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# Taekwondo Achievements and Today's Role

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**ANNOTATION:** Taekwondo is considered one of the oldest types of Oriental solo art, meaning the art of "moving with hands and feet". From historical sources it is well known that the art of taekwondo was formed independently on the Korean Peninsula, just like king-fu in China and karate in Japan. In ancient Korea, there was a military art "subak".

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

## I. INTRODUCTION

Taekwondo (Korean: 태권도) is a Korean type of wrestling and a national sport of South Korea. From 2000 year included in the composition of the Olympic Games.

Taekwondo (Korean: tae—foot, Kwon —hand, do—road, that is, the way of the feet and hands — buckwheat) is a kind of Sports struggle. In the, men and women compete on the specified platform to perform solo and teamwork or to record the movements of blows on the shoes in a collective manner in order to demonstrate their ability to perform solo exercises and special exercises in their weight categories (protective equipment), competitions at 2 Directions — International Taekwondo Federation (Itf; 1966 y. established, more than 140 countries are members) and the World Taekwondo Federation (WTF; 1973 y. established, more than 140 countries are formed in the directions of membership). T. the original is a kind of struggle of the Korean people. 600 years BC. previously, the Koreans used his methods as a means of fighting and protecting. T.in the development of subak, khvaran and other areas of struggle played an important role.

Itf direction of taekwondo 1955y. It was founded in the DPRK. 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 (5 weight categories) in 2 sections (each section 2 min, inhalation - 1 min.) will continue. Tattoos are given greedy. A certain time is allocated to perform special exercises, and the technique of execution is evaluated.

To taekwondo WTF direction 1961y. It was founded in the Republic of Korea. 2000 y. taekwondo (WTF) was ranked in the Sydney Olympiad program. Taekwondo (WTF) allows athletes to give blows to the upper, front part of the body from the waist in the arms. Competitions (in 8 weight categories) are organized in the case of wearing protective equipment of athletes, in 3 sections (each section is 3 min from, breaks-1 min. from) will continue. Clear strokes are given. The winner is credited depending on the number of nokauga or the number of points.

## II. MATERIALS AND METHODS

Taekwondo (ITF) became popular in Uzbekistan from 1989 year. In the same year, the Taekwondo Federation of Uzbekistan (ITF) was established and the ITF was adopted. This federation was re-registered in 2000 under the name of the National Association of taekwondo (ITF) of Uzbekistan. Its provinces have structured departments, operates more than 40 taekwondo (ITF) clubs. More than 200 coaches 50 thousand T.dealing with chi (2004). In Uzbekistan, taekwondo (ITF) competitions are held regularly and Uzbek athletes also participate in international competitions. PolatUsmonov, Valery Pak, Victor Nikolayev and others were the first promoters of taekwondo (ITF) in Uzbekistan. Now, under the leadership of them, dozens of athletes such as BatirMamedov, Dmitri Nim, NasriddinTolipov, ShahnozaShukratjonova, Alefina Kim, MoiseyNogai were among the winners of the prestigious competitions of Asian and World Championships. Taekwondo (WTF) became popular in Uzbekistan from 1990 year, and in the same year it was founded the Federation of the Republic taekwondo (WTF). This federation was registered in 1992 under the name of the Association of taekwondo (WTF) of Uzbekistan and in 1993 became a member of WTF. He has departments in the regions, 10 city taekwondo (WTF) club, in the districts clubs with a capacity of 200 to coach more than 17 thousand

The training with chi (2004). In Uzbekistan, taekwondo (WTF) competitions are held regularly, and our athletes also participate in international competitions. Oleg Pak, Adik Lee, Alexei Kan and others were the first propagandists of taekwondo (WTF) in our country. Athletes such as Yevgeny Khan, Edward Khagai, Rovshan Tashpulatov, Umid Dadakhonov, Sanjar Mansurov, Natalia Mikryukova won medals at the Asian and World Championships, prestigious competitions.

