

MODERN KARATE TEACHING METHODOLOGY
ZAMONAVIY KARATENI O'RGATISH METODIKASI
СОВРЕМЕННАЯ МЕТОДИКА ОБУЧЕНИЯ КАРАТЕ



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Annotation

Are basically two approaches to learning the sport of karate, modern karate and traditional karate, there is no perfect approach to teaching modern karate because there are many methods of teaching modern karate in the world, teaching modern karate is Important factors must be taken into account because, unlike traditional karate, modern karate changes. Due to the large number of learning methods, a study was conducted to analyze the different teaching methods used in karate and to create a basis for defining these teaching methods. In this study, several research methods were used to collect data. Competitions are held according to the rules approved by the World Karate Federation (WKF). Among sports, karate exercises are distinguished by their complexity and unique nature. This requires conditionally paying attention to the development of all physical and mental characteristics of the athlete, mastering complex coordination techniques with your legs and hands. Unpredictable tactical situations require the constant need to make quick and effective tactical decisions. The existence of weight categories requires a strategically thought-out physiological preparation for competitions, taking certain tactical measures necessary to reduce or reduce one's weight in a short period of time. Also, winning means the need to create effective tactics of the dispute, using the anthropometric characteristics and anthropometric characteristics of the opponent.

Keywords: sport, practice, physical education, training, training process, modeling, karate, kata, kumite.

Аннотация

По сути, это два подхода к изучению каратэ: современное каратэ и традиционное карате. Не существует идеального подхода к обучению современному каратэ, поскольку в мире существует множество методов обучения современному каратэ, поэтому необходимо учитывать важные факторы. во внимание, потому что, в отличие от традиционного каратэ, современное каратэ меняется. В связи с большим количеством методов обучения было проведено исследование с целью анализа различных методов обучения, используемых в каратэ, и создания основы для определения этих методов обучения. В этом исследовании для сбора данных использовалось несколько методов исследования. Соревнования проводятся по правилам, утвержденным Всемирной федерацией каратэ (WKF). Среди видов спорта упражнения каратэ отличаются своей сложностью и уникальностью. Это требует условно уделять внимание развитию всех физических и психических особенностей спортсмена, освоению сложных координационных приемов ног и рук. Непредсказуемые тактические ситуации требуют постоянной необходимости принятия быстрых и эффективных тактических решений. Существование весовых категорий требует стратегически продуманной физиологической подготовки к соревнованиям, принятия определенных тактических мер, необходимых для снижения или уменьшения своего веса в короткий период времени. Также победа означает необходимость создания эффективной тактики ведения спора, используя антропометрические характеристики и антропометрические характеристики противника.

Ключевые слова: спорт, практика, физическое воспитание, тренировка, тренировочный процесс, моделирование, карате, ката, кумитэ.

Annotatsiya

Karate, zamonaviy karate va an'anaviy karate sportini o'rganishda asosan ikkita yondashuv borm, zamonaviy karateni o'rgatishda mukammal yondashuv mavjud emas, chunki dunyoda zamonaviy karateni o'rgatishning ko'plab usullari mavjud, zamonaviy karateni o'rgatish muhim omillarni hisobga olish kerak, chunki an'anaviy karatedan farqli o'laroq zamonaviy karate o'zgaradi. Ta'lim usullari ko'p bo'lganligi sababli, karateda qo'llaniladigan turli xil o'qitish usullarini tahlil qilish va ushbu o'qitish usullarini belgilash uchun asos yaratish uchun tadqiqot o'tkazildi. Ushbu tadqiqotda ma'lumotlarni to'plash uchun bir nechta tadqiqot usullari qo'llanildi. Musobaqalar Jahon karate federatsiyasi (WKF) tomonidan tasdiqlangan qoidalarga muvofiq amalga oshiriladi. Sport turlari orasida karate mashqlari murakkabligi va o'ziga xosligi bilan ajralib turadi. Bu sportchining barcha jismoniy va ruhiy xususiyatlarini rivojlantirishga shartli e'tibor berishni, oyoq va qo'llar bilan murakkab muvofiqlashtirish usullarini o'zlashtirishni talab qiladi. Kutilmagan taktik vaziyatlar tez va samarali taktik qarorlar qabul qilish uchun doimiy ehtiyojni talab qiladi. Vazn toifalarining mavjudligi musobaqalarga strategik o'ylangan fiziologik tayyorgarlikni, qisqa vaqt ichida vaznni kamaytirish yoki kamaytirish uchun zarur bo'lgan muayyan taktik choralarni ko'rishni talab qiladi. Shuningdek, g'alaba qozonish raqibning antropometrik xususiyatlari va ulardan foydalangan holda nizoning samarali taktikasini yaratish zarurligini anglatadi.

