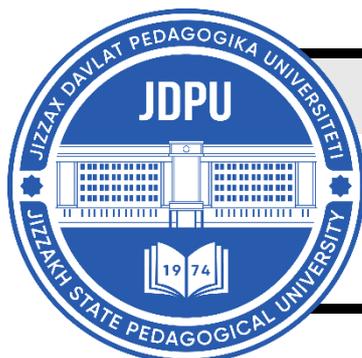


**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**STUDY AND ANALYSIS OF COMMON PROBLEMS IN MODERN
TAEKWONDO AND SINGLE COMBAT SPORTS****Nurmukhammad Zakirov**

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E-mail: zokirovnurmukhammad04@gmail.com**ABOUT ARTICLE**

Key words: Theoretical training, physical training, functional training, technical training, tactical training, mental training, mental-volitional training, physical, skill, skill, physical qualities, flexibility, strength, speed, endurance, agility.

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Abstract: This article is enriched with the best information that will be of great help to our athletes. From the experiences you have gained from this information, you have problems if you are an athlete, and useful information if you are a new coach. solutions to common problems in individual wrestling sports are discussed through a series of analyses. Sports training does not cover the entire content and all forms of an athlete's training. It is constantly supplemented with other forms of training and is part of the general system of education

INTRODUCTION

As in all single combat sports, the modern Taekwondo WT sport, which is developing at the moment, has a number of problems that still cannot be solved in many lower layers. solutions to such problems have been found by powerful specialists from developed countries and today correct problems are very common, and many problems can be overlooked as a result of a single oversight in each training process. Over time, uncorrected mistakes as a result of this negligence can make the result and the work done useless. Now I ask you to pay attention to these problems!

METHODS AND MATERIALS

Problems: 1. Theoretical preparation: Elements of theory, as we have seen above, are organically connected with tactical, technical and other types of sportsman's training. In addition, the theoretical training part is somewhat conditionally separated from others. there is such a wide range of knowledge necessary for an athlete that they are not included in any

of the above mentioned parts of preparation. These include the history and sociology of the athlete, the theory and methodology of sports training and related subjects (sports physiology, hygiene, medical control, etc.). Mastering this knowledge is part of theoretical preparation. Along with the development of sports, the role of theoretical training is growing rapidly. The athlete's theoretical training is carried out mainly in the form of obtaining mental information and independent reading (lecture, seminar, independent work on a book). Theoretical training takes place directly in sports training as an element of practical training together with technical, tactical, moral-will and physical training. Along with the development of sports, the role of theoretical training is growing rapidly. The athlete's theoretical training is carried out mainly in the form of obtaining mental information and independent reading (lecture, seminar, independent work on a book). Theoretical training takes place directly in sports training as an element of practical training together with technical, tactical, moral-will and physical training. Thus, the preparation of an athlete is a multifaceted and multifaceted process. All its aspects are closely related to each other. For example, physical fitness creates the ground and conditions necessary for solving tasks in the field of technical and tactical training. In turn, both the process of physical training itself and its final results are largely dependent on technical and tactical training. In certain periods of the training process, these aspects of preparation are very similar to each other. The same strong interrelation exists between other parts of training. In this regard, the training of the spiritual will is especially important, because it shows the attitude of the athlete to his activity in general. It is constantly supplemented with other forms of training and is part of the general system of education.

2. Physical training:

- 1) selected (main) competition exercises;
- 2) special preparatory exercises;
- 3) general preparatory exercises.

Competition exercises are integrated movement activities (or a set of movement activities) that are the subject of sports specialization and are performed in full accordance with the conditions of the competition held in this sport. Most competitive exercises are activities of a relatively narrow focus and limited range of motion. This includes cyclical movements (running and walking athletics, skiing, cycling, swimming), as well as some non-cyclical and mixed exercises (jumping, throwing, etc. in athletics). Depending on the main physical qualities, these exercises can be divided into exercises that require speed, strength and more endurance. Endurance exercises, in turn, are divided into maximum strength, high strength and moderate strength exercises, depending on the endurance characteristics at

the same time, there are competition exercises, each of which is combined into a conditional "plot", which can change depending on the conditions. For example, in sports games and one-on-one sports matches (wrestling, boxing, fencing) there is such a set of actions. These types of competition exercises differ from the exercises listed above. These are characterized by the complex manifestation of the main physical qualities in the conditions of regular and sudden changes in posture and movement patterns. Special preparatory exercises include elements of competition actions, as well as actions and situations similar to them in terms of their form and character.

