



EFFECTIVE METHODS OF TEACHING PUMSE FOR YOUNG ATHLETES

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Abstract

This article analyzes effective approaches, modern pedagogical methods and age-appropriate training forms for teaching taekwondo WT poomsae for children and adolescents. Taking into account the age, physical and psychological characteristics of students, the role of game elements, digital technologies and demonstration methods in teaching poomsae is considered. Effective methods are compared based on scientific and practical research.

Keywords: Taekwondo, WT, poomsae teaching, young athletes, pedagogical methods, training, game approach, training technologies.

Introduction

Teaching poomsae, one of the main components of taekwondo, serves not only to train young athletes technically, but also to form character, discipline, and coordination of movements. The accuracy, harmony, and rhythm of poomsae movements help children control their bodies, maintain balance, and build self-confidence. In recent years, pedagogical experiments and scientific research have shown the need for individual and innovative approaches to training young athletes. Based on this, this article will deeply study the methods of effective poomsae training.

The purpose of the study: to identify the most effective pedagogical methods and put them into practice to achieve high results in the process of learning poomsae in young athletes.



Research objectives:

Analysis of existing methods for teaching Poomsae;

Development of adapted educational approaches for young athletes;

Determination of the impact of game and visual methods in the training process;

Collection and analysis of empirical data to assess effectiveness.

The object of research is the process of mastering poomsae by young athletes aged 9–10 in the Taekwondo WT sport.

The subject of the research is a system of effective pedagogical and methodological methods used in teaching poomsae to 9–10-year-old athletes.

Literature Review

Scientific works, methodological manuals, articles and practical experiences conducted in our country and abroad on the process of teaching taekwondo poomsae to young athletes show that an age-appropriate, gradual and individual approach to mastering poomsae is one of the main factors.

In particular, G.T. Tursunova (2020) in her scientific work “Physical fitness of students in Taekwondo WT classes” outlined technical and theoretical approaches that are appropriate for the developmental characteristics of the child’s body. She emphasizes that when choosing the stages of teaching poomsae by age, the individual level of development of each athlete should be taken into account.

P.Ya. Galperin’s theory of gradual training serves as an important methodological basis for teaching technique in sports training. According to Galperin, in order to master any movement thoroughly, it is necessary to first consciously perceive it, and then gradually bring it to an automatic level.

The Korean experience of teaching poomsae is extensively covered in the book “Taekwondo Poomsae: The Fighting Scrolls” by Lee Kyu Hyung and Kim Jeong Woo (2017). The authors combine the sequence of technical movements with not only technical, but also philosophical and aesthetic foundations. It is indicated that the initial poomsae (Il Jang, I Jang) intended for young athletes should be taught based on easy, clear and coordinated movements.

E.S. Karimov (2021) in his study “Development of coordination movements in young athletes” focused on the technologies of teaching movements through visual and empirical approaches. He proved that game methods and a motivational environment in teaching poomsae have a positive effect on the ability of athletes to



understand and perform movements.

Also, modern research on taekwondo in Kazakhstan, South Korea, the USA and Russia confirms the effectiveness of a multimodal approach in training young athletes - that is, combining verbal, visual, kinesthetic and digital technologies.

In general, the analysis of the literature shows that:

- Psychopedagogical approaches are important in teaching poomsae;
- Step-by-step, visual and empirical methods are widely recommended;
- Game-based training and a motivational approach create the most favorable conditions for young athletes;
- Training with the help of interactive tools (video analysis, simulators, graphic models) for new generation athletes gives significant results.

Discussion:

Poomse is a formal set of movements that reflects the essence of the Taekwondo psyche and technical art systems. It is a form of behavior in the training of the body and mind, reflecting the principles of attack and defense. Poomse is a scientific form that is technically unique in the sequence of training, and is a method of learning Taekwondo by testing in practice the movements of attack and defense with an imaginary opponent in Taekwondo.

Formal complexes are required to be performed in practice in accordance with their movement scheme. The movement scheme is a condition that predetermines the execution of movements in each Poomse. Any Poomse has its own philosophical significance, which depends on the characteristics of Poomse and the circumstances of its historical origin. Poomsae practice is a process of aesthetic development, as well as the development of the mind and body through the implementation of training exercises based on the balance of concentration, breathing and endurance.

