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ANALYSIS OF CHARACTERISTICS OF USED LOADS IN COMPETITIVE ACTIVITY OF HIGHLY SKILLED TAEKWONDO PLAYERS.

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ABSTRACT:

It is important to analyze the competitive performance of highly skilled taekwondo athletes and the nature of the applied loads, because precision is required in the pre- and post-competition scenarios, thus preparing the athlete for the previous and subsequent competitions and ensuring any success.

Taekwondo is one of the oldest forms of oriental martial arts. It means "the art of moving with hands and feet". We know from previous historical sources that the art of taekwondo was formed independently on the Korean Peninsula, just like kung fu in China and karate in Japan. In ancient Korea, the martial art of "subak" existed. Subak wrestling is the root of Taekwondo.

In taekwondo, how do highly skilled taekwondo players relate to the structure of training programs that use the individual characteristics of competition activities.

Based on what conditions and how to systematize training microstructure samples, and which microstructures should be selected for this.

It is more appropriate to use what parameters of the nagruzka for rational planning and control.

It is necessary to determine how and in which structures the efficiency of the use of the selected priority areas depending on the tasks being solved.

In order to solve the mentioned issues, it was necessary to identify the main factors in the training structure of highly qualified taekwondo players, as well as to identify the most important factors that can be changed during the training process.

A.A. According to 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 preparation.

"Technical" - taekwondo practitioners who use a large number of combinations of methods, technical-tactical complexes. "Quick-power" - these are taekwondo players who

use technical-tactical combinations that are smaller in size and variety than taekwondo players in the "technical" group;

"Functional" are Taekwondo players who have high endurance and perform a large number of offensive moves in competition compared to other Taekwondo players.

However, the authors did not provide quantitative differences in terms of MF indicators and training parameters of taekwondo players, and also did not provide information about the characteristics of the use of techniques specific to each group of taekwondo players. In order to determine the above-mentioned points, as well as to find out 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 of the World Championship, the Olympic Games of Asia, the Republic 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. The average values of MF indicators of taekwondo players competing in different styles (X+ s2) R<0.1.

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 values of "pk" - attack impulse indicators were high among the taekwondo players in the technical group.

1 – JADVAL

Take the competition way of going					MF indicators						
	Sxuj	Sxim	Ye	L	m	F	Shxuj	1ujm	1sam	Tst	Nn
Technician	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
Instant power	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
Functional	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	-\-

Taekwondo players in the technical group use more tactical preparation movements (TX) to perform front leg kicks than other groups of taekwondo athletes, up to 5-6 (R<0.01), starting to perform front leg kicks. and after that, they used 3-4 finishing techniques (YAU) added in the form of a combination (R<0.01) in the process of creating combinations in attack movements, taekwondo players in the technical garukh switched from one type of front leg kick to the second or third, etc. can pass. (R< 0.01).

Taekwondo fighters in the Quick-Power 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 compared to other group taekwondo players (N1=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 the functional gurakhi.

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

For example, taekwondo practitioners 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 the application of such nagruzka - from slow to the limit (to the maximum).

Taekwondo fighters of the fast-power group use more anaerobic-lactate and anaerobic-glycolytic drugs, which have different specializations, than the taekwondo fighters of other groups. Taekwondo practitioners 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 kicks than others, but the kicks are usually not as intense.

Fast and strong taekwondo players often use intense punches during training. Their proportions reach 75-80% of the total volume (R<0.01). On top of that, taekwondo

openers use both general and special rapid-fire weapons.

Functional taekwondo players use less high-coordination complex exercises during training compared to other groups of taekwondo players. Taekwondo practitioners of this group prefer to attack with single 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 techniques of exercise planning and control.

These requirements are as follows:

Taekwondo training should be planned taking into account the individual characteristics of taekwondo players during competition.

It is necessary to control the priorities taking into account their following characteristics: size, direction, specialization and coordination complexity.

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 opinion expressed above requires additional research.

The structure of drills in the training process in Taekwondo makes it possible to evaluate the application cycle of the types of tools used by highly qualified and reserve Taekwondo players, as well as to evaluate their effectiveness, to develop a system of their use for planning drills. This system helped in the implementation of the automation of the processes of emergency planning.

Our systematization consists of the following: we divided all training tools into blocks of exercises with a different percentage of special exercises in different directions. Systematization of training tasks (sessions), training sessions, training days, weekly microcycles (MS), stages, periods and macrocycles training structure planning was carried out. Table 1 lists the types of weights that are often used in training tasks (sessions).

Izox:

URM - general developmental exercises; UJT - general physical training; MJT - special physical training; UTI - educational and training work;

UTK - training-training combinations; TI - training work;

UTKK - training-training combinations with resistance.

These nagruzka types are divided into classifications according to size, direction, specialization and coordination complexity.

Exercises in given blocks are systematized according to size, direction and specialization.

2. - the optimal duration of each training task is shown in the table. This is done to plan your training sessions more efficiently. According to a number of authors (8, 9, 10, 11, 12, 11, 12, 13, 14), each training session should have specific requirements for the weights used, given its goals.

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