3. Functional training: the essence of functional training is reflected in the appropriate development of the body's functional system in complex environmental conditions and high physical loads, in which to overcome high muscle tension, functional and psychological effects the ability to receive is necessary. Anatomy, physiology, biochemistry and other sciences will help to properly organize a functional process that can overcome the huge physical load that highly skilled athletes receive today. Functional training includes special training exercises, which are:

a) All functions are related to the vegetative supply of cerebral vessels, respiratory and excretory systems;

b) Affect the improvement of the function of the central occupational system in order to tolerate high physical loads and educate physical qualities. Forms of functional preparation:

1. Incorporation of fragments of functional training into the entire training process;
2. Carrying out the entire training process in a functional training plan;
3. Extensive use of fitness activities (morning gymnastics, walks, etc.).

functional training tools:

1. Restorative means;
2. Exercises that control cerebral blood circulation (stand on hands, stand on head)
3. Exercises that develop muscle perception, breathing and other systems of the vestibular analyzer.

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RESULTS AND DISCUSSIONS

Forms of functional preparation:

1. Incorporation of fragments of functional training into the entire training process;
2. Carrying out the entire training process in a functional training plan;
3. Extensive use of fitness activities (morning gymnastics, walks, etc.).
4. Technical training: one of the biggest problems of technical training in athletes is this. Most of the coaches teach athletes the technique in its old state. I think that's why some coaches are trying to be ignored. because nowadays new and intelligently structured exercises techniques are being taught every day. It is clear from this. In training, it is necessary for coaches to always organize training sessions in accordance with the times.

For example, we can say that, when an athlete is not able to perfectly use the a tekwondo kicks in training in a sufficient manner. I think it is partly a mistake to teach this athlete all the kicks in taekwondo in the same way. It is true that athletes should also know the kicks, but if more emphasis is placed on the technique of a certain kick, it will be a great motivation to master this kick perfectly.

5. Tactical preparation: "Tactical preparation is the way to victory over the opponent" tactical preparation still has its own shortcomings. Some training organizers are teaching children tactical combination exercises during training. As a result of failure to understand the essence of tactics of learning athletes, the amount of benefit from training can be equal to 0%. if the essence of the tactics taught by the trainers is understood and the number of repetitions increases, these learned tactics will certainly be 100% effective.

6. Mental preparation: "Reducing competitive pressure and excitement in athletes"

Spiritual education is the ability of a person to manage himself. In sports, not only physical strength, but also a person's will and even thinking are of great importance. For example, it is difficult for a future champion to succeed, if he does not focus on his muscles for years, train them, and mentally prepare for different situations and blows. in some cases, he can become a champion once and not try for the second and third finishes. Therefore, sports psychology is considered one of the main keys to success.

Losing doesn't mean the sport is for you.

Not every athlete goes to a psychologist and tells about his pain. Coach-psychologists say that the development of the spirit of both individual and team work is one of the most

important aspects in preparation for competitions. A person who is not mentally prepared will not try to gain attention again if his fans are disappointed by his results, he will give up. Every teacher knows the character of his student well, that's right. But mental preparation is a completely different matter.

