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9940 572 462

6381 907 438

[ijirset@gmail.com](mailto:ijirset@gmail.com)

[www.ijirset.com](http://www.ijirset.com)



# Taekwondo History and Achievements of Today

**Almakaeva Rumiya Muxamadiyeva**

National University of Uzbekistan named after MirzoUlugbek

Lecturer of the Department of Taekwondo and Sports, Faculty of Taekwondo and Sports, Uzbekistan

**ANNOTATION:** Today in our country more than twenty thousand boys and girls are regularly engaged in taekwondo WT. The taekwondo Department of the State Institute of physical education of Uzbekistan is preparing qualified trainers. Colleges of the Olympic Reserve, taekwondo departments of specialized children and adolescents Olympic Reserve sports schools, a number of sports sections serve to educate skilled athletes.

**KEYWORDS:** historical sources, wrestling and a national sport, Sports struggle

The management of the Association of taekwondo WT of Uzbekistan carries out a wide range of work on conducting the activities of regional federations, strengthening the material and technical base, creating conditions for the organization of training and competitions at the level of modern requirements, improving the selection of talented athletes capable of showing high results in the international arena.

Taekwondo (Korean: tae - foot, Kwon - hand, do - road, that is, the way of movement of legs and hands) is a kind of sports wrestling. In That, men and women compete on the specified platform to perform single-hand strokes on the legs in a stand-alone and collective manner, or to record shock movements, in order to demonstrate the skill of individual pull-ups and special exercises in their own weight categories (protective equipment).

At present, 7700 boys and girls in our country are engaged in this sport, of which 1960 are teenagers, 4590 are cadets, 1150 are adults. Today, 181 coaches and 65 judges are giving lessons to young people in the regions. Two international referees, Dmitri Kim and RamishIsmatov, are actively managing major competitions.

It is also on the eve of the construction and commissioning of the miracle Hall by the children's Sports Development Fund. Here, in the future, mature personnel will be trained, which will serve the development of the taekwondo of the country. In the current year, this construction will be completed and handed over to the disposal of its participants. At this time, the main work of the construction has come to its end. In a word, the taekwondo WT sport in our country is continuing to take a bold step towards the ascension ladder.

Taekwondo it originated from the Korean language and refers to a martial art of the same origin that combines sports techniques kung fu The karate-do and other old Sciences.

Expression is formed by three terms: tae (means the use of) feet), Kwon (tied hands and fists ) and act (a philosophical concept associated with the path towards perfection ). The sentences "Tae kwon do", therefore means the use of hands on the a and legs technique with this extension does not apply to any arms.

Over the past decades, the number of those who practice the above-mentioned sports discipline has increased significantly. This is due to the fact that it was made public because it brought a number of advantages, among which we can note the following:

- Allows you to be awake.
- Reduce the likelihood of suffering from obesity to cardiovascular diseases.
- What do reflexes mean.
- In children, it is considered that it helps them to form a healthy habit, such as sports, in addition to values such as respect, enthusiasm or discipline, like others.



Like other martial arts, taekwondo has belts that reflect the level of skill achieved by this practitioner. Once the athlete reaches the black belt (maximum level), you can swing forward until you reach from 9, which rating is responsible for assessing the applicant to determine whether the higher teacher will continue to study in the class.

It is interesting to know the meaning of belts of different colors, achieved in the above sports discipline: Perfection means maturity, knowledge.

-Red is distinguished by the fact that this is a representative of the person who is preparing to achieve perfection in sports.

- Blue determines that this is the sky in which the plant grows and grows.

- Green color is manifested as a synonym for strength and plant birth.

-Right, the above-mentioned plant is the first rays of the sun.

-The age is determined by the husband.

- Synonymous with purity and innocence.

The taekwondo form includes a suit in addition to the belt practice. This martial art can be done with special shoes or even with Barefoot.

It is important to know that athletes in taekwondo can use the following "tools".

Side, front, strokes like a wide round. They are primarily aimed at hitting the or the opponent's head.

- locks with defensive techniques.

-Direct shots with a fist.

It is important to note that Taekwondo has two great variants ITF taekwondo (of the International Taekwondo Federation ) and taekwondo WTF (of the World Taekwondo Federation ).

From 2000 The taekwondo WTF to be part of the Olympic Games (before that it had been shown twice in the show) event ). Therefore, this discipline is also known Olympian taekwondo. The WTF, on the other hand, will organize the Taekwondo World Cup.

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In taekwondo, competitions are organized in 2 directions - the International Taekwondo Federation (ITF; 1966 year was established, more than 140 countries are members) and the World Taekwondo Federation (WTF; 1973 year was established, more than 140 countries are members). Taekwondo is originally a type of struggle of the Korean people. 600 years ago BC Koreans used his methods as a means of fighting and protecting. An important role in the development of taekwondo was played by subak, khvaran and other directions of struggle. ITF direction of taekwondo was founded in the DPRK in 1955. In this direction, it is forbidden for athletes to kick on the head, to strike from the waist down, in general, to hit the permissible part of the body even with the foot completely. It is also not allowed to give a strong blow by hand. Competitions (in 5 weight categories) will last in 2 sections (each section from 2 minutes, break - 1 minute). Clear, the blows are given to the greedy. Specific time is allocated for performing special exercises, and the technique of execution is evaluated. The WTF direction of taekwondo was founded in 1961 year in the Republic of Korea. 2000 year taekwondo (WTF) took place in the Sydney Olympiad program. Taekwondo (WTF) allows athletes to give blows to the upper, front part of the body from the waist to the legs. Competitions (in 8 weight categories) are organized in the case of wearing protective equipment of athletes and last in 3 sections (each section is from 3 minutes, breaks — from 1 minute). Clear strokes are given. The winner is determined depending on the knockout or the abundance of points.

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