

## **The Role And Importance Of Karate In The Upbringing Of The Younger Generation**

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**Annotation:** In this research work, we are talking about the pedagogical and psychological aspects of karate in the physical and spiritual development of young people, the importance of sports in the educational process. In addition, the conditions of origin and development of the sport of karate were studied. Scientific research conducted by scientists on the sport of karate has been analyzed.

**Keywords:** karate, martial arts, physical culture, individuality, sports exercises, coach, special physical qualities, fighting techniques, strikes.

**Introduction.** Taking into account the growing popularity of karate among young people, in order to further develop it, create modern sports facilities and facilities for karate, as well as ensure the high results of national teams in prestigious sports competitions:

In recent years, consistent measures have been taken in our republic to popularize physical culture and sports, promote a healthy lifestyle among the population, create the necessary conditions for the physical rehabilitation of persons with disabilities, and ensure the worthy participation of our country in international sports arenas.

At the same time, there is a need to implement specific programs in the field of physical culture and sports that contribute to strengthening public health, widely involve young people in sports and select talented athletes, form national teams with masters of sports who ensure high results in sports, and create additional opportunities.

As a sporting discipline, karate develops in three main formats:

Kumite - free combat. Depending on the rules and the type of weapon used, it can end in a full-fledged free-fight, starting with the next actions of the opponents.

Tameshiwari - crushing of objects. A direction based on the cultivation of spiritual concentration and physical strength. Despite the breakage of fixed objects in Tameshiwari, the desired effect can be achieved by focusing on the impact completely, since even a small error can lead to failure.

Kata - exercises. Stecks, a set of combat actions and techniques, conducted at different speeds, are performed. Battles in this direction are only simulated.

There are several main karate styles prevalent today:

Godzyupyu. The style, which combines soft and hard techniques created by Tezyun Miyagi, is based primarily on internal energy.

The holistic pedagogical process of forming a person's physical culture consists of a simultaneous process of education and upbringing. They are inextricably linked, although each has its own priority tasks and functions. The main task of physical culture is the development of a holistic personality. It also manifests itself as one of the important means of forming a healthy lifestyle, organizing rest and leisure, and cultivating and developing physical and spiritual strength.

Any sport is an achievement of a particular country. Its penetration into another continent is connected with the development of scientific and technological progress, the exchange of experience, the problem of integration of people into different parts of the world, the interaction of cultures, international relations, and the expansion of the information space.

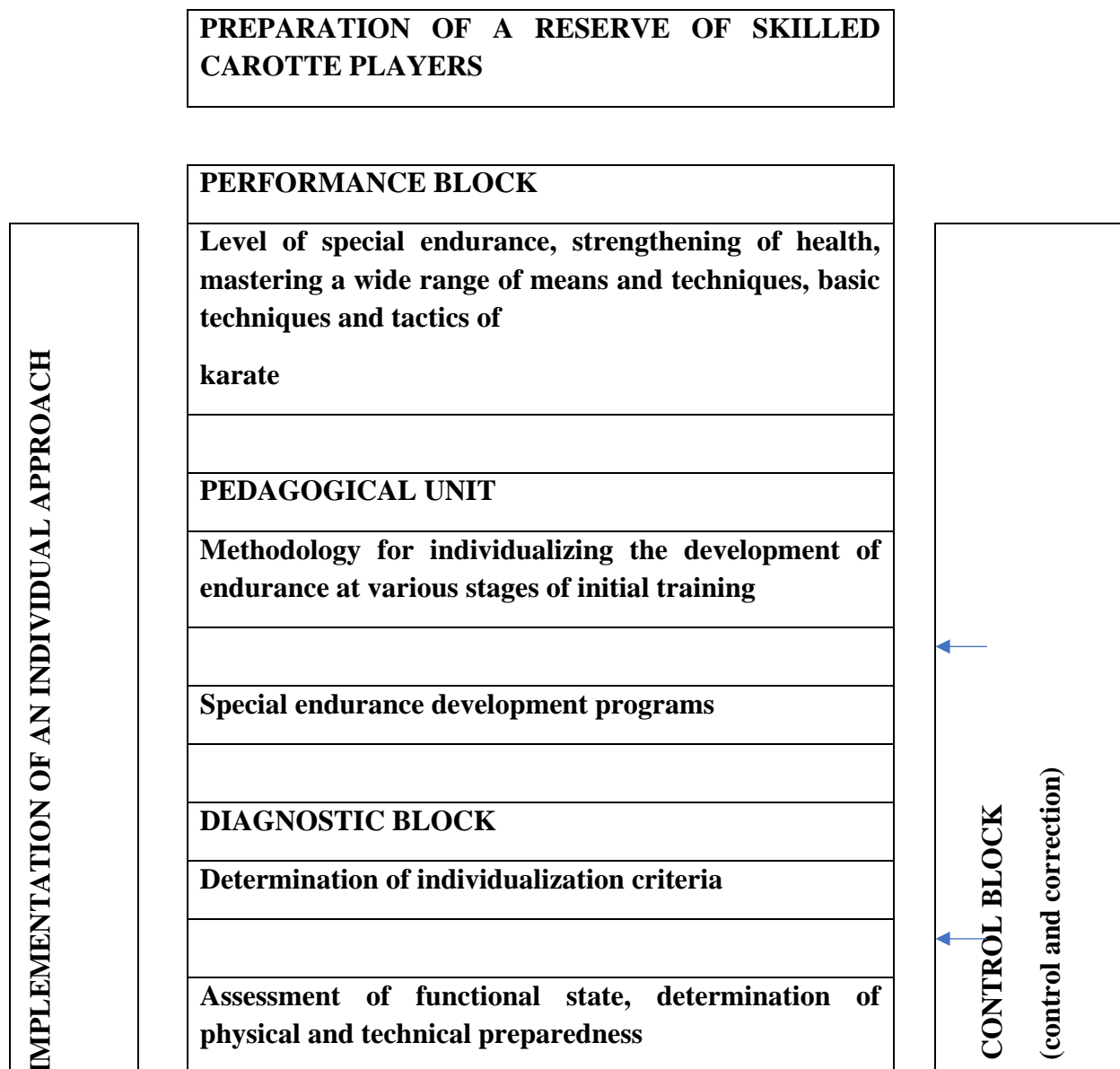
Our country, developing in the context of constant dialogue and interaction of Eastern and Western cultures, historically formed as an intercivilizational phenomenon, has great opportunities for their study and use. At the same time, it can be observed that in the practice of working with children and adolescents, much less attention is paid to spiritual and moral education than to technical and physical training. Some instructors don't think about the educational impact of martial arts training. For children and adolescents raised in modern action movies, where wars and brutal killings are widespread, the attraction is not the process of self-improvement, but the very act of acceptance. They want to learn everything immediately and quickly. The novelty of this work is as follows.

