

# Research on the Essentials and Skills of Taekwondo Technical Training

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**Abstract:** Research on the essentials and skills of taekwondo technical training is the focus of this paper. Through the aesthetic stage of Taekwondo's aesthetics, it summarizes the aesthetic intuition, aesthetic comprehension and aesthetic transcendence of the aesthetic subject in the aesthetic activities, and what kind of aesthetic function the subject should have in the aesthetic transcendence link. Taekwondo special athletes have relatively stable skills, basic specifications, and have the certain actual combat ability and competition experience. In the special training, it is necessary to combine the characteristics of the project and the specific conditions of the athletes. This paper gives the novel ideas for the efficient training.

**Keywords:** Essentials and skills; taekwondo; technical training; methodology design; data mining

## 1. INTRODUCTION

Taekwondo special athletes have relatively stable skills, basic specifications, and have the certain actual combat ability and competition experience. In the special training, it is necessary to combine the characteristics of the project and the specific conditions of the athletes, appropriately increase the physical training under the premise of further focusing on technical and tactical training, and reasonably arrange the exercise load, so as to comprehensively improve the athletes' competitive level. Taekwondo has a certain amount of some exercise and exercise intensity load, and is a sport that the human body can withstand. It can make people strong and the bones, improve people's speed, reaction, sensitive strength and also endurance quality, improve the function of human internal organs and the flexibility of the human nervous system, and enhance the human body's ability to fight and resist [1-5].

At the same time, through offensive and defensive exercises, we can learn to master practical techniques and the ability to defend yourself, and develop real skills for maintaining social justice. Taekwondo is a confrontational sport that focuses on the combined use of manipulative and leg techniques. It also has certain requirements on the endurance and flexibility of the body. In the taekwondo movement, there are many exercises about the leg method, and the leg method is also a relatively concentrated exercise method in the taekwondo movement. There are many ways to learn the leg technique. Through high and low, left and right, straight bends, etc., the actual combat of the confrontation can be improved, thereby improving the probability of winning from listed aspects.

(1) The basic movement training of Pinshi is the basis for creating the artistic conception of the Taekwondo. Every basic movement is a necessary part of the composition of the posture, and the connection of the movements of the posture and the mastery of the difficult movements are the necessary tasks at this stage. One of the ultimate goals to be achieved in this link is to complete the whole set of movements skillfully and accurately.

(2) In the process of the taekwondo teaching and training, in terms of the speed quality of students, the special speed quality that is mainly emphasized is the reaction speed, the

pace movement speed and the action speed. The main teaching and training methods used to improve the speed of taekwondo of students mainly include reaction speed training using signals or targets, pace movement speed training using various pace exercises between marches, and single action or combination of actions. The fast training of the action and speed training and other methods.

(3) In the process of practicing Taekwondo Pinshi, the realization of the fighting mood of Pinshi achieves the spiritual realm of further forgetting reality and transcending perception, thus reaching the highest level of creation at this stage, which is also the experience and discovery of the philosophy of life. Of course, this philosophy of life is thousands of then absolutely, everyone's experiences and discoveries are different, and they belong to the individual's artistic conception [6-9].

In the figure 1, the general framework of the taekwondo technical training is presented and in the next sections, the details will be discussed.



Figure. 1 Taekwondo Technical Training

## 2. THE PROPOSED MODEL

### 2.1 The Basis of the Taekwondo

For taekwondo, although the requirements for physical fitness are focused, they are focused on the premise of the overall development. However, the focus is on the general premise of comprehensive development and must not be neglected. The reason why the reason for this is that all physical qualities affect each other. The lack of one aspect will inevitably have an impact on the development of other qualities [10-12].

In the process of Taekwondo Pinsei exercises, it is important to make sure that the practitioner is proficient in the basic technical movements of Pinsei. Only on the basis of mastering the technical movements of Pinsei It is only on the basis of the mastery of the technical movements that the taekwondo posture can be aesthetically correct. This is the premise and guarantee of the aesthetics of the posture. In the process of the gesture exercise, the practitioner is familiar with the basic technical movements of taekwondo gestures.

After mastering basic taekwondo techniques, the practitioner must actively create his or her own fighting mood, because fighting is already the core of the taekwondo aesthetic. We should then consider listed focuses.

(1) Interval training is the practice of some resting strictly at intervals after one exercise load, before proceeding to the next exercise. To take this training method to reasonably arrange the intensity of each exercise with the number of repetitions and intermission time.

(2) Specifically, in the process of taekwondo teaching and training in colleges and universities, it is necessary to comprehensively improve the physical fitness level of students through physical fitness training, including strength training, speed training, endurance training, flexibility training, and sensitivity training. aspects of the content.



Figure. 2 The Basis of the Taekwondo Training

### 2.2 Essentials and Skills of Taekwondo Technical Training

In taekwondo training, the task of cultivating athletes' rational use of the tactical ability under various complex conditions should be placed in an important position.

Tactical ability includes tactical awareness, tactical theory, tactical quality, tactical quantity and tactical application. The abilities are integrated and finally put into practice.

At the same time, the use of the tactics must be pertinent, effective and flexible, and use tactics flexibly and flexibly according to the ever-changing situation on the field, and then strive to make the situation develop in a direction that is beneficial to oneself. Due to the contradiction between the technical requirements of taekwondo and the physiological

structure of the human body, the injury of the ankle ligament occupies the first place in all kinds of injuries. Among them, the lateral ligament of the ankle joint is the most injured, which is due to the anatomical structure factors such as the supratolar joint of the ankle joint being large and small in front and back, the lateral ligament is weaker than the medial ligament, and the lateral malleolus tip is lower than the medial malleolus tip. In training, the quick transition of offense and defense, moving and dodging need to quickly change the center of gravity and moving direction of the body, which will cause excessive varus of the ankle joint, causing damage to the lateral ligament; Back kick, when the foot leaves the ground, the foot is naturally in the plantar flexion and varus position. If the center of gravity is unstable or the field is uneven when landing, the front and outer side of the foot will land on the ground, and the body will tilt to one side, resulting in lateral ligament damage. According to the theoretical analysis of the sports training item group, Taekwondo is a skill-oriented combat confrontation project, with technology and skills taking the lead, followed by physical fitness. In terms of its confrontation characteristics and the elements of the technology itself, speed is more important than strength, specific endurance is more important than general endurance, and accuracy is more important than the number of legs. Especially with the revision of the new rules, the hitting scale for the head is completely relax, as long as there is contact to score, which puts forward higher requirements for flexibility.

## 3. CONCLUSIONS

Research on the essentials and skills of taekwondo technical training is the focus of this paper. Sensitive quality is the ability of the taekwondo athletes to then complete technical movements quickly, accurately and flexibly during exercise. Athletes must have a high level of sensitive quality in order to successfully complete a series of difficult movements in the process of exercise. In the future, we will apply the model into the applications.

## 4. REFERENCES

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