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SPORT PEDAGOGIK MAHORATINI OSHIRISH



TAEKVONDO

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O'ZBEKISTON RESPUBLIKASI
JISMONIY TARBIYA VA SPORT DAVLAT QO'MITASI

O'ZBEKISTON DAVLAT
JISMONIY TARBIYA INSTITUTI

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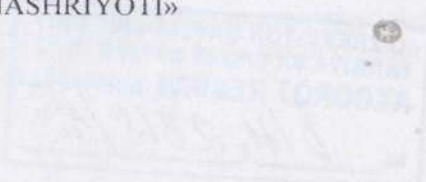
SPORT PEDAGOGIK MAHORATINI OSHIRISH (TAEKVONDO)

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Mazkur darslik O'zbekiston davlat jismoniy tarbiya institutining taekvondo mutahassisligida tahsil oluvchi talabalar, magistr, katta ilmiy xodim izlanuvchilar, Respublikamizda Bolalar va o'smirlar sport maktablari va Olimpiya zahiralari kollejlari faoliyat ko'rsatuvchi taekvondo murabbiylari uchun mo'ljallangan.

Mazkur darslik 4 ta bobdan tashkil topgan.

Darslikda taekvondo texnikasi va taktikasi, turish holati va steplardan foydalanishda ishlash texnikasi, janglarda qo'llaniladigan xujum va qarshi hujum usullari, sport atamalaridan foydalanish mashg'ulotlar usullari kombinatsiyalari, o'z - o'zini ehtiyot qilish usullari texnikasi, taekvondo strategiyasi va taktikasi hamda taekvondo mashqlari berilgan.



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SPORT PEDAGOGIK

MAHORATINI OSHIRISH

(TAEKVONDO)

Darslik 5610500 – Sport faoliyati (faoliyat turlari bo'yicha) “Taekvondo”
ixtisosligida tahsil oluvchi talabalar uchun
mo'ljallangan

TOSHKENT 2017

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ANNOTATSIYA

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АННОТАЦИЯ

Настоящий учебник предназначен для студентов института физической культуры, специализирующихся в Таэквондо, магистрантов и старших научных сотрудников, а также для тренеров детско-юношеских спортивных школ и колледжей олимпийского резерва.

Учебник содержит 4 главы.

Учебник посвящен вопросам, касающимся базовой техники и тактики таэквондо, техники использования степов, приёмов атак и контратак, применения спортивной терминологии, комбинаций приёмов, применяемых в тренировочных боях, приёмов самострахования спортсменов, стратегии и тактики таэквондо и упражнений, используемых в данном виде.

ABSTRACT

This management is intended for the students of the Uzbek state institute of physical culture, specialize it on Taekwondo, master Degree and senior scientific investigator, as well as for trainer kid-young athletic schools and colleges of the Olympic reserve.

O manual book consists of 4 chapters.

This management is denoted on questions, for basic techniques and tactics of Taekwondo, the steppe use, of racks and technology getting attack and counterattack, used in athletic terminological, acceptance to combinations applicable in burn-in boa, accepted self safe of athlete, strategies and tactic of Taekwondo and exercises.

I BOB. TAEKVONDODA SPORTCHILARNING MASHG‘ULOTLARI (TRAINING OF TAEKVONDO PLAYERS)

1.1. Mashg‘ulotlar tushunchasi

Aslida milliy jang sa‘nati sifatida shakllangan va qadimda u bilan shug‘ullanuvchilar bir–birlari bilan ayovsiz kurash olib borishlari qayd qilingan – taekvondo hozirgi vaqtda halqaro sport turi sifatida rivojlantirilmoqda, shu sababli rahbar o‘z faoliyati davomida belgilangan ma‘lum bir aniq tartib–qoidalarga javob beruvchi, mashg‘ulotlarning tizimlashtirilgan uslublari asoslanishi talab qilinadi, jumladan maxsus harakatlarning o‘zaro ajratilishiga amal qilishi zarur hisoblanadi, bu holat olimlardan yordam so‘rash ehtiyojini yuzaga keltiradi.

Mashg‘ulotlarda muvofiqlikdagi uslublardan foydalanish va bevosita o‘rganib borish asosida, sportchilarning bilim va erishuvchi natijalari tarkibi asta–sekin boyib boradi.

Sportchilarning darajasi ortishi, ularni mashq qilishga undash, musobaqalarga tayyorgarlik ko‘rish rejalarishi tasdiqlash kabi masalalarni hal qilishda umumiy jismoniy kuch (asosiy kuch, maxsus kuch), ovqatlanish texnikasi va boshqa shu kabi omillarni hisobga olish talab qilinadi, shuningdek mashg‘ulotlar jarayonini rejalashtirishda ruhiy, jismoniy va ijtimoiy jihatlar bo‘yicha ma‘lumotlarni tizimlashtirish va ulardan samarali foydalanish juda muhim ahamiyatga ega hisoblanadi. Bu ma‘lumotlar qanchalik keng ko‘lamda bo‘lsa, sportchilar shunchalik yuqori darajada o‘z kuchiga ishonishlari va o‘z qobiliyatlarini ro‘yobga chiqarishlari qayd qilinadi, mavjud ma‘lumotlarni tahlil qilish mashg‘ulotlar jarayonida nisbatan samarali vositalardan foydalanish, texnik tayyorgarlik va mashg‘ulotlarning tarkibi bo‘yicha nisbatan yuqori darajada sifatli dasturni ishlab chiqish imkonini beradi.

Quyida sportchilarning qobiliyatlarini ro‘yobga oshirish, ularning texnik darajasini oshirish uchun mashg‘ulotlar jarayonini rejalashtirishda hisobga olinishi talab qilinuvchi omillarni qarab chiqamiz.

a) Jismoniy kuchni mustahkamlash: bunda umumiy chidamlilik, muskullar kuchi, tezlik va shuningdek, barqarorlik va muvozanatni mustahkamlovchi vositalar va mashqlar nazarda tutiladi;

b) Maxsus harakatlar: bunda muskulning mutloq va nisbiy kuchini rivojlantiruvchi, muskullarning elastikligi, maxsus chidamlilik, tezlik va reaksiyani rivojlantiruvchi harakatlar koʻzda tutilgan;

c) Texnik harakatlarni rivojlantirish;

d) Taktikani takomillashtirish va rivojlantirish: bunda muvofiqlikdagi texnikaga erishish, undan foydalanish va kombinatsion tavsifda qoʻllash uslublari nazarda tutiladi;

e) Maʼnaviy–ahloqiy sifatlarni tarbiyalash: bunda mashaqqatli, ogʻir mashgʻulotlar mashqlariga bardosh berish qobiliyatini rivojlantiruvchi, iroda sifatida tarbiyalash va barqarorligini ushlab turuvchi ruhiy mashqlar, umumiy va maxsus tavsifga ega omillar, sportchilarning musobaqalarda oʻziga boʻlgan ishonchi kabi holatlar nazarda tutiladi;

f) Sportchilarning salomatligini mustahkamlash: bunda salomatlik holatiga muntazam ravishda tashhis qoʻyishni amalga oshirish, alohida qobiliyatlarni rivojlantirish uchun muvofiq keluvchi mashqlardan foydalanish, kasallik va jarohatlanishlar yuzaga kelgan vaziyatda toʻliq holatda qayta tiklanishgacha sportchilarning mashgʻulotlarni maʼlum vaqt davomida toʻxtatishlari nazarda tutiladi;

1.1. The Concept of Training Players

Taekwondo, originating from the traditional national martial art of Korea, has developed into one of the international sports and, therefore, has outgrown the methods of training relying solely on instructors' personal experiences to necessitate the help of sports experts and scientists in developing more systematic and theoretical methods of training. As a result, more knowledge is required about Taekwondo sports players to be directly reflected on the methods of training which should be always updated for better efficiency in future. Training is a process so designed to give purposefully a stimulus to the body with a view to enhancing competition ability, which is generally

affected by various factors, such as physical strength (basic strength and special strength), techniques, contest strategy, nourishment, audience, etc. A coach also collects data on the players' psychological, biochemical, physical, social and methodological conditions. However, all such data concerning the trainees themselves must be synthesized with those manifested in the form of feed-back in the course of training so that the instructor may establish a better program of training with a view to increasing effectively the types of techniques to be trained. A coach must first establish overall goals of training as shown in the following, with a view to achieving the final objective by means of upgrading the players' performance ability and the level of their techniques:

a) Goal of increasing basic physical strength: Physical development is a basic element of training and a proportional endurance, muscle strength and speed, in general, and also increasing flexibility which is required for performance of most of sports.

b) Goal of increasing strength of the body in sepcific areas needed especially for each particular sport: This can be achieved by developing absolute muscle strength , relative muscle strength and flexibility of muscle, developing a special ability required for power sports or sports requiring muscle's sustaining power, and by increasing (he time of action and reaction as well as developing cooperatively responding ability.

c) Goal of mastering in the acquired techniques and developing other techniques.

d) Goal of facilitating development and perfection of necessary tactics: It is possible to change or modify a player's techniques to cope with his opponent's by finding out the lalter's.

e) Goal of reinforcing spiritual strength : This enables one to acquire a sportsman's general and special spirit, such as stamina to endure hard training, and power of will and makes him feel proud of his ability and prepare psychologically for the upcoming competition.

f). Goal of improving individual player's health conditions: A player must undergo a regular medical check so that intensity of training may be adequately

adjusted to the player's individual capabilities, and it is also necessary to have the player, if injured or fallen ill, suspend his training and resume an adequate training after a complete recovery.

g) Goal of preventing injuries by ensuring a perfect preparation of physical conditions: This will increase the degree of flexibility required for performance of sports and strengthen the muscle, tendon or ligament.

1.2. Tarkibiy qismlar.

Mashg'ulotlar tarkibiga o'zaro chambarchas bog'liqlikka ega bo'lgan, alohida mavjudlik hisoblanuvchi – jismoniy, texnik, taktik va ruhiy omillar kiritiladi. Bu barcha omillar o'ziga xos xossa–xususiyatlarga ega hisoblanadi, bunda alohida qayd qilib o'tish kerakki, ya'ni sportchilarning qobiliyatlarini ro'yobga oshirish imkonini beruvchi jismoniy va texnik tayyorgarlik bilan teng darajada texnikaning o'zlashtirilishi va yaxshilanishi, diqqatni jamlash (konsentratsiya) va ekstremal vaziyatlarda o'zligini namoyon qilish samaradorligini oshiruvchi, jumladan musobaqalarda samaradorlikni ta'minlab beruvchi – ruhiy tayyorgarlikdan ham foydalanish talab qilinadi.

1.2. Factors of Training

Physical, technical and psychological factor of training are closely interrelated among themselves according to the substantive classification of training program, regardless of the player's age, individual potentiality, readiness for training, level of training, etc. When each of these factors remains with its specific character, the physical and technical conditions for training will be only in the initial stage of preparation: therefore, if a player wishes to upgrade his techniques, all those factors must be trained to an equal level so that the player may be ensured of a victory in the competition by standing in a position of superiority in terms of psychological preparedness.

A. Jismoniy tayyorgarlik

Mashgʻulotlarda nisbatan muhim ahamiyatga ega boʻlgan omillardan biri – bu jismoniy tayyorgarlik darajasining yuqori boʻlishi bilan bogʻliq hisoblanadi. Jismoniy tayyorgarlik sportchilarga mahorat darajasini oshirish, yashirin kuchlarning yuksak darajada rivojlantirilishi va biomotor qobiliyatlarning rivojlantirilishi imkonini beradi. Mashgʻulotlar jarayoni dasturini tashkil qilish rivojlanishning uchta bosqichi, jumladan jismoniy tayyorgarlikdan tashkil topadi (1 jadval).

1–bosqich: Umumiy jismoniy tayyorgarlik bosqichi;

2–bosqich: Maxsus jismoniy tayyorgarlik;

3–bosqich: Harakatlarga oid qobiliyatlarning yuqori darajada boʻlish bosqichi.

A. Physical Preparation

Physical preparation is one of the most important factor of training to be considered infallibly in order to upgrade a competition performance to a high standard. The primary purpose of physical preparation is to increase a player's functional potentiality and to develop his biomotor abilities to a high standard. According to a systematic training program, physical preparation can be accomplished passing through 3 phases of development as follows;

1- First phase : Completion of overall physical preparation

2- Second phase : Completion of specific physical preparation

2- Third phase : Completion of high standard biomotor abilities.

1–jadval.

Rivojlanish bosqichlari

Rivojlanish bosqichi	1	2	3
Maqsad	Umumiy jismoniy tayyorgarlik bosqichi	Maxsus jismoniy tayyorgarlik bosqichi	Maxsus harakatlarga oid qobiliyatlarni rivojlantirish bosqichi
Mashgʻulotlar bosqichi	Tayyorgarlik bosqichi		Musobaqa bosqichi

Table I.

Process of Approach to Development of Yearly Physical Preparation

Stage of Physical Development	1	2	3
Goal	Completion of overall physical preperation	Completion of special physical preperation	Completion of special biomotor abilities
Stage of Training	Preparation stage		Competition stage

1–bosqich va 2–bosqich davomida bazaga oid (asosiy) tayyorgarlik rivojlantiriladi va mustahkamlanadi, 3–bosqichning (musobaqa bosqichi) maqsadi – oldin erishilgan baza sifatidagi tayyorgarlik darajasini saqlash va talab qilingan qobiliyatlarning rivojlantirilishidan tashkil topadi.

The first and second phases are developed during the period of the preparatory stage of training and the third is embodied during the competition stage. The ultimate goal of physical preparation is to maintain the already-acquired basic techniques and then to perfect the abilities required by a specific sports category.

B. Texnik tayyorgarlik

Sportchilar tomonidan barcha strukturaga tegishli texnik elementlarni bajarish davomida ular oʻrtasidagi haqiqiy mavjud aloqadorliklarni eʼtiborga olish va unga amal qilish talab qilinadi. Texnik harakatlarni bajarishda tayyorgarlik darajasiga muvofiq keluvchi uslublarga tayanish talab qilinadi. Shunday qilib, texnikaning takomillashtirilishi, yuksak texnika, nisbatan odatdan tashqari tavsifga ega boʻlgan texnika namunalaridan foydalanish barcha sportchilar, ayniqsa boshlovchi sportchilarning barchasi tomonidan ham qayd qilinmaydi. Boshlovchilar uchun soddalashtirilgan texnika namunalaridan foydalanish tavsiya qilinadi. Oʻz navbatida, sportchilarning yakka tartibdagi xususiyatlariga bogʻliq holatda, oʻrgatishning maʼlum bir aniq uslublaridan foydalaniladi. Mashgʻulotlarni takrorlash yoʻli bilan texnikaning yuqori darajasiga erishiladi, shuningdek texnikaga tuzatishlar kiritish va oʻz hulq-atvoriga nisbatan ishonch hissining shakllantirilishi amalga oshiriladi.

B. Technical Preparation

All technical elements are inseparably related with how efficiently players can carry out the tasks assigned them.

Technique is a method with which to perform physical motions and it requires efficiency. As the technique develops to its perfection the efficiency becomes elevated. In elevation of the efficiency of technique, an ideal model of technique is not equally applied to all players, especially to novice players. The pattern of technique should be simplified for novices and modified slightly according to each player's ability. In order to uplift a given technique to a high standard, a player must adapt the technique to his physical conditions by modifying it through incessantly repeated training.

C. Taktik tayyorgarlik

Taktika va strategiya – bu sportchilarning o‘rganishi jarayonida juda muhim omillar hisoblanadi. Agrchi, ushbu nuqtai nazardan bildirilgan fikrlarda o‘zaro turli xillik holat qayd qilinsa–da, ushbu ikkita so‘zning mazmun–mohiyati texnikadan musobaqalar vaqtida samarali foydalanish uslublarida o‘z ifodasini topadi. Harbiy atama hisoblanuvchi – «*strategiya*» so‘zining mazmun–mohiyati barcha talab qilingan harakatlarning rejalashtirilishi va jang maydonida muvofiq keluvchi taktikadan foydalanishni nazarda tutadi. Mashg‘ulotlarda sportchilarning belgilangan strategiya bo‘yicha tayyorgarligi tushunchasi orqali jamoaviy tavsifga ega musobaqalarda belgilangan rejalarning ro‘yobga oshirilishi, musobaqalarda har bir sportchining belgilangan maqsad va taktikani amalga oshirishi tushiniladi. Ko‘pincha holatlarda birinchi sinfga mansub sportchilar orasida texnik va jismoniy tayyorgarlik jihatidan o‘zaro farqlanish mavjud emasligi qayd qilinadi. SHunday qilib, bunda belgilab beruvchi tushuncha sifatida – taktika ko‘rsatib o‘tiladi.

Taktik tayyorgarlikda quyida keltirilgan vazifalarni hal qilish belgilanadi:

1. Strategiyaning asosiy tamoyillarini o‘rganish;
2. Musobaqalar va hakamlar qoidalarini asoslarini o‘rganish;
3. Sportchilarning taktik qobiliyatlaridagi ustunliklarni o‘rganish;
4. Jismoniy va ruhiy qobiliyatlar strategiyalarini bilish va undan foydalanish;
5. Musobaqalarda yakka tartibdagi taktikani rivojlantirish;

6. Musobaqlardan keyin erishilgan natijalarni tahlil qilish (video–yozuvlarni ko‘rib chiqish).

C.Tactical Preparation

Actics and strategy are the important words often heard among coaches and players. Both of them are applied in using whatever necessary techniques in engaging competitions with opponents or opposing teams, but are different from each other in their meaning. In military terms, strategy is a general plan concerning war while tactics mean ways of carrying out a war in battlefields. In sports training, strategy means an overall plan of winning competitions with perfect readiness on the part of a team and players, and tactics is a concrete plan to accomplish the goal of victory in each competition. In most cases there is not much of difference in skills and physical conditions among first-class players. However, any superiority among them may be decided by achieving a better tactics. The factors of achieving a better tactics are as follows:

1. To study the outline of strategy
2. To master fully all the provisions of Competition Rules and Refereeing rules
3. To grasp tactical abilities on the part of other leading players
4. To get informed of the opponent's strategy or physical and psychological preparation
5. To make progress in the individual tactics to be used in competition.
6. To analyze previous competitions through video tapes.

D. Psixologik tayyorgarlik

Musobaqalar vaqtida odatdagi mashg'ulotlar xususiyatlarini belgilab beruvchi omillar bilan bir qatorda, ruhiy jihatdan tayyorgarlik ham muhim ahamiyatga ega hisoblanadi. Ruhiy tayyorgarlikning katta qismi o'z tarkibiga to'planib boruvchi ruhiy zo'riqlashlarni bartaraf qilish va musobaqalar oldidan sportchilarning hayajonlanishini yo'qotishga qaratiladi.

1. Tinch (osuda) shart-sharoitlar;
2. Muskullarning zo'riqlashlarini bartaraf qilish: kuchli va keskin harakatlarni amalga oshirishdan oldin tayyorgarlik harakatlarini bajarish (chigil yozdi mashqlari);
3. Konstruksiya tavsifidagi uslublarni qisqa va aniq ko'rsatib berish;
4. O'z-o'ziga bo'lgan ishonchning rivojlantirilishi uslublari.

D. Psychological Preparation

Assuming that all other factors of training have been equally prepared among competitors, the final winner will depend on superiority of psychological preparation. Usually at the last minutes before entering into competition, players are most likely to be psychologically in a state of extreme stress and uneasiness and coaches assume the role of solving the situation taking measures as follows;

1. To keep the surroundings quiet
2. To relax the muscle in a stress: a light warm-up (stretching) rather than an intensive exercise
3. To give instructions, brief but clear, constructive and persuasive.
4. To get the player infused with a firm faith of victory.

1.3. Texnikani mashq qildirish. Training and techniques

A. Jismoniy kuch va texnika

Odatda, mashg'ulotlarda va musobaqalarda yorqin natijalarni ko'rsatish shart-sharoitlari, yuqori texnik darajaga erishish – bu asosiy va maxsus jismoniy kuchning, maxsus texnika va ma'naviy-ahloqiy sifatlarning rivojlantirilishi asosini tashkil qiladi.

O'z navbatida, muvofiq keluvchi mashg'ulotlar o'tkazilishi orqali musobaqalarda yuqori natijalarga erishishni kutish mumkin.

Texnika bilan birgalikda, umumiy jismoniy kuch sportda asosiy poydevor sifatidagi qobiliyatlardan biri bo'lib, bunda jismoniy kuch va texnika sportchilarning ma'naviy–ahloqiy sifatlariga bog'liq holatda nisbatan yuqori yoki past darajada samaradorlikda namoyon bo'lishi qayd qilinadi.

Sport harakatlanishni bilish va jismoniy kuchga ega bo'lishni talab qiladi, o'z navbatida jismoniy kuch – asosiy va maxsus jismoniy kuch turlariga ajratiladi.

Asosiy harakatlar va jismoniy kuch ko'p jihatdan musobaqalarda qobiliyatlarning ro'yobga oshirilishni belgilab beradi. Kureton ta'limotiga muvofiq, harakatlarga oid qobiliyatlar oltita omil orqali belgilanadi – ya'ni, muvozanat, egiluvchanlik, epchillik, kuch, quvvat va chidamlilik. Musobaqalarda asosiy jismoniy kuch muhim omil sifatida namoyon bo'ladi, ya'ni jismoniy kuch musobaqa texnikasi bilan birgalikda jang natijalari qanday bo'lishini hal qilib beradi.

Maxsus jismoniy kuch ham sezilarli darajada ahamiyatga ega bo'lgan omil bo'lib, o'ziga xos spetsifik talablarga ega hisoblanadi. SHunday qilib, dzyudo va resling sport turlarida egiluvchanlik, muskullarning kuchi va chidamlilik alohida darajada muhim ahamiyatga ega omillar hisoblanadi, regbi sport turida esa – epchillik, chidamlilik va barqarorlik muhim o'rin tutadi, taekvondoda – muvozanat, epchillik, chidamlilik va boshqa sifatlar hal qiluvchi ahamiyatga ega hisoblanadi.

Boshlovchi sportchilar orasida ko'pincha holatlarda texnikaning yomon darajada o'zlashtirilishi qayd qilinadi. Bu vaziyatda boshlovchi sportchilar tomonidan texnikaning nisbatan yaxshi darajada o'zlashtirilishi uchun jismoniy kuchning talab qilingan darajada rivojlantirilishi va ushbu erishilgan darajaning ushlab turilishi muhim ahamiyatga ega hisoblanadi. Oyoqlar bilan ko'p sondagi zarba berish texnikalarini o'zlashtirishga kirishishda eng avvalo, egiluvchanlikni rivojlantirish, muskullarning kuchi va chidamlilikni rivojlantirish maqsadida uzoq masofaga va balandlikka sakrash mashqlarini bajarish talab qilinadi. O'z navbatida, har bir sportchi o'zining yakka tartibdagi ustunlik jihatlaridan kelib chiqib, texnikasidagi kamchiliklar ustida ish olib

borishi va texnikaga ishlov berish bilan birgalikda jismoniy kuch darajasini oʻstirib borishi talab qilinadi.

Faqat texnik darajaning oshirilishi va navbatdagi bosqichlarda uning takomillashtirilishidan keyingina musobaqalarda muvaffaqiyatga erishishning yoqimli lahzalaridan bahramad boʻlish uchun imkoniyat yuzaga keltiriladi.

A. Physical Strength and Techniques.

Trainers or coaches usually believe that the indispensable conditions of gaining good results with the use of excellent competition abilities are the highly upgraded techniques based on basic physical strength, special physical strength, special techniques and spiritual strength. In effect, a balanced preparation of physical strength, spiritual strength and techniques will ensure one to maximize the competition capacity of a team. Therefore, an adequate training is the only determinant of winning a competition. In general, physical strength is the basic element of sports, techniques are the means of employing the physical strength effectively and spiritual strength is the driving force to ensure an effective exertion of physical strength and techniques in the arena.

Physical strength required for sports is divided into the basic physical strength which is the basis of motor function and the special physical strength which is the basis of technique.

The basic physical strength, which is the motorial ability constituting the basis of sport, should be equipped with 6 elements, according to Cureton's "sports aptitude," that is, balance, flexibility, agility, strength, power, and endurance.

In sports, the basic physical strength values greatly because the level of competition techniques can be elevated in proportion to the factors of physical strength. In international competitions, physical strength has often been the key to determine a win or a defeat.

Meanwhile, the special physical strength represents the factors of physical strength which are especially required for any specific category of sports. For example, judo or wrestling requires more flexibility, muscle strength, power and rugby requires

agility, muscle strength, power and endurance, while Taekwondo need more flexibility, agility, power, etc.

When a novice attempts to imitate a First class player's techniques, he is most liable to fail sometimes because his physical strength is inferior to that of the latter or at other times because he lacks sufficient practice of the technique which can be acquired through several phases of training. For instance, without a sufficient development of flexibility, one can hardly perform various forms of foot kick techniques, and also in pole vault or judo, one cannot expect any good results of performance without enough muscle strength. It is important, therefore, first to review the merits and defects of a player's already acquired techniques, to see whether or not they can be supported by his present physical strength, then to find out appropriate techniques applicable to him and to train him for reinforcement of physical strength as well as elevation of the level of techniques, finally to lead to the highest standard of desired techniques.

In order to uplift the level of techniques, it is necessary to train step by step in accordance with different stages of training.

1) Texnik tayyorgarlik bosqichli tavsifdagi uslublari

a. Asosiy texnikaga, ayniqsa uning amaliy jihatdan foydalanilishida oyoqlar bilan asosiy zarbalarni berish, oyoqlar, oyoqning tag sohasi yordamida zarba berish amaliyotiga alohida jiddiy e'tibor qaratish talab qilinadi;

b. Murakkab tavsifga ega bo'lgan texnikani o'zlashtirishga kirishishdan oldin, ishni oddiy harakatlardan boshlash tavsiya qilinadi;

c. Tartibli tavsifga ega bo'lgan mashqlar yordamida har bir texnik harakat o'rganib chiqiladi va asoslangan tarzda o'zlashtiriladi. Jumladan, mashqlar va harakatlarni alohida qismlarga ajratish yo'li bilan oyoqlar yordamida zarba berish asosiy texnikalari asoslangan tavsifda o'rganiladi, bu holat texnikaga oid mashqlarni bajarish va o'zlashtirishda olg'a ketish imkonini beradi.

d. Garchi, texnikada «jismoniy» jihatlar juda ham jiddiy ahamiyatga ega bo'lmasa-da, bari-bir texnikani jismoniy kuch bilan birgalikda rivojlantirish talab

qilinadi, shundagina mashqlarning tarkibiy qismlarga ajratilishi yoʻli bilan texnikani oʻzlashtirishda yaxshi samaradorlikka erishish kuzatiladi. Bunda boshlovchilarni va ilgʻor sportchilarni oʻrgatish jarayonida fundamental texnikaning tarkibi va darajasi sezilarli darajada oʻzaro farqlanadi.

1) The way of classifying the stages for progressive training of techniques

a. From the emphasis on basic techniques to the emphasis on applied techniques. For example, only an accurate performance of basic foot kicks in Taekwondo enables one to make applied kicks exploiting the foot step.

b. From an important technique to a less important technique

c. From an easy technique to a difficult one, so that one may become proficient in each technique for sure. (Example) In Taekwondo, a basic kick may be divided into several sections of technique and one practices each section intensively until he gets mastered in it. which will be followed by a further training of the technique as a whole.

d. From a technique requiring little physical strength to a technique requiring more physical strength. Thus, the stages of training techniques may be divided not only by technique but by section of techniques. The first stage of technique training may differ in planning between one for beginners and another for first-class players.

2) Texnikani mashq qildirish tamoyillari

Texnik mashgʻulotlar quyidagi asosiy (baza) tamoyillarga asoslanadi: batafsillik (toʻliqlik), onglilik, bosqichlilik (ketma–ketlik), takrorlanish, yakka tartiblilik va boshqalar.

Texnikani yaxshilashning asosiy tamoyillari – texnika va jismoniy mashqlarning kombinatsion tavsifda oʻzlashtirilishi, texnikaning alohida tarkibiy qismlarga ajratib chiqilishi, mashqlarning takrorlanishi va rivojlanishning bosqichli tavsifda amalga oshirilishidan tashkil topadi.

(1) Texnikaning yaxshilanishiga olib keluvchi jismoniy kuchni mashq qildirish

Jismoniy kuch va texnika darajasini oshirish uslublarini oʻrganib chiqish talab qilinadi. Texnikaga oid mashqlarni oʻrganishdan oldin, harakatlar samaradorligiga taʼsir koʻrsatuvchi – jismoniy kuch omilini yaxshilash talab qilinadi. Hamkor bilan

ishlash vaqtida epchillik, reaksiya, masofani va jangning haqiqiy holatlarini his qilish rivojlantiriladi.

(1) Enhancement of techniques through training of physical strength

One must study how to upgrade both physical strength and techniques. To that end, an effective reinforcement training is necessary for upgrading the factors of physical strength required for technical training. For example, reinforcing power through a competition exercise of Taekwondo may be stressed or at times sharpening agility may be the primary target to achieve by focusing in the training corresponding to it.

(2) Alohida va umumiy texnikaning bog‘liqligi

Alohida va umumiy texnikani mashq qildirish uslublarini o‘rganish va ushbu mashqlarning rolini yaxshi bilish talab qilinadi. Boshqa tomondan, turli xil mashqlarning, jumladan asosiy (baza sifatidagi) va amaliy harakatlarning (alohida harakatlar) hamda mashg‘ulotlarga oid musobaqalarning (to‘liq mashqlar) bir butun umumiylikda bog‘lanishi talab qilinadi.

(2) Correlated training of a sectional technique and the whole techniques

In sectional technique training, one should be aware of the role of each sectional technique functioning within the whole technique. In training Taekwondo technique, one should try to train basic motions and their applied motions (sectional techniques) first, and then, through competition exercises (the whole technique training), try to match those sectional techniques with the whole technique.

(3) Mashqlarni takrorlash yo‘li bilan texnikani yaxshilash

Texnikaga oid mashqlarni bajarishda «takrorlanish tamoyili»ga alohida darajada e‘tibor qaratilishi talab qilinadi. SHuningdek, ko‘p marta takrorlashlar asosida amalga oshiriluvchi oddiy harakatlar mashqlarni bajarish ishtiyoqining susayishiga olib keluvchi yoqimsiz hisni ham yuzaga keltirishi mumkin. SHu sababli, takrorlashlarda uzluksiz jarayonga tegishli o‘zgartirishlar kiritish, uning tarkibini

boshqa elementlar bilan kombinatsiyalash asosida turli xillikni yuzaga keltirish talab qilinadi.

(3) Repeated training to improve techniques

The "principle of repetition" is very much emphasized in training techniques. However, simple repetitions are likely to bring about boredom and undesirable habits. Repetition of technical training must be always linked with a higher level of technique in order to avoid any boredom.

(4) Bir martalik yondoshuv asosida texnikaga oid mashqlarning samaradorligi

Takroriy mashqlar ma'lum bir aniq vaqt oralig'ida amalga oshiriladi va bunda dam olish, qayta tiklanish uchun ajratiluvchi vaqtga amal qilinadi. Aksincha vaziyatda, sportchilarning erishuvchi natijalari yomonlashishi, jarohatlanish ehtimolligi va hatto, rivojlanishda orqaga ketish (regress) qayd qilinishi mumkin.

(4) A set of training time for effective technical training

One should provide enough time of repose between sets of a given time so that repetition of training may not produce any excessive fatigue or boredom. An over training in a state of tiredness is inutile and even risks inflicting injuries on players.

3) Qo'shimcha mashqlar

Har qanday hoxlagan boshqa sport turlarida kuzatilgani kabi, taekvondoda ham qo'shimcha harakatlar jismoniy kuchning yaxshilanishiga olib keladi, ayniqsa bunda asosiy va maxsus jismoniy kuch rivojlantiriladi (2 jadval). Qo'shimcha harakatlar o'z tarkibiga quyidagi mashg'ulotlar turlarini qamrab oladi:

1. Barcha sport turlarida jismoniy kuchning yuqori darajada bo'lishi ish unumdorligini oshiradi;
2. Barcha sport turlarida jismoniy kuchning rivojlantirilishi qo'shimcha qurilmalarning mavjudligini talab qiladi;
3. Jismoniy kuchda mavjud kamchiliklarni yo'qotish muhim ahamiyatga ega hisoblanadi;

4. Asosiy harakatlarni bajarishga kirishishdan oldin, tayyorgarlik harakatlarni samarali tarzda bajarish talab qilinadi. Texnik darajani oshirish bilan birgalikda, yordamchi tavsifga ega bo'lgan harakatlar haqida ham qayg'urish talab qilinadi, ya'ni muskullar kuchini rivojlantirish, reaksiya, egiluvchanlik, muvozanat va boshqalarni rivojlantirishga qaratilgan mashqlarni bajarish ham harakatlar samaradorligini oshirishda muhim o'rin tutuvchi omillar hisoblanadi. SHunga o'xshash, taekvondoda ham qo'shimcha harakatlarni bajarishdan foydalaniladi.

3) Reinforcement training (Balance)

Reinforcement training has the purpose of extending the basic physical strength and the special physical strength which are required for each category of sports. The benefits which may be obtained from reinforcement training are as follows:

1. It helps develop physical strength to a greater efficiency and a higher level than the proper training of each sport.

2. It helps achieve the level of physical strength as required by each sport without depending on any professional facilities or equipment, being exercised easily at any place.