Kalit so'zlar: sport, amaliyot, jismoniy tarbiya, mashg'ulot, mashg'ulot jarayoni, modellashtirish, karate, kata, kumite.

The purpose of the study: The purpose of the research: prospective improvement of the methodical processes of modern karate training, which uses educational methods to teach modern karate to athletes based on their will.

Research task: organization of a modern method of karate training and improvement of karate training indicators.

Organization of research: Analysis of research results, theoretical analysis, study of preparatory processes, application of effective priorities.

Research discussion: You may have already read or heard testimonials that martial arts like karate can greatly help in boosting one's self-confidence. In most martial arts classes, a person is always encouraged to believe in themselves. Nothing is impossible if they believe enough in their abilities. So, ultimately, this positive encouragement leads to confidence building. In karate, like all sports, when evaluating the effectiveness of physical training equipment, it is appropriate to proceed from the characteristics that determine the qualitative and quantitative impact of specially directed loads on one or another movement qualities and functional capabilities of the athlete's body.

Introduction

Traditional karate- this is the original karate. It originated as a martial art in Okinawa, Japan. The original karate has its roots as an unarmed self-defense system. It is influenced by Chinese martial arts and has a history of more than two thousand years. On the other hand, sport karate is derived from traditional karate.[5] The technique of this art is based on the stances and kicks of Japanese karate, but adapted to be competitive. The purpose of traditional karate is self-defense and survival. It is based on the concept of a "finishing blow", meaning that the last blow

of the fight is enough to render the attacking opponent unconscious incapacitated. In traditional karate competitions, the point is awarded to whoever lands the final blow. The purpose of this fighting technique is to develop a well-balanced mind and body through practice.[3]

Modern karate– is a competitive version of karate adapted for tournament play. It is characterized by an emphasis on speed, strength and technique, and it often involves sparring with protective equipment. In sport karate, points are awarded for successful kicks, kicks, and other techniques, and the goal is to score more points than your opponent. Sport karate is often faster and more action-packed than traditional karate, which is usually used for competitive purposes rather than self-defense.[6] Awarded to the fastest and most accurate hit on the target with the foot or fist, so there is no need for a finishing blow. The goal is to cultivate a fighting spirit and win the battle. Modern karate classes are conducted on modern equipment that replaces wooden floors. Matted floors are installed to provide a safer environment, especially for children. Modern karate styles are more fluid and reactive, designed for modern fighting. Sometimes other techniques are adapted so that students learn the most effective method of self-defense [2]

What does WKF mean? The World Karate Federation (WKF) is the largest international karate association of sport karate with 198 member countries. It is the only karate organization recognized by the International Olympic Committee and has over one hundred million members. WKF is the foundation of modern karate.[4]

Chief referee of the National Karate Federation of Uzbekistan Jalilov. B. J. developed and implemented a self-efficacy program for working with karate athletes. The program works with athletes to model training and competition, building their confidence and self-management skills. Covers aspects. A number of studies by local and foreign authors show that children and teenagers have been researched on the question of what features they take into account when choosing a modern or traditional style of karate.[1]

Material and method

The purpose of our research is to study the motivations of young karate players, children, teenagers and adults in choosing the modern or traditional direction of karate sport. Research methods. Experimental base of the research: "Alfraganus karate club", Participants - athletes of the initial training group, 10 people aged 7-12 years, 10 people aged 12-17 years.

The table contains a statement of the basics of modern karate divided into 3 blocks:

The table shows the responses of 7-12-year-old and 12-17-year-old young karate players to block 1 - personally important motivation for choosing a sportcomparison is presented.

Comparison of self-ratings of personal importance of motivations for studying sports in groups of 7-12 and 12-17-year-old karate players.

No	List of statements	Groups (age)	Answers		
			rarely	often	Always
1	I am with strong opponentsI want to compete	7-12	40%	0%	60%
		12-17	0%	0%	100%
2	I chose karate to participate in	7-12	100%	0%	0%
		12-17	100%	0%	0%

	the competition				
3		7-12	80%	10%	10%
	I choose to fight by the rules	12-17	60%	20%	20%
4		7-12	100%	0%	0%
	I am a famous athletei want to be	12-17	100%	0%	0%
5		7-12	90%	10%	0%
	I only practice karate to fight	12-17	70%	20%	10%

The data presented in the table show that there are certain differences in the assessment of personally important motives for choosing sports. First, it can be noted that the motivation of young karate athletes increases with age, and young athletes with low interest in trainingless. For example, this is evident in the choices of young karate players in sentences such as "I want to compete with strong opponents", "I chose karate to participate in the competition", "I want to become a famous athlete". at high rates in the 11-12 and 12-17 age group,

It should be emphasized that young karatekas are not psychologically prepared for competitive activities, which is evident from the conclusion "If there is a fight with a strong opponent, I am happy to have the opportunity to test myself", young people. Karate players aged 7-12 chose the answer "rarely". Sports practice shows that the desire to participate in the first competitions is high, which in itself indicates the height of enthusiasm from traditional karate to modern karate.

