

TAEKWONDO AS A MEANS OF DEVELOPING LEADERSHIP QUALITIES AND EDUCATING YOUTH

Kosimova Nargizakhon Rustamkhon kizi

REPUBLIC OF UZBEKISTAN MINISTRY OF HIGHER EDUCATION, SCIENCE AND
INNOVATION FERGHANA STATE UNIVERSITY

LECTURER OF THE DEPARTMENT

E-mail:nargiza.ka5imova@yandex.com

Annotation: This article examines the significance of practicing taekwondo in developing leadership qualities among youth, as well as its role in fostering physically and spiritually developed individuals. The socio-pedagogical importance of this martial art in modern society is highlighted.

Keywords: taekwondo, martial arts, sports, philosophy, culture,

Upbringing, leadership.

Introduction

Modern society imposes high demands on young people regarding the development of leadership qualities, responsibility, and the ability to work in a team. In the context of globalization, sports serve as a universal tool for socialization and education. Among various sports, taekwondo holds a special place, combining the traditions of Eastern philosophy with modern pedagogical approaches. Taekwondo practice develops discipline, self-confidence, decision-making skills, and the ability to take responsibility within a group.

Theoretical Foundations of Leadership Development

Psychological and pedagogical studies show that leadership is not an innate quality; it develops through activities and interaction with the environment. Key factors include self-discipline, goal orientation, communication skills, and emotional regulation. Taekwondo, as a martial art and Olympic sport, provides conditions for systematic development of these qualities.

Role of Taekwondo in Personality Development

In Uzbekistan, taekwondo plays a significant role in physical education. Training programs focus not only on physical development but also on cultivating moral and spiritual values. The Taekwondo Code includes principles such as honesty, perseverance, respect for teachers and elders, self-control, and an unyielding spirit. These values contribute to the formation of leadership qualities and the development of well-rounded individuals.

Methods and Techniques for Developing Leadership Qualities in Athletes

Taekwondo training systems employ various pedagogical techniques aimed at developing leadership qualities:

- Setting short-term and long-term goals.
- Teaching teamwork and group management skills.
- Conducting joint trainings, camps, and competitions.
- Incorporating psychological training elements.

– Developing self-reflection and self-control skills.

Taekwondo practice enables youth to take responsibility and become role models for others.

Socio-Pedagogical Significance of Taekwondo Practice

In modern society, taekwondo fulfills important social functions. It helps distract youth from harmful habits, prevents antisocial behavior, and promotes a healthy lifestyle. Participation in competitions and training fosters patriotism and respect for cultural traditions. Thus, taekwondo becomes not only a sport but also a powerful educational tool.

Examples of Successful Leaders in Practice

Uzbekistan is known for its outstanding taekwondo athletes who have achieved high results internationally. Their achievements serve as examples for the younger generation, demonstrating that through hard work, discipline, and leadership qualities, global recognition is possible. Many former athletes continue their careers as coaches and sports administrators, passing on their experience to youth.

Conclusion

Thus, taekwondo is an effective means of developing leadership qualities and educating youth. It combines physical, moral, and spiritual development, contributing to the formation of a well-rounded generation. In the context of globalization and social challenges, taekwondo remains an important tool for nurturing leaders capable of taking responsibility for the country's future.

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