Academicia Globe:
Inderscience Research

ISSN: 2776-1010 Volume 3, Issue 4, Apr, 2022

BASICS OF BUILDING MODEL CHARACTERISTICS IN TAEKWONDO

Ganiyeva Dilnoza Farkhodovna
Lecturer at the Department of Sports Activities and Management
Termez State University

Annotation
This study is aimed at determining the foundations for constructing model characteristics of preparedness of taekwondo athletes. The effectiveness of managing the training process of taekwondo athletes is increased through the use of new model characteristics of the preparedness of athletes.

Keywords: taekwondo, model characteristics, training, athletes.

Introduction

Currently, there are many developments on the creation of models of sports fitness and models of fragments of the training process. The modeling technique progresses as the initial information base (reliable factual information necessary for constructing realistic models) is enriched, specific specialized methodology is improved, and modern computer and other tools for building, verifying and correcting models are used. But there are still many unresolved problems and unsurmounted difficulties. This is especially true for modeling the extremely complex problem of preparing an athlete for major competitions, which is carried out in the process of sports macrocycles [1, 2, 3, 4].

Modeling of sports readiness of taekwondo athletes must be carried out using a model-target approach that includes a certain set of operations [5, 6, 7]:

- Modeling of the parameters coming in this macrocycle of the main competitive activity with the most possible accurate calculation of their sports and technical result and partial (private) characteristics;
- Modeling of effective shifts at the level of readiness athlete, which must be achieved for a guaranteed sports result, that is, the result, the achievement of which will externally express the realization of the goal set in this macrocycle;
- Systematization of the composition of preparatory exercises of coordinating orientation as the main set of means for achieving the goal according to the criterion of similarity or difference of their parameters with the parameters of the created model of competitive activity;
- Simulation of the dynamics of the process of preparation and competitive athlete's activity by periods and stages of the macrocycle on a scale real time, taking into account the established dates of the main competitions and the time of day, regulation and manifestation of optimal preparedness for them [8, 9, 10].

The combination of these operations will make it possible to create a complex model of the upcoming sports macrocycle as its optimized project, the main trends in competitive activity and the planning of an athlete's sports preparedness. This is carried out on the basis of scientific and practical data that reliably reflect regular dependencies, as well as taking into account actual information about the

ISSN: 2776-1010 Volume 3, Issue 4, Apr, 2022

achievement of a particular athlete. These parameters together constitute the design stage of the modeling approach under consideration [11, 12, 13].

In the course of the implementation of the modeling process, it becomes necessary to make amendments to it. This is especially true for those cases when sports training is based on a new, not yet established achievement.

The emerging discrepancies between the designed and actually developing parameters of competitive activity are revealed on the basis of systematic complex control and are carried out by amending the original project and finding ways to enhance the effectiveness of sports training means [14, 15, 16].

Using the data of V.N. Platonov, the following parameters are determined in the modeling process:

- The relationship of the used model characteristics with the tasks of operational, current, daily, stage-by-stage control and management;
- The level of detail of the model characteristics, depending on the number of parameters that they include and the nature of the relationship between separate components;
- The period of validity of model characteristics, the boundaries of their use, the procedure for clarification, backlogs and replacements.

V. N. Platonov emphasizes that the generalized model characteristics of different aspects of readiness are effective in the preparation of young, as well as adult, middle-level athletes. For highly qualified athletes, it is necessary to develop individual fitness models.

Conclusion

Modeling allows you to determine the state and optimal methods for improving different aspects of the preparedness of taekwondo athletes and their relationship; predict a sports result for a certain period of time; discover the untapped potential of taekwondo practitioners; objectively conduct, control and test, and thus qualified to manage the training of a taekwondoist at the stages of many years of training.

References

1. Gulbaxor Muydinovna Axmadxujaeva, & Dilnoza Ganiyeva (2021). Ta'lim-tarbiya va shaxsning rivojlanishi. Shaxs va uning rivojlanishi. Scientific progress, 2 (8), 68-71.
2. Dilnoza Farxodovna G'aniyeva (2021). Maktabgacha talim tashkilotlarida tarbiyalanuvchi bolalarni jismoniy harakatlarini rivojlantirish uslubiyati. Academic research in educational sciences, 2 (11), 1597-1601.
3. Farkhodovna, D. G. (2021). Methods of Developing Physical Activity of Children in Preschool Education. International Journal of Development and Public Policy, 1(7), 66–68.
4. O'gli, Tashmamat A. M., and Gulshan Khakimova. "Characteristics of Technical Training of Young Wrestlers." **International Journal of Innovations in Engineering Research and Technology**, vol. 7, no. 10, 2020, pp. 133-135.
5. Хакимова, Г. А. Влияние физического воспитания на формирование морально-волевых качеств студентов / Г. А. Хакимова // Экономика и социум. – 2021. – № 11-2(90). – С. 1097-1101.

ISSN: 2776-1010 Volume 3, Issue 4, Apr, 2022

6. Усмонов, М. К., & Турдиев, А. Г. (2018). Боксчининг рухий жараёнининг ривожланишини хусусиятлари. Молодой исследователь: вызовы и перспективы. (pp. 353-357).
7. Usmonov, M. (2019). Role and place of individual lessons in the general boxing training system. International journal of adwanced research, 7(12), 955 - 958.
8. Шарипов, Х. А., & Пирназаров, Ш. М. (2020). Значение национальных и народных игр в воспитании и физическом воспитании детей. Матрица научного познания, (5), 352-356.
9. Шарипов, Ҳ. А., & Пирназаров, Ш. М. (2020). Бошланғич синф ўқувчилари жисмоний тарбиясида ўзбек миллий ўйинлардан фойдаланиш усуллари ва педагогик имкониятлари. Интернаука, (17-3), 81-82.
10. Шарипов, Х. (2021). Применение подвижных игр как средство развития волевых качеств у детей дошкольного возраста. Общество и инновации, 2(9/S), 77-82.
11. Norboyev, N. N. (2020). The most ancient chess in the world detected in Uzbekistan. Theoretical & Applied Science, (10), 43-47.
12. Nabijon Narzikulovich Norboev. (2021). Theoretical aspects of the influence of motivation on increasing the efficiency of physical education. Current research journal of pedagogics, 2(10), 247–252.
13. Yuldashevich, T. D. (2022). Peculiarities of Formation of Schoolchildren's Will Qualities in the Process of Sports Games. European Multidisciplinary Journal of Modern Science, 4, 823-825.
14. Yuldashevich, T. D. (2022). Application of Innovative Technologies in the Process of Formation of Will Qualities. European Multidisciplinary Journal of Modern Science, 4, 826-828.
15. Yuldoshevich, T. D. (2021). The formation of readiness for skilled tensions in the process of physical education. In Archive of Conferences (pp. 21-24).
16. Турдимуродов, Д. Й. Актуальные научные исследования в современном мире. Актуальные научные исследования в современном мире Учредители: Общественная организация" Институт социальной трансформации", 140-144.