7. Mental-volitional preparation: This is "the protection of the athlete's mental and willpower under the influence of the external environment." We all know that a person is blessed with the gift of intelligence. Intelligent people have a well-developed willpower. Sports training is of great importance in the formation of such qualities as willpower, striving for victory, dexterity, self-control, endurance in athletes. In this sense, the voluntary qualities characteristic of an athlete gradually appear in sports activities, and later these qualities become his permanent character. For example, an athlete with well-developed willpower has a higher chance of achieving high results in competitions than others. This is evidence that the athlete is trained both willfully and physically, and has a strong character. But his stable character traits, positive moral and volitional qualities in sports training and competitions, in the process of education and training. It is formed at work. Continuous continuation of this process causes the athlete to achieve higher results. On the contrary, negative qualities of an athlete, such as lack of discipline in training, unfitness for training, evasion of studies and work, rudeness or deception, lead to his inability to cope with difficulties both in sports and in life, and mental depression. According to Ibn Sina, the best qualities in a person are first of all endurance, morality and courage. These three positive qualities of Manna together bring justice and moderation to his character. If a person has these qualities and never goes into bad ways, he devotes himself only to good deeds.

8. Intellectual preparation: Integral preparation is characterized by an important part of preparation for responsible competitions and the ability to coordinate, which serves to combine various aspects of preparation in competition activities. It is appropriate to control the introduction of short-oriented methods and tools in a certain size from all sides of the athlete's training. This leads to the appearance of some qualities that local exercises produce without appearing in the full size of competition exercises. Therefore, the approach to analysis and synthesis during training is one of the important problems of sports training. First of all, there are aspects of preparation or work aimed at improving certain qualities, and the second is to ensure that all aspects of preparation appear comprehensively in the activity of the competition. This can be solved to some extent by modeling

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example, it is difficult for a future champion to achieve success if he does not focus on his muscles for years, trains and mentally prepares for different situations and blows. In some cases, he may become a champion once and not try for the second or third place. Therefore, sports psychology is considered one of the main keys to success.

- You know, any kind of sport is a flag, a mirror that introduces the country to the world. The success of the athlete is the success and reputation of the country. one of the main forces that bring not only political status, but also financial success. - says Boboyor Torayev, trainer-psychologist. - In general, sport is a competition. Where there is competition, there is definitely emotion. After competition, someone wins and someone loses. This is where psychology plays a huge role. Even if the winner becomes conceited, arrogant, stubborn, and selfish, it is difficult for him to win in the next competitions. We often observe that after one or two victories, our young men and women become relaxed. Because the finish line is very small. Or, on the contrary, if they lose, they will be very depressed. At such times, they are afraid of defeat and the motivation to escape is formed. In most cases, teachers do not pay serious attention to this.

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A champion does not emerge from an athlete who does not love sports.

Most parents send their children to a certain type of sport, for example, they send their daughters to gymnastics, and their sons to football or Taekwondo. There is a belief that in this sport, one will be strong, earn good money, and, besides, get less injured. The intensity of a sport depends primarily on a person, but the status and trends of that sport in society also affect it. Man is such a being that everyone strives for what they strive for. This is called conformism in psychology. For example, hockey is popular in Canada, and many children aspire to become hockey players. Football is popular in Brazil, so the children of this country have a strong interest in football. In recent years, as boxing has developed in our country and strong boxers have emerged, our children have a strong desire to become boxers. So, sports psychology is also related to social psychology.

I found it permissible to touch on this aspect, which is widespread in our local language. I hope that these words will be useful for young and old. If he wins or loses in competitions,

some parents will unknowingly tell their child (it's enough, sports are not for you, you lost again) they will cause him to lose his spirit.

One of the five preparations for athletes is spiritual preparation.

In a word, not only the athlete, every person should have mental education from youth to adulthood. If a person doesn't have passion and sympathy for sports, don't use it as much as you can, he won't become a champion and it is safe to say that more psychologists distinguish this. We hope that this industry will develop even more in our country in the future. After all, one key to victory and success is physical education, and the second key is spiritual education.

As in all single combat sports, the modern Taekwondo WT sport, which is developing at the moment, has a number of problems that still cannot be solved in many lower layers. Solutions to such problems have been found by powerful experts from developed countries and today. .correct problems are very common, and many problems can be overlooked as a result of a single oversight in each training process. Over time, uncorrected mistakes as a result of this negligence can make the result and the work done useless. and now I ask you to pay attention to these problems!

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CONCLUSION

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