

MASTERING THE ART OF PRE-COMPETITION TRAINING: THE EXPERIENCE OF HIGHLY QUALIFIED TAEKWONDO ATHLETES

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Annotation: Pre-competition training is a critical component of any Taekwondo athlete's journey to success. It is a time to hone their skills, push their bodies to their limits, and prepare both physically and mentally for upcoming competitions. Highly qualified Taekwondo athletes understand the importance of pre-competition training and the strategies needed to master this art. In this article, we will look at the experiences of highly skilled Taekwondo athletes and the tips they use to master the art of pre-competition training.

Keywords: training, pre-competition, pre-competition training, qualified Taekwondo athletes.

Understanding the importance of pre-competition training for Taekwondo athletes

Pre-competition training is essential for Taekwondo athletes as it allows them to prepare their bodies and minds for the challenges ahead. It is a time to refine techniques, improve endurance, and work on mental toughness. Pre-competition training also helps athletes to establish good habits and routines, which can be carried over to competition day.

Taekwondo athletes who take pre-competition training seriously understand that it is a time to push themselves beyond their limits. They know that their opponents will be doing the same, and they need to be prepared to perform at their best. Pre-competition training is also an opportunity to identify and correct weaknesses, which can make all the difference when it comes to winning competitions.

The physical preparation for pre-competition training

Physical preparation is a crucial part of pre-competition training for Taekwondo athletes. It involves conditioning the body to handle the demands of competition, including strength, flexibility, and endurance training. Strength training involves exercises that target specific muscle groups, such as squats, lunges, and push-ups. Flexibility training aims to increase the range of motion of the joints, which can reduce the risk of injury. Endurance training involves activities that increase cardiovascular fitness, such as running, cycling, or swimming.

Taekwondo athletes must also focus on their techniques during pre-competition training. This involves practicing kicks, punches, and blocks repeatedly to ensure they are executed correctly. It is also essential to practice sparring with other athletes to simulate real competition scenarios.

The mental preparation for pre-competition training

Mental preparation is just as important as physical preparation for Taekwondo athletes during pre-competition training. It involves developing mental toughness, focus, and confidence. Mental toughness enables athletes to push through the physical and mental challenges they may face during competitions. Focus allows them to concentrate on the task at hand, while confidence gives them the belief that they can succeed.

Mental preparation techniques include visualization, meditation, and positive self-talk. Visualization involves imagining yourself performing at your best in competition, while meditation can help to

reduce stress and anxiety. Positive self-talk involves using affirmations and positive statements to reinforce belief in yourself and your abilities.

The role of nutrition in pre-competition training

Nutrition plays a crucial role in pre-competition training for Taekwondo athletes. It is essential to fuel the body with the right nutrients to ensure optimal performance. A balanced diet that includes carbohydrates, proteins, and fats is necessary to provide the energy required for training and competition. Carbohydrates provide the body with the energy it needs, while proteins help to build and repair muscles. Fats are essential for maintaining overall health and providing energy during endurance activities.

Hydration is also essential during pre-competition training. Athletes should drink plenty of water to ensure they are properly hydrated. Dehydration can lead to fatigue, reduced performance, and increased risk of injury.

The training regimen of highly qualified Taekwondo athletes

Highly qualified Taekwondo athletes have a rigorous training regimen during pre-competition training. They train for several hours each day, focusing on specific areas of their performance. They spend time on conditioning and technique training, sparring, and mental preparation techniques. They also incorporate rest days into their training regimen to allow their bodies to recover.

The recovery process during pre-competition training

Recovery is an essential part of pre-competition training for Taekwondo athletes. It involves allowing the body to rest and recover between training sessions. Recovery techniques include stretching, massage, and foam rolling. Athletes should also ensure they are getting enough sleep and maintaining good nutrition to aid in recovery.

Common mistakes to avoid during pre-competition training

There are several common mistakes that Taekwondo athletes should avoid during pre-competition training. Overtraining can lead to injury and fatigue, which can hinder performance. Not allowing enough time for recovery can also hinder performance. Athletes should also avoid neglecting their nutrition and hydration needs.

Tips for mastering the art of pre-competition training

1. Start training early: Pre-competition training should start well in advance of the competition to allow for adequate preparation.
2. Focus on technique: Pay attention to perfecting techniques during training to ensure they are executed correctly during competition.
3. Develop mental toughness: Mental toughness is essential for pushing through challenges during competition. Use visualization, meditation, and positive self-talk techniques to develop mental toughness.
4. Get enough rest: Incorporate rest days into your training regimen to allow your body to recover.
5. Stay hydrated: Drink plenty of water to ensure you are properly hydrated during training and competitions.

Conclusion

Pre-competition training is a critical component of any Taekwondo athlete's journey to success. It involves physical and mental preparation, nutrition, and recovery. Highly qualified Taekwondo athletes have a rigorous training regimen that includes conditioning, technique training, and mental

preparation techniques. It is essential to avoid common mistakes during pre-competition training and focus on mastering the art of pre-competition training. By following the tips outlined in this article, athletes can take their training to the next level and achieve their goals.

Literature

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