3. It facilitates one to make up for the shortages of physical strength by intensive training

4. It serves as a preliminary exercise prior to the main training. Especially such factors of physical strength as muscle strength, agility, flexibility, power and balance must be taken into consideration in selecting items of exercise for reinforcement of specific category in addition to the consideration of upgrading techniques as well. The following table shows how to organize the reinforcement training for Taekwondo sport

a) taekvondoda qo'shimcha harakatlarga egiluvchanlik, muskullarning kuchi, epchillik reaksiyalar, chidamlilik, tezlik va boshqa shu kabi sifatlarni rivojlantirish imkonini beruvchi harakatlar tushiniladi. Taekvondoda qo'shimcha mashqlar texnikaning yaxshilanishiga olib keladi.

a) The items of reinforcement training to improve such factors as flexibility, muscle strength, power, agility, endurance, balance, reaction, etc. Which Taekwondo requires most are shown in the following table:

2-jadval

Mashqlar	Mashg'ulotlar uslublari	Mashq qilish samaradorligi
100 m	100 m×5 marta borib kelish, 2 kishilik guruhlarda estafeta	Epchillik, tezlik, chidamlilik
50 m	50 m×5 marta borib kelish, 2 kishilik guruhlarda estafeta	Epchillik, tezlik
30 m, 20 m	30 m×3 marta borib kelish; 20 m×3 marta borib kelish	Epchillik,
400 m yugurish	400 m×10 marta borib kelish (16'20")	Chidamlilik
Kross	Barcha sportchilar	Umumiy chidamlilik
8 km	Barcha sportchilar	Umumiy chidamlilik
Zinalar bo'ylab sakrash	8–10 kishidan	Muvozanat, epchillik, reaksiyalar
To'siqlar osha sakrash	5–8 kishidan saf tortish, bir-birining ustidan sakrash	Epchillik
Sakrash	7–10 ta sakrash, 3–5 marta	Epchillik, egiluvchanlik, muskullar kuchi
Tortilish	Egiluvchanlik mashqlari	Egiluvchanlik va jarohatlanishning oldini olish
Gilamda bajariluvchi gimnastika	Gilamda 5–6 ta gimnastika mashqlarini bajarish	Egiluvchanlik
Past– balandliklar bo'yicha mashg'ulot	45° nishablikka ega yuzada mashqlarni bajarish	Epchillik, reaksiyalar, chidamlilik
Mokisimon yugurish	50 m×10 marta borib kelish	Reaksiyalar, epchillik
Orqa bilan sakrab	2 oyoq juft holatda, 2 oyoq alohida holatda, 1 oyoqda	
Hamkor bilan ishlash	2 tadan guruhlarda bajarish, 8–10 ta kuch mashqlari	Muskullarning kuchi, epchillik, chidamlilik, reaksiya
Yonlama step	1×3 marta	
Mokisimon yugurish	10 m×5 marta borib kelish	

Table 2.**Physical Strength Reinforcement Training**

Training Item	Training Methods	Effect of Training
100m full speed run	100m x 5set (competitive run in teams of 2)	power, speed, endurance
50m full speed run	50mx5set (the same as above)	power, speed
30m, 20m full speed run	30m x 2set, 20mx3set	power
400m run	400m x 10set (goal-in in 16'20")	endurance
Cross country	all trainees(players)	endurance of heart and lung
Road walk (8km)	(ditto)	ditto
Stairs jump	coach adopts his own methods (8 to 10 options)	balance, power, agility
Hurdle jump	jump over hurdles (or cord)	power 10 hurdles in a line
Jump	3 to 5set (7 to 10 options)	power, flexibility, muscle strength
Stretching	(options corresponding to each sport)	flexibility and prevention of injury
Mat setting-up exercises	5-6kinds of setting-up exercises on the mat	Flexibility
Hill training	training on a hill with the gradient of 45 degrees (8 to 10 options)	power, agility, endurance
Zig zag run	50m x 3set	agility, power
Jumping over the back	(jump over with two feet open wide, with two feet joined together, one-foot jump over)	
Couple exercises	In teams of 2 (8to 10 kinds of physical strength exercises)	muscle strength, power, endurance, agility
Side step	1' x 3set	
Shuttle run	10m x 5set	

b) The items of training shown in the following table will help improve techniques.

Texnika bo'yicha qo'shimcha mashqlar

Mashg'ulotlarning tarkibi	Mashg'ulotlar uslublari	Mashg'ulotlar samarasi
Tizzani ko'tarish	Har ikkala oyoqning tizzalarini 90° burchak ostida ko'tarish; joyida turgan holatda bajarish (50×3 marta); oldinga harakatlanish asosida bajarish (10 m×3 marta)	Burchak aniqligi Oyoqlar bilan zarba berish
Oyoqlar bilan zarba berish	2 kishilik guruhlarda orqa bilan sakrash davomida oyoq bilan zarba berish	Tananing muvozanatini saqlash O'z-o'zini himoya qilish aniqligi
Asosiy (baza) harakatlar, oyoqlar bilan zarba berish	Asosiy harakatlar va bloklar asosidagi mashqlarni bajarish	
Arg'amchidan sakrash	Oyoqlar bilan amaliy zarbalarni berish	Muskullarning kuchi, tezlik
		Step

Table 3.

Technical Reinforcement Exercises

Training Item	Training Methods	Effect of Training
Pitching	move the knees of two feet up and down alternately to an angle of 90 degrees (at a fixed position. 50 time X 3 set; by running forward 10 m X 3 set)	accuracy in the angle of foot kick
Food kick jumping over the back	jump over and kick in teams of two	balance, accuracy
Basic motion (makki)	training focused on the makki motions among basic motions	abilty of defense
Tube foot kick	wag foot kick training using tubes	muscle strength, speed
Rope skipping		step

B. Tayyorgarlik va tartibli harakatlar

B. Warming-up and Finishing-up Exercises

1) Tayyorgarlik harakatlari (chigil yozdi mashqlari)

Odatda, asosiy mashg'ulotlar mashqlarini bajarishga kirishishdan oldin, harakatlarni jonlantirish va jismoniy faollikni keskin oshirish maqsadida turli xildagi tayyorgarlik harakatlari shakllaridan foydalaniladi. Har bir sport turida tayyorgarlik

harakatlaridan (chigil yozdi mashqlari) muntazam ravishda foydalaniladi, bu harakatlar harakatlanish qobiliyatining samarali tarzda namoyon qilinishi imkonini beradi va musobaqalar oldidan tayyorgarlik harakatlarining to'liq bajarilishi oldinda turgan jangning yakuniy natijalariga bevosita ta'sir ko'rsatadi. SHu sababli, sportchilar tomonidan musobaqa jarayoniga kirishidan oldin maxsus tuzib chiqilgan shakldagi va uslublardagi tayyorgarlik harakatlarini bajarishlari talab qilinadi.

Tayyorgarlik harakatlari ikkita turga ajratiladi, aniqroq aytganda umumiy va maxsus chigil yozdi harakatlariga bo'linadi. Bunda umumiy chigil yozdi mashqlari gimnastika tavsifida bo'lib, harakatlarni jonlantirish maqsadida amalga oshiriladi, bunda tanani engil tarzda qizdirib olish nazarda tutiladi, ikkinchi turdagi chigil yozdi mashqlari esa ayrim muskullar guruhlarining faol tarzda ishga tushirilishini ta'minlovchi texnik mashqlardan tashkil topadi, masalan golf va tennis sport turlarida qo'lni siltash harakatlari, taekvondoda esa oyoqlar bilan zarba berish va ushbu harakatlar bilan bog'liq mashqlar bajariladi.

1) Warming-up

It is often observed that one conducts various types of preliminary exercises before entering into sports games intensive physical activities. Coaches of each sport make it a rule to enforce warming up to their players because the maximum motor ability to keep the players in the best physical conditions on the competition scene is the important factor to influence the result of a game. Warming-up exercise is usually performed several minutes or immediately before entering into games.

There are a general warm-up and a specific warm-up. The former is a kind of light gymnastic exercise and the latter is represented by such exercises as swing exercise in golf, stroke exercise in tennis, and foot kick exercise in Taekwondo. Which are related to the techniques to be employed in real games. In addition spiritual training, massage, etc. can be included.

(1) Tayyorgarlik harakatlarining roli

1. Tana va muskullar haroratini ko'tarish (qizib olish) odam organizmida fermentlar faolligi ortishini ta'minlaydi, bu holat qonning qon tomirlari bo'ylab sirkulyasiyasi yaxshilanishi va qon orqali kislorod va ozuqa moddalarining to'qimalarga tashib etkazilishi yaxshilanishini ta'minlaydi, bundan tashqari muskullarning qisqarish tezligi qiymati ham ortadi;

2. Bo'g'im xaltachasi sohasida ishchi holatdagi soha yuzasi ortadi, bu esa bo'g'imlarga kuchlanish berilishi kuzatiluvchi mashqlar harakatlarini bajarish davomida jarohatlanish yuzaga kelishi ehtimolligi darajasini keskin kamaytiradi;

3. Ruhiy barqarorlik darajasi ortadi.

(1) The effect of warming up

1. By elevation of the temperature in the body and muscle, activities of enzyme in the body are accelerated, smoothing energy metabolism, and also blood circulation is smoothed to increase the ability of carrying oxygen, thus facilitating muscle's contraction and relaxation.

2. Warming up makes the motion of joints smooth, extending the scope of their motion and preventing any possible injuries which might be caused by overburdened training.

3. It also helps keep psychological stability.

(2) Chigil yozdi mashqlari uchun mo'ljallangan harakatlar

- Barcha bo'g'imlarda ishchi sohalarning kengayishini ta'minlovchi texnik harakatlar:

- Murakkab tarektoriyaga ega bo'lgan harakatlarni bajarishda muskullarning oldindan tayyorlanishi;

- Muskullarning kuch bilan bajaruvchi ishi qayd qilinuvchi harakatlarga tayyorgarlik ko'rish mashqlari.

(2) Exercises for warming up

- To extend the scope of motion for each joint so that a better performance of competition techniques may be possible.

- To check in advance whether or not the muscle is in a normal state.

- To prepare for exertion of muscle strength

2) Egiluvchanlikni ta'minlash uchun gimnastika mashqlari:

- Tortilish (cho'zilish);

- Asosiy muskullarni ishga jalb qilish harakatlari;

- Muskullarning yo'lantirilgan tavsifdagi ish bajarishi;

- Bo'yin uchun: ko'prik harakati;

- Elka–son uchun: yotgan holatda sakrash harakatlari;

- To'piq–oyoqlarning barmoqlari–oyoning ko'tarilib turuvchi tag qismi uchun: boldirda o'tirish mashqi;

- Elka–qo'llar–ko'krak qafasi uchun: yuz bilan erga yotgan holatda qo'llar yordamida gavdani ko'tarib–tushirish mashqi (*otjimanie*);

- Qorin sohasi uchun: o'tirib turish mashqi va boshq.

2) Setting up exercises

- Exercises performed after stretching

- Exercises of the major muscles to be used in competition training

- Exercises not giving any fatigue to muscle

(Example)

- Neck part: Bridge

- Shoulder. Hip : Jumping Jacks

- Ankle, Toes: Running

- Shoulder, Arms, Chest: Push-up

- Abdomen: Sit-up, etc.

3) Asosiy (baza sifatidagi) harakatlar:

- Qonning aylanishini tezlashtiruvchi tavsifga ega muskullarning tayyorgarlik harakatlari;

- Muskullarning jonlantirilishi va faolligiga turtki berilishi, asab impulslarining uzatilishini tezlashtirish harakatlari.

Taekvondoda oyoqlar yordamida amalga oshiriluvchi turli xil zarbalar texnikalari va boshqa asosiy (baza sifatidagi) harakatla

3) Basic motions

- To promote elevation of muscle temperature and blood circulation

- To facilitate and speedup neural function and metabolism in muscle

(Example) In Taekwondo, basic motions of various kick techniques are repeated.

(3) Tayyorgarlik harakatlarida hisobga olinuvchi lahzalar.

Matters to be considered in warming-up exercises

1). Tayyorgarlik harakatlari tizimli tavsifda amalga oshiriladi.

Tayyorgarlik harakatlari tanlab olingan uslubga bog'liq holatda, boshdan oyoq sohasigacha yoki tananing markaziy sohasidan qo'llar va oyoqlargacha yo'nalishda amalga oshiriladi. Birinchi navbatda, sizning talablaringizga javob beruvchi uslubni aniqlab olish va tanlash talab qilinadi va keyin, ushbu uslubdan tizimli tavsifda foydalanish amalga oshiriladi. Ayrim olimlar tomonidan ta'kidlanishicha, tayyorgarlik harakatlarini quyidagi ko'rinishda ketma-ketlikda amalga oshirish talab qilinadi: ya'ni, oyoq kaft qismi, to'piq, ensa va umurtqa sohalaridan boshlash va tizza, chov sohasi va boshqa bo'g'imlarga o'tish hamda harakatlarni yon tomonda joylashgan muskullarda va ularning yurak sohasiga yaqin joylashgan tarkibiy qismlarida tugallash maqsadga muvofiq hisoblanadi. CHigil yozdi mashqlarining bu ko'rinishdagi ketma-ketligidan haqiqiy vaziyatlarda ham foydalaniladi. Bundan tashqari, boshqa ayrim olimlar tomonidan tayyorgarlik mashqlarini nisbatan yirik o'lchamli muskullardan kichik o'lchamli muskullarga tomon yo'nalishda amalga oshirish maqsadga muvofiqligi ta'kidlanadi. SHu sababli, bu yo'nalishda bildirilgan fikrlar, mulohazalar asosida ish

olib borish qiyin masala hisoblanadi. Bunda ushbu fikrlardan ketma-ketlikda foydalanish asosida, optimal uslublarni tanlab olish muhim ahamiyatga ega hisoblanadi.

1) Warm-up must be conducted systematically.

One may either begin with the head part to end with the foot part or begin from the central part of the body to proceed through arms to foot area. A coach decides what to do first according to his judgement. However, some scholars maintain that the best way is to begin from the area far away from the heart, namely, wrist, ankle, neck, and waist, then passing through the knee and joints of hip and shoulders, and finally to end at the areas near to the heart, namely, muscles of the back, abdomen and flanks. Others contend that one must begin with grand muscle groups to end with minor muscle groups. In any case, a systematic performance of warming-up exercises is more important.

2). Tayyorgarlik harakatlarining turli xilligi

«Tayyorgarlik» uslubi butun tana qismlariga turtki berish uchun nima qilish kerakligidan kelib chiqib tanlab olinadi. SHu sababli, ko‘p sondagi turli xil tayyorgarlik harakatlaridan har biri bir xillikka ega harakatlar bilan solishtirilganda, o‘ziga xos hayotiy kuch berishi qayd qilinadi.

2). Warming-up exercises must be in variety.

Different methods of warming up must be adopted each time so as to stimulate ail regions of body in various ways.

3). Tayyorgarlik harakatlarini bajarish davomida muskullarga beriluvchi yuklamalarni boshqarish

Cho‘zilish mashqlarini bajarishda muskullarga beriluvchi kuchlanish kuchini boshqarish talab qilinadi. Bunda kutilmagan, keskin harakatlarni amalga oshirish, me‘yorida ortiqcha yuklamalar berilishi pay bog‘lamlarning jarohatlanishiga sabab bo‘lishi mumkin. Shu sababli, bosqichli, ketma-ketlikdagi va boshqarib boriluvchi harakatlarni amalga oshirish talab qilinadi.

3). Warming up must be performed by means of controlling the force loading on muscles.

Especially when exercising stretching, the force loading on muscles must be controlled. For example, it is least desirable to bound suddenly the upper part of the body in a stance with wide-open feet because it may impose excessive load on the ligament to result in a possibility of injury. Bounding of the upper part must be done slowly and progressively

4). Tayyorgarlik harakatlarini bajarishda yakka tartibdagi xususiyatlar (individual) omili

Tayyorgarlik harakatlarini tanlab olishda va bevosita ularni amalga oshirishda sportchilarning yakka tartibdagi xususiyatlarini hisobga olish talab qilinadi. SHu sababli, harakatlarni bajarish davomida muskullarga beriluvchi yuklamalar qiymatini oshirib borishda sportchilarning yakka tartibdagi xususiyatlarini hisobga olgan holatda, turli xil uslublardan foydalanish tavsiya qilinadi.

4) Individual particularities must be taken into consideration.

Sometimes, the types of warming up may be differently applied to each individual especially when stretching or reinforcement of muscle strength is demanded.

5). Imkoni boricha, tayyorgarlik harakatlariga ko'proq vaqt ajratilishi tavsiya qilinadi

Bunda tayyorgarlik harakatlarining nafaqat turli xilligiga e'tibor qaratish, balki ko'proq vaqt ajratilishi ham muhim ahamiyatga ega hisoblanadi. Dars mashg'ulotining davomiylik vaqtiga bog'liq holatda, barcha harakatlarni amalga oshirish uchun 10 minutdan 20 minutgacha vaqt ajratiladi. Haqiqatdan ham, tayyorgarlik harakatlari qanchalik uzoqroq vaqt davoyimligida amalga oshirilsa, demak mashg'ulotlarni amalga oshirish jarayonida ham bajariluvchi harakatlar samaradorligi shunchalik darajada ortishi qayd qilinadi.

5) A time limit must be set according to the type of warming up.

It may depend on the overall time but usually 10 to 20 minutes are allocated for each time of exercises. If it is doubted whether warming up is enough or not, one may extend the time.

6). Taekvondoda tayyorgarlik harakatlarining muvofiqlikdagi, takrorlanmas tavsifga ega bo'lgan tarkibini qaror toptirish

Har bir sport turida tayyorgarlik harakatlariga qo'yiluvchi talablarni belgilab beruvchi o'ziga xos maxsus jihatlar mavjud hisoblanadi. Mavjud ma'lumotnoma tavsifidagi adabiyot manbalaridan ushbu tayyorgarlik harakatlari turlari bilan tanishib chiqish va maqsadga muvofiqlarini tanlab olish, sportchilarni tayyorgarlashda foydalaniluvchi maxsus mashqlar bilan birgalikda ushbu tanlab olingan harakatlarni tarkibga kiritish tavsiya qilinadi.

6) Taekwondo coaches must make independent plans of warming up exercises according to their judgement on what types are best suited for Taekwondo.

Most of sports categories adopt their own speciality of warming-up exercises. A coach must be himself well mastered in the types of exercises which he finds are most suitable and establish his own plan to let players apply them.

2) Harakatlarni boshqarish

Dam olishdan keyin, keskin va kuch talab qiluvchi mashqlarni bajarish samaradorligi darajasi ortadi, va shuningdek bunda yuklamalarni boshqarish orqali qon oqimi yordamida muskul to'qimalarida yig'ilib qolgan sut kislotaning yo'qotilishi imkoni yuzaga keladi, o'z navbatida harakatlarni bajarish vaqtida yuzaga keluvchi muskullarning toliqishi yo'qoladi, qayta tiklanish jarayoni nisbatan tez amalga oshadi. Aksincha vaziyatda esa – to'planib qolgan sut kislotaning yo'qotilishi uchun nisbatan ikki martadan ko'proq vaqt sarflanishi talab qilinadi. Muskul to'qimasida sut kislotaning yig'ilishi ta'sirida oyoqlar va tananing boshqa qismlari yordamida keskin harakatlarni amalga oshirishda muskullarning harakatlanishi susayadi, qonning sirkulyasiyasi sekinlashadi.

2) Finishing-up Exercises

Instead of taking a rest immediately after a violent game or training, finishing-up exercises are usually performed in order to speed up recovery from fatigue by swiftly removing lactic acid deriving from muscle and blood and prevent from any possible muscle pain or muscle stiffness. Without finishing-up exercises, the time required for removal of lactic acid doubles that with the exercises. Any stagnation of blood which is likely to happen in the muscles of legs due to violent physical motions can be avoided through finishing-up exercises.

3 Tayyorgarlik va boshqariluvchi tavsifga ega bo'lgan harakatlarning samarasi

- 1) Muskullarning qizdirib olinishi turli xildagi texnik harakatlar bajarilishi darajasini yaxshilaydi;
- 2) Mexanik harakatlarda maksimal darajada samaradorlikka erishiladi;
- 3) Jarohatlanish ehtimolligi minimal darajada bo'lishiga erishiladi;
- 4) Charchash holatida qayta tiklanishning tez amalga oshishi qayd qilinadi.

3 Effects of Warming-up and Finishing-up Exercises

- 1) Muscles can be relaxed to make one enabled to improve various techniques or movements.
- 2) Maximization of mechanic efficiency
- 3) Minimization of possible injuries during games or training
- 4) Speedy recovery from fatigue.

C. Mashg'ulotlarning tasniflanishi (klassifikatsiyasi)

C. Classification of Training

1) Texnikani mashq qildirish

Turli xildagi texnik harakatlar mashqlarni takrorlash yo'li bilan yaxshilanadi, bunda asab impulslarining uzatilish tezligi va yo'llarini «qaror toptirish» amalga oshiriladi.

1) Training of techniques

This is aimed at improving techniques of respective sports categories. From a physiological viewpoint, a technique is formed by fixation of the channel of neural transmission, which can be achieved by repeated training.

2) Muskel kuchini mashq qildirish

Ko'pgina sport turlarida muskul kuchi talab qilinadi, bundan tashqari ko'pincha muskul kuchining etarli darajada bo'lmashligi qayd qilinadi. Bunday vaziyatlarda muskul kuchini mustahkamlash uchun og'irlik yuklamasi bilan qo'shimcha mashg'ulotlar mashqlarini bajarish talab qilinadi.

2) Training for muscle strength

Most of sports require muscle strength but some sports categories especially need reinforcement of strength to fit the specific sports. Weight training is a typical method to reinforce muscle strength.

3) Chidamlilikni mashq qildirish

Muskul kuchi va chidamlilik o'rtasida umumiy chambarchas bog'liqlik holati mavjud emas, chunki chidamlilikni oshirish interval va sikl tavsifiga ega bo'lgan mashg'ulotlar yo'li bilan amalga oshiriladi.

Interval tavsifidagi mashg'ulotlarning maqsadi – sifat hisoblanadi, aniqroq aytganda tezlik va bardoshni oshirish, umumiy chidamlilikni mustahkamlashdan tashkil topadi. Shu sababli, tabiiy holatda yuklamalarning oshirilishi oraliqlarida dam olish va engil harakatlar bilan o'rin amlashinish talab qilinadi.

3) Training of endurance

In general, muscle strength and endurance have no direct relationship with each other. An interval training or a circuit training is applicable for improvement of endurance.

An interval training aims at improving the whole body endurance by increasing both speed and endurance. Therefore, intervals of repose time are required in between training times due to the heavy load of intensity, but light exercises lasting long are recommended in the light of improving endurance.

4) Egiluvchanlikni mashq qildirish

Bo'g'imlarning egiluvchanligi va harakatchanligi harakatlarni silliq tarzda amalga oshirilishi va texnikaning yaxshilanishi imkonini beradi.

4) Training of flexibility

Flexibility means the movability of joints. Setting-up exercises or stretching will soften joints, tendon, muscle, etc. for improvement of techniques.

5) Harakatlar muvofiqligini (koordinatsiya) mashq qildirish

Texnik mashg'ulotlarning turli xil turlari tezkor harakatlar, boshqarilish, tarbiyalash va bir vaqtning o'zida, ko'z, qo'llar va oyoqlarning foydalanilishini talab qiluvchi poydevor sifatidagi texnik mashqlarga asoslanadi. Bunda mokisimon yugurish, uzilishlarga ega yugurish va boshqalardan foydalaniladi.

5) Training of control ability

Technical training by category of sports brings about enhancement of the control ability which is the basis of techniques. For applicable means of this training, there are in general ball games, in which eyes, hands and feet are used simultaneously to counter the opponent with swift motions. Zig-zag run and Shuttle run can also be applied.

6) Epchillikni mashq qildirish

Bunda mashg'ulotlarning maqsadi – muskul kuchini va tezligini sintezlashdan tashkil topadi. Engil og'irlik yuklamalari bilan mashg'ulotlar mashqlarini bajarish tezlikni oshirish imkonini beradi, shuningdek kuchga yo'naltirilgan va yordamchi tavsifga ega bo'lgan sakrash harakatlari ham epchillikni o'stirish imkonin beradi.

6) Training of power

This training aims at increasing both muscle strength and speed. There are, for this purpose, a circuit training by lessening the load of weight training and increasing the speed and also supplementary exercises making use of jump movements.

1.4. Murabbiyning roli va rahbarlik (boshqarish)

1.4. The Role of a Coach and Leadership

Murabbiyning roli.

Ma'lumki, trenerning ish faoliyati sportchilarda harakatlarga oid qobiliyatlarning rivojlantirilishi va musobaqalarda ishtirok etish natijalarini yuksaltirishdan tashkil topadi. Aniqroq aytganda, mashg'ulotlarga oid faoliyatning maqsadi – bevosita harakatlarga tegishli qobiliyatlarning yaxshilanishi va sportchilarning erishuvchi natijalarini oshirish bilan bog'liq bo'lgan bilvosita munosabatlarni tanlab olish, shakllantirish va muvofiqlikda qaror toptirishdan tashkil topadi.

Quyida trenerning aniq rolini qarab chiqamiz.

The Role of a Coach

The primary role generally assigned to a coach is to extend a player's ability and produce a good result in the game. The specific roles to be carried out by a coach are as follows:

1) Trener sportchilarda mavjud tabiiy xususiyatlar va boshlang'ich darakchilarni aniqlaydi

Sportchilarni saralab olishda eng avvalo, sportchilarning tabiiy boshlang'ich darakchilar hisoblangan xususiyatlari va yashirin imkoniyatlariga aniqlik kiritish muhim ahamiyatga ega hisoblanadi. Ma'lumki, yashirin imkoniyatlar harakatlarni bajarish qobiliyatining testdan o'tkazilishi yo'li bilan aniqlanadi, aniqroq aytganda amaliyotda harakatlar faolligini tekshirish davomida qayd qilinadi.

Shunday qilib, sportchilarda boshlang'ich darakchilarni aniqlash uchun sezilarli o'rin tutuvchi omillardan biri bo'lgan – muskul kuchi bilan cheklanib qolish holati umumiy tendensiyasi sharoitida, ma'naviy kuch, chidamlilik, iroda va insoniy sifatlar va boshqa shu kabi turli xil omillarni ham e'tibordan chetda qoldirmaslik tavsiya qilinadi. O'z navbatida, bunda nafaqat sportchilarning sub'ektiv va maxsus qobiliyatlarini hisobga olish muhim ahamiyatga ega hisoblanadi, balki trener o'zining sub'ektiv tajribasiga tayangan holatda, mulohaza bilan kuzatish olib borishi va istiqboli

porloq sportchilarni to'g'ri tanlab olishi talab qilinadi. SHunday qilib, trener istiqbolli qobiliyatlarga ega bo'lmagan sportchilarni umumiy tayyorlashda nisbatan ko'p vaqt va kuch-g'ayrat sarflanishi talab qilinishini yaxshi anglab etishi zarur hisoblanadi. Trener sportchilarning ob'ektiv va sub'ektiv jihatlarini ifodalovchi omillarni tahlil qilish asosida, shoshilinch xulosalarga kelmasligi kerak, chunki sportchilarning boshlang'ich tayyorgarlik bosqichida diqqatini mashg'ulotlarga to'liq jalb qila olmasligi yoki dangasalik qilishi kuzatilishi ham mumkin, ya'ni texnikaning qaror topishi va yaxshilanishi uzoq vaqt davomiyligida amalga oshiriluvchi mashg'ulotlarni talab qiladi.

1) A coach must fine out a player's aptitude and potentiality for the future.

First of all, it is very important to pick out a player who has an innate aptitude, i.e. potentiality for a given sport. Usually a sports aptitude test, i.e. a motor fitness test, is used to find out a player's potentiality. However, that is limited to the test of physical strength elements; therefore, other factors to decide a player's quality, such as spiritual power, endurance, power of will, personality and others, should not be ignored. It is also important to preestimate subjectively and objectively the player's adaptability to the specific sport, his competition ability and prospects for the future. Nor should a coach neglect his duty to find out the player's future ability by a sharp observation and correct judgment according to his own style. It is inutile to pour much time and effort to a player with no prospects. However, a coach should be aware that there are often cases where a picker-up player doesn't show any eagerness or makes loose motions in the early stage of training but, after a lapse of certain period, he displays improvement of techniques.

2) Trener sportchilarning ruhiy holatini to'g'ri tushunishi talab qilinadi

Trener nafaqat ruhiy omilni boshlang'ich tavsifda baholashni amalga oshirishi va uning sportchilarning mahorati shakllanishiga ta'siriga e'tibor qaratishi, balki sportchilarning ichki ruhiy olamini nozik tushuna olishi ham talab qilinadi. Turli xil sport turlarida sportchilarni saralab olish va boshlang'ich darakchilarga aniqlik kiritish davomida sportchilar tomonidan iroda va intilishlarning namoyon bo'lishiga e'tibor

qaratiladi. Bardosh, chidam–matonat va boshqa iroda sifatlarining mavjudligi yoki mavjud emasligi sportchilarning istiboldagi holatini ko‘p jihatdan belgilab beradi.

Shunday qilib, trener sportchilarning qobiliyatlari rivojlanishida zo‘r berib ishtirok etadi, mashg‘ulotlar jarayonida o‘zining hatti–harakatlari haqida fikr yuritadi va sportchilarda boshlang‘ich darakchi holatlarni aniqlaydi, bu holat etarlicha darajada yaxshi natijalarga olib kelishni ta‘minlaydi. Ayrim holatlarda turli xil darajada tashkil qilinuvchi musobaqalar va har kuni amalga oshiriluvchi mashg‘ulotlar mashqlari sportchilarni sinovdan o‘tkazish va ustunlik jihatlarini aniqlashda ustuvor shart–sharoitlar va uslublar sifatida o‘rin tutadi. Bunda ruhiy omil haqida yaqqol fikr yuritish qiyin masala hisoblanadi. O‘z navbatida, trener sportchilarning ruhiy jihatlarini tarbiyalashi va o‘zgartirishi, musobaqalarni tashkil qilish yo‘li bilan sportchilar xarakteriga ta‘sir ko‘rsatishi mumkin va sportchilarning kundalik mashg‘ulotlarda odatlanilgan mashqlarni bajarish asosida yuqori natijalarga erishishlari ta‘minlanishi qayd qilinadi.

2) A coach must know a player's state of mind regarding the specific sport.

It is also an important duty imposed on a coach to preestimate precisely a player's psychological aspects. Even if the selected players show talent for their respective sports, plenty of efforts and a strong will power are all the more needed to exert fully their potentiality. Whether or not they can endure painful efforts and whether or not they have a strong will to continue are closely related with their prospects for the future. For instance, a player who has a strong spirit, who steadily participates in training and makes efforts and who always reflect himself and tries to study, may obtain a good result by fully exerting his aptitude. At times there are occasions when a player gains better results at a test than at the time of training, which indicates that a player is much influenced by psychological factors at the time of test or game.

3) Mashg‘ulotlarning samaradorligi va ish unumdorligini trenerning oqilona faoliyatiga bog‘liq hisoblanadi

Sportchilarning qobiliyatlarini yaxshilash uchun mashg'ulotlar bilan bog'liq ishlarga nisbatan ko'proq darajada oqilona (ratsional) yondoshish muhim ahamiyatga ega hisoblanadi. Mashg'ulotlarning ratsionallashtirilishida nisbatan eng qisqa yo'l – bu mashg'ulotlarni sinchiklab rejalashtirib chiqishdan tashkil topadi, bunda trener mavjud kamchiliklarning o'rnini to'ldirish va to'g'ri tahlil qilish, tashhis qo'yish jarayonini to'g'ri amalga oshirish, mashg'ulotlarning tarkibi haqida qayg'urishi, mashg'ulotlarning samaradorligi, atrof-muhitda mavjud shart-sharoitlar, rivojlanishning bosqichli tavsifga egaligi, belgilangan maqsadlarning ro'yobga oshirilishi va shu kabi jihatlarga katta e'tibor qaratishi talab qilinadi. SHunday qilib, har doim ham mashg'ulotlarning oqilona tashkil qilinishi yuqori samaradorlikka olib kelavermaydi, bu holat kamida sportchilarning ma'lum vaqt davomida mashg'ulotlarning maqsadi va mazmun-mohiyatini o'zlari to'liq anglab etmagunlarigacha, samaradorlikning to'liq ta'minlanmasligi, shuningdek ularning mashg'ulotlarda ishtirok etishi, musobaqalarda g'alabalarga erishishi va mag'lubiyatlari kabilarga bog'liq hisoblanadi. Trener mashg'ulotlarning oqilona tashkil qilinishi haqida qayg'urishi orqali sportchilar uchun o'ziga xos yo'l boshchi sifatida o'rin tutadi.

Sport turiga bog'liq holatda, mashg'ulotlar mashqlarining tarkibi va samaradorligi, individualligi o'zaro sezilarli darajada farqlanadi va bunda belgilangan maqsadlarga erishish uchun tinimsiz mehnat qilish talab qilinadi. Trenerning birinchi o'rindagi vazifasi – sportchilarning o'zlari mashg'ulotlar davomida o'z bilimlarini tarkibiy to'ldirib borishlariga intilishi, shuningdek sportchilarning asosiy va maxsus jismoniy kuchni mustahkamlashlariga intilishlari ruhiyatini shakllantirishdan tashkil topadi. Dars mashg'ulotlarida belgilangan maqsad yil davomida o'tkazilishi belgilangan musobaqalar taqvim rejalariga muvofiq kelishi zarur hisoblanadi. Masalan, musobaqalarga tayyorgarlik ko'rish davomida mashg'ulotlar tarkibiga maxsus mashqlar, steplar va boshqalar kiritiladi, butun mashg'ulotlar davrining – tayyorgarlik, mustahkamlash va tugallanish davrlariga bo'lib chiqilishi birinchidan, asosiy jismoniy kuchning mustahkamlanishiga olib keladi, ikkinchidan – yakka tartibdagi musobaqalar o'tkazilishi sharoitida barcha qobiliyatlarga e'tibor qaratilishi

va rivojlantirilishi imkoni yuzaga keladi, uchinchi – texnik va taktik qobiliyatlarning shakllantirilishi bosqichli tarzda, ketma–ketlikda yakunlanadi. SHu bilan birgalikda, boshqaruv samaradorligi bosqichlar bo'yicha, alohida qismlarning rejalashtirilishiga bog'liq hisoblanadi, ya'ni – choraklar bo'yicha, oylik, haftalik va kundalik rejalar maqsadga muvofiq tarzda tuzib chiqilishi talab qilinadi. Maktabda amalga oshiriluvchi ta'lim jarayonga o'xshash tarzda, trenerning faoliyati o'rgatish jarayonini tashkil qilish va boshqarishni ta'minlash asosida rejalashtiriladi. SHunday qilib, mashg'ulotlar jarayonining oqilona bo'lmagan tarzda rejalashtirilishi va nomuvofiqlikka ega bo'lgan muhit tez charchashga, jismoniy kuchning juda katta qiymatda sarflanishiga olib keladi. Qisqacha qilib aytganda, asosiy jismoniy kuchni o'stirish talab qilinuvchi sport turlarida mashg'ulotlar jarayonini rejalashtirishni boshqarish zarur hisoblanadi, jumladan mashg'ulotlardan keyin organizmning qayta tiklanishi uchun dam olishning etarli darajada bo'lishi talab qilinadi.

