method, teaching).

“Methodological techniques are elements of a particular method that express the individual actions of the teacher and students in the learning process.” And in the textbook “Modern Didactics” by Andrei Khutorsky it is noted that teaching methods are “elements that allow the teaching method compiled from them to occur uniquely.” Didactics is a branch of pedagogy and educational theory that studies learning problems. Reveals the patterns of assimilation of knowledge, abilities, skills and the formation of beliefs, determines the volume and structure of the content of education. The main question of didactics is formulated in different ways. In taekwondo you cannot hit in the groin or neck, throws to the legs are prohibited. After the judge's gesture to end the fight, strikes are prohibited. And this is only the main part of the rules of this martial art.

A direct kick, also known as a front kick or front kick, is a type of kick in martial arts that is performed with a rotational or swinging movement along a straight path.



Taekwondo is a relatively young sport. In the form in which it is known today, it began to exist in 1955. Taekwondo developed in Korea. It differs in that during the wrestling process there is an emphasis on jumping or high kicks.

To make it easier to understand the terminology, you need to understand what the levels of blows are called: olgul - top level, momtong - middle level. And also, the directions: up - forward, yop - sideways, tweet - back. Punching is called chirigi and chigi in Korean.

When studying, there are 5 principles - respect (politeness), Honesty, perseverance (patience), self-control (self-control), indomitable spirit.

Reverence is an unwritten law recommended by ancient teachers and sages of the East for human improvement and for building a more harmonious society. In building their character, all Taekwondo practitioners must practice the following manifestations of respect, including them in the training process as its mandatory elements:

Develop a spirit of mutual respect. Get rid of your bad habits and put up with the bad habits of other people.

Maintain an atmosphere of justice and humanism around yourself.

Maintain a hierarchy in the relationship between students and the instructor, between beginners and older students, between seniors and juniors in age and social status. When communicating with people, behave in accordance with their accepted rules of etiquette.

There are such techniques in taekwondo as:

Nerio-chags are blows to the head or chest, the so-called "axe" blow. It is performed from top to bottom with the heel or the entire foot.

Dvit-chagi is a kick, most often to the body, but can also be to the head. ...

Dolio-chagi - a blow to the body or head. ...

Mom-dolio-chagi - the famous spinner kick.

The rating scale is divided into 10 levels: 10 gyps and 9 dans. There is also a 10th dan, but it is given for outstanding achievements in the development of taekwondo and the master's age must exceed 60 years. Gyp (from the cor. - level) - an academic degree, the level of technology and physical development of the student, as well as the level of his spirituality.

Taekwondo (at the command of the guide - gukyo köne, after which they say everything: for the country, for the school, for themselves, putting their right hand to the heart area), after which they salute the instructor (at the command of the guide - sabobnim köne.

Exercises develop flexibility, dexterity and coordination. Fat tissue is replaced by muscle tissue. Self-esteem and self-confidence increases. Students have the opportunity to prove themselves in competitions and training - there is a hierarchy and reward system.

In taekwondo there are 10 colored belts (kyps) and 9 black ones (dans). To obtain a black belt you need to train for up to 4-5 years. A 9th dan holder is considered a great master. As Choo Chong-won said at a meeting with Putin, there are only a few people in the world who have been awarded the honorary 9th Dan belt. The 9th dan is an honorary rank, awarded for services to the advancement of taekwondo. It was awarded to the presidents of Kazakhstan, Russia, the USA, Indonesia, Honduras, Spain, Croatia and Pakistan, the presidents of the IOC - Juan Antonio Samaranch, Jacques Rogge, Thomas Bach, as well as UN Secretary General Ban Ki-moon.

Taekwondo is a martial art that came to us from Korea. The main feature of this sport is the use of legs in combat. The legs are used not only as a tool for attack and attack, but also as defense. This is how the creator of wrestling, Choi Hong Hee, spoke about his brainchild.

A red belt with a black stripe, or 1 gyp, means professionalism and mastery of one's own individual fighting technique. Next comes the black belt. Here the master already reaches the rank of "dan" and comprehends all aspects of taekwondo as a type of martial arts.

Dans are the levels of mastery in taekwondo. However, one should not think that the holder of the first dan is a master. In Taekwondo, first, second and third dans are considered to be the initial degrees of skill. The holders of these dans have sufficiently mastered the technical skills of taekwondo, but to say that they are masters is a delusion.



When certifying for 1-3 dans, the certification requirements include only technical techniques and knowledge of the history of taekwondo. Sports achievements are a recommendation for certification for 1-3 dan, but the certification commission does not have the opportunity to get acquainted with the spiritual world of the applicant.

Only starting from 4th dan does a taekwondo practitioner join the ranks of masters. When certifying for 4th dan, a mandatory theoretical test is taken in the form of a written exam or essay. In addition to technical and methodological standards, there is a time limit when a person can become the owner of 4th dan at least 7 years after starting taekwondo training, but in reality this happens much later. This approach to assigning 4th dan allows not only to evaluate a person's physical and mental abilities, but also, over such a long period of communication, to evaluate his spiritual world. Holders of the seventh, eighth, and ninth dan are great masters who understand all the intricacies of taekwondo. Holders of such high dans have their own students - holders of 1-6 dans, their own schools where taekwondo is taught, occupy leadership positions in the National and World Federations, and regularly conduct seminars for athletes, instructors, and judges. Typically, senior dan holders have academic degrees and titles in taekwondo.

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