

## ANALYSIS OF CHILDREN'S TAEKWONDO TRAINING IN CHINA

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**АНАЛІЗ ДИТЯЧОГО ТРЕНУВАННЯ ТХЕКВОНДО В КИТАЇ** Юй Шань (*Харківська державна академія фізичної культури*)

**Анотація.** Вправи на ранній стадії – основа для досягнення успіху атлетів. Вправи в дитячому віці повинні не лише узгоджуватися з методом вправи, але і комбінуватися з дитячими фізіологічними і психологічними характеристиками. У статті розглянуті фізіологічні і психологічні характеристики дітей в п'яти аспектах проаналізовані проблеми навчання у дитячому тхеквондо.

**Ключові слова:** тхеквондо, дитячі тренування, психологічні характеристики, фізіологічні характеристики.

**Introduction.** The history of taekwondo has been a matter of contention. Taekwondo organizations officially state that taekwondo was derived from earlier Korean martial arts. Others state that taekwondo is derived from native Korean martial arts with influences from neighboring countries or that it was partially affected by karate during the Japanese occupation. Currently, taekwondo is practiced in 123 countries, with over 30 million practitioners and 3 million individuals with black belts throughout the world. It is now one of only two Asian martial arts that are included in the Olympic Games; it became a demonstration event starting with the 1988 games in Seoul, and became an official medal event starting with the 2000 games in Sydney.

Taekwondo is known for its emphasis on kicking techniques, which distinguishes it from martial arts such as karate or southern styles of kung fu. The rationale is that the leg is the longest and strongest weapon a martial artist has, and kicks thus have the greatest potential to execute powerful strikes without successful retaliation. Historically, the Koreans thought that the hands were too valuable to be used in combat. Taekwondo as a martial art is popular with people of both genders and of many ages. Physically, taekwondo develops strength, speed, balance, flexibility, and stamina. An example of the union of mental and physical discipline is the breaking of boards, which requires both physical mastery of the technique and the concentration to focus one's strength.

Since taekwondo developed in several different kwans, there are several different expressions of taekwondo philosophy. For example, the tenets of the ITF is said to be summed up by the last two phrases in the ITF Student Oath: "I shall be a champion of justice and freedom," "I shall build a better and peaceful world". Alternatively, the Kukkiwon philosophy, the Han Philosophy, is based on Eastern principles of samje (three elements), eum (negative or darkness) and yang (positive or brightness) with samjae referring to cheon (sky or heaven), ji (, the earth), and in ( a man or a person). The origins of these concepts originate from the Chinese classic "Book of Changes" which is considered to be one of the main canons of East Asian Philosophy.

**Research purposes.** Currently in China, there are three problems in the training of children and teenagers: 1) Intensive training which is in preparation for various types of competition; 2) In the training coaches use the same methods, which are no distinctions of the ages and levels; 3) lack of scientific training methods and sustainability of training. These will impede the growth and development of children, reducing training effect. Article discusses the physiological and psychological characteristics of children, in the five aspects analyses the problems on Current Chinese children's Taekwondo training, which should be paid attention and Proposes solutions to these problems.

**Research object.** 90 children, who are practise Taekwondo in the Chinese city—Handan.

Research manners. 90 subjects divided into A, B two groups, to do a series of experiments, contrast the experimental results.

Research results. After special emphasis of standardized training, the route accuracy ratio and kicking target accuracy ratio of Group A are better than Group B. the heart rate of group A are much moderate than Group B.

The action of Taekwondo is simple and fast. It is easy to learn and practice, in a short of time can get the capability of fighting. So in China many teenagers begin the training of Taekwondo. Currently in China, there are three problems in the training of children and teenagers: 1) Intensive training which is in preparation for various types of competition; 2) In the training coaches use the same methods, which are no distinctions of the ages and levels; 3) lack of scientific training methods and sustainability of training. These will impede the growth and development of children, reducing training effect.

1. Psychological and physiological characteristics of children.

1.1. The psychological characteristics of children.

Children's attention is easily disperse; concentrated time is short; Motor memory feeling and flexibility and sensitivity of thinking are poor, but these capabilities are in the best period of development.

1.2. The physiological characteristics of children.

In the children's growth and development stages, there are special characteristics in their shape and function of organ systems.

Bone: This period, the toughness of bone is good, not easy to fracture, but easy to deform.

Muscle: Muscle strength is weak; the endurance of muscle is poor; it is easy fatigue. The development of muscle is uneven and the development of small muscles is slow.

Joints: The range of joint's activities is large but stability of joint is poor. If under external force the joints are easily dislocated.

The function of cardiovascular system: the rate of heart is fast ; the blood pressure is low; the functions of cardiovascular system are developed imperfectly.

2. The best period of children's physical fitness and training measures.

Table 1.