3) A coach must establish a reasonable and more efficient training program.

It is important to make efforts to rationalize the training program in order to upgrade competition ability. The best way is to start with a minute plan by establishing a reasonable training program. A correct diagnosis of selected players, adequate treatment for each player, planning, productive training, creation of environment, progressive stages of training, and others are the matters to be considered in planning. Planning of all those things is not all: the trainees must be conscious of the need for training, voluntarily participation in the training, which requires the coach's role of guidance and encouragement.

The contents of training should differ according to the category of sports and principle of individuality. The trainees must be encouraged to understand the training program so that they may try to improve by themselves basic as well as special physical strength. If a yearly competition schedule has been announced, training must be so programmed to meet each event. Considering available time for training, the program must provide a division of training time into preparation, reinforcement and perfection periods, and the development of training from the first stage of strengthening basic

physical strength through the second stage of developing basic motor abilities (in case of individual games) and team motor ability (in case of team games) to the third and final stage of improving the training ability for games. This is referred to a quarter-year program. Next comes the planning of monthly, weekly and daily programs. This part of planning, which is similar to schools' curriculum, must be worked out by the coach's creative ideas. Even in the course of training according to the program, the coach must be always watching practicability of the program, any over training, degree of consumption of physical strength, training atmosphere and so on. There can be fluctuations in the course of training to improve sufficient basic physical strength and then to upgrade the motor ability fully matching the corresponding sport; therefore an additional plan is necessary to allocate sufficient time for recovery from fatigue and to control physical conditions.

4) Trenerning yaxshi ish olib borishi mashq qilishga ishtiyoqning o'yg'onishiga olib keladi

Trenerning muhim hisoblangan vazifalaridan yana biri – bu sportchilarning mahorati darajasini oshirish bilan bog'liq hisoblanadi. SHu sababli, birinchi navbatda sportchilarning mashg'ulotlarda ishtirok etish darajasini oshirish vazifasini hal qilish talab qilinadi. Trener sportchilardan mashqlarni bajarishni sovuqqonlik bilan, qat'iy talab qilmasligi zarur. Aksincha vaziyatda, mashqlarning rasmiy tusda bajarilishi slampa holatiga va to'xtalishlarga olib kelib kelishi mumkin, shuningdek mashq qilishga nisbatan qiziqishning so'nishi, hoxish–istakning yo'qolishi qayd qilinishi mumkin. Mashg'ulotlar rejasi sportchilarda mashq qilishga nisbatan o'z–o'zidan hoxish–istakning o'yg'onishiga turki berish tavsifida tuzib chiqilishi talab qilinadi. O'z navbatida, boshqarish jarayonida mashg'ulotlarni tuzib chiqishning turli xildagi uslublaridan foydalanish tavsiya qilinadi. Sportchilarda mashq qilishga nisbatan qiziqishlarni o'yg'otuvchi omillarga – qiziqtirish, ehtiyoj sifatidagi zaruriyatni shakllantirish, amalga oshirish quvonchi–hursandchiligini his qilish, belgilangan maqsadni ongli ravishda amalga oshirish va boshqalarni kiritish mumkin. SHu sababli,

trener doimiy ravishda har bir sportchini yaxshi tushuna olishi talab qilinadi va shundagina katta yutuqlarga erishish mumkin.

Mashqlarni bajarish davomida trener quyida keltirilgan qoidalarga amal qilishi tavsiya qilindi:

- (1) Alohida mashqlarni bajarish davomida vaqtning oqilona foydalanish;
- (2) Mashqlarni bajarish uslublarini o'zlashtirish;
- (3) O'yin estafetalaridan foydalanish;
- (4) Maqto'vni qizg'anmaslik;
- (5) Sportchilarning takliflarini qabul qilish;
- (6) Sportchilarda amaliy jihatlarni rivojlantirish;
- (7) Aniq maqsadlarni belgilash;
- (8) Sportchilarning aqliy faolligini rivojlantirish;
- (9) Mashqlarda turli xillikdan foydalanish;
- (10) Ishonch bilan o'zlashtirish va mahorat darajasini oshirishni ta'minlash.

Umumiy holatda, trener mashqlarni bajarishda Spartada kuzatilgani kabi, qat'iy talablar qo'yimasligi va sportchilarni sparringda o'zining kuchi va texnikasi bilan maqtanmasligi, balki ularda qiziqish, ishtiyoq bilan mashq qilish istagini o'yg'otishi talab qilinadi. SHunday qilib, rahbarlikni amalga oshirish samaradorligi sportchilarning rivojlanishiga ulkan ta'sir ko'rsatadi.

4) A coach's primary concern should be laid on how to stimulate trainees' desires for training.

It is the coach's important duty to improve players' motor ability, which necessarily requires encouragement of desires for training. A coach must always keep in mind that it is players and not the coach himself to undergo the training. It is absolutely impossible that a coach could enforce training arbitrarily at his own will without considering the physical conditions on the part of trainees. So, trainees should be stimulated to like the training in order to avoid any stalemate or slump. The training program should be the one which may arouse interest in trainees. The stimulation factors may include interest, necessity, joy of achievement, self consciousness of the

goal, and the like. During the process of training, a coach should pay attention to the following points:

- (1) A set of training time for each category should be short, if possible
- (2) Methods of training should be changed as often as possible
- (3) At times, introduction of competition with frolics among trainees
- (4) Praises
- (5) Acceptance of trainees' opinions
- (6) Enhancement of players' application ability
- (7) Establishment of concrete goals
- (8) Allowing chances for thinking on the part of trainees
- (9) Linkage of a technique with another
- (10) Easy and speedy mastering in techniques

Some coaches maintain that a hard spartan method of training only can bring about improvement of competition ability. However, that could be effective only when the team players are fully convinced by the coach's particular leadership.

5) Mashg'ulotlarda sportchilarning yakka tartibdagi o'ziga xos jihatlarini to'g'ri tushuna olishning rabarlikni amalga oshirish samaradorligiga ta'siri

Asosiy va maxsus jismoniy kuch, ma'naviy-ahloqiy tayyorgarlik darajasi, texnik avval boshqa jihatlardan sportchilar o'rtasida o'zaro farqlanishlar ko'lamini keng hisoblanadi, ya'ni ularning har biri o'zining ustun va kamchilik jihatlariga ega hisoblanadi. Mashg'ulotlarda sportchilarning yakka tartibdagi o'ziga xos jihatlarini hisobga olish, ustun jihatlarini takomillashtirish va kamchiliklarini to'g'rilashga intilish talab qilinadi. Sportchilarga nisbatan ko'proq amaliy tajriba ega bo'lgan trener sparring texnikasini kuzatish va tahlil qilishi, tamoyil jihatidan yo'l qo'yilgan kamchiliklarni aniqlashi va tegishli mashqlar orqali ularga tuzatishlar kiritishi talab qilinadi. Trenerlik ishida kuzatuvchanlik, ziyraklik sifatleri muhim ahamiyatga ega bo'lib, bu sifatlar sportchilar jamoasining tayyorgarlik ko'rishi jarayonida kerakli mashq mashg'ulotlarini amaliyotga tadbiiq etish olish, sportchilarning ustun jihatleri va kamchiliklarini aniiq ko'rish olish, texnik kamchiliklarga tuzatish kiritish olish, o'z vaqtida maqtash, rekordlarni yaxshilash, to'siiq sifatida ta'sir ko'rsatuvchi shart-sharoitlarni

aniqlash va ularni barataraf qilish, tuzatishlar kiritish va qimmatli ko'rsatmalar berish imkonini beradi. Bundan tashqari, trener nafaqat alohida sportchilarga e'tibor qaratishi, balki butun jamoaga, jamoaning umumiy bir butunligi va ichki xususiyatlariga e'tibor qaratishi asosida kuzatish va tegishli tuzatishlar kiritish vazifasini ham o'z zimmasiga oladi.

5) A coach should be fully informed of each player's individual personality and give appropriate instruction.

Each player has his own merits and defects, differing from others in basic physical strength, special physical strength, spiritual strength, techniques, etc. Training must be so intended to extend fortes and make up for shortcomings. Even in practicing techniques, individuality must be taken into consideration in order to achieve the highest level of technique. Coach should not rely too much on his past experiences, but should, instead, watch carefully first-class players' competition techniques and analyze them to shape up his own pattern of instruction. It is important for a coach to watch closely each of his team players to praise his good performance and correct his wrong performance each time he finds them out. However, at the same time, the coach must think about harmony among the (earn players, putting a stress on the dynamic relationship between individuals and the entire or part of team.

6) Trenerda ilg'or boshqaruvchilik mahoratining mavjudligi

Qulay vaziyatlarda trener sportchilarni musobaqa qoidalari, sparringni amalga oshirish uslublari, sparringning umumiy masalalari, maxsus mashqlarning ahamiyati va boshqa holatlar bilan tanishtirib borishi, ushbu ko'rinishda sportchilarni har tomonlama rivojlantirib borishi talab qilinadi. Boshqarish texnikasida mavjud uslublardan – ma'ruza, baxs–munozara, suhbat, ko'rgazmali namoyish mashqlari, kuzatishlar va boshqalardan foydalaniladi. Masalan, ma'ruza yordamida sportchilarga mashqning tarkibi tushuntirib beriladi, texnika bo'yicha turli xil tushuntirishlar amalga oshiriladi, keyin ko'rgazmali mashqlar, tahlil va bahs–munozara uslubida mavzu bo'yicha materiallarning mustahkamlanishi amalga oshiriladi. SHu sababli, har tomonlama aniq tavsifga ega tushuntirishlar har bir sportchining aqliy faolligini

oshirishi qayd qilinadi va har doim trener ushbu holatga ishonch xosil qilishi muhim ahamiyatga ega hisoblanadi. Trener o'zini qat'iy, qattiqo'l boshqaruvchi sifatida tutmasligi, biroq etarli darajada talabchan bo'lishi talab qilinadi, ko'ngilchan bo'lish – bu barcha narsani o'z holicha tashlab qo'yish degani emas, bunda o'zaro iliq munosabatlar mavjud bo'lishi zarur hisoblanadi. Vaziyatga bog'liq holatda, trener o'z vaqtida qattiqo'l bo'lishi va o'zini munosib tuta olishi ham talab qilinadi.

6) A coach should be adept in instruction technique.

Taking every available opportunity, a couch should try to give a theoretical instruction, too, regarding art of competition, method of competition management, significance of a special training, etc. in order to shape up perfect competitors. Methods of instruction generally include explanation, discussion, question and answer, exercise, demonstration, observation, and so on. Especially, explanation, demonstration, and observation among others are the indispensable methods of instruction. An explanation can be developed by presentation, demonstration, analysis and discussion. As to the instructor's attitudes, there are a severe style and a lukewarm style. However, any extremity of either of them is not recommend-able. One should be sometimes active and stern rather than behaving severely and also generous rather than being indifferent or lukewarm.

7) O'z ishining ustasi sifatida trener trenerlik faoliyati ustida muntazam shug'ullanishi talab qilinadi

Trener har kuni boshqarishning tegishli uslublari yordamida o'z tajribalarini oshirib borishi, sportchilarga hayotiy tajribalar va texnikani etkazib berishi talab qilinadi. Texnikani o'zlashtirish bo'yicha rahbarlik qiluvchi trener o'z tajribasi va tashabbuskorligin namoyon qilishi, shuningdek sportchilarning salomatligini nazorat ostida ushlashi, mashg'ulot sparringlarini o'tkazishni boshqarish uslublari yaxshi bilishi va shu kabi muhim jihatlarga ega bo'lishi maqsadga muvofiq hisoblanadi. Shuningdek, trener sportchilarda insoniy sifatlar rivojlanishiga ijobiy ta'sir ko'rsatishi, sport psixologiyasi, odam tanasining funksiyasi asoslarini mukammal bilishi, harakatlar fiziologiyasi, mashg'ulotlarni o'tkazishning turli xil usullari haqida etarli

darajada bilimlarga ega bo'lishi, ilmiy tadqiqotlar bilan shug'ullanishi talab qilinadi va o'z navbatida, mashaqqatli mehnat qilmasdan turib, o'rtamiyona trener darajasidan ilg'or trener darajasigacha yuksalish mumkin emas.

Shunday qilib, mashaqqatli ustozlik faoliyati fonida trener fiziologiya, anatomiya, ruhiyatshunoslik, odam organizmning funksiyasi, mashg'ulotlarni olib borish statistikasi, sportda faollik va oqilona tashkil qilish masalalari va boshqa turdagi talab qilingan bilimlarni muntazam ravishda o'zlashtirishi, egallab borishi zarur hisoblanadi.

7) A coach should study endlessly and get acquainted with coaching science.

A coach should be discouraged to depend, in his instruction, simply on the experiences of his renowned player's days and his techniques. Today a coach has multiple tasks to fulfil, such as control of player's health conditions, study of update training methods and guidance of competition exercises, which can be well achieved on the basis of his ample experience, creativity and high-grade art of instruction. Also he must take pains in developing scientific methods by mastering kinetic psychology, science of physical functions, kinetic physiology and others.

Therefore, a coach should always endeavor to study and obtain an update knowledge of general sciences, such as physiology, anatomy, psychology, physical function, statistics, pedagogy, training science, etc.

8) Trener sportchilarning musobaqa oldidan to'liq holatda tayyorligini ta'minlaydi

Trenerning eng oliy maqsadi – bu sportchilarning musobaqalarda ulkan yutuqlarni qo'lga kiritishiga erishishida faol tarz ish olib borishni ta'minlashdan tashkil topadi. Bu maqsadning ro'yobga oshirilishi uchun ekstremal shart–sharoitlarni yaratish yo'li bilan musobaqalarga tayyorlanish talab qilinadi. Trener musobaqalar oldidan sportchilarda charchab qolmaslikni ta'minlovchi shart–sharoitlarni yaratish ma'suliyatini o'z zimmasiga oladi. O'z navbatida, sportchilarning me'yoridan ortiq charchab qolishiga yo'l qo'ymaslik uchun, va asab tizimining holatini nazorat qilish maqsadida mashg'ulotlar vaqti sportchilarning yakka tartibdagi xususiyatlariga

muvofiglikda rejalashtiriladi. Agar, musobaqalar vaqtida sportchilarda havfsirash sezgisi yuzaga kelsa, bu tabiiy holat hisoblanadi. Shunday qilib, trener musobaqalar oldidan sportchilarda zo'riqish holati yuzaga kelmasligiga e'tibor qaratishi, bundan vaziyat yuzaga kelishi holatida esa uni minimallashtirishga intilishi tavsiya qilinadi. Bu holatga sparring jarayonida texnikaning namoyon qilinishida yo'l qo'yiluvchi xatoliklarni aniqlash va o'z vaqtida tuzatishlar kiritishni ta'minlash va sparringlarni o'tkazish sportchilarning o'z tashabbuslari bilan tashkil qilinishida texnikani boshqarishda muvofiq shart-sharoitlarning yuzaga keltirishi orqali erishiladi. Musobaqalar oldidan o'tkazilgan mashg'ulotlarda sportchilarning ustunlik jihatlari va tegishli strategiya qarab chiqiladi, mavjud kamchiliklar tahlil qilinadi, sinchilab muhokama qilinadi va sportchilar e'tiboriga havola qilinadi. SHunday qilib, qandaydir kamchiliklar aniqlangan vaziyatda sportchilarga nisbatan hurmatsizlik qilish deb bilmasdan, balki bu kamchilardan sportchilarni o'z vaqtida ogohlantirish maqsadga muvofiq hisoblanadi. Trener sparring davomida sportchilar holatining barqarorligi haqida qayg'urishi zarur hisoblanadi.

8) A coach should be fully prepared himself prior to competitions.

The ultimate goal of a coach's role is to obtain the best results from his players' competitions. Therefore, he must see to it that a player keeps a top condition on the day of competition. Not only the player but also the coach is to blame if the player is not in a good condition or extremely tiresome on the very day of competition. A coach must take care of each player's physical and mental conditions especially for a few days prior to competitions, closely observing even his daily life. To keep the player free from fatigue is the first thing for a coach to do. Also important is that the player should be kept stabilized, calming down any irritation or overexcitement on the verge of entering into competition. Even during the contest, the coach should not keep himself idle. He must be watching composedly all the process of competition, trying to find out what is to be corrected. A judgement regarding his player's forte and shortcomings of techniques is also necessary to establish countermeasures and to study them together with his player. Some coaches are often seen reproaching or pointing out faults of their

players during the contest time, which is least desirable. To keep the contestant stabilized of mind is a very important thing especially during the contest.

1.5. Mashg‘ulotlar rejasi. Training Program

A. Mashg‘ulotlarni rejalashtirishning muhimligi

Agar, oldindan tegishli yo‘nalishlar belgilab olinmasa, u holda olg‘a tomon harakat ham amalga oshirilmaydi. Sportning barcha tarbiyaviy ahamiyati va tarkibi odamga xos bo‘lgan qobiliyatlarning yaxshilanishi va mashg‘ulotlarda belgilangan maqsadlarning kengaytirilishidan tashkil topadi. Mashg‘ulotlar jarayoni va belgilangan maqsadlarni ro‘yobga oshirish bevosita rejalashtirish jarayoniga bog‘liq hisoblanadi. Shunday qilib, sportchilarning o‘ssishi jarayonini ta‘minlash va belgilangan me‘yorlarga erishish uchun etarlicha darajada oqilona tavsifga ega bo‘lgan rejalashtirish mavjud bo‘lishi talab qilinadi.

O‘z navbatida, trener mashg‘ulotlar jarayoni dasturlarining rejalashtirilishiga nisbatan muhim ahamiyat berishi talab qilinadi. Mashg‘ulotlar jarayoni dasturlarini rejalashtirish – muhim soha bo‘lib, yuqori darajadagi maxsus bilimlar va boy tajribaga ega bo‘lishni talab qiladi. Rejaning tuzib chiqilishi oqilona insoniy tafakkurlashga ega bo‘lishni talab etadi va bunda trener yashirin kuchlarni rivojlantirish va sportchilarning imkoniyatlarini ro‘yobga oshirish, asosiy inventarlardan foydalana olishni bilish, jismoniy tarbiya bo‘yicha tegishli bilimlarga ega bo‘lish, sportchilarning musobaqalar oldidan tayyorligi darajasini baholash maqsadida testlarni o‘tkaza olishni bilish, sportchilarning har tomonlama darajasi oshirilishini ta‘minlash va boshqa shu kabi muhim xususiyatlarga ega bo‘lishi zarur hisoblanadi. Trener sportchilarning rivojlanishi va olg‘a ketishiga bog‘liq holatda, mashg‘ulotlar rejasini ro‘yobga oshirish uslublarini o‘zgartira olishi talab qilinadi.

A. Importance of Training Program

There is no navigation of a ship without any fixed destination. Sports training, which is aimed at enhancement and extension of human being's abilities, represents all that is necessary for sports instruction. Also the training curriculum must be so established to achieve the ultimate goal of training. Therefore, a program must be planned on rational and scientific bases with a view to helping players reach a given level of skill. Most of coaches acknowledge the importance of a training program. A coach should be aware of the items of program to be stressed and should have a high grade expertise and ample experiences related to the specific items. A plan must be based on the synthetic analysis of all elements of sports, reflecting the planner's rational opinions, such as players' potentiality, prospects for development and use of facilities and equipment. In addition prospects of players' achievement revealed at the time of games or tests, match schedules, possibility of upgrading players' technical level, etc. are to be taken into consideration in establishing a program. However, a training program should be described as briefly as possible so that the coach may apply the program flexibly, modifying part of it, if deemed necessary according to his judgment, in the course of advancing the training.

B. Mashg'ulotlarni rejalashtirishning tamoyillari

Mashg'ulotlar rejasi tarkibida mashg'ulotlar shart-sharoitlarining tarkibi va o'ziga xos jihatlari, mashg'ulotlarning tarkibi, reglament, mashg'ulotlarning jadallik darajasi, vaqtning taqsimlanishi kabi holatlarga e'tibor qaratish talab qilinadi.

B. Principles of Planning a Training Program

The training program for a sport is to arrange the process of training development in order with a view to resolving the tasks imposed on individual players or a team, taking into consideration all the conditions, such as characteristics of composing players or team, training environment, and availability of time for the tasks, and finally to specify the methods of instruction and allocation of time. Therefore, a training program must be planned under certain principles as follows:

1) Maqsadga aniqlik kiritib olish tamoyili

Mashg'ulotlarning rejasi mashg'ulotlarning o'tkazilishi joyi va tavsiflarini belgilab beradi, shuningdek amalga oshirilishi belgilangan maqsadning aniq tushunilishini ifodalaydi. O'z navbatida, istiqboldagi (perspektiv) mashg'ulotlar rejasi kelgusida uzoq vaqt davomiyligida amalga oshirilishi belgilangan mashg'ulotlarni nazarda tutadi, bu mashg'ulotlar rejasi vaqtga bog'liq tarkibiga ko'ra yaqqol farqlanadi. Shuningdek, reglament orqali harakatlarni amalga oshirish qobiliyatiga nisbatan mashg'ulotlar ikkita tipga ajratiladi, aniqroq aytganda – birinchi tipda mashg'ulotlarda urg'u jismoniy kuchga qaratiladi, ikkinchi tipda esa – texnikani mashq qildirishga e'tibor qaratiladi.

1) Principle of grasping the objective of training

The nature of a training program entirely depends on a clear understanding of the training objective on the part of a planner. A program may differ according to the objective, whether it is for a long-term project of making a progress year by year or it is for participation in certain championships or other meets within a year. The contents of training and allocation of time should be different between the above two cases. According to the objective, it must be decided whether to put a stress on physical strength training or technical training.

2) Uslublarga aniqlik kiritib olish tamoyili

Har bir sportchi o'ziga xos texnika bo'yicha o'ziga xos xususiyatlarga ega hisoblanadi, bu holatni jismoniy kuchga nisbatan ham qo'llash mumkin. Qobiliyatlarni rivojlantirish uchun, mashg'ulotlar uslubi va boshqa jihatlarga aniqlik kiritib olish talab qilinadi. Shunday qilib, bunda mashg'ulotlar rejasisiz ushbu aniqlik kiritishni amalga oshirish mumkin emas. Mavjud zamonaviy vositalar va mashg'ulot uslublari bilan tanishib chiqish uchun fundamental ilmiy tadqiqotlar natijalarini mustaqil holatda o'rganib chiqish talab qilinadi.

2) Principle of selecting training methods

A player needs to have a special quality in physical strength in addition to technical quality which is required by a specific sport. A coach must think about the best way of developing such a quality. However, understanding of the existing methods is not all as coach must develop new methods to be applied on the basis of his own scientific study.

3) Predmetga anqlik kiritib olish tamoyili

Mashg'ulotlar rejasi – bu maqsadi qobiliyatlarni rivojlantirishdan tashkil topgan, sportning jihatlaridan bir hisoblanadi. Mashg'ulotlar rejasi mashg'ulotlar predmeti va uning barcha mezonlariga anqlik kiritib beradi. Jismoniy kuch, sportchilarning ustunliklari va kamchiliklarini, udlarning yashirin qobiliyatlarini hisobga oluvchi mashg'ulotlar predmeti haqida to'g'ri tushunchaga ega bo'lmasdan turib, mashg'ulotlarni samarali tarzda olib borish mumkin emas.

3) Principle of grasping the trainees

Trainees are the objects of training. The contents of a program must be decided on the basis of those objects. The trainees' physical quality, fortes and shortcomings of their sports ability, physical and technical potentialities and the like must be taken into consideration in planning an effective training.

4) Mashg'ulotlarni rejalashtirishga nisbatan qo'llanma–ko'rsatmalar

Bunda mashg'ulotlar vaqtining taqsimlanishi, mashg'ulotlarni amalga oshirish shart–sharoitlari, belgilangan maqsadga erishish yo'llari va vaqtiga anqlik kiritish talab qilinadi. Mashg'ulotlar vaqti bosqichlarning tasniflanishidan, ya'ni – umumiy tayyorgarlik, chiniqish va boshqarish bosqichlaridan kelib chiqib taqsimlanadi. Navbatdagi qismlarda mashg'ulotlarning ushbu har bir bosqichining maqsadini qarab chiqamiz.

4) A yearly training program

Taking into consideration the objective for the year and available time, one may have a year divided into several stages of training period; for example, preparation

period, practical training period and completion period. The goal of each stage is described as follows:

(1) Tayyorgarlik harakatlarining maqsadi

1. Mashg‘ulotlarda jismoniy kuchning har tomonlama rivojlantirili-shiga jiddiy ahamiyat qaratiladi;
2. Jismoniy kuchni mustahkamlash, kuchli va kuchsiz jihatlariga aniqlik kiritish;
3. Irodaning chiniqtirilishi;
4. Aqliy faollikning oshirilishi;
5. Jismoniy kuchning turli xil tashkil qiluvchilarini testdan o‘tkazish.

(1) Goal of preparation period

1. To put emphasis on enhancement of the overall physical strength
2. Less intensity but maximum amount of training
3. To train power of will
4. To make the trainees provided with knowledge of training contents
5. Measurement of various factors of physical strength

(2) Chiniqtiruvchi mashg‘ulotlarning maqsadi

1. Mashg‘ulotlarda umumiy va yakka tartibdagi jismoniy kuchni yaxshilashga jiddiy ahamiyat beriladi;
2. Mashg‘ulotlarning sifati darajasini oshirish;
3. Irodani mustahkamlash;
4. Harakatlanish qobiliyatlari darajasining yaxshilanishini ta’minlovchi jismoniy kuchni yaxshilash.

(2) Goal of practical training period

1. To put a stress on the training intended to upgrade the overall physical strength as well as the categorical or individual factors of physical strength
2. To uplift the extent of training for both qualitative and quantitative development
3. To strengthen power of will
4. To increase the training of motor ability as physical strength develops

(3) Boshqariluvchi mashg'ulotlarning maqsadi

1. Mashg'ulotlarda harakatlanish qobiliyatlariga jiddiy ahamiyat qaratiladi;
2. Mashg'ulotlarda yakka tartibdagi jismoniy kuchni yaxshilashga jiddiy e'tibor qaratiladi;
3. Mashg'ulotlarning sifatini oshirish;
4. Iroda sifatlarini ongli ravishda oshirish va musobaqalar oldidan barqarorligini ta'minlash.

(3) Goal of completion period

1. To put emphasis on the training of motor ability
2. To lay a stress as usual on the training of categorical or individual physical strength
3. More qualitative and less quantitative training
4. To strengthen power of will and adequate attitudes for competition and to keep the trainees stabilized

5) Har kunlik mashg'ulotlar sikli

Mashg'ulotlarda belgilangan maqsadlarga maksimal darajada erishish uchun har kunlik mashg'ulotlarning vaqtini samarali tarzda rejalashtirish tavsiya qilinadi. Bunda bir tomondan, sportchi tomonidan g'ayrat bilan mashq qilishga intilish ishtiyoqi namoyon qilinishi, boshqa tomondan esa – yakka tartibdagi bo'sh vaqtning mavjud bo'lishi e'tiborga olinadi. O'z navbatida, mashg'ulotlar va kundalik hayotni yaxshi darajada o'zaro uyg'unlikda ishlab chiqish talab qilinadi. Barcha davlat miqyosidagi gimnaziyalarda odatda, har kunlik 3 martalik mashg'ulotlar jarayonidan foydalaniladi.

5) Time schedule for daily training

A time schedule for daily (training) is important in the Sight of successful achievement of the training objective. Trainees want earnestly to undergo training and, at the same time, they need free time for their own disposition: therefore, time for training and time for personal life must be adequately proportioned in the schedule. Here is an example of time schedule for daily training applied in a camp training for national players.

- Quyida kuniga 3 martalik mashgʻulotlar belgilanishi rejasi keltirilgan:
- An example of 3-cycle daily training

06:00 – uyqudan turish;

06:00 – getting-up;

06:30–07:30 – birinchi mashgʻulot (quyi darajada);

06:30–07:30 – first cycle of training (low-intensity tng);

07:30–08:30 – ertalabki nonushta;

07:30–08:30 – breakfast;

08:30–10:00 – dam olish;

08:30–10:00 – repose;

10:00–12:00 – ikkinchi mashgʻulot (jismoniy mashgʻulot);

10:00–12:00 – second cycle of training (physical strength training);

12:00–13:00 – tushlik;

12:00–13:00 – lunch;

13:00–14:30 – dam olish;

13:00–14:30 – repose;

14:30–17:30 – uchinchi mashgʻulot;

14:30–17:30 – 3rd cycle of training (technical training);

17:30–18:00 – dam olish;

17:30–18:00 – taking a shower;

18:00–19:00 – kechki ovqatlanish;

18:00–19:00 – dinner;

19:00–22:00 – boʻsh vaqt;

19:00–22:00 – free time;

22:00 – uxlashga tayyorlanish;

22:00 – going to bed;

Ayrim trenerlar tomonidan har kuni 3–4 soatlik 2 martalik mashgʻulotlardan foydalaniladi. Mutaxassislar tomonidan bildirilgan fikrlarga koʻra, mashgʻulotlarga 5–6 soatlik vaqt ajratilishi sharoitida, har kunlik 3–4 ta mashgʻulotlar amalga oshirilishi samarali taʼsirga ega hisoblanadi. Mashgʻulotlarning 2 soat – 2 soat 30 minut vaqt davomiyligiga egaligi sharoitida charchash yuzaga kelishi qayd qilinadi, natijada mashgʻulotlarning samaradorligi susayadi va harakatlar faolligi pasayishi kuzatiladi.

Some coaches or players prefer 2 cycles of daily training, each time lasting 3 to 4 hours. However, experts say that training of 5 to 6 hours a day in 3 or 4 cycles is more effective. They insist that training lasting over 2 hours or 2 and a half is not an effective one because a long training period may cause over training, thus rather decreasing the effect of training and lessening biomotor abilities.

