

TAEKWONDO: FROM A NATIONAL TRADITION TO A GLOBAL PHENOMENON

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Annotation: The article considers taekwondo as a phenomenon combining the functions of a martial art, an Olympic sport and a philosophical system. The historical background of its formation, value orientations and methods of athletes' training are analyzed. Special attention is paid to the cultural and educational role of taekwondo in modern society.

Keywords: taekwondo, martial arts, sports, philosophy, culture, upbringing.

Introduction

In the 21st century, martial arts play an important role in personality formation and strengthening international relations. Taekwondo holds a special place, as it combines a sporting aspect with philosophy and culture. According to the World Taekwondo Federation (WT), today more than 80 million people in more than 200 countries practice this sport. Its popularity is explained by its versatility: taekwondo is simultaneously a system of self-defense, an Olympic sport and a school of spiritual education. The purpose of this article is to examine taekwondo from the point of view of history, philosophy, technology and modern significance.

The historical aspect

The roots of taekwondo go back to ancient Korean martial arts such as subak and taekken. These traditional forms of fighting formed the basis for self-defense and military training in Korea.

Modern taekwondo originated in the middle of the 20th century. In 1955, General Choi Hong—hee proposed the term "taekwondo", which reflected the essence of the new martial art - "the way of the foot and fist." In 1973, the main center, Kukkiwon, was established, where they began to develop standards for training and conducting competitions. In the same year, the World Taekwondo Federation (WTF, now World Taekwondo) appeared. In 1988, taekwondo was first included in the Olympic Games program as a demonstration sport, and since 2000 it has become a full-fledged Olympic discipline.

Philosophy and values

The philosophical basis of taekwondo is closely connected with Confucian ethics and Korean traditions. The training is based on five principles: politeness, honesty, perseverance, self-control and an unwavering spirit. These moral guidelines instill in practitioners a sense of justice, respect for others, and a willingness to overcome difficulties. A special role is played by the taekwondo

oath, which speaks of devotion to the teacher, respect for elders, the desire to be honest and defend justice. Thus, taekwondo is not only a physical exercise, but also a system of personality education.

Technical features and training methods

The main feature of taekwondo is the emphasis on the use of legs. Punches

are executed high, fast and with various jump variations. The technique is divided into several areas:

- Phumse (formal movement complexes);
- Kerugi (sparring);
- Hosinsul (self-defense technique);
- Kekpha (smashing objects).

The taekwondo training methodology includes exercises for strength, flexibility, reaction speed, and coordination. The training takes place in stages, from basic techniques to more complex combinations. Psychological training and the development of tactical thinking are important.

Taekwondo in modern society

In the modern world, taekwondo performs several significant functions. First, sports: millions of people participate in national and international competitions, including the Olympic Games. Secondly, it is educational: classes form discipline, respect for rivals and self-confidence. Thirdly, wellness: regular workouts strengthen muscles, develop endurance and reduce stress levels.

In addition, taekwondo has cultural significance. It has become a part of Korean diplomacy: through demonstrations and festivals, Korea spreads its culture around the world. For many countries, taekwondo has become a tool for developing youth programs and preventing aggressive behavior.

Social and pedagogical significance

Taekwondo is actively used in educational institutions of different countries as a means of education. Teachers note that classes help students become more disciplined, develop perseverance and respect for

the rules. In universities, taekwondo is studied as part of physical education, and in some countries it is included in military training.

From a pedagogical point of view, taekwondo effectively combines physical

activity with the formation of moral qualities. This is especially important in modern society, where the problems of aggression and lack of physical activity among young people are relevant.

Conclusion

Thus, taekwondo is a unique phenomenon that combines sport, philosophy and culture. It originated as the national martial art of Korea, but quickly turned into a global movement. Thanks to its versatility, taekwondo develops the body, strengthens the spirit, and nurtures personality. This is its value both for an individual and for society as a whole. Taekwondo is not only a physical martial art, but it is also aimed at spiritual growth and development of spirituality. In the learning process, values such as discipline, respect, and patience are important. The sport of taekwondo is divided into different types: athletic taekwondo (as an Olympic sport), traditional taekwondo (the traditional style of this martial art) and other variants.

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