

**MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**ACCELERATION OF TRAINING PROCESSES IN THE SPORT OF  
TAEKWONDO WT AND INCREASING THE INTEREST OF ATHLETES****Mukhlisa Ergasheva**

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E-mail: [m.g.ergashova@mail.ru](mailto:m.g.ergashova@mail.ru)**ABOUT ARTICLE**

**Key words:** sport, system, passion, disadvantages, errors, development, research, competition, quality, interest, publicize, training process, the result, internet networks, teens.

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**Abstract:** This article is about the fact that nowadays children's interest in sports is increasing and they are doing it. Most young athletes play their chosen sport for a period of time and then lose interest in the sport. At such a time, we will talk about what can be done to keep children interested in sports. First of all, we will find out which sport the child is suitable for and which sport he is interested in. And it is necessary to ensure that training processes in the chosen sport do not decrease, do not become overly complicated and certainly not boring. Issues of attracting children to sports in time, so that they are not distracted by some games on the internet, which poison the human mind from the period of adolescence, lead from the right path to the wrong path, and the methods and procedures of providing necessary assistance to take its place in this sport are highlighted. I hope that avoiding monotony and boredom, and conducting modern and interesting activities will be the bed of today's athletes.

**INTRODUCTION**

A healthy generation is the guarantee of a healthy nation, a healthy society and development. The greatest wealth for a person is health. Only when a person is healthy can he think sanely, dream beautiful dreams and strive for them. Precisely under these slogans, the attention and interest in sports in our country is growing and developing sharply. First

of all, if we talk about sports, the main goal in sports is to strengthen people's health and general physical development, as well as to participate in various sports competitions and achieve high results.

In recent years, serious changes have been taking place in Uzbekistan in the financial, cultural, socio-economic and political spheres, these processes are in the interest of physical education and sports, and, accordingly, the interest of all strata of the population in the field of mass sports aimed at harmonization. Another main reason for the great attention paid to physical education and sports development in our country is explained by the need to bring up a new healthy generation not only physically, but also intellectually.

Today, in order to ensure the healthy growth of children, and for their physical and mental development, parents of children in many cases take their children to the Taekwondo WT sport. The reason for this is the fact that Uzbek athletes successfully participated in major international competitions, won the republican, world and Asian championships, took high places in the Olympic Games and presented the flag of our country to the world. More than 20 thousand of our compatriots are engaged in this combat sport. It is recommended that boys and girls from the age of 4 can play this sport. It is at this age that children's bones are very fragile and flexible and can easily adapt to this type.

## **MATERIALS AND METHODS**

**Relevance.** Before sending children to sports, it is necessary to pay great attention to their interest, appearance, body and health. Depending on the physiological structure of the children's body, it is appropriate to give them to the type of sport that is suitable for them. The reason is that athletes who are physiologically fit will be easier to adapt to the chosen sport, and the result will show its effect faster. Young children are especially interested in sports. During this period, children do not know the signs of tiredness, exhaustion, but on the contrary, they are full of energy. No matter how difficult or easy the task is, the child tries to do it and accepts it easily. It happens that over time, most athletes start to get bored with their daily sports activities. As a result, children's interest in sports begins to fade. In such situations, the biggest mistake may be not the athlete, but the coach himself.

The reason why athletes leave sports is due to the bad decision and lack of will of the athlete or the coach due to the mental obstacles and situations that occur during the training process of the athlete at the teenage age. But in most cases many amateur athletes blame the coach. In fact, it is precisely because of their inability to control their emotions that they face various conflicts with the coach. It is through the relationship between the coach and the athlete that this decision is made. In this case, the best way is to listen and remain silent.

Only then will the relationship between the athlete and the coach be maintained and the ability to manage emotions will be formed.

As a result of daily heavy load, or at least the same exercises, from boring trainings, the athlete loses interest in sports and is forced to leave the sport. What is the reason for this? How to avoid to the same exercise? How to make boring sports activities more intense? How to attract the attention of an athlete? What should be done to avoid getting distracted by different internet networks? Many coaches are thinking about similar questions. We all know that children are more playful. This is very useful for coaches and they can conduct standard sports training in a non-standard way.