4–jadval. Tipik mashgʻulotlar rejasi

Yil	Oy	Bosqich	Mashgʻulotlar		Mashgʻulotlar tarkibi		Qoʻllanilishi
			Maqsad	Reja	Jismoniy kuch	Texnika	
2012 2013	Noyabr Dekabr Yanvar	Jismoniy kuchni mustahkam–lash va qishki chiniqish	• Moʻljallanishi: oʻz–oʻzini nazorat qilish, hamkorlikni rivojlantirish; • Maxsus texnikaning fundamental asoslarini yakunlash; • Asosiy texnikani belgilash	• Ruhiy muvozanatni qaror toptirish (intizomga qatʼiy rioya qilish, sifatni yaxshilash); • Onglilikni tarbiyalash; • Jismoniy kuchni oʻlchash; • Yakka tartibdagi jismoniy sifatlarning ustunligi; • Jismoniy kuchni mashq qildirishga zoʻr berishda yakka tartibdagi xususiyatlar; • Qishki mashgʻulotlarning oʻziga xos jihatlari	60%	30%	
2013	Fevral mart	Boshqarish	• Oʻziga xos magʻrurlik (ichki ishonch); • Oʻz–oʻzini rivojlantirish; • Maxsus jismoniy kuchni rivojlantirish – ning muhim bandleari; • Asosiy va maxsus texnikaning belgilanishi	• Kuch texnikasining oqilona boshqarilishi; • Jismoniy kuchning baholanishi; • Jismoniy kuch, ruhiyat, texnikaning oʻqitilishida yakka tartibdagi oʻqitish uslublari boʻyicha boshqarish; • Ruhiyatning maqsadga yoʻnaltirilgan tarzda tarbiyalanishi (ishonchning mustahkamlanishi); • Asosiy texnikani mashq qildirish;	50%	50%	

				• Maxsus texnikaning rivojlantirilishi			
2013	Aprel may iyun	Ko'nikmalar	• Ishonch, diqqat (konsentratsiya), jangovor ruhiyat; • Maxsus jismoniy kuchning ushlab turilishi; • Maxsus texnikaga ega bo'lish	• Musobaqalarda jismoniy kuchni mustahkamlash; • Mashg'ulotlarni qisqartirish; • Mashg'ulotlarning to'yinganlik darajasini oshirish; • Jismoniy kuchga nisbatan yakka tartibdagi yondoshuv; • Mashg'ulot janglarini o'tkazish; • Jismoniy kuchni texnikani mashq qildirish va musobaqalar ruhiyati bilan kombinatsiyalash; • Sportchilarning yozgi saralanishi; • Sportchilarning oylik saralanishi	30% 40%	60% 70%	
2013	Iyul avgust	Yozgi chiniqish va boshqarish	• Jangovor ruhiyat, chidamlilik, jamoaviylikni o'stirish; • Maxsus jismoniy kuchni mustahkamlash asoslari (muskullar tezligi, chidamlilik); • Yakka tartibdagi texnikani rivojlantirish	• O'ylangan, muvofiqlikdagi chegarada jismoniy kuchni mashq qildirish; • Jismoniy kuch va texnikaning qo'shilishi; • Yakka tartibdagi jismoniy kuch; • Texnikani o'rgatish uslublariga nisbatan boshqarish; • Kundalik turmush va salomatlikning asos sifatidagi nazorat qilinishi; • Charchash va yozgi mashg'ulotlar mahsuli sifatidagi ko'rik	50%	50%	

2013	Sentyabr oktyabr	1–bosqichni yakunlash	• Jamoa viylikka nisbatan mustaqillikni, ishonch va diqqatni maqsadga qaratishni tarbiyalash; • Maxsus jismoniy kuchni ushlab turish; • Maxsus va yakka tartibdagi texnikani mashq qildirish; • 1–bosqichni yakunlash	• Tezlik texnikasi; • Ishonchning oʻsishi va jangovor tajribanng berilishi; • Qobiliyatlarning eng yuqori darajada oʻsishi; • Ruhiyat hotirjamligining qimmat; • Eng yuqori texnikaning namoyon boʻlishi, 1– bosqichda musobaqalarni baholash, mashgʻulotlar tiplari va sportchilarning qayta tashkillanishi	30% 40%	60% 70%	
2013	Noyabr dekabr yanvar	Qishki jismoniy kuchni yakunlash	• Oʻz–oʻzini nazorat qilishni oʻstirish; • Asosiy va maxsus jismoniy kuchni rivojlantirish (muskullar kuchi, chidamlilik); • Asosiy texnika va yakka tartibdagi qobiliyatlarni oʻstirish	• Mashgʻulotlarni maksimal darajada oshirish; • Yakka tartibdagi va maxsus jismoniy kuch boʻyicha belgilangan maqsadlarga erishish; • Oʻquvchilarning yakka tartibagi texnikasini toʻgʻrilashni boshqarish; • Alohida qismlar boʻyicha angashni belgilash	70% 60%	30% 40%	Tananing jismoniy kuchini alohida qismlar boʻyicha oʻlchash va tekshirish
2013	Fevral mart	Boshqarish	• Boʻysinishning rivojlanish aloqadorligi; • Asosiy jismoniy kuchning ushlab turilishi va maxsus jismoniy kunning mustahkamla–nishi;	• Jismoniy kuch va texnikaning oqilona boshqarilishi; • Mashgʻulotlarning oshirilishi; • Jangovor tayyorgarlik holatida mashgʻulotlarni oʻtkazish; • Tartib–intizom va jamoaviylik ruhiyatini qaror toptirish	60% 50%	40% 50%	Jismoniy kuchni baholash

			• Maxsus texnika va taktikani rivoj–lantirishni belgilash				
2013	Apel may iyun	YAkunlash	• Diqqatni jamlash (konsentratsiya), ishonchni mustahkamlash; • Maxsus jismoniy kuchni ushlab turish; • Taktikani rivojlantirish va strategiyani tugallashga nisbatan yondoshuvlar	• Jismoniy kuchni ushlab turish uchun kuchaytirilgan mashg‘ulotlar; • Texnika va taktikani takomil – lashtirilgan tarzda o‘zlashtirish; • Mashg‘ulotlarda jangovor vaziyatlar ruhiyatida bo‘lishni o‘zlashtirish; • Ruhiyatning alohida darajada tarbiyalanishiga diqqatni qaratishni rivojlantirish	50% 40%	50% 60%	YAkunlash, sportchining o‘ziga xos missiyasi (6–oyning tugallanishi)
2013	Iyul avgust	YAkunlash	• Sportchining o‘ziga xos missiyasi, davlat miqyosidagi tashviqot va ishonchning mustahkam – lanishi, konsentratsiya; • Maxsus jismoniy kuchning ushlab turilishi; • Maxsus texnikaning tezligi va strategik taktikaning tugallanishi	• Jismoniy kuch va texnikaning oqilona tarzda rivojlan – tirilishi; • Yakka tartibdagi va maxsus jismoniy kunning sinovdan o‘tkazilishi; • Yakka tartibdagi takomillashish; • Sparring texnikasining takomillash – tirilishi (taktikaga nisbatan); • Ongning tarbiyalanishi (davlat, ishonch, konsentratsiya)	30%	70%	Harakatlanish uslublari va bajarish son miqdori

Table 4.

Training Schedule and Policy for National Players (TaeneungTng Camp)

Year	Month	Stage	Training		Proportion of training		Remarks
			Objective	Policy	Phys.	Technique;	
	Nov. Dec, Jan.	Winter season phys. strength har. dening period tng. Period	• cultivation of a sense of mission, cooperative spirit as national players • completion of basic phys. strength and specific techniques corresponding to each sport • perfection of basic techniques	• establishment of mental attitudes (strict observance of rules, refinement of personal character) • conceptional education • measurement of phys. strength • attainment of individual goal for phys. strength • development of individual quality and fortes • increase of training intensity for reinforcement of physical strength • selection of players to besent to Winter U. Games	60% to 70%	30% to 40%	
	Feb. Mar.	adjustment period	• pride of national players • buildup of self-confidence • priority on development of specialized phys. Strength • establishment of basic and specialized techniques	• rational adjustment of the amount and intensity of tng. • evaluation of phys. Strength • individual correction of unsatisfactory phys. strength, sprit and techniques • intentional spiritual education (strengthening self confidence) • reconfirmation of basic techniques	50%	50%	

				• priority on development of specialized techniques			
	Apr. May Jun.	skill-fulness period	• upgrade of self confidence, concentration power and will of fight - upkeep of specialized phys. Strength - mastery in specialized techniques	• strengthening competition abilities of phys. Strength • reduction of the amount • increase of the intensity • confirmation of individual phys. strength upkeep • conduct of practical competition tng. • reinforcement of spiritual strength through phy. strength and technique tng • selection of players for Summer U. Games • selection of World Games players	30% to 40%	60% to 70%	
	Jul Aug	summer season hardening and adjustment period	• cultivation of fighting sprit, endurance, cooperative spirit • repeated strengthening of basic and specialized physical strength (muscle- strength, endurance, speed) • development of relative tactics and individual techniques	• rational adjustment of the amount and intensity of phy. strength tng • blending of phys. strength and techniques • individual correction of unsatisfactory phys. strength and techniques • strict control of daily life and health conditions • checking the degree of fatigue resulting from summer training	50%	50%	
	Sep.	1st completion period	strengthening of self reliance and cooperative sprits; encouragement of	• speedup of techniques • uplift of self confidence through practical competition experiences	30% to 40%	60% to 70%	

	Oct.		self confidence and concentration power upkeep of specialized techniques preliminary completion of specialized techniques and individual fortes	creation of maximum conditions best efforts to create stabilized spiritual strength • maximum exertion of techniques preliminary evaluation of competition abilities readjustment of tng items and players			
	Nov. Dec. Jan.	winter season phys. strength completion period	• cultivation of self-control spirit • high-grade growth of basic and specialized techniques (muscle strength, and endurance focused) • establishment of basic techniques and development of personal fortes	• maximization of tng amount • attainment of the goal of individual specialized phys. strength - individual corrections of unsatisfactory techniques • esrablishment of mental attitudes	70% to 60%	30% to 40%	measurement of phys. strength, close phys checkup
	Feb. Mar.	adjustment period	• cultivation of cooperrative and obeying spirit • upkeep of basic phys. strength and strengthening specialized phys. strength • establishment of specialized techniques and development of tactics	• reasonable adjustment of phys. strength and techniques • gradual reduction of tng amount and gradual intensification of tng • conduct of tng preparedness for real competitions • establishment of disciplines for a group life	60% to 50%	40% to 50%	evaluation ofphy. strength

	Apr May Jun.	Perfection Period	• strengthening of concentration power and self confidence upkeep of specialized phys. strength • completion of developed tactics and relative strategy	• reinforcement tng for the upkeep of phys. Strength complete mastery in techniques and tactics - acquisition of self confidence through practical competition tng • special spiritual education for enhancement of concentration Power	50% to 40%	50% to 60%	complete the final selection of representative players (at end of June)
	Jul. Aug. Sep.	final	• infusion of a sense of mission and patriotic sentiment. And strengthening of concentration power • upkeep of specialized phys. strength • speedup of special techniques and completion of strategy and ladies	• rationalization of the amount and intensity of phy. strength and techniques • completion of individual specialized phys. strength • creation of individual maximum conditions • perfect completion of competition techniques (relative tactics) • conceptional education (spirit of nationalism, self confidence, concentration power)	30%	70%	at the time of collecting evaluation sheets for each sport (or event)

Taekvondoda mashg'ulotlar rejasining tipik bosqichlari

Davr Kenja bo'lim	1-chiniqish (tayyorgarlik)	Boshqarish	Mahorat
	2012.11–2013.1	2013.2–3	2013.4–6
Maqsad	• Sportchilarda qiziqishni, o'zini tutishni, jamoaviylikni rivojlantirish; • Asosiy va maxsus jismoniy kuchni o'stirish; • Asosiy texnikani belgilash; • Yakka tartibdagi qobiliyatlarga urg'u berish; • Asosiy kuchni rivojlantirish bo'yicha mashqlarni takrorlash	• Haqiqiy jang vaziyatida ishonchni, konsentratsiya (diqqatni jamlash) va jangovor ruhiyatni rivojlantirish; • Maxsus kuchni o'stirishga alohida e'tibor qaratish; • Asosiy va maxsus texnikani belgilash; • Oqilona kuchni boshqarish bo'yicha mashg'ulotlar	• Nomzodlar o'rtasida qiziqishni rivojlantirish va qo'llab-quvvatlash; • Maxsus jismoniy kuchni rivojlantirish; • Maxsus texnikani o'zlashtirish
Mashg'ulotlarning tarkibi	• 8 km ga yugurish; • Kross (5 km); • 200 m×5; • Dam olish; • (50 m×5, 30 m×5); • Zinalar bo'ylab yugurish; • Balandlikka sakrash; • Qayta tiklanish mashqlari, sakrash; • Toqqa ko'tarilish, sakrash * Oyoqlar bilan asosiy (baza) texnikani o'zlashtirish * Statsionarda oyoqlar bilan zarba berish; * Oyoqlar bilan asosiy zarbalar berishni o'zlashtirish; * Sparring (shartli sparring); * Harakatlangan holda oyoq bilan nishonga zarba berish	• Dam olish; • (10 m×5, 20 m×5); • Gimnastika mashqlari (25); • YOnlama step (50); • Kross (4 km); • 400 m×10; • 100 m×5, nafas olish mashqlari, sakrashlar, qayta tiklanish mashqlari; • Sakrashlar; * Oyoqlarning asos (baza) texnikasi xosilasi sifatidagi texnikasi mashg'ulotlari; * Statsionarda oyoqlar yordamida tezlik zarbalari; * Statsionarda oyoqlar yordamida zig-zag sxemasida zarbalar; * Himoya vositalarida (protektor) shartli sparring (2×1)	• Zinalar bo'ylab 100 m×5 yugurish; • Dam olish; • O'tirib-turish (100); • Qayta tiklanish mashqlari; • Tananing egiluvchanlik mashqlari; • Tog'da yugurish (8 km); • Sakrash 400 m; • Mokisimon yugurish; • Kross (4 km0); • Metall chiviq bilan bajariluvchi mashqlar; • Statsionarda oyoq bilan beriluvchi zarbalar (2 kishidan guruhlar holda); * Harakatlangan holda oyoqlar bilan zarba berish; * Sparring (himoya vositalarida); * Oyoqlar bilan asosiy zarbalar
Mashg'ulotlarning solishtirish ulushi	Jismoniy kuch – 60–70%	50%	30 – 40%
	Texnika – 30–40%	50%	60 – 70%
Izohlar:	* – Jismoniy kuchni o'lchash	* – Jismoniy kuchni baholash	* – Nomzodlarni terma jamoaga saralab olish

Table 5.

Stage by Stage Training Program for Taekwondo National Representative Players

Period		1st Strengthening Period (Winter season)	Adjustment Period	Skillfulness Period
Class		Nov. 2012-Jan. 2013	Feb. ~ Mar. 2013	Apr.-Jun. 2013
Objective		• sense of mission as national players, self-controlling and cooperative spirit are to be cultivated • growth of basic and specialized phys. Strength • establishment of basic techniques • development of individual quality and fortes • repeated practice of techniques based on phys. strength	• cultivation of self-confidence, concentration power and fighting spirit • priority on growth of specialized phys. strength • establishment of basic and specialized techniques • reasonable adjustment of the amount and intensity	• cultivation of pride and sense of mission as national players • upkeep of specialized phys. strength • mastery in specialized techniques
Contents of Trig		• 8km road walk • cross country (5km) • 400 m x 10 times • 200 m x 5 times • interval tng (50m x 5 times, 30m x 5 times) • stairway jumping hurdle jump • W.T.C.T.; jumping • hill tng; jump over the back * basic fool kick * foot kicks using target * proficiency in foot kick using sandbag * kyorugi (pattern zed) * target foot kicks by moving	• interval tng (10m x5 times, 20 m x 5 times) • stretching gym.(25 patterns) • side step 50times • cross country (4km) • 400m x 10 times • mat exercises, • 100m x 5 times • abdominal muscle exercise 100 times • hurdle jump • W.T.C.T • Jumping * tng of foot kick techniques Derived from basic technique * speedy foot kick using target * kyorugi (wearing protectors) * zig zag target foot kick * pallernized kyorugi wearing protectors (2 in a team)	• stairway jump • 100m x5times • interval tng • sit up 100 times • W.T.C.T • backward bending of the body • hill tng. • 8km road walk • 400m relay • jumping • zig zag run • cross country(4km) • tng using iron bar * target foot kick(2 in a team) * target foot kick by moving * kyorugi (wearnig protectors) * return kyorugif protectors on) * foot kicks using sandbag
Proportion of Tng	phys. Strength	60-70%	50%	30M0%
	technique s	30-40%	50%	63-70%

Kenja bo'lim Davr Tarkibi	Chiniqish va boshqarish (yoz)	Yakunlash (1 – bosqich)	Qishki jismoniy kuchning yakunlanishi
	Iyul-avgust	Sentyabr – oktyabr	Noyabr - yanvar
Maqsadi	• Jangovor ruhiyatni, chidamlilikni va jamoaviylikni o'zlashtirish; • Asosiy va maxsus jismoniy kuchni qayta tashkil qilish (muskul kuchi, portlash tavsifidagi kuch va tezlik kuchi); • Maxsus jismoniy kuchni o'zlashtirish; • Yakka tartibdagi maxsus texnikani belgilash	• Erkin (mustaqil) chidamlilikni, ishonchni va diqqatni jamlashni (konsentratsiya) tarbiyalash; • Maxsus jismoniy kuchni ushlab turish; • Maxsus va yakka tartibdagi texnikaning yakunlanishi	• O'z-o'zini nazorat qilish va xarakterning qat'iyligini o'zlashtirish; • Asosiy va maxsus jismoniy kuchni rivojlantirish (muskul kuchi, portlash tavsifidagi kuch va tezlik kuchi, bardosh); • Yakka tartibdagi maxsus texnikani belgilash
Mashg'ulotlarning tarkibi	• Yugurish (8 km); • Kross (4 km); • Nafas mashqlari; • Qirg'oqda amalga oshiriluvchi mashg'ulotlar, zinalar bo'lab sakrash; • Tog'da bajariluvchi mashg'ulotlar, qayta tiklanish mashqlari; • Sakrashlar; • Dam olish;	• Kross (4 km); • Sakrovchanlik mashqlari; • Qayta tiklanish mashqlari; • Sakrashlar (100 m×5); • Dam olish; • Yonlama step (50); • Harakatlanish uslubi; • O'tirib-turish (100); • Zinalar bo'ylab sakrash; • Gimnastika mashqlari; • Mokisimon yugurish;	• Yugurish (8 km), tog'da yugurish; • Sakrash, tezlashtirilgan yugurish (100); • Harakatlarning tezlik effekti mashqlari; • Bo'shashish mashqlari; • Dam olish; • Sakrovchanlik mashqlari, o'tirib-turish (100)
	• Chidamlilik uchun yugurish (50, 30 m); • Metal xivchin bilan bajariluvchi mashqlar; * Statsionarda oyoqlar va mushtlar bilan beriluvchi zarbalar; * Harakatlangan holda oyoqlar bilan beriluvchi zarbalar (himoya vositasida); * Step tavsifidagi sparring; * Statsionarda oyoqlar bilan beriluvchi zarbalar; * Harakatlangan holda oyoqlar bilan nishonga beriluvchi zarbalar; * Oyoqlar bilan beriluvchi samarali zarbalar	• Tezlashtirilgan yugurish (100); * Zig-zag sxemasida oyoqlar bilan zarba berish; * Sparring (himoya vositalarida); * Statsionarda oyoqlar va mushtlar bilan zarba berish; * Pado chagi texnikasini o'rganish; * Sparring (1×1)	• Qayta tiklanish mashqlari; * Statsionarda oyoqlar va mushtlar bilan beriluvchi zarbalar; * Statsionarda oyoqlar bilan beriluvchi zarbalar; * Sparring (tezlikka oid sparring); * Tezlik bo'yicha oyoqlar bilan beriluvchi zarbalar; * Oyoqlarning kombinatsion texnikasi (tezlik bo'yicha); * Pado chagi texnikasini o'rganish
Mashg'ulotlarning solishtirish ulushi	Jismoniy kuch – 50%	30 – 40%	60 – 70%
	Texnika – 50%	60 – 70%	30 – 40%
Izohlar:	* – YOzgi iqlimga o'tish mashg'ulotlari	* – Musobaqalar va sportchilarning qayta tashkillanishining 1-baholanishi	

Period		1st Strengthening Period (summer season)	Completion Period (preliminary)	Winter phys. Strength Completion Period
Class		Jul.-Aug.	Sep.-Oct.	Nov-Jan.
Objective		• cultivation of fighting spirit, endurance, cooperative spirit • readjustment and strengthening of basic and specialized phys. Strength (muscle strength, power and speed) • upgrade of specialized phys. strength • establishment of individual specialized techniques	• strengthening of selfreliant and cooperative spirit, and inspiration of self-confidence and concentration power • upkeep of specialized phys. Strength • preliminary completion of specialized techniques and individual fortes	• cultivation of self-control and rivalship spirit • high-grade growth of basic and specialized phys. strength(muscle strength, endurance, power and speed) • establishment of basic techniques and development of individual lories
Contents of Trig		• road walk(8km) • cross country(4km) • hurdle tng • hill tng-stairway jump • mountain tng • W.T.C.T • jumping • interval tng (50m. 30m) • shuttle run • tng using iron bar * target foot kick and fist jireugi * running foot kickf protectors on) * step kyorugi * target foot kick * target kick by moving * reaction kick	• cross country(4km) • tng using hurdles • hill tng • W.T.C.T • jumping • 100m x5times • interval tng • side step 50 times • bending the body backward • sit up 100 times • stairway jump • stretching gym • zog zag run • speedy foot kick • kyorugi (ptotectors on) • target kicks and fist jireugi • study of counterkick techniques * 1:1 return kyorugi	• road walk(8km) • mountain tng • jumping • burpee (50times) • abdominal pushing 100 times • reaction speed • pushup 100 times • interval tng • tng using hurdles • sit up 100 times • stretching • W.T.C.T * target kick and fist jireugi * foot kick using target * step kyorugi * foot kicks using target * techniques-linked foot kicks (speedily) *study of counterkicks
Proportion of tng	phys. strenth	50%	30-40 %	60-70%
	techniques	50%	60-70%	30-40%
		* summer season change-of-location Tng (within the country)	* preliminary evaluation of competition abilitates and, reorganization of players	

Kenja bo'lim Davr Tarkibi	Chiniqish va boshqarish (yoz)	Yakunlash (1 – bosqich)	Qishki jismoniy kuchning yakunlanishi
	Fevral-mart	Aprel-iyun	Iyul-sentyabr
	• Bo'ysinish, jamoaviylikning rivojlantirilishi; • Jismoniy kuch va texnikaning oqilona boshqarilishi; • Asosiy va maxsus jismoniy kuchning mustahkamlanishi; • Maxsus texnika va taktikaning rivojlanishi belgilanishi	• Diqqatni jamlashning (konsentratsiya), ishonch va jasurlikning mustahkamlanishi; • Maxsus jismoniy kuchning ushlab turilishi; • Taktikaning rivojlantirilishi va nisbiy taktikaning yakunlanishi	• Tipik sportchilarda vatanparvarlik va diqqatni jamlashning (konsentratsiya) mustahkamlanishi; • Maxsus jismoniy kuchning ushlab turilishi; • Maxsus texnika va taktik strategiya tezligining yakunlanishi
Mashg'ulot larning tarkibi	• YUgurish (5 km), tog'da amalga oshiriluvchi mashg'ulotlar; • Nafas mashqlari, qirg'oqda amalga oshiriluvchi mashg'ulotlar; • Qayta tiklanish mashqlari; • Dam olish; • Sakrash, sekin yugurish; • Sakrash mashqlari, yonlama step; • Zinalar bo'ylab sakrash, tezlashtirilgan tavsifda (50); • Rezina bilan bajariluvchi mashqlar; * Sparring (himoya vositalarida); * Statsionarda oyoqlar bilan zarba berish (2 tadan); * Joyida turib harakatlanuvchi nishonga oyoq bilan zarba berish; * Sekinlashtirilgan sparring	• Kross (4 km); • Egiluvchanlik mashqlari; • Nafas mashqlari, qirg'oqda amalga oshiriluvchi mashg'ulotlar; • Qayta tiklanish mashqlari, sakrashlar; • Dam olish; • Sakrash mashqlari; • Dam olish, yugurish; • Tezlashtirilgan yugurish (100 m), yonlama step; • Zinalar bo'ylab sakrash; * Zig-zag sxemasida oyoqlar bilan zarba berish; * Sparring (himoya vositalarida); * Zig-zag sxemasida oyoqlar bilan zarba berish; * Tezlik bo'yicha oyoqlar bilan zarba berish; * Statsionarda oyoqlar bilan zarba berish; * Step tezligi bo'yicha oyoqlar bilan aylanma zarba berish	• Yugurish (5 km); • Soya bilan olishuv uslubida harakat-larni bajarish; • Sakrashlar, qirg'oqda amalga oshiriluvchi mashg'ulotlar; • Qayta tiklanish mashqlari, sakrashlar; • Dam olish; • Uzilishlar bilan yugurish, tezlashtiril-gan tavsifda (80 m); • Yonlama step; • 8 ta harakatlardan tashkil topgan mashqlar (50); • Nafas mashqlari; • Egiluvchanlik mashqlari; * Sparring (himoya vositalarida); * Statsionarda oyoqlar bilan zarba berish; * Step tezligi bo'yicha oyoqlar bilan aylanma zarba berish; * Steplar; * Joyida turib harakatlanuvchi nishonga oyoq bilan zarba berish
Mashg'ulot larning solishtirma ulushi	Jismoniy kuch – 50 – 60 %	40 – 50%	30%
	Texnika – 40 –50%	50–60%	70%
Izohlar:	* – Jismoniy kuchning yakuniy baholanishi	* – Tipik sportchilarning yakuniy saralanishi (4–oy)	* – Yozgi iqlimning o'rin almashinishi bilan bog'liq holatdagi mashg'ulotlar

Period		Adjustment	Perfection Period	Final Completion
Class n.		Feb.~Mar. 2013	Apr.~Jun. 2013	Jul.-Sep. 2013
Objective		• cultivation of cooperative and obeying spirit • rational adjustment of physical strength and techniques • upkeep of basic phys. strength and strengthening of specialized phys. Strength • establishment of specialized tech-niques and development of tactics	• strengthening of concentration power, self-confidence and guts • upkeep of specialized phys. Strength • completion of developed tactics and relative strategy	• inspiration of sense of mission as national players and spirit of nationalism and strengthening of self-confidence and concentration power • upkeep of specialized phys. strength • speed up of specialized tech-niques and completion of tactics and strategy
Contents of Tng		• road walk(5km) • mountain tng • pitching tng • hill tng • W.T.C.T. • reaction tng • interval tng • jumping • shuttle run • hurdles tng • side step • stairway jump • burpee(50) • rubber string tng * kyorugi(protectors on) * target foot kick(2 in a team) * speed target kick * moving target kick with target * return kyorugi	• cross country(4km) • tng using tubes • pitching tng • hill tng • W.T. S. T. • jumping • interval tng • hurdles tng • shuttle run • shuttle forward and backward, and left and right • abdominal pushing 100 times • side step • stairway jump * kyorugi(protectors on) * zig zag foot kicks * foot kicks using sandbag * target foot kick * speedy foot kick moving in a cir-cled line. * step	• road walk(5km) • stretching gym • pitching tng • jumping • hill tng • W.T.C.T • interval tng • shuttle run • abdominal pushing 80 times • side step • pushup 50times • hurdles tng • tng using tubes * kyorugi(protectors on) - evaluation contest * target foot kick * step * moving target kick using targets
Proportion of tng	phys. strenth	50-60%	40-50%	30%
	tech - niques	40-50%	50-60%	70%
Remarks		* final evaluation of phys. strength	* completion of selection for repre- sentative players(Apr)	* summer season change of loca- tion tng (within the country)

Taekvondoda kuchga oid va doira tavsifidagi mashg'ulotlarning tipik rejasi

Dushanba	Seshanba	Chorshanba	Payshanba	Juma	Shanba
Og'irlik yuklamasi bilan bajariluvchi mashg'ulotlar	Og'irlik yuklamasi bilan bajariluvchi mashg'ulotlar (og'irlik ko'krak sohasida)	Doira tavsifidagi mashg'ulotlar	Og'irlik yuklamasi bilan bajariluvchi mashg'ulotlar	Og'irlik yuklamasi bilan bajariluvchi mashg'ulotlar (og'irlik ko'krak sohasida)	Doira tavsifidagi mashg'ulotlar
1. O'tirib-turish (10×3) 2. Og'irlik bilan ishlash (10×3) 3. Qo'l kaftining itarish kuchi (10×3) (Tana vazi bilan muvofiqlikda boshqarish) 4. Qo'l kaftida aylanish (10×3) 5. 2 qo'lda otjimanie 6. Tizzani ko'tarish (10×3) 7. Boldir muskulini o'stirish (oyoq)	1. Ko'krak sohasidan itarish (10×3) 2. Qo'l kaftining itarish kuchi 3. O'tirgan holatda mashq bajarish (kartochkada) 4. Oyoqlar bilan aylanish 5. Oyoq bilan belga tomon siltash 6. Og'irlikni tushirish 7. Tortilish	1. O'rindiqla ko'tarish (10×3) 2. O'tirib-turish (10×3) 3. Aylanish bilan o'tirish 4. Sakrashlar (20×3) 5. Ritm ostida sakrash 6. Sprint (50×3) 7. 8 ta harakatlar asosida mashq bajarish	1. O'tirib-turish (10×3) 2. Og'irlik bilan ishlash (10×3) 3. Qo'l kaftining itarish kuchi (10×3) 4. Qo'l kaftida aylanish (10×3) 5. 2 qo'lda otjimanie 6. Tizzani ko'tarish 7. Boldir muskulini o'stirish (oyoq)	1. Qo'l kaftining itarish kuchi 2. Qo'l kaftining itarish kuchi 3. O'tirgan holatda mashq bajarish (kartochkada) 4. Oyoqlar bilan aylanish 5. Oyoq bilan belga tomon siltash 6. Og'irlikni tushirish 7. Tortilish	1. O'rindiqla ko'tarish (10×3) 2. O'tirib-turish (10×3) 3. Aylanish bilan o'tirish 4. Sakrashlar (20×3) 5. Ritm ostida sakrash 6. Sprint (50×3) 7. 8 ta harakatlar asosida mashq bajarish

Table 6.

Weight Tng & Circuit Tng for Taekwondo National Players

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weight Tng • situpf lOtimes x 3set) • body backward bcndingdOttmes x 3set) • bench press(10 times x 3set) * adjustment of weight by weight div. • wristcurlf (10 times X 3set) • two hands press • kncHilKlOtimes X 3set) • calf raise	• Weight tng (chest weight) • pull to chest (10 times X 3set) • bench press • hack squart • leg curl • leg curl back • rat machine pull-down • dead lift	Circuit ing • bench stepping{ 15times x 3set) • V sit-up (10 times x 3set) • curl sit-ups • burpee (20times X 3set) • dumbbell jumps • sprintcr(50 X 3set) • pedal stepping(50 x 3set) • two hands pushups and jump	Weight tng • sit ups (10 times x 3set) •body backward bending (10 times x 3set) • bench press (10 times x 3set) • wrist curl (10times X 3set) • two hands press • knee lift • calf raise	• Weight tng • pull to chest (10 times X 3set) • bench press • hack squat • leg curl • leg curl back • rat machine pull-down • dead lift	• Circuit tng • bench stepping • V sit up • curl sit-ups • burpee • dumb bel jumps • sprinter(50 x 3set) • pedal stepping (50 x 3set) • two hands pushup and jump

Taekvondoda kuchga oid mashg'ulotlarning tipik rejasi (haftalik)

Dushanba	Seshanba	CHorshanba	Payshanba	Juma	Shanba
• Tayyorgarlik harakatlari, harakatlar uslubi; • Kuch harakatlari – Yugurish (8–5 km); – 1 ta tizzani ko'atrish (10 m×10) (2 marta); – Chiqish (10 m×5); – O'tirib–turish (10×5); – Tortilish (10×5); – Belni bukish (20×3); – YOnlama step; – Sakrash; – Tezlashtirilgan yugurish (100 m); – Belni bukib sakrash; – Sport yurishi (400 m); – Mokisimon yugurish	• Tayyorgarlik harakatlari, tayyorgarlik gimnastikasi; • Kuch harakatlari – Kross (4 km); – Nafas mashqlari; – Qadam tashlash harakatlari (20 m×5); – Tanani burash bilan harakatlanish (10 m×3); – 2 oyoqda sakrash (10×3); – Yoni bilan tezlashgan tavsifda harakatlanish (10×3); – 1 oyoqda sakrash; – Mokisimon yugurish; – Harakatlangan holatda oyoqlar bilan zarba berish; – Oyoqlar bilan asosiy (bazaga oid) zarbalarni mashq qilish; – Qayta tiklanish mashqlari	• Tayyorgarlik harakatlari, harakatlar uslubi; • Kuch harakatlari – Yugurish (8–5 km); – 2 ta zina bo'ylab ko'tarilish–tushish; – 1 oyoqda zinalar bo'ylab sakrash; – Zig–zagsimon zinalar bo'ylab ko'tarilish–tushish; – Orqa bilan zinalardan ko'tarilish–tushish; – Oyoqlarni almashtirish asosida zinalar bo'ylab sakrash; – G'oz yurish bilan zinalardan sakrash; – 2oyoqda o'tirib sakrash orqali zinalardan ko'tarilish; – Elkaa hamkorni ko'tarib, zinalardan ko'tarilish; – Dam olish	• Tayyorgarlik harakatlari, tayyorgarlik gimnastikasi; • Kuch harakatlari – Tog'da amalga oshiriluvchi mashg'ulotlar; – Sakrashlar; – Sakrash mashqlari; – To'siqlar osha sakrash (oyoqlarni almashtirish asosida) 100×50; – Dam olish; – Yugurish (400 m); – Qayta tiklanish mashqlari	• Tayyorgarlik harakatlari, harakatlar uslubi; • Kuch harakatlari – Kross (4 km); – O'tirib–turish, tezlashtirilgan yugurish (100 m×3 to'liq kuch bilan); – Dam olish; – Sakrashlar; – Sakrash mashqlari; – 2 oyoqda sakrash; – 1 oyoqda sakrash; – 2 oyoqda sakrash (20); – Yonlama sakrash; – Uzilishlar bilan yugurish; – Bo'shashish mashqlari; – Tezlik mashqlari; – Sakrash mashqlari	• Tayyorgarlik harakatlari, harakatlar uslubi; • Kuch harakatlari – Koptok bilan bajariluvchi mashg'ulotlar; – Guruhlar o'rtasida musobaqa tashkil qilish; – Qirg'oqda bajariluvchi mashg'ulotlar; – Oyoqlar bilan zarbalar berish (asos sifatidagi)

Table 7.

