DEVELOPMENT OF PHYSICAL FITNESS OF YOUNG TAEKWONDO AT THE STAGE OF INITIAL TRAINING

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Abstract
This article considers the need to analyze the existing methods and pedagogical conditions for achieving the required level of readiness for the development of physical qualities at the stage of physical training in the initial preparatory group, as well as methods for their assessment.

Keywords: taekwondo, physical training, competition, training-exercise, preparation, assessment

Relevance of the research topic:
Taekwondo is a martial art that originated in Korea and has become popular worldwide. It is estimated that around 80 million people practice taekwondo on various continents. This sport is especially popular among children, as evidenced by the large number of gyms dedicated to taekwondo**.**
In Korea, for example, there were about nine thousand such halls in operation at the end of 2018. Most of the participants are elementary school students, which explains the existence of training programs adapted for this age group.
The popularity of taekwondo can be explained by the combination of ancient principles and training methods with modern trends in sports. This art is a unique system of physical education and self-development that contributes not only to improving physical fitness, but also to the formation of important life skills and values.
Taekwondo is an effective tool for developing a harmonious personality, which makes it attractive to people of different ages and levels of training [58].
The problems of physical fitness of young taekwondo athletes were studied by such scientists as Yu. V. Verkhoshansky [19], G. A. Dorofeeva, [27], D. A. Kostromin [34], A. S. Mavletkulova [40], I. G. Pogorelova [45], A. M. Simakov. [49], Chin Dzhuny. [57]. In their research, scientists note the need to pay great attention to the development, first of all, of the physical fitness of young taekwondo athletes.
In her work, Shchetinina S.Yu.[67] asserts that physical fitness is the basis for improving sports technique, which is considered as a manifestation of the motor capabilities of a taekwondo practitioner. To achieve high sports results, it is important to combine various physical qualities: strength, endurance, agility, coordination and speed abilities. These qualities must be developed in various combinations, creating the prerequisites for victory in combat.

A number of studies on acyclic and complex coordination sports emphasize the need to pay attention to improving physical abilities, and taekwondo (WTF) is no exception [12,16,21,38,56]. There is a need for scientific confirmation of the expediency of using special exercises aimed at developing physical abilities as a targeted system in this sport. In this regard, we were interested in the problem of studying physical training in the training process of young athletes, which determined the choice of the topic of our work.

The above determined the relevance of the chosen research topic.

Purpose and objectives of the study, object and subject of the study

The purpose of the study is to increase the effectiveness of the general physical fitness of young taekwondo athletes aged 10-11 years based on the complex conjugate development of physical qualities using game and competitive methods.

The goal was specified by solving the following tasks:

1. To determine the role of general and special physical training in taekwondo at the stage of initial sports training, the main methodological approaches, and the features of physical development of the modern contingent of those involved.
2. To develop a methodology for developing the physical fitness of young taekwondo athletes aged 10-11 years based on the comprehensive, combined development of physical qualities using a game and competitive method.
3. To experimentally substantiate the effectiveness of the experimental method of physical training of young taekwondo athletes aged 10-11 years based on the complex conjugate development of physical qualities using the game method.

CONCLUSION

In the course of the study, a methodology for the physical training of young taekwondo athletes aged 10-11 years at the initial training stage was developed and substantiated, which is an important contribution to the field of sports pedagogy and training of young athletes.

The initial training stage was identified as critical for developing the basic physical qualities needed for successful performance in competitions and mastering the taekwondo technique. At this stage, the foundations are laid that will determine the athlete's further development both physically and technically.

1. The results of the experiment confirmed the hypothesis that the use of an integrated approach to the training process leads to significant improvements in the physical fitness of young athletes. Participants in the experimental group who were trained using the developed methodology demonstrated significant increases in physical activity compared to the control group. For example, the increase in the number of push-ups was 42.86%, which is an impressive result and indicates a high level of effectiveness of the proposed program. These

data confirm that the targeted use of game elements, various exercises and individual approaches in the training process contributes not only to the improvement of physical qualities, but also to the increase in motivation of young athletes.

2. During our study, we tested the functional indicators of physical fitness of young athletes at the beginning and end of the experiment. The percentage increase in heart rate (HR) in the experimental group was 4.12%, while in the control group it was 2.70%. Thus, in both groups there was a decrease in heart rate, but in the experimental group this decrease was greater. The percentage increase in the deadlift strength indicator in the experimental group was 20.19%, while in the control group it was only 2.86%. These data highlight the significant improvement in physical strength in participants who trained according to the developed method compared to those who did not undergo specialized training.

This result indicates the high effectiveness of training in developing muscle strength in children. The increase in the PWC 170 test index in the experimental group was 12.94%, while in the control group it was 4.18%. These results indicate that the experimental group participants achieved a more significant improvement in aerobic endurance compared to the control group.

Thus, all three indicators demonstrate positive changes in the experimental group.

1.The results of our study confirm the effectiveness of the developed training methodology aimed at developing the functional indicators of young athletes and emphasize the importance of an integrated approach to physical training in taekwondo.

The use of pedagogical observation and methods of mathematical statistics allows for more accurate evaluation of training results and adaptation of the program depending on the progress of each athlete. This gives coaches the opportunity to more effectively manage the training process, which ultimately leads to better results in competitions.

The implementation of the obtained results in the practice of coaches will significantly improve the quality of training of young athletes and their competitiveness in the sports arena. The use of the developed methodology can become the basis for creating more extensive training programs that take into account not only physical, but also psychological, social and cultural factors.

Thus, the results of the study open up new opportunities for the development of methods for training young taekwondo athletes and contribute to the formation of a healthy and physically developed generation of athletes ready to achieve at a high level. The developed methodology significantly increased the level of physical training and readiness for competitions among young taekwondo athletes, providing a comprehensive approach to their development.

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