**Job duties:**

1. Infarmation about the sport of taekwondo WT
2. Selection of athletes suitable for the chosen.
3. To find out what kind of sport the athlete is interested in.
4. Conducting sports training using various interactive games.
5. Attract young athletes to sports so that they are not distracted by various interner networks.

Taekwondo (Korean: tea-foot, kwon-hand, do-way, that is, the way of movement of the feet and hands) – a type of the sports werstling. In which men and women compete individually in their weight categories (in protective equipment) and show their skills in performing special exercisses individually and as a team in terms of kicking or returning kicks. Taekwondo WT was founded in 1961-year in the Republic of Korea. In 2000, Taekwondo WT was included in the program of the Sydney Olimpics. Taekwondo WT allows athletes to strike the front of the body from the waist up. Compatetions (in 8 weight categories) are organized with athletes wearing protective equipment and continue in 3 sections (each sections lasts 3 minutes, breaks – 1 minute). Paints are awarded for accurate shots. The winner will be determind by the total number of points.

**Purpose.** Elt is possible to increase the interest of athletes in the training process by using various interactive games based on their age and combining these games with the chosen sport. Then enthusiasm and interest in sports will increase among young athletes. Because the complex and wordy elements of sports are not well understood by children and it seems very boring to them. Even teenage kids are like that sometimes they start to get tired of training. So let's take this process first. We tested this method on young athletes, that is, we conducted research on them. In this, we needed two young athletes who have just come to the sport. We are very interested in which of them will be more interested in this sport, or if not, which will be boring. We trained the first young athlete in a condition that

incorporated many interactive games into the training. but for the second athlete, on the contrary, we carried out training processes with heavy load exercises, excessively tiring movements and large-scale physical preparations.

This showed the result that, as a result of various games, intense sports training, and correctly given exercises, we caused the athlete to increase from 0% level to 60-70% level. And the second young athlete increased from 0% to 40-50% due to training processes that did not include interactive games. Below we see a table showing the results and percentages of the first and second athletes. Both athletes came into the sport with a 0% percentile and their interest in the sport was different, that is, the first athlete had a high interest in the sport but the second had a low interest in the sport. Exercising with interesting sports activities has also increased the mastery of the first athlete, gaining interest. and the second athlete, on the contrary, did not notice any change in him as a result of the same exercises. The results of the competition were different in both sports. the results of the two were quite different from each other. The result of the first athlete is 70%, and that of the second athlete is 40%. It goes without saying that the result of the first athlete is much more advanced than that of the second athlete.

The first is the results of athletes with a high interest in sports, and the second is the results of athletes with a low interest in sports.

**Table:**

<b>T R.</b>	<b>Athletes.</b>	<b>The level of knowledge of the sport of Taekwondo WT.</b>	<b>Level of interest in sports.</b>	<b>Maste- ring the sport.</b>	<b>Techniqu e and Tactics.</b>	<b>Compe- tion results.</b>	<b>Result.</b>
<b>1.</b>	<b>1- Athlete.</b>	0 %	60 %	Avarage	Good	2,2,3,1	86 %
<b>2.</b>	<b>2- Athlete.</b>	0 %	20 %	Below average	Good	0,2,3,3	65 %

Why should sports be conducted intensively? After all, even in standard training, athletes may face questions about how to achieve high result. True, but this method is mainly aimed at young children and I believe it is the most effective method for teenage children who are new to the sport. The purpose of providing playful exercises to children is that children with burning eyes will be attracted to the game and exercises without knowing or waiting to.