Physical Strength Tng Program for Taekwondo National Players (weekly)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* Warming-up stretching gym. * Phys. strength exercises • road walk(8km-5km) • shuttle run 10 x (10 times)(2sci) • high heel kick(20m x 5times) • V-situp(1(ltimesx5set) • nod> backward bending 10 times x 5set) • waisi push in(20m x 3times) • side step 50times • burpee 10x5times • abdominal pushing 100times • »jumping over the buck and run • i carrying a man on the shoulder walk(-K)Oni) • zig zag run	* Warming -up gymnastic exercise * phys. strength exercises • cross amnr\ (4km) • hill tng • hill shuttle run(20mx.5times) • pitching up hill](10mx3times) • backward pitching up hill 10m x 3times) • short pitching • step run up hill! 10m x 3times) • one-foot jumping uphill • hill zig zag run • foot kicking making use (if hill • (mainly basic kick) • W.T.C.T.	* Warming -up stretching gym. * phys. strength exercises • road walk(8km-5km) • stairway shuttle up and down • t two stairs up and down • t stairway zig zag up and down • 1 stairway animal walk • stairwa) waist push-in • duck walking up stairs • 1 sitting position joined feet jumping up stairs • going up stairs holding a man in arms • 1 interval tng	* Warming -up gymnastic exercise * phys. strength exercises • mountain tng • hurdles jump!6 hurdles) • hurdle run • hurdle side run • cross jump using hurdle(change of foot) • 100mx5times • intervaltng • 30m x 3times • 20m x 2times • 10mx5times • 400mrelay • W.T.C.T	* Warming -up stretching gym. * phys. strength exercises • cross country(4km) • V-situp • 100mx3times full-speed run • interval ing • jumping • hurdle, kangaroo jump, joined feet broad • jump, iwo feet jumpf2(ltnncs), forward- • backward, left-right jump, joined feet left- • right jump • shuttle run • pushup 50times • abdominal pushing(30times) • burpee 20times	* Warming -up stretching gym. * phys. strength exercises • flexibility tng using a ball • creation of harmony through team games • hill tng with basic foot kicking

Taekvondoda texnikaga oid mashg'ulotlarning tipik rejasi (haftalik)

Dushanba	Seshanba	CHorshanba	Payshanba	Juma	Shanba
• Tayyorgarlik harakatlari (asosiy) – Oyoqlar muskullarini qizdirib olish; – Tortilish (cho'zilish); – Balandlikka sakrash; – Siltanishlar • Texnik mashg'ulotlar: – Oyoqlar bilan asosiy (bazaga oid) zarbalar berish; – Sparring (shartli); – Statsionarda oyoqlar bilan zarbalar berish (2:1); – Statsionarda oyoqlar bilan tezlik zarba-larini berish; – Harakatlangan holatda oyoqlar bilan zarba berish; – Oyoqlar bilan nishonga zarbalar berish	• Tayyorgarlik harakatlari (yordamchi) – Egiluvchanlik mashqlari; – Sakrashlar; – 2 oyoqda sakrash; – Juft holatda bloklash; – Steplar; – Kim o'zarga yugurish; • Texnik mashg'ulotlar: – Oyoqlar bilan asosiy (bazaga oid) zarbalar berish; – Harakatlangan holatda oyoqlar bilan zarbalar berish (steplar bilan); – Oyoqlar bilan tezlik uchun zarbalar berish; – Sparring (himoya vositalarida); – Statsionarda oyoqlar bilan zarbalar berish; – Pado chagi texnikasini o'rganish	• Tayyorgarlik harakatlari (asosiy): – Safda ishlash; – Oyoqlar muskullarini qizdirib olish; – Yonlama step; – Nafas mashqlari; – 8 ta harakatlardan tashkil topgan mashqlar; – 1 oyoqda sakrash; – Tezlikni rivojlantirish mashqlari; • Texnik mashg'ulotlar: – Oyoqlar bilan asosiy (bazaga oid) zarbalar berish; – Sparring (himoya vositalarida); – Tezlik uchun oyoq bilan aylanma yakka zarbalar berish; – Oyoqlar bilan nishonga zarbalar berish; – Yakka tartibda ishlash	• Tayyorgarlik harakatlari (asosiy): – Tortilish (cho'zilish); – Juft holatda bloklash (stepga e'tibor qaratish); – Mokisimon yugurish; – Oyoqlar bilan kombinatsion harakatlar; – Belni bukish orqali sakrash • Texnik mashg'ulotlar: – Tezlikni o'stirish uchun statsionarda oyoqlar bilan zarbalar berish; – Oyoqlar bilar o'rtacha darajada zarbalar berish; – Harakatlangan holatda oyoqlar bilan zarbalar berish; – Sekin amalga oshiriluvchi sparring (himoya vositalarida); – Yakka tartibda tezlikni oshirish uchun oyoqlar bilan zarbalar berish (30 sek.); – Reaksiya uchun oyoqlar bilan zarbalar berish	• Tayyorgarlik harakatlari (asosiy): – Balandlikka, uzunlikka sakrash; – Kim o'zarga yugurish; – Egiluvchanlikni boshqarish mashqlari • Texnik mashg'ulotlar: – Oyoqlar bilan asosiy (bazaga oid) zarbalar berish; – Oyoqlar bilan amaliy zarbalar berish; – Sparring; – Statsionarda oyoqlar bilan zarbalar berish; – Tezlikni rivojlantirish uchun oyoqlar bilan aylanma zarbalar berish; – Yakka tartibda ishlash	• Tayyorgarlik harakatlari (asosiy): – Yordamchi qurilmalar –jihozlar yordamida tayyorgarlik mashqlari • Texnik mashg'ulotlar: – Oyoqlar bilan amaliy zarbalar berish; – Sparring (hakamlikni tashkil qilish bilan); – Harakatlangan holatda oyoqlar bilan zarbalar berish; – Oyoqlar bilan nishonga zarbalar berish; – Pado chagi texnika-sini o'rganish

Table 8.**Technical Tng Program for Taekwondo National Players fweekly)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm-up(in-door) • shuttle run • pitching • short pitching •jumping •abdominal muscle exercise Technical trig •basic foot kick • kyoru gi (pattern i zed) •target foot kick(2 in a team) •larget speed foot kick •moving taraei kick using target • foot kick using sandbag	* Warm-up • setting-upexerci.se •jumping • kangaroo jump • man to man makki step • circuit tng * Technical tng • basic fool kick • shuttle fool kick(step) • speed foot kick • kyorugi (protectors on) • target foot kick •study on counter-kick techniques	* Warm-up(in-door) • pitching, hands on the wall • shuttle run • side step • burpee • pushup • jumping • grabbing hack foot • reaction speed * Technical tng • basic foot kick • kyorugi (protectors on) • speed one-foot kick, moving in a circled line • foot kick using sandbag • individual free exercise time	* Warm-up(in-door) •pitching •man to man makki(focusing on step) •zig zag run •forward-backward, left-right run •jumping over the back Technical ing •target foot kick(zig zag) • fool kick using mitt •moving target kick using target •shuttle kyorugi(protectors on) • individual speed foot kick (30 seconds after 30) •reaction target kick	* Warm-up(in-door) • weight tng • circuit tng • jumping • setting-up exercise(flexibility) * Technical tng • basic foot kick • applied motion foot kick • kyorugi • target foot kick, moving in a circled line • individual free exercise time	* Wami-up(in-door) • warming-up exercise with the use of assisting equipment * Technical tng • applied motions of foot kick • kyonigilevaiution contest) • moving foot kick using target • foot kick using sandback • study on counter-kick techniques

O'z-o'zini tekshirish uchun savollar.

1. Taekvondoda mashg'ulotlar tushunchasi.
2. Mashg'ulotlarning tarkibiy qismlari va ularning mazmuni.
3. Jismoniy tayyorgarlikning vazifalari va yo'nalishi.
4. Texnik tayyorgarlikning ahamiyati va o'qitishning usullari.
5. Taktik tayyorgarlikning tushunchasi va vazifalari .
6. Psixologik tayyorgarlikning mazmuni va vazifalari.
7. Maxsus kuchga qo'yiladigan talablar va uning texnik tayyorgarlik bilan bog'liqligi.
8. Texnik tayyorgarlikning bosqichlari.
9. Texnik tayyorgarlikni optimallashtirishning asosiy tamoyillari.
10. Qo'shimcha xarakatlar va ularning ahamiyati.
11. CHigal yozdi xarakatlar va ularning turlari.
12. Mashg'ulotlarning tizimi va yo'nalishi.
13. Xarakatlar qobiliyatlarini va sportchining ko'rsatkichlarni oshiishda murabbiyning roli.
14. Mashg'ulotlarni rejalashtirishning muhimligi va tamoyillari.

II BOB. TAEKVONDODA ASOS SIFATIDAGI (BAZA) TEXNIKA

TAEKVONDO ASOSLARI (BAZASI)

BASIC MOTIONS OF TAEKWONDO

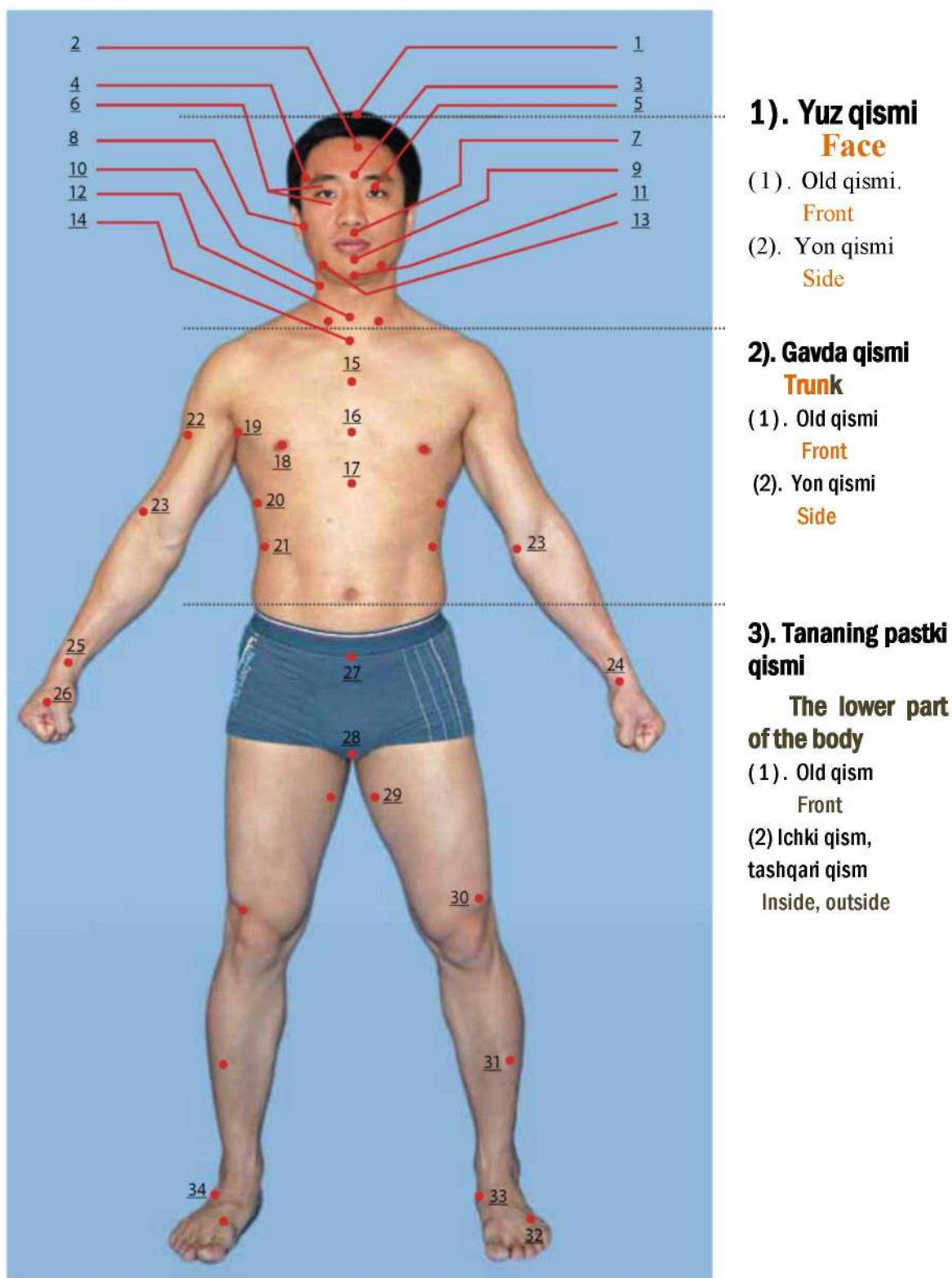
Taekvondoda zarba beriluvchi nishonlar bilan ishlash uchun texnik usullardan (jiguri, chirugi, chigi, chagi) foydalaniladi. Aksincha, bu ko‘rinishdagi usullarga qarshi to‘sh tavsifidagi texnik usullardan (makki) foydalaniladi. Texnik usullarni bajarishda amalga oshiriluvchi turli xil harakatlar taekvondoda harakatlar texnikasining cheksiz ko‘lamga egaligini belgilab beradi.

Asos (baza) sifatidagi hujumga o‘tish usullari va ushbu texnik usullardan keyin turuvchi, murakkab tavsifga ega usullar taekvondoning qadimgi davrda yuzaga kelgan va bilimlarning doimiy ravishda to‘planishi asosida o‘zgarishga uchragan, tizimlashtirilgan va takomillashtirilgan o‘ziga xos amaliy texnikasi asosini tashkil qiladi (1 rasm).

Тана	Нишонлар	Юқори	Олдинги қисми
			Ўн томонлари
		даража	Олдинги қисми
		Ўрта	Ўн томонлари
		даража	Олдинги қисми
		Қуйи	Ички томони
		даража	Ташқи томони
			Кафт (мушт)
		Қўл	Қўли
		Қўллаш	Товон
	Позиция	Оёқ	Оёқ
			Ветари соғи
		Дубаль моа	Моа соғи
		соғи	Ўныро нранхи
		Наранхи	соғи
			Апыро наранхи
Техника	Блоклаш	соғи	соғи
			Билак
		Қўл	Кафт
			Оёқ
		Оёқ	Болдир
			Кафт (жумок)
	Ҳужум	Қўл	Тирсак
			Оёқ
		Оёқ	Тизза

1 rasm. Bilimlar va atamashunoslik tizimi

2 rasmda odam tanasining hayotiy jihatdan muhim ahamiyatga ega hisoblangan xamda hujum va ximoya qilish sohalari keltirilgan



2 rasm. Tana va uning a'zolarini tuzilishi hamda hujum va himoyalanish qismlari
Bodily Vital Parts And Targets Of Attack

1. Boshning yuqori qismi
Top of the head
2. Peshana
Forehead
3. Peshana o'rtasi
Glabella
4. Chakka
Temple
5. Ko'z soqqasi
Eyeball
6. Ko'z ichki bosimi
Intraocular pressure
7. Lab tarnovi
Philtrum
8. Yuz suyagi (yonog')
Cheekbone
9. Jag'
Jaw
10. Bo'yin arteriyasi
Neck artery
11. Iyak
Chin
12. Kekirdak
Adam's apple
13. Bo'yin
Lateral ne
14. Kurak
Scapula
15. Ko'krak qafasi
Center of the thorax
16. Ko'krak qafasining pastki qismi
Lower end of sternum
17. Quyosh chigali markazi
Solar plexus
18. Ko'krakni pastki qismi
Lower breast rim
19. Ko'krakni yon qismi
Breast flank
20. Ko'krak qafasining yon qismi
Thorax flank
21. Belning yon tarafdagi chuqurchasi
Flank pit of waist
22. Qo'lning tashqi yuqori qismi
Outer upper arm
23. Tirsak
Elbow
24. Bilakning ichki qismi
Inner wrist
25. Bilakning tashqi qismi
Outer wrist
26. Bosh va ko'rsatkich barmoq orasidagi chuqurcha
Pit of thumb and fist-finger
27. Qorinning markazi
Center of abdomen
28. Qorinning ostki qismi
Groin
29. Sonning ichki qismi
Inner thigh
30. Tizzaning tepa qismi
Upper edge of knee
31. Boldirning o'rta qismi
Shinbone
32. pod'em stopy
Center of instep
33. Ichki to'piqning pastki qismi
Lower edge of inner ankle
34. Oyoq tashqi qismining markazi
Center of outer foot flank

2.1. XUJUMNING MAQSADI

Taekvondoda ma'lum vaqt davomiyligida makon (fazo) bo'ylab cheklanmagan tezlikda va tarqaluvchi quvvat shaklidagi kuchni xosil qiluvchi, oddiy qo'l bilan bajariluvchi hujum texnikasi ruhiy diqqatni jamlash va ruhiyatning bir butunligini tarbiyalaydi. Bundan tashqari, harakatlar mashqlarini yaxshi bilish texnikani takomillashtirish imkonini beradi va o'z navbatida, tananing rivojlanishini ta'minlaydi. Shuningdek, bunda mavjud shart-sharoitlarga bog'liq holatda, odamni to'g'ri yo'lga boshlovchi, qat'iyat va o'z-o'zini boshqara olishni ta'minlovchi tarbiya amalga oshiriladi.

Shunday qilib, taekvondoda yo'naltiriluvchi nishondan qat'iy nazar, qo'l va oyoqlarning oddiy harakatlari bilan birgalikda butun tana harakatlaridan ham foydalaniladi.

Keng daryoning o'rtasiga tomon suzib ketayotgan qayiq kabi, odam o'zining mavjudligini ta'minlash maqsadida o'z oldiga ulkan maqsadlarni belgilaydi, jumladan oyoq va qo'lar bilan zarbani to'g'ri berish usullarini o'rganib chiqadi va bunda harakatlarni chin ko'ngildan va intilish bilan amalga oshirishni o'rganadi. Bir vaqtning o'zida taekvondoning ongli tavsifdagi maqsadi kelib chiqadi. Shunday qilib, ruhiyat umumiyliги (bir butunligi) barcha amalga oshiriluvchi harakatlarning asosini tashkil qiladi va taekvondoda takomillashish uchun qulay shart-sharoitlarni ta'minlaydi.

Ushbu maqsadda, bu erda qandaydir alohida aniq vaziyatlar qarab chiqilmaydi. Bu erda teri sohasiga yaqin joylashgan asab markazlaridan tashkil topgan, hujum qilish vaqtida o'linga olib keluvchi darajada og'riq hissini yuzaga keltiruvchi, odam tanasida joylashgan ayrim hayotiy jihatdan muhim sohalari ko'rsatilgan.

Umumiy holatda, odam organizmida hujum qilish uchun 280 ta atrofidagi hayotiy muhim ahamiyatga ega bo'lgan sohalar mavjudligi aniqlangan bo'lib, bu erda ulardan 34 tasi keltirilgan, shuningdek ushbu sohalardan eng asosiy 3 tasi tasvirlangan (ya'ni, yuqorigi: burun-lab tirtig'i; o'rta: to'sh; quyi: chov sohasi).

Mashg'ulotlar vaqtida oyoqlar bilan zarbalar tasavvur qilinuvchi raqib tanasiga beriladi va ushbu keltirilgan uchta soha bo'yicha, tahminiy zarbalar berilishi amalga

oshiriladi. Haqiqiy raqib mavjud sharoitda havfsizlikni ta'minlash va alohida darajada ehiyotkorlik bilan hujumni amalga oshirish talab qilinadi.

2.1. TARGETS OF ATTACK

Taekwondo is a martial art for self cultivation, which enables one to exert techniques in the air, using bare hands and unmeasured speed and power, and to embody the spiritual integration by means of cultivating spirit and energy to concentrate it on one thing. One can also bring about the physical development through physical motions during the practice of techniques, strengthen the spiritual power to control the body with a strong will and perseverance-, and enhance the sense of justice to become a righteous man as a result of repeated self restraints following his or her own judgement of situations and self determination.

However, one must establish a long range goal in practicing Taekwondo. Anything that has no end is meaningless. Even in daily life, one feels contented when a man has successfully fulfilled the day's work. So is the case with Taekwondo practice. One must exert all his efforts to perform correct and powerful techniques, such as punching, kicking, defending, etc, always keeping in mind his ultimate goal.

But, one must first have immediate targets for the training of Taekwondo techniques. The immediate targets are the vital parts of the body, which sense pains at a very slight impact on them because of the exposure of nerves under the skin around them. The vital parts on the body, as possible target of attack, count approximately 280. However, this book will illustrate 34 of them, dividing the human body into 3 greater parts, i.e.. head, trunk and lower part. The most important vital parts of all are the philtrum in the head, the solar plexus in the trunk and the center of abdomen in the lower part.

In training Taekwondo techniques, one must have before him an imaginary opponent of about the same stature with him or her to practice delivering attacks against those three most important vital parts and defending similar attacks from the imaginary opponent.

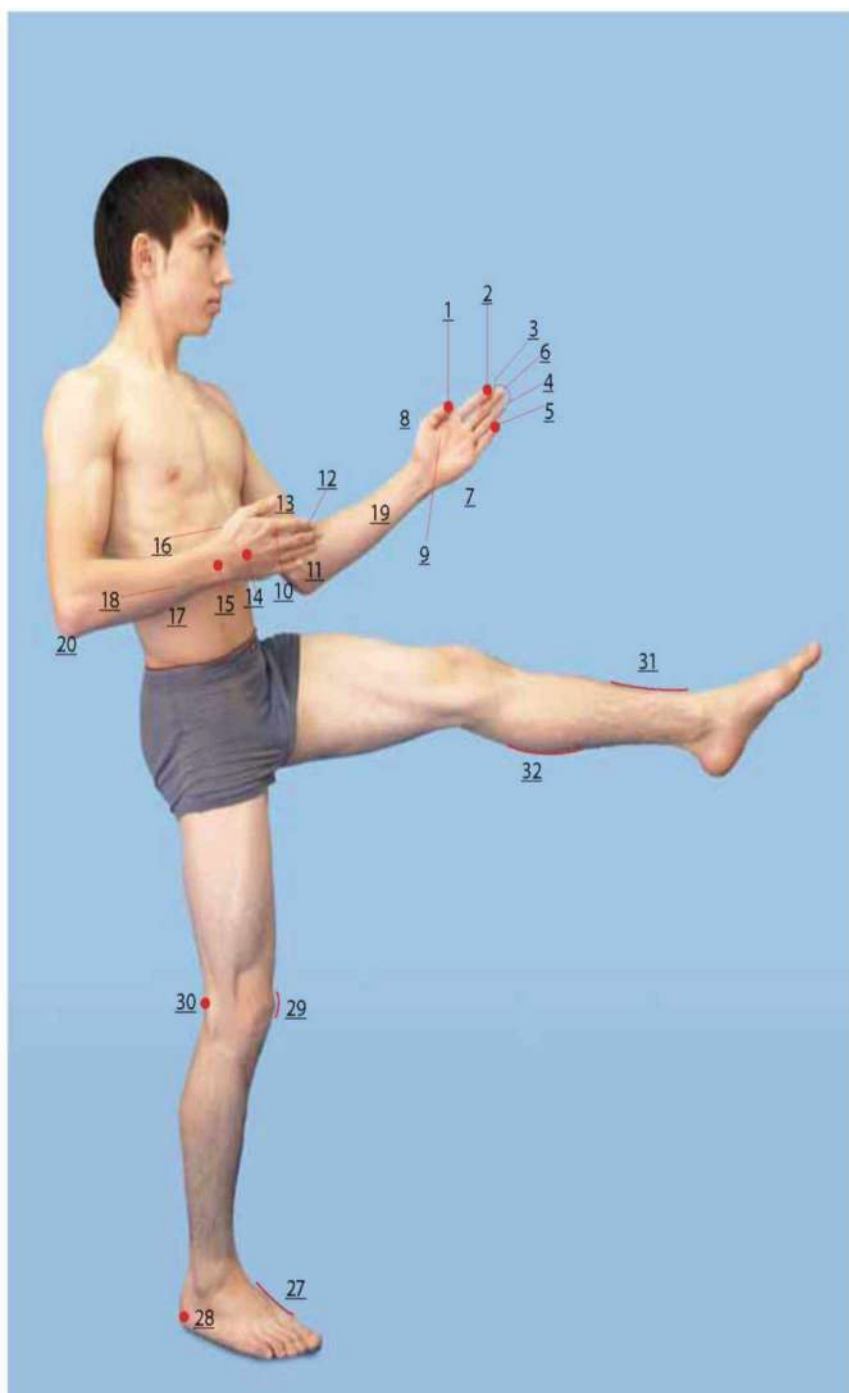
2.2. TANANING FOYDALANILUVCHI QISMLARI

Taekvondoda tanaga beriluvchi umumiy zarbaning kuchi qo'l va oyoqlarning joylashish holatiga bog'liq hisoblanadi (3 rasm), bunda asosan oyoqlarning kuchi asosiy rolni o'ynaydi.

2.2. APPLICABLE PARTS OF THE BODY

All parts of the human body are used for offense and defense techniques in Taekwondo.

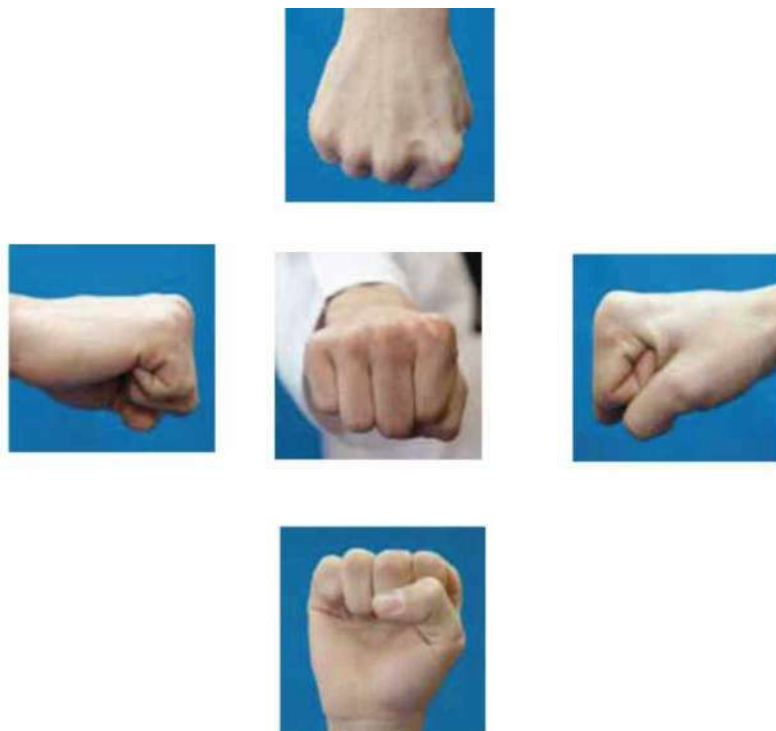
In executing Taekwondo techniques, power comes from the body trunk; however, the arms and legs are employed to strike the target parts of the opponent's body, although the hands and the feet play the key roles. The applicable parts of the body in Taekwondo are classified as follows:



3 rasm. Taekvondoda qo‘l va oyoqlarning joylashish holati

1. Qoʻlning bosh barmogʻi	1. Omji sonkarak
2. Qoʻlning koʻrsatkich barmogʻi	2. Chipge sonkarak
3. Qoʻlning oʻrta barmogʻi	3. Kaunde sonkarak
4. Qoʻlning nomsiz barmogʻi	4. Bumyongji sonkarak
5. Jimjiloq	5. Sekke sonkarak
6. Qoʻl barmoqlarining uchki qismi	6. Sonkit
7. Kaft qirrasi	7. Sonnal
8. Kaftning ichki tomoni	8. Sonnaltin
9. Kaft yostiqchalari	9. Patanson
10. Qoʻl barmoqlarining birinchi boʻgʻimi	10. Chotje madi
11. Qoʻl barmoqlarining ikkinchi boʻgʻimi	11. Tulje madi
12. Qoʻl barmoqlarining uchinchi boʻgʻimi	12. Setje madi
13. Bosh va koʻrsatkich barmoqlar oʻrtasi sohasi	13. Agison
14.	14. Sontin
15. Bilak	15. Sonmo'k
16. Bilakning ichki qismi	16. Anpalmok
17. Bilakning tashqi qismi	17. Pakkat palmok
18. Bilakning chekka qismi	18. Ting palmok
19. Bilakning oʻrta qismi	19. Bit palmok
20. Tirsak	20. Palkup
21. Tovon yostiqchasi	21. Ap chuk
22. Barmoqlar	22. Ti chuk
23. Tovonning tashqi qismi	23. Pallal
24. Tovonning ichki qismi	24. Pallal ting
25. Oyoq barmoqlarining uchki qismi	25. Palkit
26. Tovon tagi	26. Palpada
27. Tovonning ustki qismi	27. Palting
28. Toʻpiq	28. Tikumchi
29. Tizza	29. Murup
30. Tizza osti botigʻi	30. Ugum
31. Boldirning oldingi qismi	31. Chongani
32. Boldirning orqa qismi	32. Chongtanji

A) JUMOK.



Jumeok (fist)

Usually the jumeok (fist) is formed by clenching the fingers and its forms are broken down into 6 main types according to its usage in Taekwondo techniques: jumeok (fist), deungjumeok (fist back fist), mejumeok (hammer fist), sosumjumeok (knuckle protruding fist), pyonjumeok (flat fist) and jipkejumeok (pincers fist).

The jumeok in Taekwondo is a simple form of fist clenching the fingers firmly folding into the palm and only the first finger and middle finger are used for punching.



Mushtni yig'ish usullari

- Kaft qismi holati
- Barmoqlar uchini yig'ishni boshlash
- Barmoqlar uchini yig'ib birinchi barmoq bo'g'inigacha
- Tirnoqlarni ko'rinmaslik holatiga qadar bukish
- Bosh barmoq bilan ko'rsatkich va o'rta barmoqni yopish

Amalga oshirilish joyi: Ko'rsatkich barmog'i va o'rta barmoqning old qismi
Ishlatilish: Mushtni hosil qilish san'atida ishlatiladi

Jumeok (Musht)

Odatda mushtum deganda birlashgan barmoqlarning siqilgan holati nazarda tutilib, ishlatilinish joyiga qarab uning nomi va ishlatilish uslubi o'zgaradi.

Mushtning o'zgarishida aylangan musht (jeochinjumeok) va turgan musht(sevunjumeok) turlari mavjud. Mushtni yig'ganda raqib yaqinda joylashgan bo'lsa, aylangan musht musht bilan zarba beriladi va uni -zarba deb ataladi. Hamda odatiy zarba va

-zarba berilyotganda o'rta masofa nishonga olinayotganda musht bilan zarba beriladi va u zarba deb nomlanadi.

Musht (Jumeok) Taekvondoda musht 4 barmoqni birgalikda kuch bilan birlashtirish bo'lib, ishlatilinish joyi sifatida ko'rsatish barmog'i va o'rta barmoqlarning old qismi bo'lib, bu raqibga zarba berishda ishlatiladi.

The way of forming:

- Unfolded the palm of the hand
- Starting finger-tips to clench
- Clenching finger-tips to first finger joints
- Covering fingernail invisibly
- Clenching pincers and middle fingers with the thumb

Usage: a jumeok is applied to the punch technique.

5 rasm. Taekvondoda mushtning qo'l barmoqlarining siqilishi holati

2.3. SOGI (pozisiya)

Bu erda erda (tekislik yuzasida) tanani tutib turuvchi oyoqlarning holati haqida fikr bildiriladi. Tananing yuqorigi qismlarining erkin tarzdagi harakatlari (qo'llarning harakatlanishi) amalga oshirishini ta'minlash uchun, butun tananing holatini boshqarish talab qilinadi. Sogi texnikasida og'irlik markazining joylashish holatiga katta ahamiyat beriladi, bunda odam harakatlarni amalga oshirishda har ikkala oyoqqa tayanishi qayd qilingan vaziyatlarda havfli vaziyatlar yuzaga kelishi ehtimolligi darajasi ortadi. Bunday vaziyatlarda og'irlik markazini tezkor tarzda o'zgartirishni amalga oshirishga qodirlikni namoyon qilish talab qilinadi, ya'ni tananing qandayir qismiga butun tana og'irligini berish orqali havfli vaziyatni yuzaga keltirishdan qochish tavsiya qilinadi. Bunda tashqi ko'rinishiga ko'ra, har ikkala oyoqlar yon tomonlarga biroz yoyilgan holatda joylashtiriladi, bundan tashqari tizzalar yaxshiroq tayanch xosil qilish uchun biroz bukilgan holatda bo'lishi qayd qilinadi.

Agar, oyoqlar bir-biriga juda yaqin joylashtirilsa, tizza sohasi ochilsa va og'irlik markazi yuqorida joylashsa, u holda havfli vaziyat yuzaga keladi. Boshqa tomondan, bunda og'irlik markazining ko'chirilishi tezligi ortadi.

Mustahkam holatda turish, tebranmaslikning mohiyati: bunda oyoqning tag qismlarining bir-biridan keng orqalida joylashish holatida, og'irlik markazi barqaror holatda bo'lishi qayd qilinadi, tizza bo'g'imi biroz bukiladi va og'irlik markazi pastga tushiriladi. Biroq, bu turish holati og'irlik markazining joyini o'zgartirish sekin amalga oshirilishi bilan tavsiflanadi. Yuqori turish holati texnikasida barqarorlikni ta'minlashning ko'p sonidagi uslublari mavjud hisoblanadi. Ko'pincha holatlarda bir necha santimetr bilan farqlanuvchi, o'ylanmagan kenglikda turish holatida tananing o'zi mavjud shart-sharoitlarga moslashib olishi va harakatlarga uyg'unlashishi qayd qilinadi. Aynan, nazariya bo'yicha oyoqlarning tag qismlari oldigi sohasi oralig'idagi kenglik o'lchamlari – ya'ni, «oyoq tagining kengligi» va «oyoq taglarining yarim kengligi», shuningdek yon tomondan – «bitta oyoq tagi» va «ikkita oyoq tagi» masofasi

muhim o‘rin tutadi. Bundan tashqari, oyoq taglari oralig‘idagi burchak qiymati tananing harakatlanish yo‘nalishiga bog‘liq holatda o‘zgarishi qayd qilinadi.

2.3. SEOGI (STANCE)

The seogi (stance) means keeping any part of the body except the two feet not touching the ground or the floor, using the lower part of the body. The upper part of the body including the arms can make free motions, but the trunk should be kept always erect. The seogi techniques give great influences over the movement of the center of gravity and the center of weight, and there are various seogi techniques according to the positions and movements of two legs. Sometimes a ponderous posture makes the seogi technique ready for defense, and at times an unstabilized seogi makes the movement of the center speedy and exerts impulsive forces so that one may be ready to take next actions swiftly. The types of seogi are classified according to the position of feet, either widened apart side by side or fore and back and according to the way of keeping the knee, either stretched or inflected.

If the feet drawn close, the center of the body becomes unstable and the center of gravity goes higher, making the stance insecure, if the knees are stretched. Therefore, the wide open feet and the inflected knees make a balanced solid stance, which in turn lacks speedy movements of the center of the body as well as powerful impulsive force.

As mentioned above, the maintenance of balance is largely influenced by the width between two feet. Persons have different feet from one another; therefore, a balanced stance cannot be uniform among individuals. Usually, the unit of a stride or step is used to measure the breadth between the feet in a fore and back stance, while the unit of a sole length (e. g., one foot or two feet) can be also used for measurement in making a stance and the direction of eyes or the body will be the base line of an angle.