**The best period of children's physical fitness and ages**

Physical types	Boys (ages)	Girls (ages)
Absolute power	11-13	10-13
Instantaneous power	7-13	7-13
Strength endurance	7-17	<15
Reaction	6-12	6-12
Endurance	10-13	9-12
Coordination	6-14	6-14

Table 1 shows the characteristics of children's physical development. This period can do a lot of speed exercises, coordination and reaction speed training. In absolute strength training should be combined with speed and power, mainly to do dynamic training, while the static nature of the training as the supplement. In endurance training, aerobic endurance as the main training, anaerobic endurance training as the secondary.

2.1. In the process of training should pay attention to:

Doing enough preparations to avoid muscle strains and joint sprains.

Arrangements for a reasonable amount of exercise to prevent injuries, and avoid the physical development of children negatively.

To improve children's instincts. Tae Kwon Do athletes need to have a good explosive power and endurance, conducting training exercises should focus on doing an instant force to increase its explosive power. In order to improve endurance, do more aerobic endurance training.

Pay attention to the training of leg. Good flexibility is the basis for the completion of

difficult skills. Do regular stretching and kicking exercises, so that the leg joints can be opened to maximize heterozygosity and at the same time children need to improve the capability of muscles and ligaments stretching.

3. The methods of improve problems in the Children's Taekwondo training.

3.1. Consider the ideas and purposes of Taekwondo.

In the process of Taekwondo training should emphasis on etiquette education. Taekwondo emphasizes physical and spiritual development so that children can get an indomitable spirit and good moral self-cultivation.

3.2. According to the characteristics of children's psychological development, pay attention to training more targeted.

In the children's training, according to children's growth and development of central nervous system characteristics, should pay attention to these questions: First, make use of training games and competitions, to avoid the monotonous and increase interesting in the process of learning. Secondly, multi-use visual teaching methods, such as action demonstrations, viewing CDs, models. Adopt vivid language to explain the forms of actions. Finally, arrange a short break so that students can feel comfortable, energetic and have good mood.

3.3 In the strength training, should pay attention to exercise time and intensity.

Child's skeleton has not fully developed, the capacity of bone to withstand the pressure are weaker than adults; muscles and ligaments are also weak. Therefore, when children do strength exercises, coaches need to control the time of training and combining static and dynamic exercises.

3.4 Pay attention to the training of nervous system, and improve the capabilities of coordination. Increasing their sense of muscle movement ;cultivate their sense of rhythm during the exercise and take some active relaxation exercises.

3.5 Identify training priorities and direction. In the Taekwondo training of children, action should be standardized as the emphasis, but the coach should not much mephasize on the strength and speed of movement. Children are easily affected by the impact of mental instability and the stabilite of the movements' formations are very poor. During the initial training, the standardization level of basic action will influence the level of their subsequents' movements greatly.

Table 2 are experiment results of children ,who are practise Taekwondo in the Chinese city—Handan. 90 subjects carried out before the training of kicking target, divided into A, B two groups, Group A standardized training in use of stress, B using the general training, training after-school three times, each ap-chagi ten times. Get these results:

Table 2.

### The results of Taekwondo training for children's group

Group	Route Accuracy ratio	kicking target Accuracy ratio	An average height of Kicking	Heart rate after the completion of action
A	93%	88.5%	The up of head	103 times/min
B	59%	47.7%	Neck	111 times/min

The result of table 2 shows that after special emphasis of standardized training, the route accuracy ratio and kicking target accuracy ratio of Group A are better than Group B. The standard action make the children keep coordinative actions and stability of self-gravity. Therefore, the heart rate of group A are much moderate than Group B.

Conclusion:

1. The aim of Taekwondo training for children should be targeted. In the training coaches should use different methods, which are distinctions of the ages and levels.

2. Taekwondo coaches should arrange the intensity and time of training for children reasonably in order to avoid sports injuries and make standards of children's sports can be developed sustainable.

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## АНАЛИЗ ДЕТСКОЙ ТРЕНИРОВКИ ТХЕКВОНДО В КИТАЕ

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**Аннотация.** Упражнения на ранней стадии – основа для достижения успеха атлетов. Упражнения в детском тхеквондо должны не только согласоваться с методом упражнения, но и комбинироваться с детскими физиологическими и психологическими характеристиками. В статье рассмотрены физиологические и психологические характеристики детей, в пяти аспектах проанализированы проблемы обучения в детском тхеквондо.

**Ключевые слова:** тхеквондо, детские тренировки, психологические характеристики, физиологические характеристики.

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**Annotation.** Exercises in the early stage are the basis for the success of athletes. Children Taekwondo teaching and exercise should not only conform to the exercise method of Taekwondo, but also be combined with children's physiological and psychological characteristics. Article discusses the physiological and psychological characteristics of children, in the five aspects analyses the problems on Current Chinese children's Taekwondo training, which should be paid attention and Proposes solutions to these problems.

**Key words:** Teakwondo; Children's training; Psychological characteristics; physiological characteristics.