*Examples:*

1. Athletes need to warm up before the start of sports activities. Some incompetent, lazy athletes don't like to run, because they find it boring. To do this, we make children run, entertaining them with various relay games to warm up their bodies.
2. One of the most basic exercises in the sport of Taekwondo WT is flexibility. Without flexibility, it is difficult to continue this sport. The most convenient way to improve the flexibility of an athlete is to compete or compare. By comparing athletes, it is possible to develop flexibility while increasing competition.
3. Carrying out technical training processes in a standard state. If technical exercises are not performed correctly, the athlete will develop incorrectly.
4. Conducting tactical training processes in a non-standard way. Using modern methods.
5. Conducting various competitive battles from the chosen sport to attract children to training. More work and development with to opponent.
6. Rewarding athletes with gifts at the end of competitions and conducting development.
7. Athletes should be taken to other sports clubs for friendly matching. And enhance pre-competition training.

Continuity should not be broken.

**RESULT AND DISCUSSION**

Nowadays, many young coaches are facing a lot of difficulties in how to load young athletes, or how and in what way to train them. We know that it is becoming increasingly difficult to keep young athletes in the sport. Therefore, it is necessary to change training processes, to avoid similarities, and in this regard, the coach must know theoretical, technical, tactical, mental, spiritual, intellectual preparations. And of course, he will have to be able to use them in the training process. And of course, he will have to be able to use them in the training process. The learning percentages of the two young athletes in our study were different. We can assume that the first athlete has trained more than the second. No, on the contrary, both athletes did the same training, only the training processes were carried out differently. The result that the first athlete achieved in two months, the second athlete achieved in three or four months. The reason for this is that the athlete's interest and passion for sports has not faded.

In what order is it convenient for athletes to train? In regular training processes, the result is faster and begins to develop quickly. It is necessary to pay attention not only to

training, but also to relaxation of athletes. The faster the body recovers, the athlete will not experience exhaustion, fatigue, or weakness during training.

### The rise and fall of sports processes before competition.

O.N	Weeks.	Sequence of preparations before the competition.
1.	1-week.	Involving athletes in selected sports activities during this week. Engaging them in sports with stimulating exercises. Learning and repeating the technique of the sport of Taekwondo WT. Increase individual working time.
2.	2-week.	Focusing on physical qualities, increasing the qualities of endurance, agility, flexibility, strength. Ability to apply technique correctly and use it tactically.
3.	3-week.	Intensifying sports activities, training together with a partner and reducing the time for rest. Increasing the pace of training and extending training time.
4.	4-week.	Conducting "Friendly matches" with other sports clubs in order to conduct combat exercises and increase mutual competition. Organizing more such meetings before the competition.
5.	5-week.	Taking athletes to competitions and watching their mistakes and shortcomings through video clips. And of course, working on mistakes, eliminating shortcomings.
6.	6-week.	After the competition, give the athletes a short rest period, conduct light training and at the end of the training, conduct games related to various selected sports.

One of the global problems that is the main cause of many difficulties today is the inability to properly load athletes. Because of these problems, athletes are very tired and there are cases of boredom from training. Therefore, athletes do not achieve the results we want, and they begin to feel disillusioned with this sport. In this situation, we think that the fault lies mainly with the athletes. But we forget that it is our fault. To get out of this situation, it is necessary to give athletes the right load.

Upload – additional movement outside the natural body position is called loading.

In this situation, we think that the fault lies mainly with the athletes. But we forget that it is our fault. To get out of this situation, it is necessary to give athletes the right load.

1. Appearance of the load
2. Quantitative dimensions of the load
3. Execution duration
4. Appearance of the athlete
5. Appearance after loading

The inside of the boot contains the following

1. Pulse
2. Breathing rhythm
3. Blood pressure

Depending on the qualities mentioned above and the appearance of the body, athletes can be given a load in a normal state. In addition, there is the size (quantity) and intensity of the load.

Load quantities include: time, number, distance, and weight.

The intensity of the load includes: the rhythm (tempo), intensity of the training.

According to the loading function: growing (elevating, developing), stabilizing.

According to the size: it is divided into maximum, submaxima and minimum types.

The minimum load is mainly given to beginners and is the smallest load, and it is also used for athletes who have taken a long break from sports. In both cases, before the entry and competition, i.e. 7-6 days before.

