



INTRODUCTORY TO PARATAEKWONDO AND ITS ROLE IN UZBEKISTAN

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Abstract: *In this article i intended to reveal the history of one type of sport, which is called Parataekwondo, this sport is gaining incredible popularity among young generation and entering to other types of sports as opsed for by all nations. In addition, i tried to show some tips in methodology part of this article and as well as discussed parataekwondo's role in Uzbekistan and its improving by including some trainers and winners, who are becoming first prize-winners in this kind of sport.*

Key words: *Korea, martial arts, age, gender, athelets, Uzbekistan, prize-winners, national team*

INTRODUCTION. The history of Korean martial arts is over 2000 years old, taekwondo is the youngest of them. There were three kingdoms on the Korean peninsula: Goguryeo, Silla and Baekje. In addition to enmity among themselves, these kingdoms also responded to the attacks of external aggressors. That is why they had to constantly improve their martial arts.

Where did taekwondo originate?

Korea. At the beginning of the 20th century, Korea was under the rule of Japan, and the masters of Korean martial arts had to go underground. After the liberation of Korea from Japanese occupation in 1945, martial arts began to emerge from the underground. But this period did not pass without a trace, some techniques were preserved, but the spiritual and philosophical tradition was lost. There were many halls, and the number of instructors teaching various types of martial arts also multiplied, but few of them seriously knew the history of their school and could explain the content side of its tradition. After the end of the 1950-1953 war, there were a lot of schools in Korea that practiced martial arts with a variety of names: *taesudo, subak, subak-do, kwonbop, taegyong, tangsudo, taekwonbop*, and so on. Until the early 1960s, the state did not interfere in their activities in any way. A turning point in public policy on this issue came with the coming to power of President Park Chung-hee. During this period, for the first time, there is a desire to put martial arts at the service of the regime, creating a single martial arts system that would be under the control of the state, in contrast to disparate areas. Taekwondo achieved official recognition only in 1955, after which its journey through sports arenas around the world began. In such a short time, taekwondo has gained incredible popularity all over the world. To date, more than 40 million people have given preference to this sport.

METHODOLOGY.

- The duel consists of three rounds of three minutes with a break of one minute, for children under 14 years old – three rounds of two minutes with a break of thirty seconds (reduction to two rounds is possible).
- Athletes who have been trained in sparring technique for at least three months are allowed to compete.



- Athletes are divided by age, weight categories, and gender.
- The age of the participants in the competition is determined by the year of birth (in rare cases, the date of birth).
- Weigh-in of participants takes place the day before the start of the competition. A participant who has weighed in once and has not passed the weigh-in for the first time is entitled to one more weigh-in within the time of the official weigh-in.
- Fist techniques are performed using the front outer part of the index and middle fingers of a tightly clenched fist.
- Leg techniques are performed using the part of the leg below the talus-ankle.
- For each effective action in the body, the athlete is given one point, in the head – 3 points.
- It is allowed to strike with a fist and kicks in areas covered by a protective vest. However, striking the spine is prohibited. It is allowed to hit the front of the face, excluding the back of the head (hit only with the feet).
- A may be awarded penalty points, and if they receive four penalty points, they will be disqualified.

Decisions:

- Win by knockout
- . Victory due to the termination of the duel by the Referee or the Doctor.
- Win by score or preference. No-show victory.
- Win by disqualification.
- Victory due to penalties announced by the Referee.

Competition area.

The competition area must measure 10 meters by 10 meters, and it must have a flat surface and be covered with elastic mats. The competition area can be installed on a platform 0.5-0.6 meters high from the base, the outer part of the border (beyond the boundary line) must have a slope of less than 30 degrees to ensure the safety of the opponents.

Equipment (uniform) for taekwondo:

- protective vest
- helmet
- groin shell
- pads on the forearms and on the shin
- steps – special shoes for taekwondo
- dobok – kimono for taekwondo
- gloves for taekwondo and a cap before entering the competition area.

The groin, forearm and shin pads (feet) must be worn under the Taekwondo costume. Only WTF-approved protective equipment, as well as gloves and mouthguards, is allowed for his/her personal use. All other types of protective helmets for the head are prohibited (except for WTF-approved helmets).



Judging Referee must announce “Sizhak!”, “Keman!”, “Kalyo!”, “Kyesok!”, “Shigan!” and «Kesil», the winner and the loser, demerit points, warnings and other penalties.

- Judges.
- Judges (2 or 3) count the points.
- The technical assistant monitors the scoreboard during the bout, the correctness of the scores, penalties and time, and immediately notifies the referee of any problem related to the bout.

Belts in taekwondo in order

In taekwondo, belts are conditionally divided into «colored» (including white) and «black». It is customary to adhere to the following classification:

- 10 gyp – white belt
- 9 gyp – white belt with a yellow stripe
- 8 gyp – yellow belt
- 7 gyp – yellow belt with a green stripe
- 6 gyp – green belt
- 5 gyp – green belt with a blue stripe
- 4 gyp – blue belt
- 3 gyp – blue belt with red stripe
- 2 gyp – red belt
- 1 gyp – red belt with black stripe black belt

Black belts have their own levels – dans. There are 9 dans in taekwondo. The holder of a red belt with a black stripe (1 Gup) must train for at least six months before he can take the 1st dan. Everyone can get a black belt (1st dan) in 2.5 – 4 years, depending on ability, frequency of training and frequency of certification.

TAEKVONDO'S ROLE IN UZBEKISTAN

Parataekwondo entered to Uzbekistan in 2014 and took part in the first championship in 2017. This sport was the first to produce prize-winners. During these years, the sport has become a competitive sport. Currently, Ibragimova Fatima is conducting parataekwondo training at the sports school of Shaikhontohur district. There are many, and among them Alisherov, Ravshan Choliyev, Kamoljon Assatullayeva, Shinar Orazova, Irodalar are conducting training for the national team. Our daughter Guljanoy became the first parataekwondo champion at the Olympics, and we are proud of it. Parataekwondo is divided into classes: K41, K42, K43, K44.

CONCLUSION

To conclude, i want to confirm my statement about Parataekwondo and its crucial role for young generation. This type of sport is becoming famous only now, but has attracted many people by this time. Like other kinds of sports is also demanding more strength and courage to put on it, because everyone know that all kinds of sport is difficult including this one also. Trainers are very people, who should teach everything and take responsibility for this. Thanking these trainers youth won first prize-places in our country too since it was established and country is proud of them.



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