

**PROCEDURE FOR FORMING THE BALANCE FUNCTION THAT
DETERMINES THE PRECISION OF MOVEMENT IN
TAEKWONDO'S**

**TAEKVONDO BILAN SHUG'ULLANUVCHI SPORTCHILARDA
ANIQ HARAKATLAR BAJARISHDA MUVOZANAT SAQLASHNI
SHAKLLANTIRISH**

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Annotation: *This article provides information on how maintaining balance in taekwondo athletes can help the athlete achieve high accuracy in striking, defending, and counterattacking movements, thereby increasing their effectiveness in competitions.*

Annotatsiya: *Ushbu maqolada taekvondochilarda muvozanat saqlash sportchining zarba, himoya va qarshi hujum harakatlarida yuqori aniqlikka erishishini ta'minlab, musobaqalardagi samaradorlikni oshirishi uchun ma'lumotlar berilgan.*

Аннотация: *В этой статье представлена информация о том, как поддержание равновесия у спортсменов, занимающихся таэквондо, может помочь им достичь высокой точности в ударных, защитных и контратакующих движениях, тем самым повышая их эффективность на соревнованиях.*

Kalit so'zlar: *Taekvondo, muvozanat, koordinatsiya, harakat aniqligi, barqarorlik, sport psixologiyasi.*

Key words: *Taekwondo, balance, coordination, precision of movements, stability, sports psychology.*

Ключевые слова: *Таэквондо, равновесие, координация, точность движений, устойчивость, спортивная психология.*

Relevance: Taekwondo is one of the most popular sports in the world today. An athlete's victory depends not only on strength and speed, but also on maintaining balance, accurate execution of blows, and coordination stability. Especially in high-level fights, losing balance negatively affects an athlete's ability to strike or defend quickly. Therefore, it is necessary to strengthen the balance of taekwondo's through special training.

The success of taekwondo fighters in sports largely depends on technical and tactical skills, physical, psychological, functional and other types of preparation, as well as the search for new reserves for their growth. High training under the influence of special exercises significantly reduces the likelihood of boxers getting injured during training and competition, and coordination skills are developed that ensure their body position remains stable. It was found that the specificity of training athletes with a predominance of speed and endurance is reflected in quantitative indicators of statokinetic stability. An assessment of the balance function in the vertical position is given to select a set of auxiliary exercises to improve coordination skills in long-term training of taekwondos.

The development of balance in taekwondo fighters is a complex process that involves the development of proprioception, the vestibular system, and muscle control, aimed at precisely coordinating and stabilizing the body during the most dynamic movements. Training should be aimed at improving sensorimotor function, which allows taekwondo fighters to adapt to changing conditions, quickly restore balance, and increase the accuracy of their strikes

and movements. Dynamic balance: This is the ability to maintain balance during movement, which is very important for taekwondo fighters.

> When training an athlete, practicing a variety of movement types, including steps, lunges, and jumps, helps develop dynamic balance.

> Balance exercises in motion: performing exercises on balance platforms during a strike or defense.

> Stability is increased: The better a taekwondo fighters maintains balance, the less energy they lose when performing movements and the more accurately they can deliver punches.

> Reduce mistakes: Proper balance helps avoid unnecessary movements and loss of concentration, which increases overall stability and confidence in the fight.

Conclusion: Based on the above information, it is necessary to develop a complex of various exercises to increase the resistance of taekwondo fighters to various blows, improve their balance during the process of striking, and to give importance to the approach based on the individual condition of each athlete. In addition, we all know that effective results can be achieved by comparing the physical condition of Uzbek athletes with the research conducted by foreign scientists to properly develop the balance ability of athletes. We can achieve our goal by properly developing or introducing innovations in training processes in agreement with coaches.

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