Turish (holat) Seogi (Stance)

Yurmoq (qadam bosmoq) - qadamni bosishda qattiq kuch bilan emas, yengil bosib, oyoqning oldi qismi birinchi yerga tegishi kerak va undan keyin oyoqning orqa qismi yerga tegishi kerak. Aylanish - aylanishning o'qi old o'q bo'la turib belni ishlatgan holda aylanish kerak.

01 Parallel turish NARANHI SEOGI (Parallel stance)



Harakat qoidasi	Movement
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1. Ikki oyoq orasida kenglik bir oyoq uzunligidagi kenglik bo'lib, oyoqlarning ichki qismlari parallel ravishda teng bo'lishi kerak.
2. Ikki oyoqning tizzalari uzatilgan bo'lishi kerak.

1. The breadth of two feet will be one foot wide, the inner sides (Balnaldeung) of both feet paralleling with each other.
2. Both knees are stretched.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Oyoq oldi qismi yopiq yoki ochiq bo'lgan holatlarda.
2. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Tip of the feet are closed or open.
2. Any other movements other than shown above will be factors of deduction.

02 Oldi turish AP SEOGI (Forward stance)



Harakat qoidasi	Movement
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1. Yura turib yurishdan to'xtalgan holatda ikki oyoq orasidagi uzunlik bir qadam uzunligida bo'lishi kerak.
2. Ikki oyoqning tizzalari bir xilda uzatilgan bo'lishi kerak.
3. Gavdani tikka ushlab old tomon yo'nalgan ko'krakni 30 gradus atrofida buri-lishi kerak.

1. Just like the stance when stop walking with a toward step, the distance of the two feet is one step long.
2. The inner sides of two feet must be on a straight line.
3. The body should be straightened while facing forward. The chest should be turned about 30 degrees. The weight should be supported by both legs evenly.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Qadam orasidagi uzunlik juda uzun yoki juda qisqa bo'lgan holatda.
2. Tana orqaga egilib ketgan holatda.
3. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Stride of the step is too long or short.
2. Body is leaning back.
3. Any other movements other than shown above will be factors of deduction.

03 Oldi bukilgan holatda turish AP KUBI (Forward inflection stance)



Harakat qoidasi	Movement
1. Ikki oyoq orasidagi masofa bir yarim qadam bo'lishi kerak. Oldi oyoqning orqa qismi va orqa oyoqning orqa qismi orasi bir oyoq uzunligidagi kenglikda bo'lishi kerak.	1. The vertical distance between two feet is one and a half step. And the parallel distance between: two feet's tiptoes is one foot.
2. Oldi oyoq old yo'nalishga qarab turiladi.	2. The tiptoes of front foot place forward.
3. Tanani tik ushlab yerga tepadan qaraganda oldingi tizza va oyoqning tugash qismi bilan mos ravishda pasaytirish kerak.	3. Lower the knee in order to match your knee and tiptoes when you lock down in a upright standing position.
4. Orqa oyoqning ichki qismi 30 gradus bo'lishi va orqa oyoqning tizzasni uzatib tananing muvozanatini 2/3 nisbatda oldinga tashlash kerak.	4. The back sole turned inward within the angle of 30 degrees and stretch the knee of hind leg and put the balance of your weight toward two-thirds.
5. Tanani tik holatda ushlab govdani oldinga qarab 30 gradus atrofida egiladi.	5. Stand upright and twist toward your body at an angle of 30 degrees.

Bahoni pasaytirish holatlari	Deduction Factors
1. Ikki oyoq orasidagi masofa kengayib ketib tana muvozanati saqlanmaganda.	1. Between the two feet is too wide so without keep the body balance.
2. Orqa oyoq egilib ketganda.	2. Lift of heel the front foot or bend of back leg.
3. Orqa oyoq surilib ketganda.	3. Back of foot is opened more than 30 degrees.
4. Markaz muvozanati oldinga yoki orqaga siljib ketganda.	4. Center of the balance keep the front part of the body.

04 Orqa bukilgan holatda turish DWITKUBI (Backward inflection stance)



Harakat qoidasi	Movement
1. Yopiq holat (oyoqlar yig'ilgan holat) da o'ng oyoq orqa o'qini o'q tomon yo'naltirib old o'qni 90° burchak ostida ochib turish.	1. From the moaseogi (Close stance), the fore sole or right foot is opened at angle of 90 degrees pivoting on the back sole.
2. O'ng oyoqni 90 gradusga ochib turgan holatda chap oyoqni bir qadam uzunlikda oldinga qadam tashlab, tanani tik holatda ushlab ikki oyoqni egib tana tushiriladi.	2. Then the left foot is put one step forward from the heel of the right foot, making an angle of. 10 degrees and the body is lowered by the inflection of two knees.
3. Tanani tushiryotganda o'ng oyoq tizzasni o'ng oyoqning oldi qismi yo'nalishida 60-70 gradus yetarlicha egib chap oyoq tizzasni chap oyoqning oldi qismi yo'nalishida 100-110 gradus atrofida ozgina bukiladi. Va ikki tizza 90 gradus bo'lishi kerak.	4. The infection of the right foot knee an angle of 60 to 70 degrees between the ground and the shin and the inflection of the left foot knee and angle of 100 lo 110 degrees the ground.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Orqa tizza ochilganda.
 2. Tana og'irligi oldinga siljiganda.
 3. Orqa taraf (ko't) yo'lbars holatiga o'xshagan holatda bo'lib qolish.
 4. Orqa taraf (ko't) orqaga tushib ketsa va Yo'lbars holatiga o'xshash holat bo'lganda.
 5. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Knee of the back leg is open backwards.
 2. Body weight is leaning forward.
 3. Heel of the front foot is raised.
 4. Hips are pulled back and stance becomes similar to Beomseogi (Tiger stance).
 5. Any other movements other than shown above will be factors of deduction.

05 O'ng (chap) turish holati OUREN (WEN) SEOGI (Right / Left hand stance)



Harakat qoidasi

Movement

1. Ikki oyoqni parallel holatda qo'yib chap oyoq o'z joyida qoladi, o'ng oyoqninc oldi qismi 90 ga buriladi.
1. First, take the same pose as the naranhiseogi, and then only the fore sole of right foot 90 degrees right wards, pivoting on the heel.

Bahoni pasaytirish holatlari

Deduction Factors

1. Parallel holatda turganda.
 2. Ikki oyoqni birga qo'yganda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Standing in Naranhi seogi.
 2. Placing feet together.
 3. Any other movements other than shown above will be factors of deduction.



Harakat qoidasi

Movement

1. Ikki oyoqni parallel holatda qo'yib o'ng oyoq o'z joyida qoladi, chap oyoqninc oldi qismi 90 ga buriladi.
1. First, take the same pose as the naranhi seogi, and then move only the fore sole of left foot 90 degrees left-wards, pivoting on the heel.

Bahoni pasaytirish holatlari

Deduction Factors

1. O'ng oyoq holatida turishdagi bahoni pasaytirish qoidalari bilan bir xil.
 2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Same as the deduction factors of the Oreun seogi.
 2. Any other movements other than shown above will be factors of deduction.

06 Aylana holat (oyoqlar bir-biriga holaatda turishi) Ap Kkoa seogi (Cross stance)

1) Orqa aylana holat Dwikkoa seogi. Oldinga qarab yaqinlashayotganda yoki harakat qila turib urayotganda ishlatiladi.

Dwikkoa seogi (Backward cross stance).



2) Oldi aylana holat Apkkoa seogi. Gavdani yonga harakatlantirayotganda ishlatiladi.

Apkkoa seogi (Forward cross stance).



07 Yo'lbars holati Beom seogi (Tiger stance)



Harakat qoidasi

Movement

1. Yopiq holatda (oyoqlar yig'ilgan holatda) o'ng oyoq 30° atrofida burchak ostida kengayib turib chap oyoq o'ng oyoqning oxiridan bir tovon uzunlikda bosiladi.
2. Tana og'irligini orqa oyoqqa tashlab orqa oyoqqa qaraganda tizza bilan tovonning oxiri to'g'ri chiziq ostida bo'lishi kerak.
3. Qorining pastki qismiga kuch berib gavda og'irligini orqa oyoqqa 90-100% tashlash.

4. ?

1. From the position of Moaseogi, the left foot is put one foot toward. And the right (hind) foot is opening the fore sole 30 degrees on the basis of the back sole.
2. The weight is entirely supported by the right(hind) foot behind. Place the knee and tiptoes match when you look down.
3. The left foot in front will keep the ankle stretched so that its tiptoes of the fore sole alone may lightly touch the ground, and the knee will bend down as it is required.
4. Concentrate the force on the lower abdomen, the weight is supported 100% by the right(hind) foot.

Bahoni pasaytirish holatlari

Deduction Factors

1. Tizza ochiq bo'lganda.
 2. Qadam uzunligi juda qisqa yoki juda uzun bo'lganda.
 3. Qorining tepa qismi orqaga ketib qolganda va oraqa (ko't) juda ko'porqaga tushib ketganda.
 4. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Knees are open.
 2. Stride of the step is too long or snort.
 3. Hips are pulled back or upper body is leaning forward.
 4. Any other movements other than shown above will be factors of deduction.

08 Yopiq holat (oyoqlar vig'ilgan holat) **Moa seogi (Close stance)**



deduction.

Harakat qoidasi	Movement
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- | | |
|---|--|
| 1. Ikki oyoqni bir biriga tekkazib turib ikki tizzani tekis ushlash. | |
| 1. Stand upright will both inner feet blades attached and stretch both knees. | |

Bahoni pasaytirish holatlari	Deduction Factors
------------------------------	-------------------

- | | |
|---|--|
| 1. Oyoqning old qismi ochiq bo'lganda. | |
| 2. Harakat qoidasiga zid keladigan boshqa harakatlarga. | |
| 1. Tip of feet are open. | |
| 2. Any other movements other than show above will be factors of | |

09 Chavandoz holati Juchum seogi (**Riding stance**)



Harakat qoidasi	Movement
-----------------	----------

- | | |
|---|--|
| 1. Ikki oyoq o'rtasidagi uzunlik ikki oyoq uzunligi bilan teng. | |
| 2. Oyoqlarning ichki qismi o'zaro tekis bo'lishi kerak. | |
| 3. Badanni tekis ushlab ikki tizza bukiladi. Turgan holatda yerga qaraganda tizza bilan oyoqlarning oxiri bir biriga to'g'ri kelishi kerak. | |
| 4. Tizzalar ichkariga tortilgan. | |

- | | |
|--|--|
| 1. Keep the breath of two legs at two foot length. | |
| 2. The two soles paralleling with each other | |
| 3. Lower the knees as high as they may spying up and down easily, and keep the shin from the front to the knee erect vertically. | |
| 4. Concentrating the weight inwardly and frightening the lower abdomen. | |

Bahoni pasaytirish holatlari	Deduction Factors
------------------------------	-------------------

- | | |
|---|--|
| 1. Tizza ochiq yoki yopiq bo'lgan holatda. | |
| 2. Oyoqlarning uchi bujmayganda yoki ochiq bo'lganda. | |
| 3. Orqa (ko't) orqaga tushib ketganda yoki qorining tepa qismi oldinga chiqqanda. | |
| 4. Harakat qoidasiga zid keladigan boshqa harakatlarga. | |
| 1. Knees are open or closed. | |
| 2. Tip of the feet are closed or open. | |
| 3. Hips are pulled back or upper body is leaning forward. | |
| 4. Any other movements other than show above will be factors of deduction. | |

10 Laylak turish Hakdari seogi (**Crane stance**)



Harakat qoidasi	Movement
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1. Laylak turishning balandligi Chavandoz turishidagi bilan bir xil
2. Ikkinchi oyoq yon qismini tizzani ichki qismigacha ko'tariladi (Tizzani to'g'ri holatga keltirish mumkin emas, oyoq tizzaning ichki qismiga tegiziladi)

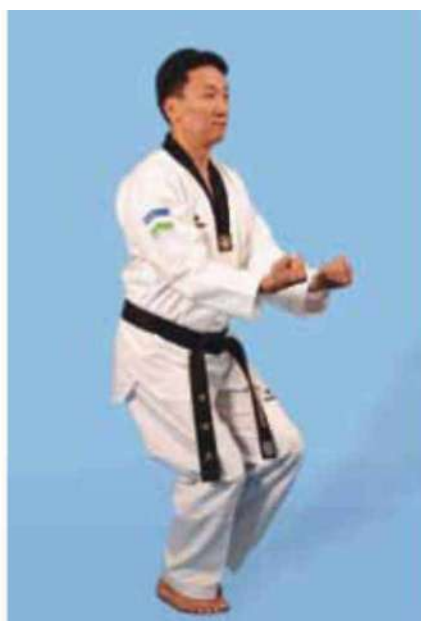
1. The height of the Crane stance should be same as the Riding stance.
2. The reverse foot blade raise to the inner part of the knee (Do not open the knee, the closing of the knees should be towards the inside of the knee)

Bahoni pasaytirish holatlari	Deduction Factors
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1. Turish holatida tizza bukilgan holatda
2. Ikkinchi oyoq tizzaga tekkazilmagan holatda
3. Laylak turish harakatlarini atayin sekin amalga oshirilganda
4. Bundan tashqari qoidalarda ko'rsatilmagan harakatlar amalga oshirilganda

1. Keep knee straight for Crane stance.
2. The reverse foot of the Crane stance must not touch the opposite leg.
3. The reverse foot of the Crane stance should be moved swiftly.
4. Any movements other than shown above will be deduction points.

11. Yordamchi holat Kyotdari seogi (**Assisting stance**)



12. Teskari holat Ogeum seogi (**Reverse stance**)



2.4. Blok (himoya) Makki (defense)

Bu erda tegishli hujumlarga nisbatan makki texnikasi haqida fikr bildirilmaydi. Tanadan alohida holatdagi hujumlar mavjud emas. Shu sababli, o'z-o'zini himoya qilish harakatlari 36 ta tipdagi holatlarga (bukilishlar) ajratiladi. Shunday qilib, agar raqibilar bir-biriga faqat uzoq masofadan hujum qilishlari qayd qilinsa, u holda tegishli texnikaning o'zlashtirilishi mumkin emas. Bu texnika bloklashdan tashkil topadi.

Raqib oldida qo'rqish hissini engishning birinchi usuli – o'zini tuta olishdan tashkil topadi, shuningdek ortiqcha jang qilish istagini yo'qotish, ya'ni o'zini haqiqiy erkaklardek mardona tutish talab qilinadi.

Ikkinchi, yo'l qo'yilishi mumkin bo'lgan xato – bu hujumlarni bloklash davomida o'zini tutib tura olish darajasining etarli emasligi bilan bog'liq hisoblanadi.

Shu sababli, siz bloklash harakatlarini qanchalik darajada muvaffaqiyatsiz amalga oshirgan bo'lsangiz, demak tezkor hujum harakatlarini amalga oshirish imkoniyatlarining darajasi ham huddi shu kabi tavsifga ega bo'lishi mumkin, bunday vaziyatda davomiylikda amalga oshiriluvchi hujum harakatlarida (garchi, hujumlarga qarshi samarali qarshilik ko'rsatish usullari mavjud bo'lsa-da), osonlik bilan mag'lubiyatga uchrash mumkin. Ushbu holatdan kelib chiqib, taekvondoda himoyalash texnikasi o'z tarkibiga faqat hayotiy jihatdan muhim ahamiyatga ega bo'lgan organlarga qo'l va oyoqlar bilan beriluvchi zarbalarga qarshilik ko'rsatish uchun, qo'l kafti va bilak sohalarning chiniqtirilishini qamrab olmaydi.

Ya'ni, jang davomida himoyalash va hujum qilish texnikasi mashq qildiriladi va o'z navbatida, chiniqtiriladi. Shunday qilib, kutilmagan tarzda, birdaniga amalga oshiriluvchi hujum harakatlarini nazorat qilish uchun, bu hujum harakatlariga qarshi turish uchun ruhiyatning takomillashtirilishi va mukammal shakllangan odam bo'lish talab qilinadi.

Shu bilan birgalikda, taekvondoda ruhiyatning takomillashtirilishini tarbiyalashda hujumga o'tishda foydalaniluvchi tana qismlari va bloklash harakatlarini alohida o'rganilishini esdan chiqarmaslik talab qilinadi. Ya'ni, taekvondoda nimanidir birinchi o'ringa qo'yish kerak emas.

Quyidagi qismlarda makki texnikasining struktura tuzilishi muhokama qilinadi.



Taekvondoda hujumga o'tish texnikasida tananing qattiq, ochiq va nisbatan o'tkir qismlaridan foydalanish asosidagi ko'plab usullar qo'llaniladi, bunda asosan tananing qattiq qismlaridan makki texnikasida foydalaniladi. Og'irlik markazining barqaror holatda joylashishi vaziyatidagina hujum harakatlarini samarali tarzda bloklash amalga oshiriladi. Bloklash harakatlari og'irlik markazining oyoqlarga qulay ko'rinishda taqsimlanishi sharoitida amalga oshiriladi va og'irlik markazining noqulay tarzda joylashishi vaziyatida joyni o'zgartirish harakatlarini bajarishda havfli vaziyat yuzaga keladi va harakatlarni amalga oshirishda havf darajasi ehtimolligi ortadi. Shunday qilib, har ikkala qo'l har doim tayyorgarlik uslublarida bevosita yorlamchi sifatida o'rin tutishi talab qilinadi. Bunda og'irlik markazining ikkala oyoqda ushlanishida ikkala qo'ldan foydalanish usullari ko'proq darajada makki texnikasi uchun maqsadga muvofiq hisoblanadi. O'z navbatida, «*pxalmok makki*» qarshi to'siq qo'yish bloklash harakatini bajarishda bilakning tashqi va ichki tomonlaridan foydalaniladi, bunda asosan bilakning tashqi tomoni qo'llaniladi.

Makki (defense)

The makki (defense or blocking) techniques are to protect oneself from being attacked by one's opponent. Averting the opponent's attacks by escaping is another means of protecting oneself. It is often said that running away from a danger is one of the best techniques for self-defense. However it is important to master the techniques of blocking (makki) the opponent's attacks in case of a face-to-face confrontation. A man of good defense techniques may not necessarily provoke a fighting, although he is capable of winning. To the contrary, a man of insufficient defense capabilities would prove himself stupid if he dares a fighting. Defending oneself from attacks alone could not lead to a final solution, if the other party continues attacking; therefore, it is necessary to apply the techniques of weakening the opponent's offensive.

That is why most of makki Taekwondo techniques are designed to hurt the opponent in the course of defending oneself by using the wrists or hand blades, which, if trained hard, may inflict impacts on the other party's vital points, making the latter's arms and legs incapacitated.

Therefore, makki techniques must be trained hard so that they may function equally as offensive techniques. With this, one may show himself or herself generously, not by winning over the opponent by initiative attacks but by overcoming the latter by mere defense techniques without impairing others. This is indeed a righteous way if a man of virtue that Taekwondo teaches.

For that reason, Taekwondo training is planned to begin with the makki techniques, which will be followed by the training of offensive techniques. That is, Taekwondo never allows any initiative move of attack in its techniques.

Taekwondo uses the bodily parts, of which some are hard when contracted and sharp when opened so as to be applied in offensive techniques while other solid and long parts are applied in defense (makki) techniques. The makki is more effective when makki parts are used in a well balanced position.

Defending with the leg or foot may be strong enough, but the remaining leg or foot has the difficulty in keeping the balance of body so that any mistaken technique may cause a great danger. Therefore, two arms must be always ready to render assis-

tance. In other words, the two arms should be used in makki techniques while the legs are used to keep the balance.

It is made a rule that one of the wrists, especially the outer side of the forearm, is used for makki techniques, which is called "palmok-makki" (wrist blocking).

There is another category of makki techniques called "sonnal makki" (hand blade blocking) which is characterized by the sharpness of hand blade and also by the weakness of deteriorated blocking power due to the wrist point. Therefore, it is a general rule to have the other hand always accompany the main hand to assist. The "paimok-makki" (wrist makki) is usually carried out by one wrist alone, but it may also be assisted by the other wrist, in which case the term of "kodureo makki"(assisted blocking) is used. To the contrary, sometimes a hand blade makki is performed by one hand alone, which is called "hansonnal makki" (one hand-blade blocking), The way of makki (block-ing) can be classified as inner makki (blocking from outer side to inner side) and outer makki (blocking from inner side to outer side).



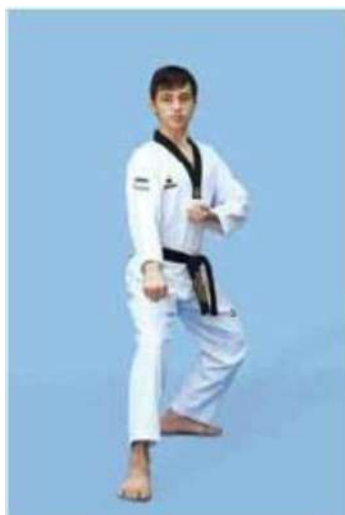
Harakat qoidasi

Movement

1. Blok qo'yadigan mushtum old oyoqning toz qismidan ikki mushtum oralig'ida alohida turishi kerak.
2. Qarama qarshi qo'l mushtum holatida toz yon qismiga joylashtiriladi. (Diqqat) blok qiladigan mushtumni yelka balandligiga ko'tarib blok qiladigan mushtum ust qismini qarama qarshi odam yuziga yo'naltiradi.
1. The blocking fist is to be kept apart from the thigh of the fore-leg by the width of two fis
2. The wrist of the hand will rest on the waist side in the form of bending. (Point of attention) The blocking fist will be lifted up to the shoulder's level and the base part of the fist will face the opposite side of the face. The other hand will be stretched toward the solar plexus in a stare of bent wrist. The elbow of the blocking arm will neither be lifted up nor stuck to the body.

Bahoni pasaytirish holatlari

Deduction Factors



1. Blok qo'yadigan qo'l tashqarida kelgan holatda.
2. Tortishdan oldin yoki keyin qo'lning bukilganligi.
3. Tanani aylantirgan holda blok berish.
4. Blok beradigan qo'l tizzagacha kelmaganda yoki chiqib ketganda.
5. Himoya qilganda blok qo'yadigan qo'l tirsaki qayrilgan holatda.
6. Himoya qiladigan qo'lning tirsagi ko'tarilgan holatda.
7. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Blocking arm is coming from outward.
2. Bending the arm before and after pulling.
3. Exaggerated twist of the body.
4. Blocking arm not going all the way to the knee or going over.
5. Bending the elbow of the blocking hand when blocking.
6. Lifting the elbow of the blocking arm.
7. Any other movements other than shown above will be factors of deduction.

02 Tana bloki Momtong Makki (Body blocking)



Harakat qoidasi Movement

1. Hamma tana bloki holatida qo'l tananing markaziga kelish kerak.
 2. Tirsak 90°-120° burchak ostida ochiladi.
 3. Blok qo'yadigan qo'lning balandligi yelka balandligida bo'ladi.
 4. Blok qo'yadigan qo'l qayrilmasligi kerak.
 5. Qarama qarshi qo'l mushtum qilib tozga joylashtirilgan bo'lishi kerak.
1. In all of the torso-inner blocking, the hand and the wrist must be kept at the center of the body.
 2. The elbow is to be kept around 90-120 degrees.
 3. The blocking fist is kept as high as the shoulder.
 4. The blocking wrist should not be bent.
 5. The non-blocking hand should be kept at the side of the waist, in a form of a bent fist.

Bahoni pasaytirish holatlari Deduction Factors

1. Blok qo'yadigan qo'l tananing markazidan pastroq yoki balandroq bo'lganda
 2. Blok berilishi boshlanganda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Blocking arm going further inside than the center line of the body.
 2. Lifting the elbow of the blocking arm too high or putting the wrist below the shoulder when starting the block.
 3. Any other movements other than shown above will be factors of deduction.

03 Yuz bloki Olgul Makki (Face blocking)



Harakat qoidasi Movement

1. Blok qo'yadigan qo'lning kaft old suyakalari yuz markazi chizig'idan kelishi kerak.
 2. Blok qo'yadigan qo'l peshonadan bir mushtum oralig'ida bo'ladi.
 3. Qarama qarshi qo'l toz yon qismiga joylashtirilgan bo'lishi kerak.
 4. (Diqqat) blok qo'yadigan qo'l yengil mushtum bilan qarama qarshi qo'lning tir-sagiga qaraganda ozgina tashqari tarafga pastdan boshlanib, qarama qarshi qo'l mushtumi tepaga yo'naltirilgan bo'lib, qarama qarshi odamni yelka balandligidan boshlanadi.
1. The wrist of the blocking arm comes right in front of the center of the face.
 2. The blocking wrist is one fist's distance apart from the forehead.
 3. The other hand's wrist is situated at the waist side.
 4. (Point of attention) The blocking arm should be kept slightly lower than the outside of the arm's elbow, and the other arm starts from the shoulder's height of the other side, keeping the fist directed upward.

Bahoni pasaytirish holatlari Deduction Factors

1. Blok qo'yadigan qo'l yuz markaz chizig'idan tashqariga chiqib ketga yoki peshonaga o'tib ketganda.
 2. Blok qo'yadigan qo'l haddan tashqari qimirlab ketishi.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Wrist of the blocking arm going out of the center line of the face or going over the forehead.
 2. Lifting the blocking arm with exaggerated swing.
 3. Any other movements other than shown above will be factors of deduction.

04 Tana tashqi bloki (himoya) Momtong Bakkat Makki (Outer body blocking)



Harakat qoidasi	Movement
1.	lok qo'yadigan mushtum tanaga yo'naltirilib mushtum ohiri yelka chizigl bilan mos keladi.
2.	Qarama qarshi qo'l toz yon qismiga joylashtiriladi. (Diqqat) blok qiladigan qo'lni qayiltirilgan mushtum sifatida qarama qarshi qo'lning tirsakiga qaraganda ozgina pastga (bir mushtum oralig'ida) qo'yib qarama qarshi qo'l blok qo'yadigan qo'l ichki qismidan mushtum qismi tepaga yo'naltirilgan bo'lib blok qo'yadigan qo'lning yelkasidan ozgina pastroq tushiril-gan holatda boshlanadi.
1.	The blocking fist must be directed toward the body and the end of the fist must be parallel with the shoulder line.
2.	The other hand's wrist should be situated at the waist side, the bottom of the fist kept faced upward. (Point of attention) The fist of the blocking arm, in form the bending backwards, in kept slightly lower(one fist's distance) than other arm's elbow, and the other arm is kept slightly apart from the blocking arm's shoulder, keeping the fist back directed from the inner side of the blocking arm.

Bahoni pasaytirish holatlari	Deduction Factors
1.	Blok qo'yganda blokqo'ygan qo'l yelka chizigldan oldin to'xtashi (blok harakati juda qisqa).
2.	Blok berish boshlanganda blok beradigan qo'lning tirsaki haddan tashqari baland bo'lsa yoki kaft old suyaklari yelkaga qaraganda pastroq kirganida.
3.	Harakat qoidasiga zid keladigan boshqa harakatlarga.
1.	Stopping the block before blocking arm reaches the line of the shoulder. (Motion of the block of too small)
2.	The elbow if the blocking arm too high or putting the wrist below the shoulder when starting block.
3.	Any other movements other than shown above will be factors of deduction.

05 Oo'l yon qismi bilan blok qo'yish Sonnal Makki (Hand-blade blocking)



Harakat qoidasi	Movement
1.	lok qo'yadigan sonnal holati yon qism bilan o'zaro mos keladi.
2.	Qo'l uchining balandligi yelka balandligida.
3.	Bilak qayrilmasligi kerak va kaft old tarafga yo'nalgan bo'ldi.
4.	Yordamchi qo'l kafti quyosh chigali yoniga keladi va qo'l yon qismi bilan badan orasida ozgina (bir kaft oralig'i) saqlanadi. (Diqqat) blok qo'yadigan qo'l kaftini teappaga yo'naltirib qarama-qarshi qo'l kafti orqaga yo'nalgan holatda boshlanadi. Qarama qarshi qo'lning qo'l uchi yelka chizig'iga kelib qo'l tirsagi qayrilgan holatda tushsa blok qo'yadigan qo'l uchi bu-run yonidan o'tadi. Yordamchi qo'l quyosh shigali tomon tortiladi.
1.	The blocking hand-blade is located a position in parallel with the lateral part of the shoulder.
2.	The finger-tips are kept as high as shoulder.
3.	The wrist should not be bent, the palm facing the front.
4.	The assisting hand should keep its wrist at a position in front of the solar plexus and the hand-blade slightly apart from the body (The distance should be about half an inch apart.)

(Boshlanishida)

1. Blokka qo'yilgan qo'l bosh va yelka oralig'idan o'tib ketganda
2. Yordamchi qo'l tana balandligidan (bel-yelka) o'tib ketsa

(Blok oq'yilganda)

1. Yordamchi qo'l tirsak markaziy chizig'igacha kelmaganda
2. Blokka qo'yilgan va yordamchi qo'l tirsaklari tashqariga chiqib ketganda
3. Qoidalarda ko'rsatilmagan har qanday boshqa harakatlar uchun baho pasaytiriladi

(Beginning)

1. Blocking arm going out of the area between head and shoulder.
2. Assisting arm going out of the height of the body (waist-shoulder).

(Blocking)

1. A hand-blade of the assisting arm doesn't reach the center line of the wrist.
2. Elbows of the blocking arm and assisting arm are lifted outward.
3. Any other movements other than shown above will be factors of deduction.

2.5. XUJUM TEXNIKASI

Hujum texnikasi ochiq holatdagi kuchli siqilgan qo'llar va oyoq kafti bilan, jirugi, chigi, chagi xurigi texnikalaridagi kabi ko'rinishda, nishonga yo'q qiluvchi kuchli zarba berishga muvofiqlikda, gavda (tana) qismlaridan foydalanishning ikkita tamoyilini tushuntirib beradi. Gavdaning foydalaniluvchi qismlarining aniqlanishi qo'llaniluvchi hujum texnikasi va hujum qilinayotgan nishon sohalarga bog'liq hisoblanadi.

Shuningdek, nisbiy joylashish holati va nishonning joylashish holatiga bog'liq ravishda, hujum qilish texnikasi ham o'zgaradi.

Shu bilan birgalikda, barcha turli xildagi hujum texnikalari qo'llardan foydalanishni nazarda tutuvchi: 1. Jirugi; 2. Chirigi; 3. Chigi; 4. Chchikki; 5. Xultgi va oyoqlardan foydalanishni nazarda tutuvchi: 1. Chagi va 2. Xurigi texnikalariga ajratiladi.

Hujum texnikalari quyidagi jadvalda keltirilgan:

Фойдаланилувчи қисмлар		Хужум турлари	Хужум усуллари
Пхаль	Жумок	Жирыги (баро жирыги, бандо жирыги)	Ёп жирыги
			Нэрё жирыги
			Чи жирыги
			Дольо жирыги
			Сево жирыги
			Чечхо жирыги
	Сон	Чиги	Ап чиги
			Ан чиги
		Хултти	Баккат чиги
			Ёп чиги
			Нэрё чиги
			Ольё чиги
			Дольё чиги
		Чирыги	Сево чиги
			Опо чиги
		Ччикки	Чечхо чирыги
			Нэрё ччикки
			Ан ччикки

2.5. KONGKYOK (ATTACK)

The attack techniques in Taekwondo apply such bodily parts to deliver vital blows to overpower the opponent in various patterns of attack, namely, jireugi (punching), chigi (hitting), chagi (kicking), tzireugi (thrusting), hurigi (snapping), etc. The applied parts are decided upon in accordance with the targets of attack. Techniques are various according to the applied bodily parts and the attack. Application of techniques also varies according to the position and the angle of the opponent's standing. Therefore, there are numerous patterns of attack techniques; but the attack techniques are largely classified into several main techniques, namely, the arm applied techniques, such as 1) jireugi, 2) tzireugi, 3) chigi, 4) tzik-ki (chopping) and 5) hultki (threshing) and the foot applied techniques, such as Dchagi and 2) hurigi.

A. JIREUGI Urish (zarba berish)

Jireugi (Punching)

Urish (zarba berishda) Jireugi (Punching)

1. Urishni amalga oshirish usullari:

- oddiy urish (Baro Jireugi), qarama qarshi urish (Banda Jireugi), turib urish (Seweo Jireugi), yengil urish

(Jeocho Jireugi).

2. Urish maqsadi:

- yuz urish (Olgul Jireugi), badan urish (Momtong Jireugi), pastki urish (Arae Jireugi).

3. Urish yo'nalishi:

- yon urish (Yop Jireugi), (Neryo Jireugi), aylana urish (Dollyo Jireugi), (Chi Jereugi).

1. Methods of executing a jireugi

-Baro Jireugi, Banda Jireugi, Seweo Jireugi, Jeochu Jireugi

2. Classification of Jireugi by the target

- Olgul Jireugi, Momtong Jireugi, Arae Jireugi

3. Classification of Jireugi by the direction

-Yop Jireugi, Naeryo Jireugi, Dollyo Jireugi, Chi Jireugi

Urishda (zarba berishda) bahoni tushirish holatlarini Jireugi (Punching) Deduction Factors

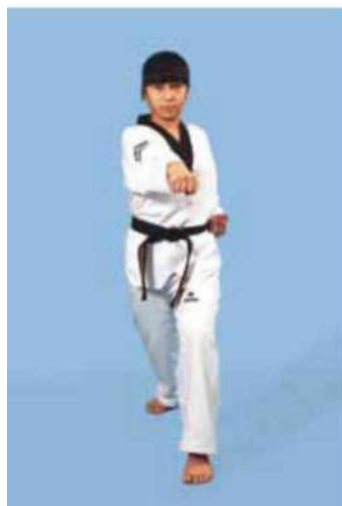
1. Urayotgan qo'lning tirsagi ko'tarilib chiqib ketgani holatda.
2. Mushtumning kaft usti suyagi qayrilgan holatda.
3. Harakat qoidasiga zid kelgan holat va badanning tepa qismiga urgan holatda.