Submaximal load is a constant training method, that is, it is a type of training carried out in a standard form. This is an average download.

The maximum load is the highest, that is, the load that reached the peak of training. The duration of this download should be 18-20 days. If it exceeds this period, the athlete begins to develop symptoms of fatigue.

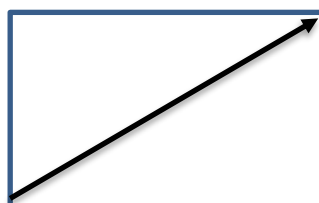
A microcycle is a one-week training plan created by a trainer. For example, if one week works for speed, another week for strength, then endurance and hakazo. We can adapt this method to our table shown above.

A mesocycle is a one-month training plan that includes four to five microcycles. The duration of this training includes a maximum of four years.

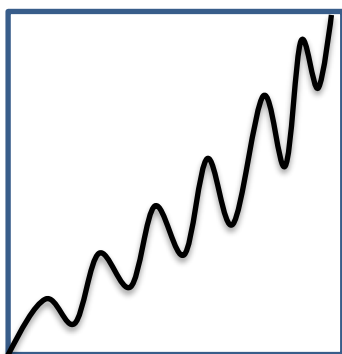
A macrocycle is an annual training plan. In this category, grass is mainly used during preparation for big competitions.

### **Loads that we normally give to straight line loads.**

That is, it is constantly growing, we must constantly increase the type of downloads we give, only then the type of linear downloads will show its effect. Linear downloads are increasing day by day and are maxed out. The role of the coach is also very high. These types of downloads are given four months before the competition, or if I do not know, during the training sessions. A lot of strength is required from the athlete during linear loads. Not all athletes can withstand this type of loading. These types of uploads lead to results faster. Even then, if the athlete is examplained in theory what type of load, how long, and how useful this load is for him before the exercise, then his enthusiasm for accepting these loads will increase.

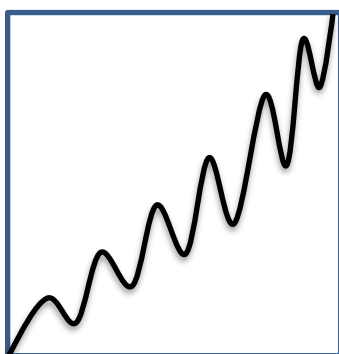


**Giving stair-type** loads often gives very good results to young and new athletes and contributes to gaining good experience for the competition. This type of downloads cannot be moved to other downloads before the first download is completed, then this type will not be effective. Because the result in the given download is achieved and transferred to the next downloads. Staircase downloads take a long time. Staircase loadings are carried out by other trainer in turn. This method helps a lot not only in loading, but also in the process of learning techniques and tactics. We should pay attention to the passion and ability of the athlete while applying this method. Because these masses are unlikely to give us advice. Then we can carry ladder-like loads without much effort.



1 2 3 4 5 6 7 8 9-days

**Wave-like loadings.** For these types of loadings, we need to increase the size of the loads for each wave increase. On the other hand, when the tide goes down, the volume of loads is reduced, but it should not exceed the first wave, that is, the starting point of the rise. Only then will this type of work show its results. If we go down from the starting point of each increase, the loads will not show any effect. The volume of downloads will be increased to a certain point, and from that point we will slow down a little, that is, we will carry out the recovery process.



1 2 3 4 5 6 7 8 9-days

The recovery process is more important when there is less time before the competition. Because the athlete should not feel any pain in his body or organism before the competition. Then we will achieve the desired result during the competition. Currently, the factors of



recovery and mental preparation is not paid attention to at all. So these masses also have a great impact on the result. Therefore, we should focus on recovery.

Young coaches are training with old technical and tactical sports processes, no matter how they used to do it. Admittedly, the standard sports training, techniques and tactics do not correspond to the training of the current era, and of course the coaches have to conduct non-standard training. As a result of repeated heavy loads before the body is physiologically restored as a result of heavy loads, the enthusiasm and interest of athletes completely fades. If the body does not recover after the load, no matter how hard you try, it cannot accept the load. So we will have to conduct the training in a non-standard way. There are athletes who easily accept any load given to them, but not all athletes.

