

STABILITY OF MAINTAINING BODY BALANCE AMONG YOUNG TAEKWONDO FIGHTERS AND ITS IMPORTANCE FOR PERFORMING ACCURATE BLOWS WITH THE RIGHT AND LEFT LEGS

Bektosh Shomurod oqli Rakhmatov
Uzbek State University of Physical Culture and Sports,
Chirchik, Uzbekistan

ABSTRACT

The article analyzes the results of the study of the stability of maintaining body balance among young taekwondo athletes 15-16 years old in the Yopchage poses with support on the left and right legs, as well as the accuracy and speed of serial strikes against the background of the aftereffect of 15 seconds of body rotation to the right and left. At the same time, not only an insufficiently developed ability to maintain body balance with support on a leg of a different name was established, but also a pronounced asymmetry was found in the manifestation of the accuracy and speed of performing serial blows with the right and left legs in the aftereffect of 15 seconds of rotation of the body to the right and to the left.

Keywords: Young taekwondo fighters, equilibrium, body, sustainability, accuracy, body rotation to the right and left, asymmetry.