1. Doing the motion of the punching with lifted elbow.

2. Wrist of the fist is bent

3. Punching with preliminary motion or bounce of the upper body.

01 Oddiy urish Baro jireugi (Regular Punch)



Harakat qoidasi	Movement
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1. Oyoqlar oldga va orqaga kengaytirilgan holda bosilib (old, orqa bukilish farqi yo'q) orqada turgan oyoq tarafdagi mushtum bilan urish hisoblanadi. (Diqqat) tortiladigan mushtum uriladigan mushtum bilan bir xil chiziqdan tortiladi.

1. When the feet are widely opened fore and back due to the movement of body weight(whether it is apkubi or dwitkubi), a Baro Jireugi is performed by the fist on the side of the back foot. (Point of attention) The pulling fist will be pulled back through the same line with the target of the punching fist.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Urayotgan mushtumning bilagi qayrilgan holatda.
2. Uradyotgan mushtumning tirsagi qayrilgan holatda.
3. Tayyorgarlik harakatlari bilan yoki sakrash bilan urilgan holatda.
4. Urayotgan qo'lining tirsagi ko'tarilgan holatda.
5. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Wrist of the punching arm is bent.
2. Elbow of the punching arm is bent.
3. Punching with preliminary motion or bounce of the upper body.
4. Doing the motion of the punch with lifted elbow.
5. Any other movements other than shown above will be factors of deduction.

02 Oarama qarshi urish Bandae Jireugi (Reverse Punch)



Harakat qoidasi	Movement
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1. Oldinga chiqqan oyoq tarafdagi mushtum bilan uriladi. (Diqqat) tortiladigan mushtum uriladigan mushtum bilan bir xil chiziqdan tortiladi.

1. A Bandae Jireugi is applied by the fist on the fore foot side, in the same situation as the above.

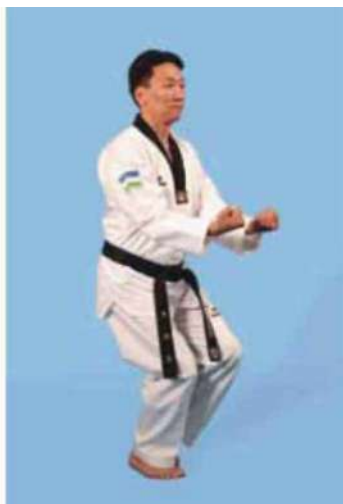
(Point of attention) This pulling fist will be pulled back through the same line with the target of the punching fist.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Urayotgan mushtumning bilagi qayrilgan holatda.
2. Uradyotgan mushtumning tirsagi qayrilgan holatda.
3. Urayotgan qo'lining tirsagi ko'tarilgan holatda.
4. Harakat qoidasiga zid keladigan boshqa harakatlarga.
5. Qoidalarda ko'rsatilmagan har qanday boshqa harakatlar uchun baho pasaytiriladi

1. Wrist of the punching arm is bent.
2. Elbow of the punching arm is bent.
3. Punching with preliminary motion or bounce of the upper body.
4. Doing the motion of the punch with lifted elbow.
5. Any other movements other than shown above will be factors of deduction.

03 Yengil urish Jeecho Jireugi (**Backward Punch**)



Harakat qoidasi	Movement
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1. Mushtum aylantirib uriladi. Urganda mushtum usti pastka yo'nalib tirsak 120° ichkariga qayriladi.
(e'tibor qaratish kerak bo'lgan jihat) Mushtni orqa qismi oldinga yo'naltiriladi va tirsak beldan tepada joylashgandan so'ng musht yig'ilib zarba beriladi. Mushtni aylanish yo'nalishi odatiy musht zarbasiga qarama-qarshi bo'ladi.

1. A Jireugi is made by the fist bent backward. At the time of punching, the back of the fist faces downward, the elbow being bent at an angle within 120°.

(Point of attention) The back of the fist kept facing upward and the wrist part resting on the waist before a bending-backward Jireugi is made. The direction of the turning fist differs from an ordinary Jireugi.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Urayotganda mushtum usti tepaga yo'nalmaganda.
2. Bundan tashqari harakat qoidasiga zid harakatlar.

1. Back of the fist is not facing upward when punching.
2. Any other movements other than shown above will be factors of deduction.

04 Badanga urish Momtong Jireugi (**Body Punch**)



Harakat qoidasi	Movement
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1. Badanga urishning asosiy maqsadi quyosh chigaliga urish hisoblanadi mushtum to'g'ri chiziqli ostida joylashtiriladi.

(Diqqat)

- yelkani yengil ochib urayotgan mushtumning bilaki bel (tozning tepqa qismida) joylashgan bo'lib tirsakni bo'sh holatda tanaga tekaziladi.

-Qo'ltiq yopiq holatda bo'lganda belning kuchini maksimum oshlatgan holda qarama-qarshi mushtumni tez ravishda tortib shu vaqtning o'zida to'g'ri chiziqli ostida ikki yelka oraliqining o'rtasi quyosh chigali balandligida uyiladi.

-Tortiladigan mushtum quyosh chigali bilan to'g'ri chiziqli ostida tezda tortiladi.

1. The solar plexus is the typical point of attack in Die trunk.
(Point of attention)

- The shoulder are kept widely opened and the wrist of the punching fist will rest on the waist, the? elbow sticking spontaneously to the body.

- The arm-pit is kept closed, the fist of the opposite side is pulled rapidly with the maximum use of the repulsive power of the waist, and at the same time a punching is directed toward the height of the solar plexus at the right center of the shoulders of both sides.

-The pulling fist is drawn back rapidly in the straight line with the solar plexus.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Mushtum maqsadga to'g'ri kelmagan holatda.
2. Belni qayitirib yoki orqaga yotqizib urganda.
3. Urishning qoidalariga zid kelgan harakatlar.
4. Harakat qoidasiga zid keladigan boshqa harakatlarga.

1. Fist is out of the target.
2. Bending or leaning the back when punching.
3. Transgressing the regulations of Jireugi.
4. Any other movements other than shown above will be factors of deduction.

05 Yuz urish Olgul Jireugi (Face Punch)



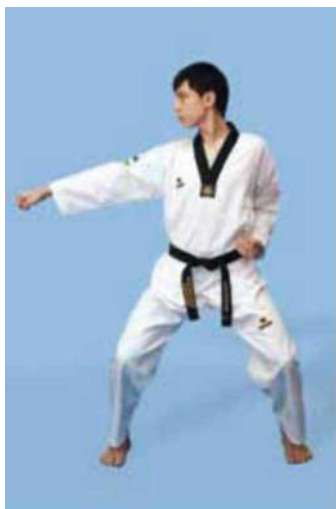
Harakat qoidasi	Movement
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- | | |
|--|--|
| <ol style="list-style-type: none">1. Yuzga urishning asosiy maqsadi teppa lab va burun orasidagi botiqcha hisoblanib to'g'ri chiziq ostida mushtum joylashtiriladi. (Diqqat) Diqqat berish holati badanga urish holat bilan bir hil.1. The groove of the upper lip is the typical target point in the face for Jireugi. (Point of attention)
The way of punching is identical with that of a Momtong Jireugi. | |
|--|--|

Bahoni pasaytirish holatlari	Deduction Factors
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- | | |
|---|--|
| <ol style="list-style-type: none">1. Badanga urishda ko'rsatilgan holatlar bilan bir xil.2. Harakat qoidasiga zid keladigan boshqa harakatlarga. | <ol style="list-style-type: none">1. Same as the deduction factors of the Momtong Jireugi.2. Any other movements other than shown above will be factors of deduction. |
|---|--|

06 Yon urish. Yop Jireugi (Side Punch)



Harakat qoidasi	Movement
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- | | |
|--|--|
| <ol style="list-style-type: none">1. Badan yoniga uriladi.2. Yonga urishda ham chavondoz holatiga o'xshab oyoqlar oldga yo'naltirilgan bo'ladi.3. Chavondoz holatida mushtumni yonga qarab uradi.
(Diqqat) qarama-qarshi mushtumni orqaga tortib shu vaqtning o'zida urmoqchi bo'lgan mushtum yonga qarab uriladi. | <ol style="list-style-type: none">1. One delivers a Jireugi the his or her side.2. A Yop Jireugi is executed when the two feet's tips are directed toward the front as in a Juchum Seoji stance.3. The fist makes a Jireugi sideways in a Juchum Seogi stance.
(Point of attention) The fist on the other side which was crossing the trunk if pulled and at the same time, the punching fist makes a Yop Jireugi. |
|--|--|

Bahoni pasaytirish holatlari	Deduction Factors
------------------------------	-------------------

- | | |
|--|--|
| <ol style="list-style-type: none">1. Harakat qoidasiga zid kelganda. | <ol style="list-style-type: none">1. Diffent from the method of the movement |
|--|--|

B.CHAGI (Tepish(oyoq bilan zarba berish))

Chagi (Kicking)

Tepish (oyoq bilan zarba berish)

Chagi (Kicking)

Oyoq bilan tepgan holda qarama qarshi turgan odamni yengish, tepishdan asosiy maqsad hisoblanadi.

A Chagi is a technique to overpower the opponent by making use of the foot manipulated by the motion of leg.

Ruxsat etilgan harakat.

1. Pumseda alohida olingan qoidalar taqiqlamaganda hamma tepishning maqsadi yuzga yo'naltiriladi. Yelka chizig'igacha ruxsat etiladi.
2. Old tepish.

A tolerance limit.

1. If there are no specific regulation in Poomsae, the target of the kick will be face.
2. Ap Chagi will be performed with the ball of the foot and Dollyo Chagi will be performed by ball or instep of the foot

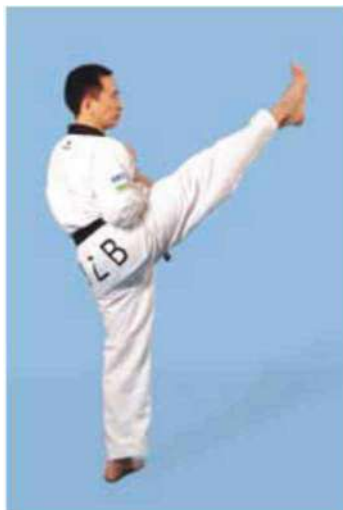
Tepish harakatining bahosini pasaytirilish holati

Deduction Factors

1. Tepishda tizzani bukkandan so'ng bilgan holatda, to'xtab qolgan holatda.
2. Tepishni ijobiy holatlari aniq ko'rinishi lozim. Biroq bularni aniq ko'rsatish uchun bilgan holda to'xtash bahoni pasaytirishga olib keladi.
3. Tepishni amalga oshirayotganda tepayotgan oyoq bi-lan tananing tepa qismi o'zaro bir burchak ostida mos kelishi kerak. Tananing tepa qismi markazidan og'gan holatlarda baho pasaytiriladi.

1. Points will be deducted for intentional display of the stopping motion of the knee bending when kicking.
2. Vertex of the kick must be displayed clearly. Points, however, will be deducted for intentionally holding the kick to emphasize the kick.
3. Kicking leg and upper body should obtain appropriate angles when kicking Points will be deducted if the upper body drops too low or balance is not kept

01. Old tepish Ap Chagi (Front Kick)



Harakat qoidasi	Movement
1. Tepadigan oyoq bilan tizzani bukib oyoqni ko'tarib ko'krak yaqiniga kelganda bukilgan oyoqni ochib turib oldinga cho'ziladi. Oyoqning harakat orbitasi maqsadga yo'naltirilgan bo'lib, bir chiziq ostida bo'ladi. 2. Barmoqlarni qayiltirgan holatda tepiladi. 3. Tepgan oyoq teskari ta'sir ostida tizzani bukib o'z joyiga qayta qo'yiladi. 4. Agar tayanch turgan oyoq tepishdan oldin yoki tepishdan keyin tizzani buksa, markaz muvozanati yo'qoladi va yiqilish juda oson bo'ladi. Bundan keyingi harakatni amalga oshirish qiyin bo'ladi. 5. Bosib turgan oyoqning orqa qismini yerdan olib, old qismini o'q bo'ylab, to'piqni aylanishiga yordam berib, tepgandan so'ng, o'z joyiga qaytadi.	1. First, raise the folded knee of the kicking leg up to breast and immediately push the foot forward, fully stretching the leg. The track of foot must be on a straight line toward the target. 2. The target must be kicked by the fore sole, the toes bending outward. The groin, lower part of abdomen, solar plexus, chin and so on are the targets. 3. The kicking foot is drawn back by reaction to its original position. However, the foot may be placed where the attacker can easily make a next movement. If the attacker keeps himself out of balance while he or she executes a kicking or retreating the kicking foot, the Chagi isn't perfect. 4. The supporting leg on the ground should not stretch the knee fully before or during the kicking because the upright standing is more likely to cause falling down of the attacker of weakening of the kicking force. It is not easy to make next movement. 5. If the standing leg is supported by the entire sole of foot, the weight is laid on the hip joint and the knee joint, in which case the kicking is less speedy and powerful of impulsive force. Sometimes, the knee joint or the hip joint breaks away. Therefore, it is necessary to lift the heel slightly by stretching the ankle so that the fore sole may pivot at the moment of a kick. However, one should be careful not to stretch the ankle too much, because it would lift up the center of weight.

Bahoni pasaytirish holatlari	Deduction Factors
1. Harakat qoidasiga zid kelganda. 1. Different from the method of the movement.	

02 Aylana tepish, Dollyo Chagi (Round house Kick)



Harakat qoidasi	Movement
1. Tayanch oyoqqa badan og'irligini tashlab turib urayotgan oyoqning tizzasini bukib badanni aylantirayotganda bukilgan tizzani ocha turib oyoq gorizantal holda aylanib oyoqning old qismi bilan qarama qarshi turgan odamni tepadi. 2. Tayanch oyoqning tizzasini ochib, to'piqni ham ochgan holda oyoqning old qismini o'q bo'ylab badanning aylanishiga yordam berish. 3. Tepgan oyoq maqsad qilingan joyda to'xtashi kerak. 4. Aylana tepish Dollyo Chagi, old urish Ap Chagi va yon urish Yop Chagi bilan bir xil holda oyoqning orbitasi to'g'ri chiziq ostida harakat qilmaydi. Oyoqni badan orqasidan, birinchi ko'targan holda aylana turib harakatlanadi. 5. Aylana tepishni ko'p mashq qilsa, tepgan zahoti oyoq maqsaddan ko'ra oz-gina tepadan.	1. Putting the weight on the pivoting foot, one turns the body immediately after folding the knee and, as the knee stretches, makes the kicking foot circle horizontally so that the fore sole may kick the target. (The foot back can also be used as the kicking part.) 2. The supporting leg stretches its ankle and knee to help the fore sole pivot the body easily.

3. The kicking leg must stop at the time of kicking the target without making a follow through.
4. Unlike the Ap Chagi or Yop Chagi, the kicking foot does not make a straight line track. The foot is first raised and then begins to move in a circle.
5. After a hand training, the Dollyo Chagi will be able to make a pounding kick from above the target at the time of kick.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Harakat qoidasiga zid kelganda.
1. Any other movements other than shown above will be factors of deduction.

03 Yon tepish Yop Chagi (Side Kick)

Harakat qoidasi	Movement
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1. Tepadigan oyoqning tizzasini bukib ko'tara turib badanni tepadigan oyoqning qarama qarshi tarafga aylantira turib bukilgan tizzani cho'zib



- oyoqning orqa qismi yoki oyoq yoni bilan tepiladi.
2. Tepgan zahoti tepayotgan oyoqning tozi oldinga tashlangan holda aylana turib bosh tepayotgan odamga qarab turadi. Shu paytda badan, toz, oyoq aylana mixga o'xshab gandraylagan holat kelib chiqadi.
3. Tepgan oyoq qarsh ta'sir ostida oyoqni o'z birlamchi holatga yoki xohlagan holatiga qaytarib qo'yishi mumkin.
4. Tayanch oyoq oyoqni ko'targandan boshlab to'pichni yetarlicha ochib oyoqning old qismini faqat yerga bosib turib aylanishni tez qilish uchun yordam beradi, hamda tizza ham ochilib tepilayotgan tarafga harakat kuchini berib tezlikni beradi. Tepgan oyoqni orqaga qaytarganda to'piq va tizza yana bir bor pasaytiriladi.
5. Yon tepishni tepgan zahoti badaninig tepa qismi tepilayotgan tarafga teskari tarafga (orqa tarafga) yotqizmaslik kerak. Badaninig tepa qismini Y harfi ko'rinishida tepilayotgan tarafga tortish nuqtasini haraktlantirib harakat kuchini ko'paytiradi. Boshlashda tepishgacha to'g'ri chiziqli ostida.

1. As in the Ap Chagi, one lifts up the kicking leg, folding the knee, and then stretches the folded knee as he or she turns the body in the opposite direction to the target and kick the target with the back sole or the blade of foot.
2. At the moment of the kick, the base of the kicking leg twists at the pelvis in a manner of turning over and the head is raised to keep the eye fixed at the target. At this time, the trunk also twists like a spiral from the shoulder to the pelvis region and the leg.
3. After the kick, the kicking leg will be drawn back to the original position or where it is intended to be placed for next moves.
4. The other leg supporting the body will assist the kick by pivoting on its fore sole, stretching the ankle and help accelerate the speed of kick by stretching knee simultaneously. At the time of retreating the kicking leg, the supporting leg's ankle and knee will lower again.
5. At the moment of a Yop Chagi, the upper body should not be left falling in the direction opposite to the target. The upper part of the body must be raised so that the entire body may form a T letter shape, enabling the weight to be converted into impellent force of kick.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

V. **CHIGI** (Urish) (zarba berish-hujum berish) (Hitting/Strike)

Urish (zarba berish-hujum berish)

Chigi (Hitting/Strike)

Tana aylanish kuchini ishlatgan holda qo'l hujumini qila-yotganda tirsakni bukkani holda va ochgan holda qo'l yoki mushtumning harakati aylanani chizib, qimirlagan holda zarbani amalga oshirishga aytiladi.

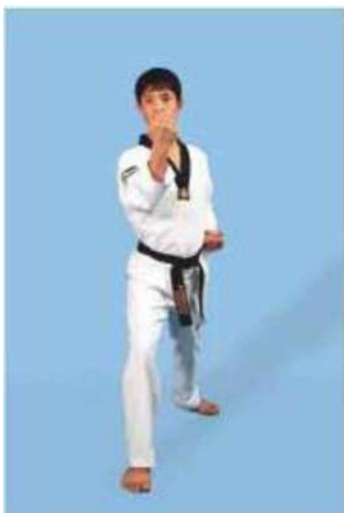
If an attack is enacted by the use of spinning force of the body or the fist moves in a circle with the elbow either inflected or intlict impact on a targets.

Hujum qilish harakatida bahoni pasaytiradigan holatlar

Deduction Factors

1. Urayotgan qo'l tortayotgan qo'l tashqarisiga chiqib ketganda.
2. Yonga urayotgan holatda tirsak tepa pastga qimirlagan holda.
1. *Attacking arm coming outside of the pulling arm.*
2. *Moving the elbow up and down during the process of striking sideway*

01. Old urish. Ap Chigi (**Back Fist Strike**)



Harakat qoidasi	Movement
1. Mushtum tepa qismining ko'rsatkich va o'rta barmoqlari ishlatiladi. 2. Uradigan mushtum tepa qismining bilagi qayrilishi mumkin emas. 3. Mushtum ustki qismi ishlatiladi. (Diqqat) uradigan mushtumning tepa qismini tepaga yo'naltirib qarama qarshi odam bel (toz) tepasidan boshlab qo'ltig'ini yengil tegib o'tib mushtumni ko'tarib lab balandligida mushtumni tepa qismi qayitirilib uriladi.	1. The parts of the pointing finger and middle finger on the back of the fist are used. 2. The wrist on the side of the hitting fist should not be bent. 3. The fist-back fist is used. (Point of attention) The hitting fist-back fist with its fist-back facing upward is lifted up brushing past arm-pit over the waist on the opposite to make a hitting by bending the fist-back fist at the height of the groove of the upper lip.

Bahoni pasaytirish holatlari	Deduction Factors
1. Uradigan qo'l tortiladigan qo'l tashqarisidan boshlanganda. 2. Harakat qoidasiga zid keladigan boshqa harakatlarga.	1. Attacking arm is performed from outside of the pulling arm. 2. Any other movements other than shown above will be factors of deduction.

02 Yuz tashqarisidan urish. Olgul Bakkat Chigi (**Outward Face Back Fist Strike**)



Harakat qoidasi	Movement
1. Tashqari himoya Bakkat Makki bilan bir xil harakat amalga oshiriladi, mush tumning maqsadi jag' va chakkaga urishdan iboratdir. 2. Lab balandligida mushtum ko'tariladi va uriladi. (Diqqat) Old urish (Ap Chigi)dan farqli o'laroq uradigan mushtumning tepa qismi qarama-qarshi odamning ko'z balandligidan boshlanib uriladi. Belga tortiladi-gan-qarama qarshi qo'l, tirsak tashqarisiga badan yonidan old yo'nalishga aylan-chizganday uriladi. Qarama-qarshi qo'lning mushtumi uradigan qo'l yelka chizig'idan belga tortiladi.	1. The same way as in the Bakkat-Makki, but the hitting is made against the targets of the lateral jaw and the head temple. 2. The fist-back fist is erected to the height of the groove of the upper lip to deliver a hitting. (Point of attention) The arm that is hitting is to be raised to the height of the opponents eyes, unlike in the Ap Chigi, make a circular motion from outside the elbow of pulling arm.

Bahoni pasaytirish holatlari	Deduction Factors
1. Uradigan qo'l tortiladigan qo'l tashqarisiga chiqqanda. 2. Yonga urayotganda tirsak teppaga qimirlagan holatda 3. Harakat qoidasiga zid keladigan boshqa harakatlarda	1. Attacking arm coming outside of the pulling arm. 2. Moving the elbow up and down during the process of striking sideways. 3. Any other movements other than shown above will be factors of deduction.

03 Tirsak Aylana urish Balkup Dollyo Chagi (**Turning Elbow Strike**)



Harakat qoidasi	Movement
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1. Aylana urayotgan tirsakning kaft sirt qismini tepaga yo'naltirib tirsakni maksim-mum aylantirib yelka oldinga qarab keladi.
2. Yelka chizig'idan ko'ra tirsak teparoqda joylashadi.
3. Urayotganda bel ham aylanadi.

1. The back of the hand looks upward and the elbow is turned to the maximum to be located in front of the shoulder.
2. The elbow is positioned at a point higher than the shoulder line.
3. The waist is twisted at the time of hitting.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Bel aylanmay faqat tirsak aylanib urgan holatda.
 2. Tirsak yelkaga qaraganda past turgan holatda.
 3. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Striking only with elbow without twisting the waist.
 2. Striking elbow is lower than the shoulder.
 3. Any other movements other than shown above will be (actors of deduction).

04 Tirsak yon urish Palkup yop chagi (**Side Elbow Strike**)



Harakat qoidasi	Movement
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1. Chavandoz holatida uradigan tirsakning mushtumi qarama-qarshi odam yelka chizig'igacha kelib qarama-qarshi kaftiga tegib qarama-qarshi qo'l itaradigan kuchni ishlatib tirsakni yonga uradi.
2. Qarama-qarshi qo'lning qo'l uchi teppaga yo'naltirilgan bo'lib mushtumni ushlaymaydi.
3. Qarama-qarshi qo'l uradigan tirsak bilan birgan ko'krak yonida joylashtiriladi.

1. In a Juchum Seogi stance, the fist of hitting side is brought to the shoulder line on the opposite to touch the opposite hand's palm, and then the elbow makes a lateral hitting, making profit of the power of pushing by the opposite hand.
2. The finger-tips of the opposite hand look upward and they don't grab the fist.
3. The opposite hand is positioned in front of the chest on the hitting elbow's side.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Tirsak yelka chizig'iga yo'naltirilganda.
 2. Harakat qoidasiga zid keladigan boshqa harakatlarga.
1. Elbow facing the line of the shoulder.
 2. Any other movements other than shown above will be factors of deduction.

Sanchish Tzireugi (**Thrusting**)

Sanchish Tzireugi (**Thrusting**)

Sanchish Tzireugining uslubi, Jireugi harakat uslubi bilan bir xil lekin, Sanchishda harakat mushtum bi-lan emas, qo'l uchlari bilan amalga oshiriladi. Bundan tashqari urayotganda barmoqlar ochilganligi sababli, barmoqlar-ning uzunligi hisobiga urishda katta foyda beradi. Lekin ko'p holda barmoq suyaklari mustahkam bo'lmaganda sinish ehtimoli bor.

Tzireugi technique can be performed in the same way as the Jireugi techniques except that their applied bodily parts are not the fists but the fingertips which are pointed to be enabled to pierce deeper into the target and longer by a finger's length to be able to reach a more distanced target. To the contrary, the finger joints, if they are not hard enough by training, are like to be broken away easily.

01 Ochiq qo'l uchi vertical holatda sanchish

Pyonsonkkeut Sewo Tzireug (**Open hand fingertips thrust**)



Harakat qoidasi	Movement
1. Asosan quyosh chigaliga uriladi.	
2. Qarama-qarshi qo'lning teppa qismi uradigan tirsak tagiga joylashtiriladi.	
3. Ochiq qo'l uchi quyosh chigali balandligida tekis sanchiladi. (Diqqat) qarama-qarshi qo'lni ochib oldinga tekis yozgan holatda tirsakni bukib qo'l uchini teppaga yo'naltirilgandan so'ng kaftga bosib himoya qilganda.	
1. This is mainly at the opponent's solar plexus.	
2. The elbow of the hand making a Pyonsonkkeut Tzireugi rests over the hand- back of the hand.	
3. The PyonsonkkeutjPalm-fist finger-tips) makes a Tzireugi straight forward in parallel with the height of the solar plexus.	
(Point of attention) In a state in which the other hand is unfolded and extended forward, the elbow will tie bent making finger-tips look upward and then a pushing Makki by the palm and a Pyonsonkkeut Tzireugi from the waist are executed simultaneously	

Bahoni pasaytirish holatlari **Deduction Factors**

1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement

02 Ochiq qo'l uchi gorizontal holatda sanchish

Pyonsonkkeut Upeo Tzireugi (**Turned Over Open Hand Fingertips Thrust**)



Harakat qoidasi	Movement
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1. Asosan ko'z, bo'yin, quyosh chigaliga sanchiladi.
(Diqqat) uradigan qo'l tepa qismi teppaga yo'naltirilgan bo'lib qo'l uchida uriladi.

1. This is mainly used in attacking the opponent's eyes, neck and solar plexus.
(Point of attention) Make the back of the thrusting hand face upwards and thrust with the fingertips.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement.

03 Ochiq qo'l uchi

Pyonsonkkeut Jecho Tzireugi (**Upward Open Hand Fingertips Thrust**)



Harakat qoidasi	Movement
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1. Asosan qovurg'a, quyosh chigali va chovga sanchiladi.
2. Qo'l uchi pastga kaft qismi teppaga yo'naltiriladi.
3. Qarama-qarshi qo'l kaft qismi yuz tarafga yo'naltirilgan bo'lib, yelka balandligi-da ko'tariladi.
(Diqqat) sanchidigan qo'lni, beldan qo'l yon tepa qismini teppaga yo'naltirib, qarama-qarshi qo'lni oldinga cho'zib qo'l teppa qismini tepaga yo'naltirib almashtirib sanchiladi.

1. This is mainly used in attacking the opponent's ribs, solar plexus, groin, and etc.
2. The finger-tips will look downward while the palm side will face upward.
3. The opposite hand, whose base part looks toward the face, is raised up to the level of the shoulder.
(Point of attention) The hand making Jireugi rests on the waist with its palm facing upward, and opposite hand is extended forward, with its back of the hand looking upward, to deliver Tzireugi alternately together with the before-mentioned.

Bahoni pasaytirish holatlari	Deduction Factors
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1. Harakat qoidasiga zid kelganda.
1. Different from the method of the movement

2.6. Kibon donjak (Asosiy harakatlar) (Basic movements)

Keyingi 14 ta taekvondo usullari, ular to'g'ri va ideal tarzda o'rgatilishi, boshqa usullar ham oson qo'llanilishi uchun, taekvondoning asosiy harakati sifatida tanlab olingan.

The following 14 Taekwondo techniques have been selected as the basic movement of Taekwondo to be trained correctly and perfectly so that other techniques may be easily applicable.

1) **Kibon chunbi sogi**: bunda «*chunbi*» buyrug'i beriladi;

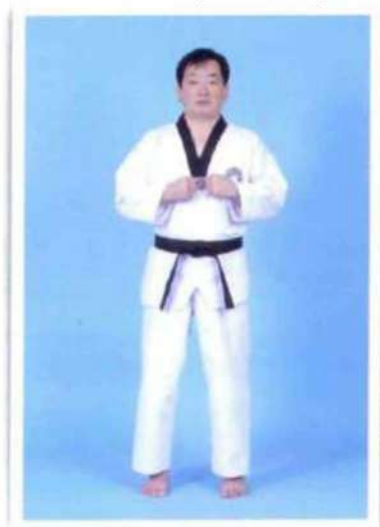
Kibon junbi seogi (basic ready stance). Its word of command is simply "junbi"



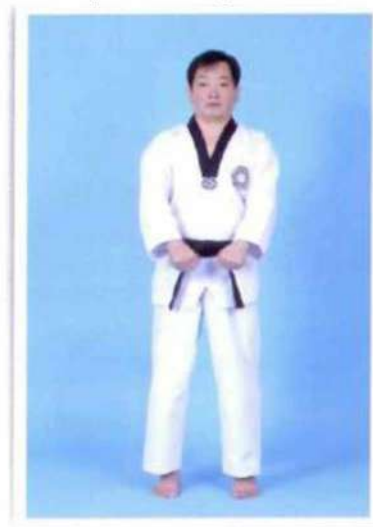
kibon junbi seogi 1



kibon junbi seogi 2



kibon junbi seogi 3



kibon junbi seogi 4

2) **Juchumseo momtong jireugi** Tanaga zarba (riding stance trunk punching)



juchumseo momtong jireugi 1



juchumseo momtong jireugi 2

3) **Arae makki** (underneath blocking)



arae makki 1

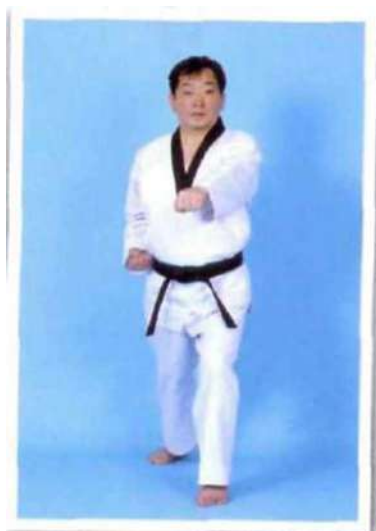


arae makki 2



arae makki 2

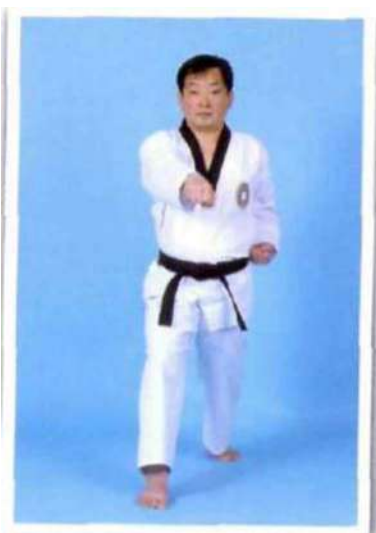
4) Momtong bandae jireugi (trunk opposite side punching)



momlong bandae jireugi 1



momlong bandae jireugi 2

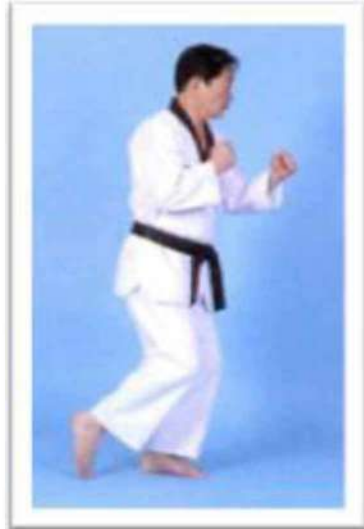


momlong bandae jireugi 3

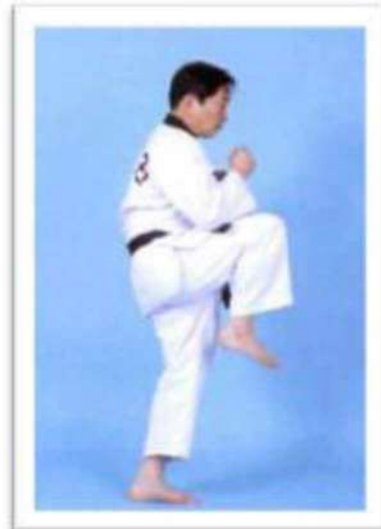


momlong bandae jireugi 4

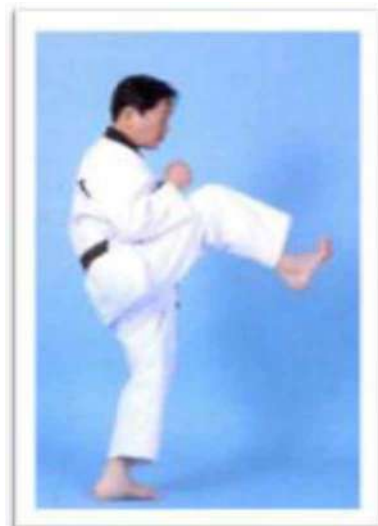
5) Apchagi (front kick)