formation of value orientations for maintaining the health of young karate athletes during training at the initial stage of long-term training;

development of the needs and motivation of young karateka to master and effectively use technical methods and means of defense against the enemy's offensive actions; Any sport is an achievement of a particular country. Its penetration into another continent is connected with the development of scientific and technological progress, the exchange of experience, the problem of integration of people into different parts of the world, the interaction of cultures, international relations, and the expansion of the information space. Our country, developing in the context of constant dialogue and interaction of Eastern and Western cultures, historically formed as an intercivilizational phenomenon, has great opportunities for studying and using their cultural and historical heritage.

For the younger generation, traditional Eastern martial arts are of great interest. They attract with their diversity of movements (slopes, dodging, striking, and striking technique) and effectiveness.

Analysis of domestic and foreign literature in the field of Eastern martial arts led us to the idea of the possibility of their use in the educational process of children and adolescents. During the research, we improved the model for the development of endurance of young karateka based on the individualization of the training process. We used the model in the training process of young karateka in the research group. In training the reserve of skilled karateka, we mainly focused on an individual approach. Our model consists of four blocks. In the first block, attention was paid to the level of special endurance, strengthening health, mastering a wide range of means and methods, developing the basic technical and tactical training of karate, and increasing its effectiveness. In the second pedagogical block, attention was paid to improving the methodology of individualization of endurance development at various stages of initial training.



**Figure 3. Model for the development of endurance of young karateka based on the individualization of the training process**

In the third block, the criteria for individualization were determined. In the last block, the training of young karateka was monitored, and the means were adjusted depending on the individual characteristics of the trainees. Analysis of the components of the diagnostic block provides the coach with basic information for performing agility development tasks using the “group individualization” method.

The main component of the proposed model is the pedagogical block. Depending on the direction of the lesson or specific tasks, special programs for the development of endurance at different stages of training were developed annually. In the research process, the development and testing of a methodology for the development of perseverance as an important part of the overall foundation for the development of physical qualities was carried out.

The highest hierarchical level in the model is occupied by the effective block as the most general integral indicator of physical fitness. For 13-14 year old karate athletes, achieving the highest results in competitions is of a long-term nature, and the effectiveness of basic training is paramount. The functioning of the model blocks ensures control and correction of the process of individualization of endurance development. Implementation of the model allows for the

formation of a special level of endurance, mastering a wide range of motor skills, and mastering karate techniques and tactics. Based on the proposed model, a methodology for developing endurance based on the individualization of the training and competitive process has been developed and improved as a basis for the comprehensive functional development of the young karateka's body.

When planning the academic year and each macrocycle included in it, we paid special attention to the target direction, composition, the sequence of endurance development at different stages of training, the time of control checks, the planning of tests, competitions, medical examinations and rehabilitation measures. The preparatory period for the initial preparatory stage of the first academic year was aimed at developing general endurance, achieving high general physical fitness, and forming a stable technical base.

We divided the preparatory period into two stages: we planned training sessions, dividing them into general preparatory and special preparatory stages. At the general preparatory stage, in the development of aerobic abilities, in addition to the development of special physical training, we defined the tasks of developing the ability to maintain special physical training for a long time and increasing the rate of development of respiratory processes to maximum values, as well as the development of basic motor skills.

We focused on learning the technique and preparing the body for subsequent high special loads. This was achieved by performing a large number of exercises in cyclic sports aimed at developing endurance. The duration of the stage was 4.0-4.5 competitions. In the course of our research, the development of general and special training, improvement of the quality of endurance, and improvement of the level of technical and tactical training of young karateka were achieved through the application of a model for the development of endurance abilities in the training process.

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