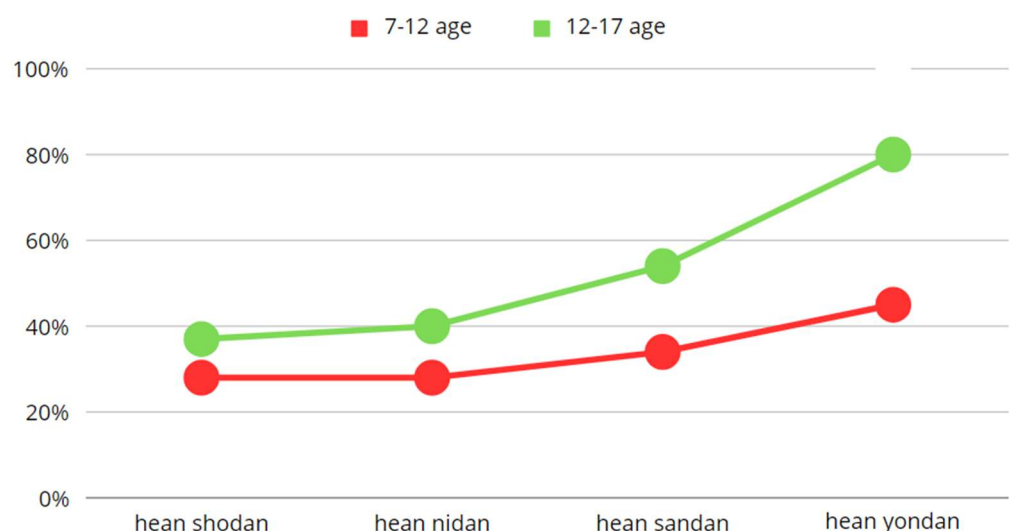
In teaching modern karate taking into account the motivations of modern karate karate practitionersresearchcarried out:

Modern Research on the development of karate teaching methods uses research and development methods. The products developed in this study can be used to study or identify motivational factors for karate in karate martial arts. Uses the karate style and tool development model. The study was conducted between November 2023 and December 2023.

Research methods

Experimental base of the research: "Alfraganus karate club", Participants and athletes of the initial training group, 10 people aged 7-12 years, 10 people aged 12-17 years. Athletes were divided by age and were taught the first 4 takata for a month, and the indicator of their mastery was presented through a diagram. During the month, it was decided to give the belt to the sportsmen by encouraging them according to the mastery index. The absorption rate is shown as a maximum percentage of 100%.

The hean shodan
The second hean nidan
The third hean sandan
The fourth hean yondan



Research results

The information we received is from young karate players Modern karate Their desire to increase in weight loss became important. Several trends can be noted: first of all, karate players. Therefore, in a competitive environment, the attention of coaches to create a psychological environment in the section should be a priority. At the same time, it is important to emphasize the important role of the coach, who, on the one hand, strives to fulfill all the tasks of the coach, and on the other hand, he must take into account the expectations of young karate players.

Debate: The results of the study showed that the development of the conducted instrument had a high validity and reliability value, it can be assumed that this instrument can be used to measure the motivation of karate athletes.

Conclusion

The conducted studies show that it is important to study the self-efficacy of young karate athletes in the organization of sports activities of young karate athletes. This is because the self-efficacy of young karatekas is closely related to high motivation, the desire to compete with a stronger opponent, cooperation, and the desire to overcome difficult situations. The results show that the self-efficacy assessment of young karate athletes increases with age, while among young karate athletes there are athletes with high, average and low self-efficacy assessments. In order to further study the problem, it is necessary to study the factors influencing the development of self-efficacy of young karate players. According to the results of the analysis carried out during the development of this motivational tool, it can be concluded that the motivational tool developed for application to karate athletes has good results, so it can be used. This tool is also expected to be a tool for other sports that want to know the motivation of athletes to compete and how much this motivation affects the performance of athletes.

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