Taekwondo is considered one of the oldest types of Oriental solo art, meaning the art of "moving with hands and feet". From historical sources it is well known 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, there was a military art "subak". The same subak struggle is the root of taekwondo. Subak struggle developed widely, especially in 1147-1170 years, the reign of King Uryong. At that time, after the publication of the book, in which the laws of subak wrestling were formed, there was an interest in this type of military sport among the ordinary population.

To date, in the world there are both ITF and WT directions of taekwondo. Butunjahon was founded in 1973 year in the Taekwondo Federation, at the same time, 206 countries of the world are members of this organization, which has a great position. 1979 year the direction of taekwondo WT was recognized by the International Olympiad. During the XXVII Summer Olympic Games in Sydney, taekwondo took place from the first times program. The taekwondo WT Association of Uzbekistan was established on August 6, 1993 and became a member of the Taekwondo Federation of the world this year.

Member of the Asian Union from 1996 year. As a full-fledged member of the Taekwondo Federation, the world sends the Taekwondo players of Uzbekistan World Cup matches and various international tournaments. The main purpose of the association is the development, promotion and popularization of this sport in Uzbekistan, which protects the rights and interests of its members.

In 1989 Adik Lee founded the taekwondo of Uzbekistan and headed the popularization movement in our country. Specialists from Uzbekistan Adik Lee, Oleg Pyak and Alexei Kan were lucky to study for the first time at the Kukkiwon Academy in Seoul. At that time, 900 athletes in our country were engaged in taekwondo. In 1992, the Taekwondo Federation of Uzbekistan officially began work.

Adik Lee was appointed head of the Federation, while Oleg Pyak began his career as secretary general. A little later, in late 1992, Abbas Latipov entered the leadership of the federation and headed the association until 2008 year. During the years of independence, masters of taekwondo of Uzbekistan regularly take part in the games of Asian and World Championships, Asian and Olympiad in kyorugi. It is enough to look at the successes achieved in recent years. For example, at the last World Cup in Jedju, South Korea in 2001, a member of the national team Eduard Hegai won silver medal at a weight of -58 kg. Akmal Ergashev, who repeated his result at the World Championship held in Genju, South Korea in 2011 year, took a place from the second leg of the podium with a weight of +87 kg.

2010 Year Our capital, taekwondo, had won the V World Cup in Pumse. Members of our national team won two silver and bronze medals in the prestigious tournament organized at a high level.

2013 year

Two of our athletes, who participated in the II Asian Games among teenagers held in Nanjing, China, took the third place in the weight category of 62 kilograms: Ganijan Hurliboyev and Dinorakhon Mamadibromova in the girls' competition of 55 kilograms.

On May 25-28 in the Sports Complex "Uzbekistan" held the XXI continental championship and the third Asian Championship "Pumse". About 400 athletes from more than thirty countries of the continent competed in the competitions for the victory. "Pumse" is a complex exercise in taekwondo's WT direction. It is an important tool that serves for the athlete to temper his body, improve his attacking and defensive movements, regularly increase his physical and mental training. Our compatriots, who took a worthy part in the Pumse bets of the competition, won two gold and seven bronze medals in the competitions between veterans, adolescents and adults, and took the third place in the overall score.

They should be noted that even in the past period, Pumse took part in several international competitions under the leadership of the head coach Alexander and won prizes. Brave Baykoziyev and Dmitri Shokin, who took part in the



XXI Asian Championship, defeated all rivals in their weight category and took the place from the top of the podium. From our compatriots Nikita Rafalovich and Maxim Rafalovich won a bronze medal.

UmidaAbdullayeva, a talented athlete who competed in women's competitions, won a gold medal in the taekwondo competition, weighing up to 73 kilograms. Another experienced athlete Natalia Mamatova was awarded a bronze medal in her weight category. On August 16-28, 2014, at the II Olympic Games among teenagers held in Nanjing, China, our compatriot UmidaAbdullayeva took second place among taekwondoists weighing 63 kilograms.

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