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# Achievements from the Sport of Taykwando and its Interpretation in Modern Sports

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**ANNOTATION:** We aimed to compare the change in exercise response to taekwondo-specific circuit workouts before and after competition rule amendments. A total of 240 workouts in 15 elite athletes were analyzed over two years. Physiological and kinematic data were gathered with the wireless Bioharness system along with capillary blood samples for lactate concentration. Progressive exercise tests until exhaustion were periodically performed to obtain reference data. The rule changes resulted in significant increases (mainly medium or large effects) in the physiological (2.9-14.4%) and kinematic (4.8-10.1%) response to taekwondo-specific workouts. The largest increases were for peak breathing rate (12.0%), energy expenditure (6.6%), blood lactate immediately after exercise (10.2%) and at the 30th min of recovery (14.4%), and peak kinematic activity (10.1%). Significant differences between taekwondo-specific workouts and tournament combats persisted after the shift from old to new rules, ranging from 2.4 to 38.5% for physiological and from 2.9 to 15.5% for kinematic variables. The largest workout-combat differences were revealed for post-exercise (15.9%) and recovery (38.5%) blood lactate, peak (-15.8%) and relative (-15.0%) breathing rate, and mechanical (13.5%) and physiological (14.2%) intensity. Our study suggests that the rule amendments significantly modify the exercise response to discipline-specific workouts and that taekwondo-specific training sessions do not fully recreate the tournament demands in terms of physiological and kinematic load.

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.



Taekwondo (ITF) became popular in Uzbekistan from 1989 year. In the same year, the Taekwondo Federation of Uzbekistan (ITF) was established and accepted into the ITF. This federation was re-registered in 2000 under the name of the National Association of taekwondo (ITF) of Uzbekistan. In its provinces, more than 40 taekwondo (ITF) clubs operate, the departments are structured. More than 200 coaches are engaged in more than 50 thousand Taekwondo players (2004). In the Republic of 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 they are led by dozens of athletes such as BatirMamedov, Dmitri Nim, NasriddinTolipov, ShahnozaShuhratjonova, Aleftina Kim, MoiseyNogai, among others, were among the winners of Asian and World Championships, prestigious competitions. In Uzbekistan, the Republic was founded in 1990 in the Federation of taekwondo (WTF). This federation was re-registered in 1992 under the name of the Association of taekwondo of Uzbekistan (WTF) and in 1993 became a member of the WTF. He has departments in the regions, 10 city taekwondo (WTF) club, 200 in the districts clubs are engaged in training with more than 17 thousand Taekwondo coaches (2004). In Uzbekistan, taekwondo (WTF) competitions are held regularly, and our athletes also participate in international competitions. Oleg Pak, Adik Lee, Alexei Kan and other were the first propagandists of taekwondo (WTF) in our country. Athletes such as Yevgeny Khan, Edward Khagai, RovshanTashpulatov, UmidDadakhonov, SanjarMansurov, NataliaMikryukova won medals at the Asian and World Championships, prestigious competitions.

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