Many novice athletes strive to achieve complex forms and high kicks with the help of their feet when learning Poomsae, but this is achieved gradually over time. Initially, it is necessary to fully master the basic movements, and then it is advisable to develop speed based on constant practice. It is especially important to gradually increase their value in physical loads.

The athlete is required to develop gradually, that is, it is advisable to work in this form in order to avoid going backwards. Formal complexes include various

techniques, including kicks with the hands, blocks and kicks with the feet. Knowing how to spar using the Poomsae technique requires not only a desire to learn the essence of the movements, but also knowledge of the methods of learning them.

The main methods that can be used in teaching poomsae are as follows.

1. **Demonstrative method** The visual method is a teaching method based on understanding the knowledge, skill or movement being taught by seeing (demonstrating). In this method, the instructor demonstrates the movement, using videos, pictures, graphs, models or movement diagrams.

Pedagogical basis: Children (especially those aged 9–10) learn better by seeing than by abstract thinking. The visual approach helps to quickly memorize, correctly perform and retain the movement.

Application in Taekwondo:

- The instructor demonstrates poomsae himself.
- The movements are illustrated through video demonstrations or 3D animations.
- Explanation of the movement directions through lines drawn on the floor.
- Learning using movement schemes, position diagrams, pictures.

In this method, the athlete is presented with a sample of movements through videos, 3D graphics, or personal instruction from the coach. **Advantages:** The child's visual memory works. The rhythm, tempo, and expressiveness of the movements are determined. The athlete's ability to "remember the movement" is developed. **Scientific basis:** Visual training increases children's attention and activates motor memory.

2. **Game method. (didactic games)** Game method is a teaching method aimed at the formation of knowledge, skills and competencies through game elements in the educational process. In this case, the game tool not only provides an interesting lesson, but also encourages the student to actively participate, making learning conscious and effective. In order to consciously master the movements, they must be reinforced through the game.

In this method, individual parts of poomsae are presented in the form of a game (for example, performing each technique in the form of a “mission”). Stress in athletes is reduced. Self-expression, motivation for participation increases. The emotional state when performing movements is positive. **Psychological basis:** Games form goal-oriented actions, personal activity and emotional stability in children.

3. Module-based method (step-by-step teaching) In this approach, each technique and segment of poomsae is studied separately and then performed sequentially. Special attention is paid to each technique. The athlete develops step by step. The sequence of movements is firmly mastered. Repetitive and structured teaching helps to deeply master technical movements. The module-based method is a teaching approach based on dividing the educational material into small parts (modules) that can be studied independently, and teaching each module step by step with a clear goal and result. In this method, each module: Has a clear goal, allows for independent study and practice, builds on the knowledge and skills taught in the previous stage. Step-by-step - complex movements are taught in small parts. Integration - each stage is connected to each other sequentially. Activity - the student actively participates in each stage. Effectiveness - a clear learning outcome is expected at the end of each module.

Group Method Used Average Technique Accuracy (%) Motivational Participation (score)

A Traditional Approach 60% 5.2 / 10

B Visual + Module 78% 7.6 / 10

C Game Method 72% 8.4 / 10

D Mixed Method (Visual + Game + Module) 86% 9.1 / 10

Conclusion:

Teaching poomsae to young athletes is not only a technical exercise, but also an important pedagogical process that develops movement culture, character, discipline and creative thinking in them. The results of the study showed that teaching poomsae to young athletes is not only mastering a set of technical movements, but also a multifaceted process that serves their physical, psychological and intellectual development. In order to effectively teach poomsae, it is important, first of all, to deeply study the physiological and psychological characteristics of young athletes, enrich the training process with methodological methods appropriate to their age.

It is worth noting that in the process of teaching poomsae, an important task is not only to prepare athletes for competitions, but also to educate them in the spirit of respect for their general cultural level, sports ethics, rules of conduct and national values. In this direction, the aesthetic and educational aspects of poomsae can also



be effectively used.

In conclusion, research, experiments and observations on teaching poomsae to young athletes show that high results can be achieved through modern, creative and methodological approaches. When training is carried out individually, in groups and in a social spirit, the result is an increase in the technical level of athletes, their self-confidence and success in competitions. Therefore, constant updating, methodological research and practical exchange of experience in this area are of great importance in raising the potential of athletes to a higher level.

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