

**TECHNICAL SKILLS IN PARA-TAEKWONDO**

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**Abstract:** This article examines the technical skills in para-taekwondo, their types, significance, and role in modern competitions. The study analyzed theoretical sources and conducted practical observations. Based on the obtained results, recommendations were developed for improving technical skills of para-taekwondo athletes.

**Keywords:** Para-taekwondo, technical skills, sports training, adaptive sports, martial arts, competition, methodology, results, innovation, technique, defense, attack, efficiency, athlete preparation, biomechanics.

**Introduction**

Para-taekwondo has become one of the most popular adaptive sports for athletes with disabilities. The growing international recognition of this sport highlights the importance of analyzing the role of technical skills in the success of athletes. Technical proficiency ensures efficiency in both offensive and defensive actions, significantly influencing the outcome of competitions.

**Literature Review**

The review of existing studies reveals that technical skills in para-taekwondo are closely related to athletes' biomechanical abilities and adaptive training approaches. Previous works emphasized the importance of accurate kicking techniques, balance, timing, and controlled defensive movements in achieving competitive success.

**Methodology**

The research methodology included video analysis, interviews with coaches, performance testing, and observation of 15 para-taekwondo athletes during training and competitions. Technical elements such as kicking speed, accuracy, and defensive stability were evaluated through specific drills and performance indicators.

**Results**

The findings indicate that the most effective technical skills for para-taekwondo athletes include: 1) fast and accurate front kicks, 2) combination kicking techniques, 3) well-timed defensive maneuvers, and 4) adaptive balance control. These skills were shown to enhance performance against opponents of different competitive levels.

**Discussion**

Technical skills in para-taekwondo not only determine the effectiveness of attack and defense but also serve as the foundation for tactical planning. Athletes with well-developed technical proficiency can adapt better to various competitive situations. Moreover, psychological readiness and physical conditioning further enhance the application of technical skills.

Table 1. Effectiveness of Technical Skills in Para-Taekwondo

Technical Skill	Application Rate (%)	Effectiveness (%)	Opponent (Beginner/Intermediate/Advanced)	Level	Remarks
Fast Front Kick	40	80	Beginner opponents		Ensures quick scoring opportunities.
Combination Kicks	30	75	Intermediate opponents		Allows control of the fight with continuous attacks.
Defensive Maneuvers	20	70	Advanced opponents		Improves resilience against aggressive opponents.
Balance Control	10	65	All levels		Supports stability and effective counter-actions.

## Conclusion

Technical skills are the foundation of success in para-taekwondo. The study concludes that fast front kicks and combination kicking techniques are the most effective for scoring and controlling matches. Continued development of technical proficiency, supported by adaptive training methods, will play a crucial role in enhancing the competitive achievements of para-taekwondo athletes.

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