

## EVALUATION OF TAEKWONDO COMPETITIONS

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In our research, we stopped at the suggestion of M.A. Godik (1966, 1982), who believes that control methods and objects used in martial arts competitions relate to the size, variety and effectiveness of offensive and defensive actions.

Competition activities in three competitions of national importance were recorded and analyzed, they were later operationally processed with the use of computer technology.

MF analysis shows that the competition consists of kicking technique (100%), kicks to the body with hands - 2.1%, kicks to the body with legs - 82.3%, kicks to the head with legs - 15.6%.

Priorities in striking technique. Blows to the body with hands - 2.1%, blows with legs - 97.9%.

The percentage ratio of technical methods is as follows (Fig. 1): miro - 3360 blows (3.3%), momtom-ol'gul daro - 360 blows (0.4%), twit khuryo - 850 blows (0.8%), tweet - 13680 hits (13.2%), stream - 3840 hits (3.7%), momtom daro - 13860 hits (13.4%), olgol dollio - 2850 hits (2.8%), momtom dollio chagi - 62390 hits (60.3%), dzhirugi - 2210 hits (2.1%).

The technical actions evaluated by the judges were as follows: miro chagi - 640 blows, momtom-ol'gul daro chagi - 180 blows, tweet khuryo chagi - 360 blows, tweet chagi - 3600 blows, neryo chagi - 320 blows, momtom daro - 1450 strokes, olgol dollio - 780 strokes, momtom dollio - 6600 strokes, dzhirugi - 10 strokes.

Efficiency coefficient of offensive actions - Ksam. calculation - this is the ratio of the number of hits assessed by the referees to the number of hits made (M.A. Godik, 1982; O.P. Frolov, G.M. Vartanov, M.I. Ispandiyarov, 1986) showed that: miro chagi Ksam. - 0.190 Ksam during momtom-ol'gul daro. - 0.500 ni, Ksam during the tweet. - 0.423 ni, Ksam during the tweet. - 0.263, Ksam during the river. - 0.083, Ksam during the moment. - 0.104 ni, Ksam when mature doll. - 0.273 ni, Ksam at momtom doll. - 0.105 ni, dzhirugi Ksam. - was 0.004).

Analysis of the frequency and effectiveness of various offensive strikes during the MF, both in terms of successfully performed and evaluated by the referees, and in terms of attempts to perform technical-tactical actions and their violations, made it possible to draw the following conclusion: the most frequently used type of strikes: dollyo, when tweeting, when momtom daro; the least used type of kicks: nere chagi, twit khuryo chagi, and hand djirugi kick. However, the type of blows such as momtom-ol'gul daro, twit khuryo chag have a high coefficient of reliability, and at the same time, they are rarely used in sports competitions.

In Taekwondo, the overall coefficient of attack efficiency is equal to 0.135. The increased requirements imposed by the rules on the frequency of the use of offensive technical movements do not allow athletes to carefully prepare their shots, due to the fact that athletes

can receive warnings and even lose the competition for passive conduct. For this reason, athletes are forced to follow a technically simplified path: to attack with less effective methods that do not require long preparation in terms of time.

Such a situation greatly opposes the spectacle of competition and the variety of technical movements used in taekwondo (WT).

## CONCLUSIONS

Summarizing the above, the following conclusions can be drawn:

The most commonly used technical movements are kicking the dollio with the foot.

The last changes made in the rules of competitions led to, on the one hand, increasing the activity of conducting the competition and increasing the number of offensive actions, and on the other hand, it led to a significant decrease in technical diversity.

In order to increase the variety and reliability of the performed attacking movements, during the training process, it is necessary to focus on the preparation of more complex and diverse technical movements aimed at attacking the head, because the referees, relying on the rules of competitions, give priority to such blows.

Taekwondo players use combinations and series of strikes 24.3% of the time in their fighting moves in competitive matches. The risk of hitting and the offensive attack with a deceptive attack - 6.9%, and the hitting streak - 17.4%.

This study allowed us to make an assumption about the need to pay special attention to highly reliable technical-tactical actions, it requires the need to develop more effective methods of training and further analysis of competition activities in order to base more rational programs of training athletes.

Improvement of the pedagogical process in taekwondo is possible based on taking into account the characteristics of competitive activities of highly qualified athletes. The content of the competition activity is a landmark during the planning of training sessions at all stages of sports development. In this case, it is necessary to consider parameters of competition activities of taekwondo champions as model descriptions.