What is adolescence really like? It is during this period that the young people's aspirations are focused on and what they are wasting, spending their valuable time inefficiently, and the reasons for the weakening of their demands and interest in sports, not only in the sport of taekwondo, but in the whole world of sports. The reasons why athletes leave during adolescence are highlighted. In fact, what is the reason why teenagers leave sports? In fact, we will consider the reasons why they do not take advantage of the opportunity to give up their favorite activities or become an amateur athlete when they are living a free and happy family life at an age when they do not yet feel the worries of life.

Why is interest in sports decreasing among young athletes? What is the reason? Because nowadays, due to the development of information technologies, which is a global problem, many people are spending their most valuable time on it. In order to attract children to sports, it is necessary to use more interesting tools in information technology. This alone causes us a big problem.

- Thanks to the Internet, teenagers cannot leave traditional, domestic and competitive sports, and their interest in sports is fading.

- Or because the children are too lazy.

- Or parents are more lenient and allow children to get away with everything these days.

In organized sports, we - coaches, officials, referees, administrators, parents - are responsible for providing sports experience to children. everyone is a reason.

Thanks to the Internet, teenagers are mainly forgetting the content of real life through web games, not through real sports and national action games. Due to this, various minor diseases, weakness of the immune system, tendency to depression, inability to control emotions are observed in the young generation due to inactivity. There is an indifference, such as replacing real life with web life. On the contrary, in the process of increasing

enthusiasm for work during adolescence, attention to sports and science increases, understanding the qualities of the young generation's will, signs and obligations, and raising brain activity and the immune system, the range of knowledge and initiative. virtues increase, mental state improves. It is in this case that it is easy to increase sportsmen's interest and passion for sports.

Many young athletes practice Taekwondo because it is easier to learn than other sports. Because the bones of young children are brittle, and resilience and flexibility are the most important tools for this sport. Athletes of this age have a much better absorption percentage. At a time when young people are interested in video games and computer games, it is becoming more and more difficult to attract them to sports. That's why, without making these mistakes, we train young athletes more in the form of games.

In the world of Taekwondo sports, every subject plays an important role for a novice athlete. In particular, the coach, referees and surrounding athletes and objects are also affected. It shows the technique, tactics of each action, its practical result. A coach, an author, a sport are like a book, the coach is the key to opening this book, the introduction. How to read the book is up to each athlete.

### **CONCLUSION**

From this article, we have tried all the information necessary to increase the enthusiasm of young athletes for the sport of taekwondo. In order to attract young athletes, sports training is currently being conducted in various sports clubs in pre-school educational institutions, and at the same time, they are also taught the sport of taekwondo, which is recommended by our president as a club in all preschool educational institutions Those who said to be silent, it helped us a lot. We need a lot of young athletes in pre-school educational institutions. We will be able to train them when they go to the places where they are studying, and it is very important for us to select the children suitable for Taekwondo from among them. We train them in different directions and find out what kind of sport they are suitable for, and invite them to the gyms where we train, adding them to the ranks of our athletes. In fact, young athletes should be trained for 45 to 30 minutes. Because their physiology responds to this at a young age.

We have accelerated the learning rate of young athletes, made them happy by giving them various gifts as an incentive, and increased their interest in this sport, and of course, we have provided them with more light but necessary activities until they reach school age. Together with this, we organize small competitions among children and give gifts to the athletes who lost in them, so that they do not get depressed. I think it's quite convenient for

us. At the same time, we are increasing the interest of young athletes in this sport. When we use such methods, we are conducting proper training with them.

It would not be wrong to say that there are many young people who are engaged in the sport of taekwondo these days. If you do proper training with them, the percentage of success will be much higher. To achieve this result, we need to work harder and search. At the same time, the results are getting better. Because all the athletes who are currently champions in the sport of taekwondo became champions only after many years of practicing since childhood. So, if young athletes are given proper training, they can achieve great results.

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