



THE EFFECTIVENESS OF THE USE OF MEDICAL SUPPLIES OF RECOVER IN TAEKWONDO ATHLETES

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Article history:	Abstract:
Received: 26 th April 2023 Accepted: 20 th May 2023 Published: 20 th June 2023	In this study, have been studied the specific performance indicators of a sportsman. These indicators are integral and reflect not only the improvement of the sportsman's physical qualities, but also his or her physical condition . In recent years, physical means have been used to recovery and improve athletic abilities, and also for the prevention of sports injuries and diseases. This work is devoted to the use of physical factors, such as massage, as a means of recovery.

Keywords: taekwondo, physical rehabilitation, massage, functional study of breathing.

RELEVANCE. Martial arts lessons open great opportunities for the teacher to create the right situations in a competitive environment that requires compliance with rules, norms, sports ethics, respect for the opponent. Systematic taekwondo lessons contribute to the formation of such important qualities as concentration and switching of attention, operational thinking, emotional stability, initiative, courage and determination of students. Discussing the effectiveness of various options for organizing the educational process, it can be argued that martial arts increase the interest of students in independent physical exercises and healthy lifestyle. From these positions, martial arts in the system of physical education form not only physical, but also moral and ethical qualities in taekwondists.

In recent years, there has been a rapid development and high popularity of martial arts in Uzbekistan. In spite of the excessively stressful psychological load, taekwondo is a unique system of physical and psychological education. The current taekwondo combines the ancient principles of martial arts and training methods with the directions of development of the modern Olympic sport [8,9]. In the scientific and methodological literature by this type of sport, the basic technique, motor actions, automatic reaction and competitive activity of qualified taekwondo athletes are sufficiently covered, but complex recovery methods are very little studied [3,4].

The increase in the sports skills of martial artists, noted in recent years, is largely due to the increase in the physical fitness of athletes, the improvement of their technical and tactical skills. In Uzbekistan and abroad, a search is underway for tools and methods that contribute to the increase in the effectiveness of the training process. Various means of training sessions are being developed, formed on the basis of data obtained in the experiment. The value of this kind of information depends on how accurately the factors influencing the effect of training are identified [10].

PURPOSE: to determine the degree of fatigue, painful injuries in taekwondo athletes, to determine the effectiveness of using physical rehabilitation tools to prevent this type of injury, including massage, in order to enhance special training during combined training.

RESEARCH OBJECTIVES: To analyze the results of physical activity of the respiratory system response to functional tests of taekwondo athletes, including before and after the use of massage procedures, for individualization and improvement of the training process.

OBJECT OF RESEARCH: 20 taekwondo athletes from secondary school № 241 of Mirzo Ulugbek district of Tashkent.

RESEARCH METHODS: The following methods were used to solve the tasks:

1. Theoretical analysis of scientific and methodological literature;
2. Assessment of the functional state of the respiratory system;
3. Selection and application of general strengthening agents.
4. Mathematical and statistical methods for determining the results of experiments and observations.

RESULTS AND THEIR DISCUSSION. The analysis of modern approaches to improve the efficiency of the process of training athletes in taekwondo showed their priority areas, namely: a rational ratio of the volume, intensity of

training and competitive loads, taking into account the specifics of the sport; new approaches to planning pre-competitive mesocycles; more advanced methods of monitoring training and competitive loads, as well as a system for monitoring competitive activities in taekwondo.

The choice of restorative means with the help of the anamnesis of athletes allowed us to determine the effectiveness of massage therapy.

With the consent of the parents of the taekwondo students studied, the following procedures were performed:

Restorative massage for short breaks (1-5 minutes) between workouts.

Restorative massage between workouts (a break of 5-20 minutes)

Restorative massage between workouts and competitions (from 30 minutes to 6 hours of breaks)

Due to the fact that the investigators were teenagers, physical means, including massage, lasted 30 minutes.

The functional state of the respiratory system in taekwondo athletes using functional tests was checked using Genche, Stange, Rosenthal tests and the results obtained.

Table № 1

№	Age	Sample of Genche		Sample of Stange		Sample of Rosenthal					ЖЕЛ
		In repose (sec)	After workload (sec)	In repose (sec)	After workload (sec)	1	2	3	4	5	
1	14	8	17	8	18	1000	1000	1100	1150	1100	1000
2	14	10	8	10	4	1000	950	900	900	850	1000
3	15	8	4	6	4	1000	1000	900	900	850	1000
4	14	9	25	7	13	1000	1000	1100	1250	1250	1100
5	14	7	20	12	13	1000	1000	1050	1150	1200	1200
6	14	14	20	16	9	1000	1000	950	950	900	1000
7	15	14	10	5	9	1000	1050	1100	1200	1100	1200
8	14	12	10	7	7	1000	1000	950	900	800	1000
9	14	10	26	13	14	1000	1000	1000	1050	1050	1150
10	14	14	19	8	26	1100	1100	1000	1200	1250	1300
11	14	18	11	8	10	900	900	1000	950	900	1000
12	14	14	18	12	20	1000	1100	1200	1250	1400	1700
13	14	6	23	8	12	700	700	750	800	1000	900
14	14	13	20	4	8	1000	1000	1100	1100	1200	1150
15	15	7	10	3	5	900	900	1000	1000	1050	1200
16	14	14	20	16	9	1000	1000	950	950	900	1000
17	15	14	10	5	9	1000	1050	1100	1200	1100	1200
18	14	12	10	7	7	1000	1000	950	900	800	1000
19	14	10	26	13	14	1000	1000	1000	1050	1050	1150
20	14	14	19	8	26	1100	1100	1000	1200	1250	1300

35% of our taekwondo athletes, that is, 2,3,6,8,11,16,18, have an "unsatisfactory" indicator when determining respiratory function. Therefore, they were labeled as experimental groups, which means that the GELS for the Rosenthal test decreased each time, and the Shafranovsky test showed that the normal physical workload given to the experimental group had less respiratory function. We were able to get a standard answer in our studies under the influence of physical recovery.

The indicators of physical activity for girls aged 14-15 years before and after physical procedures were as follows:

Table № 2

№	Exercise	14-15 years	Before the use of restorative remedies		After the use of restorative remedies	
			Experimental group	Control group	Experimental group	Control group
1.	Jumping from position to length		145±2,4	157±3,8	156±2,4	170±3,5
2.	Running 30 m		5,52±1,4	5,23±1,2	5,22±1,4	5,08±0,9

The results of the study showed that massage techniques not only improved respiratory function, but also increased the strength and speed of training due to neurovascular, cardio-respiratory, neuromuscular permeability, muscle oxygen exchange, accelerated metabolism in tissues

CONCLUSIONS. Analytical studies have shown that 35% of respondents have a very low functional status due to respiratory failure, the indicated anamnestic symptoms, fatigue in high school and training, as well as a lack of trace elements in the ration.

It is recommended to include measures to normalize the respiratory system in the planning of annual training cycles, using exercises during training accompanied by improvement of diaphragmatic breathing, to select the appropriate elements of taekwondo and other sports to improve the physical qualities and abilities of the athlete. The effectiveness of technical and tactical techniques of training exercises increased in all participants of the experiment. This shows that, on the one hand, there is a sufficient level of development of dexterity and levers in complex coordinated movements, and on the other hand, it is necessary to use special exercises and physical means to improve performance.

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