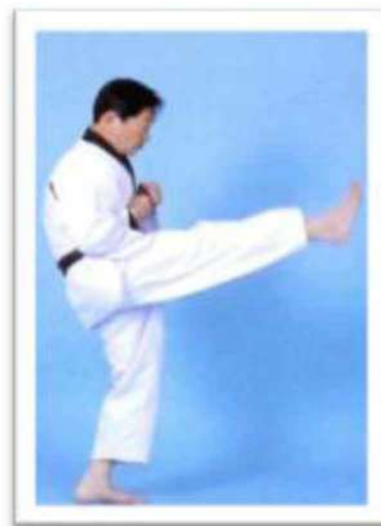
apchagi 1



apchagi 2



apchagi 3



apchagi 4

6) Momtong bakkat makki (tashqi tomondan blok)
(trunk outer blocking)



momtong bakkat Makki 1



momtong bakkat Makki 2



momtong bakkat makki 3

7) Deungjumeok chigi (musht bilan orqaga zarba berish)
(fist back hitting);



deungjumeok chigi 1



deungjumeok chigi 2



deungjumeok chigi 3



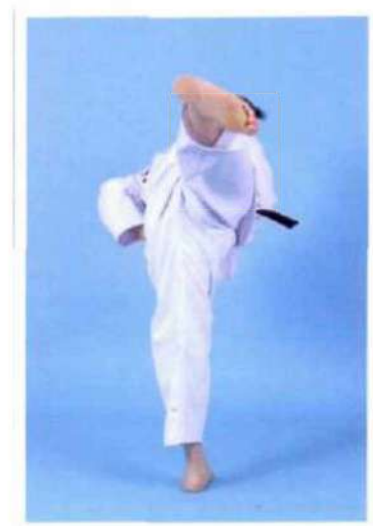
deungjumeok chigi 4

8) Yopchagi (yondan zarba)
(side kick)



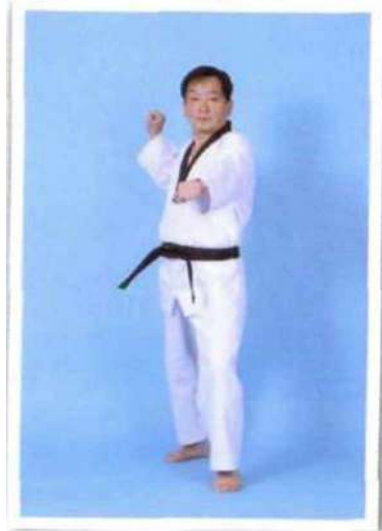
Yopchagi 1

Yopchagi 2



Yopchagi 3

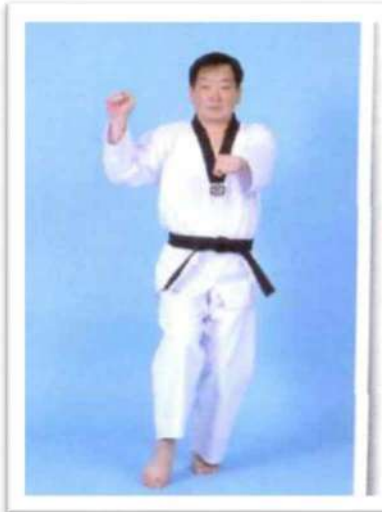
9) Momtong makki (tanani bloklash);
(trunk blocking)



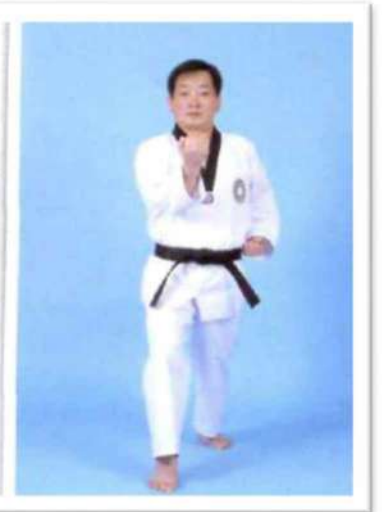
momtong makki 1



momtong makki 2



momtong makki 3



momtong makki 4

10) Sonnal makki (qo'l kafti qirrasi bilan bloklash)
(hand blade blocking)



Sonnal makki 1

Sonnal makki 2



Sonnal makki 3

Sonnal makki 4

11) Dollyo chagi Aylanib tepish (round house kick)



dollyo chagi 1

dollyo chagi 2

dollyo chagi 3

12) Olgul makki yuzni bloklash (face blocking)



Olgul makki 1

Olgul makki 2

Olgul makki

13) Sonnal mok chigi (qo'l panjasi qirrasi bilan gardanga zarba)
(hand blade neck hitting)



sonnal mok hcigi 1

sonnal mok hcigi 2



sonnal mok hcigi 3

sonnal mok hcigi 4

14) Momtong baro jireugi (o'ng biqinga zarba)
(trunk right side punching)



Momtong baro jireugi

Dan darajasiga ega bo'lgunga qadar bu barcha bazaviy (asosiy) harakatlarni egallash zarur, aks holda harakatlarning amalda noto'g'ri bajarilishi shug'ullanuvchilarni kelgusida yaxshi instruktor (yo'riqchi) bo'lish imkoniyatidan mahrum qiladi. Endi shug'ullanuvchilar qadamma-qadam mashq qilishlari va toliqib qolmasliklari uchun asosiy harakatni uchta guruhga bo'lish tavsiya qilinadi. Birinchi qadam 1-raqamdan 5-raqamgacha, 2-qadam 6-raqamdan 9-raqamgacha va 3-qadam 10 dan 14 gacha

Diqqat!

1. Harakatning har qanday o'zgarishiga yo'l qo'ymaslik kerak.
2. O'z-o'zidan reaksiya qilish uchun uzoq vaqt tayyorgarlikdan o'tish zarur.
3. Har bir harakatni bajarishni o'rganish lozim.

One should master all those basic movement before becoming a Dan grader (black belter), otherwise, the practice of distorted movements will deprive the trainees of becoming an excellent instructor in the future. It is also recommended to divide the basic movement into 3 groups so that beginners may train step by step without feeling boresome; the first step will be from No.1 to No.5 the second group from No.6 to No.9 and the third from No.10 to No.14.

Matters of attention

1. Any variation of movement should not be allowed.
2. One should go through a long time training to become responsive automatically.
3. One should become proficient in making each movement.

O'z-o'zini tekshirish uchun savollar.

1. Texnik usullarni bajarishda amalga oshiriluvchi harakatlar turlari.
2. Odam tanasining hayotiy jihatdan muhim ahamiyatga ega hisoblangan xamda hujum va ximoya qilish qismlarini sanab bering.
3. Jumeok (Musht) xolati va qo'llanilishi.
4. Sogi texnikasini tariflab bering.
5. Makki texnikasining tizimi va ularning nomlanisi.
6. Xujum tehnikasi va uning turlari.
7. Jireugi mohiyati, uning usullari va nishonlarga bo'linishi.
8. Jireugini majmuaviy atamalari.
9. Chigi mohiyati, uning usullari va nishonlarga bo'linishi.
10. Chigi atamalari, maxsus chigi.
11. Tzireugini tushunchasi, atamalari va maxsus tzireugi.
12. Chagining bazaviy texnikasi.
13. O'zgargan chagi texnikasi.
14. Chagining murakkab texnikasi va .
15. Kibon donjak xarakatlarining turlari va guruhlar.

III BOB. PUMSE

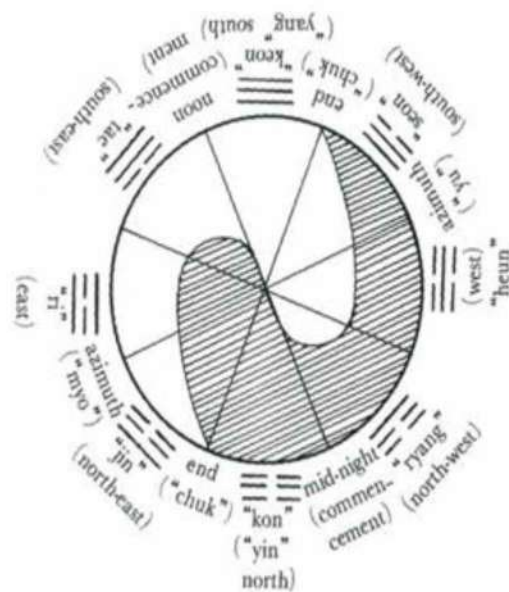
3.1. TEGUK-PUMSENI TUSHUNTIRIB BERISH.

(DESCRIPTION OF TAEGEUK POOMSE)

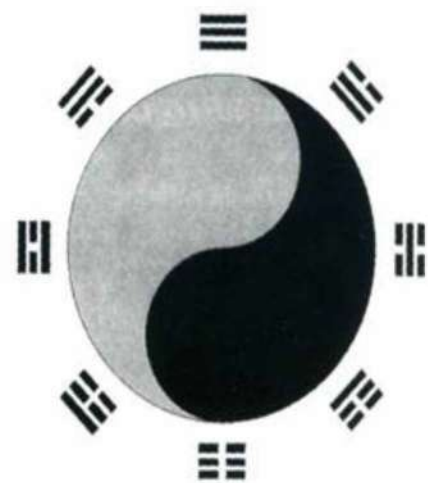
I. (Description of Taegeuk Poomsae)

(Taegeuk)

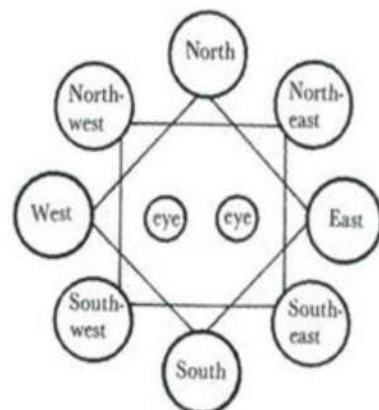
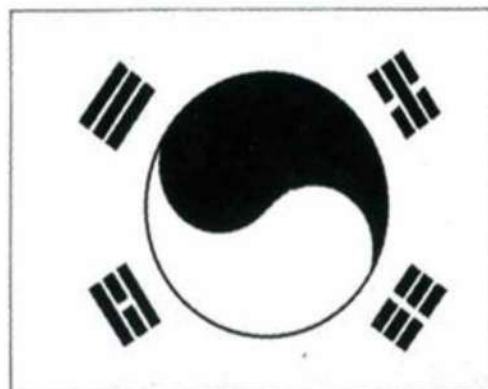
1) Meaning of the symbol



Taegeuk Symbol in Old Times



Today's Taegeuk Symbol



Azimuth System of Paigwae(8 divination signs)

1). Ramzning asosiy ma'nosi.

Teguk Koinotning yaralish va insonning hayotiy me'yorlarini tamoyilini aks ettiradi. Teguk o'z mohiyatiga ko'ra cheksizlikni anglatadi. Teguk ramzi qizil va ko'k rangdagi figuralar bir-biriga qo'shiluvchi aylana shaklida tasvirlanadi.

Teguk ramzlari Koinot va insonning birligini, shuningdek, xayotiy manbaning cheksiz kuchini anglatadi. Koinot va inson harakati, rivojlanishini aylana ichidagi bir-biriga qaratilgan va uzluksiz raqobatda salbiy va ijobiy, kuchli va kuchsiz yorug' va qorong'u va boshqa bo'lgan ikkita simmetrik figuralar shaklida ifodalanadi.

1). Meaning of the symbol.

Taegeuk is a symbol representing the principles of the cosmos creation and the norms of human life. The circumference of the Taegeuk mark symbolizes infinity and the two parts, red and blue, inside the circle symbolize yin(negative)and yang(positive), which look like rotating all the time. Therefore, Taegeuk is the light which is the unified core of the cosmos and human life and its boundlessness signifies energy and the source of life. The yin and yang represents the development of the cosmos and human life and the oneness of symmetrical halves, such as negative and positive, hardness and softness, and materials and anti- materials.

2). Tegukning kelib chiqishi.

Qadimiy tarixiy kitobga binoan Sinsi Bonki, (eramizning 35 yili), qadimgi Tongyi irqi millatining Xvan-ung sulolasining 5-imperetori o'g'li Pokhui, taxmin qilinganidek, shunday yozilgan ediki, u universal haqiqat tur-risida tasavvurga ega bo'lishi uchun Osmonlardan vaxiy oldi va ularga atab marosim uyushtirib, nixoyat 8 ta belgiga (kwaes) ega bo'ldi. Oxir oqibat bu Mun, Choy szi qirollari, Konfutsiy va olim Kim II tamonidan yaratilgan uzun tarix orqali etib kelgan. Tongyi irqi avlodlari, keyinchalik Scholar Kim xozirgi Taegeuk belgisini yakuniga etkazdi.

2). The Origin of Taegeuk Denomination

According to the old book of history, Sinsi Bonki, around(B.C. 35), a son of the 5th emperor of the Hwan-ung Dynasty in on ancient nation of the Tongyi race whose name was Pokhui, was said to have received the Heaven's ordinance to have an insight in the universal truths, thereby observing rituals for the heaven and finally receiving the eight kwaes(bar signs). After all, this has been passed down through a long history by King Mun, Chou tsu, Confucius and Scholar Kim II bu, all descendants of the Tongyi race. Scholar Kim finally completed the present Taegeuk mark.

3) Pumse.

Agar Teguk pumseni o'rgatishning boshlang'ich bosqichida Tegukning chuqur mafkuraviy ma'nosi ramzlari, turish xolatlaridagi o'zgarishlar to'g'risida gapirilmasa, unda bu Tekvondoning bazaviy g'oyasini orqa o'ringa olib tashlash deganidir Tekvondo texnikasining chuqur g'oyaviy ruxini ifoda etuvchi 8 trigramm (Teguk) ning fundamental xar tomonlama uyg'un shaklini egallab olish lozim. Kibon chunbi sogi tayyorgarlik xolati oldinga uzatilgan qo'llarning mushtiga diqqatni kuchli jamlashni xamda jangovor shay xolatda turishni nazarda tutadi.

3) Poomsae (or Poomse)

The Taegeuk poomsae was established on the basis of profound philosophy of Taegeuk to be trained by the Taekwondo beginners. Its poomsae line and seogi are based on the invariable basic thought of Taekwondo. The monism of Taegeuk is the frame of this poomsae, each Kwaes being reflected in a pattern of Taegeuk poomsae, which elucidates the Taekwondo spirit and the profoundness of Taekwondo techniques.

3.2. Pumsening umumiy nizomi. Generalities of Poomsae

A. Pumsening kelib bo'lishi. The Origin of Poomsae

Taekvondoda pumse ibtidoiy jamiyat tashkilot sharoitlarida oddiy hujum va himoyaning individual vositasi sifatida shakllandi: inson intellekti rivojlanishi yashash uchun kurashish masalalarni guruh bo'lib hal qilish zarurati jangovar san'atning paydo bo'lishi uchun shart-sharoitlar yaratdi.

Qabila tarkibida o'rganiladigan texnik mashqlar, avval tartibsiz bo'lgan, keyinchalik ular birlashtirilib, shundan so'ng texnika muqarrar tartibga tushirilgan va bir xil ko'rinishga keltirilgan.

An'anaviy g'oyalar, shuningdek, muhim omillarning avlodlar avlodga o'tishi hamda rivojlanishi natijasida jangovar vaziyatlarda sinovdan o'tgan pumse bir tizimga tushirildi va yakuniy (tugal) shaklga keldi.

Adabiyot manbalari shundan dalolat beradiki, birinchi pumse eramizning birinchi asrida qadimiy Koguryo gullab-yashnagan davrda, hali xukmdor sinf qatlami mavjud bo'lgan paytda paydo bo'lgan.

The Taekwondo poomsaes are so designed to cope collectively with the outside threats in that society has already developed into an organized group, weakening the necessity of solitary individual defense measures. For the constituents of community, the practice and transmission of techniques should be convenient and less complicated. In that sense, the poomsae has been gradually systemized through practical experiences together with the help of philosophical and medical sciences.

It is believed that in ancient times the poomsae was practiced among the ruling class and the first poomsae pattern appearing in the documents or monuments was around the first century, when Koguryo reined the Han (Korean) race.

B. Pumse ta'rifi. Definition of Poomsae

Pumsening batafsil sayqallanishi 5 ming yil davomida olib borilgan, to'g'ri g'oyalar va texnika jangovar vaziyatlardagi sinovlar natijasida sayqallashdi va ilmiy tushuntirishlardan so'ng yakuniy ko'rinish hosil qildi.

Texnik tomoni Taekvondoning bazaviy elementlaridan olingan tayyorlov harakatlarini o'z ichiga oladi. Pumse real sparring ruhida bajariladi. Ramzlari faqat mavhum falsafaviy lahzalarni ifoda etadi va harakatlarda aks etmaydi. Taekvandoda pumse nima beradi? – Taekvondo ruhi, texnik jihatdan yig'inchoqlik, ma'naviy rivojlanish, hujum qilish va himoyalanish tamoyillarini bevosita anglash, shuningdek, xulq uslubini bilvosita ifoda etish.

Each poom of the poomsae has been inherited through a long history of about 5,000 years, finally as a product of scientific techniques formulated on the basis of the traditional national spirit and practical experiments. From the technical viewpoint, the poomsae itself is Taekwondo, and the basic movements are no more than the preliminary actions to reach the poomsae. The Kyorugi is a practical application of the poomsae and the Taekwondo spirit is manifested not in an abstract mental philosophy expressed in the documents but in the actions of poomsae. Then, what is the Taekwondo poomsae? The poomsae is the style of conduct which expresses directly or indirectly mental and physical refinements as well as the principles of offense and defense resulting from cultivation of Taekwondo spirit and techniques.

C. Pumsening ahamiyati. Significance of Poomsae

Pumse hujum va himoya texnikalari shakllarining ramkalarini aniqlash hamda mashq qilish, shuningdek, ustoz yo'q bo'lganda harakatlarni yo'lga qo'yish usuli hisoblanadi. Shunga muvofiq pumse, sparring mashg'ulotidan farqli ravishda, amaliy hujum va himoyadagi asosiy harakatlarni yaxshilash hamda texnik jihatdan o'sish usuli hisoblanmaydi, biroq alohida texnikani takomillashtirish uchun katta qiymatga ega. Pumse sxemasida siljib harakatlanishlar yo'nalishlari va ularni bajarish paytida oyoqlarning holatlari ko'rsatib o'tiladi.

The poomsae is a series of movements for offense and defense techniques, which can be practiced and trained, even without presence of an instructor, in accordance with the fixed patterns. Therefore, the poomsae has the merits, by its practice, to make the trainee enhance the Kyorugi techniques and applied techniques including special techniques which can hardly be practiced by the training of each separate basic movement alone.

The poomsae can be trained along the imaginary or drawn poomsae line, which marks the position of foot and the line of direction to move along.

D. Pumsae mahorati mezonlari. Considerations for Training Poomsae.

Pumseda hujum va himoya harakatlari texnikasi juda xilma-xil, lekin har doim ongli ravishda gavda harakatlari, nigohlar, nafas olish va boshqa harakatlarni kuzatib turish lozim. Quyida oʻta muhim mezonlar berilgan.

The poomsae is a series of alternate offense and defense actions: therefore, there are frequent changes of actions and connections of techniques. One must pay attention to the movement of body, eyes, respiration, etc. The steps of paying attention are as follows:

1. Pumsening tuzilishi tamoyillarini tushuntirish.

1. A complete understanding of the significance of poomsae and the principles of its composition.

2. Pumsedagi harakatlar chiziqlari va yoʻnalishlarini aniqlash.

2. A perfect memorization of the poomsae line, movements and direction.

3. Keyin pumsening quyidagi jihatlarini ongli tarzda mashq qilish zarur:

3. During the practice, the following must be taken into consideration

(a) nigoh. The eyes

(b) ogʻirlik markazini koʻchirish. Movement of the center of balance

(s) tahlikali vaziyatdagi tezlik. Low or high speed

(d) zoʻriqish va boʻshashishni anglash. Strong or weak force

(e) nafas. Respiration

E. Pumsega o'rgatish. Training of Poomsae

Pumseni yaxlit holda, u yakunlangunga qadar, qismlarga ajratmasdan mashq qilish zarur. Pumseni anglashning ketma-ketligini belgilab beruvchi 5 ta bosqich mavjud:

A completion of poomsae can be achieved through hard training following the 5 steps:

1.Obraz. Pattern

Birinchi navbatda, pumsening tashqi tomonini mashq qilish zarur, nishonga aniq harakat qilinishini belgilab beruvchi ko'rish burchagi eng muhim punkt hisoblanadi.

The first step of training poomsae is to learn the pattern. Concentration of spirit, eyes, angles of movement must be emphasized in addition to the accuracy of actions.

2. Ma'no. Significance

Pumse obrazi bilan tanishib olgandan so'ng og'irlik markazini ko'chirish, nafas olish va pumse harakatlarining sxemasi muhim jihatlari sanaladi. Harakatlar ma'nosi, qo'llaniladigan usullar ma'nosi va predmetning umumiy ma'nosini anglash zarur.

In the next step, the emphasis must be laid on the balance, strength and weakness, low or high speed, respiration and poomsae line. The significance of movements, connection of pooms and the complete poomsae must be learned correctly.

3. Amaliy qo'llanilishi. Practical Use

Harakat ma'nosini tushunish uchun ularni bevosita o'quv jangida qo'llash zarur.

One must adapt what he has learned to his practical use, finding out the practicability.

4. Shaxsiy uslub. Self Style

Jangovar texnika samaradorligi darajasi gavda tuzilishi, tezlik, kuch, mushaklar kuchi va boshqa omillarga bog‘liq, bu omillar texnikani egallash va o‘zlashtirish usulini ifodalaydi.

One must evaluate his findings about the effectiveness of what he has learned, comparing with his or her bodily structure, speed, strength, muscle strength, impulsive power, points of emphasis in training, etc., and moderate the techniques into his own style.

5. Xulosa. Completion

Kimdir Taekvondo texnikasining san’atini, jumladan taekvondo ruhiyatini egallash yo‘li orqali Pumse mashg‘ulotlarining sintezlashgan natijalariga erishadi.

One achieves a synthetic accomplishment of poomsae training by mastering the art of Taekwondo techniques including Taekwondo spirit.

F. Pumse toifalari. Categories of Poomsae

Pumse mashg‘uloti bir-biri bilan o‘zaro bog‘liq bo‘lgan va bir butunlikni hosil qiluvchi tuzilmali, moddiy, bazaviy usullarga asoslanadi. Ayni vaqtda hamma pumselar 3 ta yirik jihatga ega.

The poomsae are categorized by the technique, composition and points of stress, which are classified each into 3 minor breakdowns.

1. Texnika. Technique

Bazaviy pumselarni texnik shakllarga ajratish mavjud. Taekvondoning jang san’ati sifatidagi mohiyati turli-tuman bazaviy usullarni jangda amaliy qo‘llashdir. Bu usular, o‘z navbatida, tasniflanadi.

The technique means the technical patterns of the entire poomsae. The essence of Taekwondo is the martial art: therefore, the categorization of practicable patterns of techniques is important.

(1) Pumsening bazaviy usullarining turli-tumanligi:

Real jangda qo'llaniladigan zarba beruvchi va blok qo'yuvchi texnika yanada xilma-xildir, rasmiy mashqlarda, keng tarqalgan oddiy pumselarda ham kiritiladi va o'tib keladi.

© **Poomsae containing various techniques.**

This contains more techniques of chagi and makki than are needed for practical use. Practicable techniques must be selected among them in the course of training.

(2) Pumsening amaliy bazaviy usullari.

Janglarda sinalgan pumse texnikasi asosiy e'tiborni zarbalarga va bloklarga qaratadi, bunda zarbalar va bloklar usullari teng nisbatlarda qo'llaniladi. Pumsening amaliy texnikasi 2 ta bosqichga - chigi va makkiga bo'linadi.

© **Poomsae containing practicable techniques:**

This includes practically used techniques only, which are classified into a series of chigi techniques, a series of makki techniques and a balanced combination of chigi and makki techniques.

(3). Pumsening oddiy usullari.

Boshlang'ich va yuqori o'qitish kurslari murakkabligiga ko'ra bo'linadi. Yuqori kurs nafas olishni mashq qilish usullaridan iborat, odam anatomiyasini bilishni, diqqatni jamlashni va koordinatsiyani taqozo etadi, bunda bilvosita turli hil mashg'ulot usullari o'zlashtiriladi.

© **Poomsae containing simple techniques.**

This is classified into the basic course and the advanced course, In the advanced course, the training of cultivating the inner strength of body by means of controlling the respiration is included. The variations of techniques should be mastered through hard training.

2. Tuzilishi. Composition

Pumsedagi harakatlarning tuzilishi qo'llar texnikasi, oyoqlar texnikasi, tik turishlarda siljib harakatlanishlar usullari va boshqa bo'limlardan iborat. Pumsening yangi harakatlar shakllarini rivojlantirishda o'ziga xos xususiyati oldinga-orqaga, shuningdek, chapga-o'ngga bajariladigan harakatlar simmetriyasidir. Demak,

tegishli yoʻnalishlardagi harkatlar elementlarining tuzilishi bir xil tik turishlar, qoʻllar texnikasi va oyoqlar elementlaridan iborat.

The composition of poomsae movement is differentiated according to the proportion of poom and technique, hand techniques and foot techniques, and seogi and its moving directions. Except for certain special cases, the poomsae movements are equally distributed among all parts of the body symmetrically between fore and back and between left and right. Therefore, the proportion of foot techniques and hand techniques is divided to decide the composition of poomsae movement.

(1) Qoʻllar texnikasiga eʼtibor qilgan holda pumse

© Poomsae with the priority on hand techniques

(2) Oyoqlar texnikasiga eʼtibor qilgan holda pumse

© Poomsae with the priority on foot techniques

(3) Qoʻl va oyoqlarning muvaffaqiyatli texnikasi bilan pumse.

© Poomsae in which hand techniques and foot techniques are evenly distributed.

3. Muhim punktlari. Points of Stress

Taekvondo mashgʻulotlarida pumse vaziyatga qarab kuchni jamlash darajasi boʻyicha boʻlinadi. Eʼtibor qilish lozimki, kuchli harakatlar, odatda, sekin, kuchsiz harakatlar esa tez bajariladi.

The poomsae is also classified by the extent of emphasis in favor of either strength or softness and of either a slow movement or a fast movement. Strong but slow movement and speedy but soft movement are included in the similar categories.

(1) Kuchsiz va sekin pumse

© Soft and slow poomsae

(2) Kuchsiz ammo tez pumse

© Soft but speedy poomsae

(3) Kuchli, ammo sekin pumse

© Strong but slow poomsae

(4) Chuqur nafas olish va sekin pumse

© Long respiration and slow poomsae

(5) Shunday qilib, aksariyat hollarda yuqori sport mahoratiga erishish va kamolotga yetish uchun tegishli darajada rivojlanish talab etiladi.

©Poomsae well balanced in strength and softness as well as in slowness and speediness. However, the above methods of categorization are not absolute for the advanced course of training.

G) Pumse klassifikatsiyasi. Classification of Poomsae

Pumse Kiplariga - Teguk 1 Jangdan to teguk 8 Janggacha va DAN larga boʻlinadi – Koryodan Ilyogacha. Pumseda bazaviy harakatlarning har bir tuzilmasi oʻz maʼnosiga ega va berk aylanaga kiradi. Bu aylanani pumse chiziqlar ajratib turadi. Yana pumse chiziqlarini anglatuvchi xitoycha belgilar ham mavjud.

Taegeuk poomsaes from 1 (il) jang to 8 (pal) jang are classified as Kup grader's poomsaes. The poomsae consists of basic movement and pooms and they are so arranged to fit the frame of movement direction, which is called the poomsae line. The poomsae lines are described after symbols or Chinese characters.

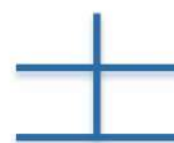
H) Pumse ramzlarining turlari. Types of Poomsae Lines

a) Taegeuk poomsae: Bu bashorat toʻgʻrisidagi Sharq fanida bashorat (bara)ning 8 ta belgisini aks ettiruvchi 8 ta namunadan iborat va bu qirolni anglatuvchi xitoycha ramz orqali ifodalanadi.



© This consists of 8 patterns symbolizing the 8 divination signs (bars) in the Oriental science of divination, and it is generally expressed by a Chinese character, meaning a king.

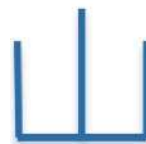
b) Koryo poomsae: xitoycha ramz shakli boʻlib, ilimli kishini bildiradi.



© the shape of a Chinese character, meaning a learned man

c) Keumgang poomsae: tog'larni anglatuvchi xitoycha ieroglif (Mf. Olmos)

© a Chinese character, meaning a mountain (Mt. Diamond)



d) Taebaek poomsae: hunarmandni anglatuvchi xitoycha ramz.

© a Chinese character, meaning an artisan.



e) Pyongwon poomsae: xitoycha ieroglif, ma'nosi - bir

© a Chinese character, meaning one.



f) Sipjin poomsae: xitoycha ieroglif, ma'nosi - o'n

© a Chinese character, meaning ten.



g) Jitae poomsae: koreyscha "o" sifatida talaffuz qilinadigan unli tovush shaklini bildiradi.

© the shape of a Korean vowel, sounding "oh"



h) Chonkwon poomsae: koreyscha "vu" sifatida talaffuz qilinadigan unli tovush shaklini bildiradi

© the shape of a Korean vowel, sounding "wu"



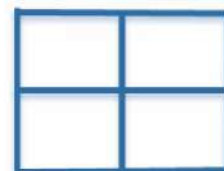
i) Hansu poomsae: suvni anglatuvchi xitoycha ieroglif

© a Chinese character, meaning water.



j) Ilyo poomsae: svastika belgisi shakli

© the shape of a swastika sign.



Undan tashqari, yozuv belgilari shaklidagi ifodalar ham mavjud

I) Pumse ramzlaridagi chiziqlarning ma'nosi

Symbols Expressing the Direction of Poomsae Lines

Pumsening har bir chizig'ini sxema tarzida ta'riflash uchun koreys alfavitidagi ayrim fonetik ramzlar amaliyotda pumseni amalga oshirayotgan stajerning pozitsiyasini belgilash uchun foydalaniladi.

For the diagrammatical description of each poomsae line, some phonetic symbols of the Korean alphabet are used to mark the position of the trainee, who exercises a poomsae practice.

Na: ramzning boshiga ishora qiladi

always the starting point of each poomsae

Ga: oldingi qismga nisbatan joylashishni bildiradi

the forward direction of proceeding

Da: chap tomonga yo'nalishni ko'rsatadi.

the left side from the starting point.

Ra: o'ng tomon yo'nalishga ishora qiladi.

the right side from the starting point.

Ma: boshlang'ich nuqtadan teskari yo'nalishda

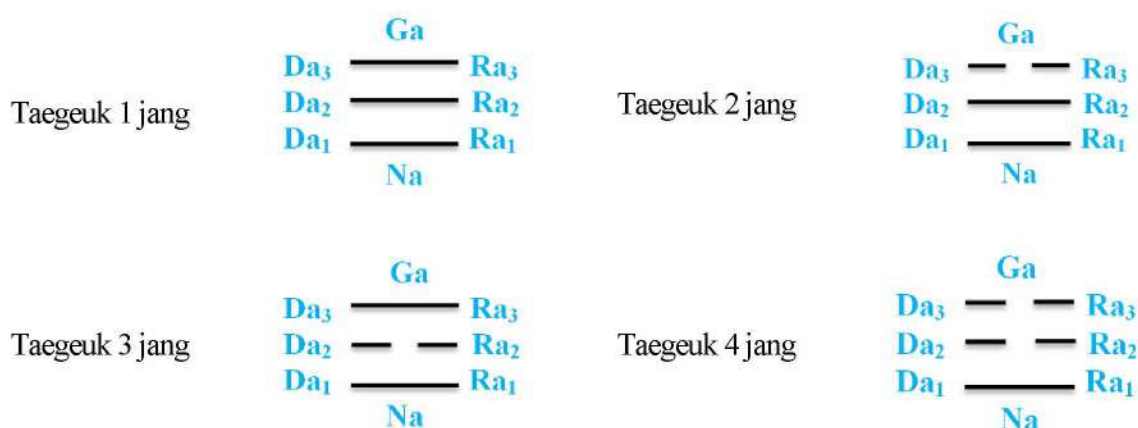
the backward direction from the starting point.

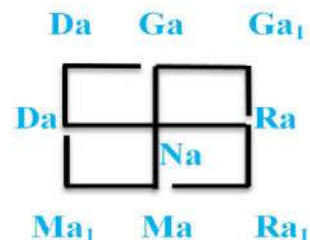
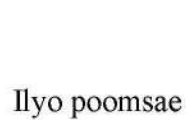
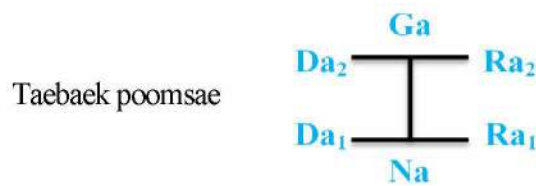
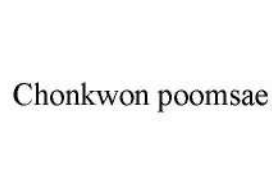
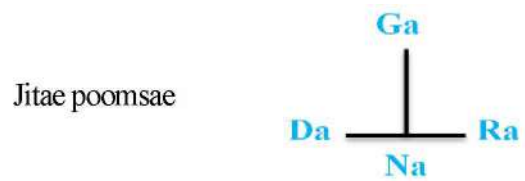
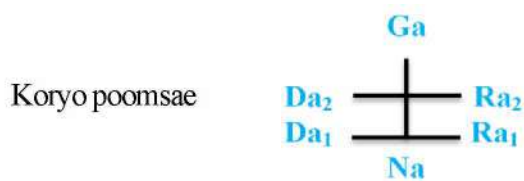
Sipjin, Hansu, Ilyo va Pyoungwon kabi pumselarda start nuqtasi markazda turadi.

The starting point is at the center in such poomsae as Sipjin, Hansu, Ilyo and Pyoungwon.

Quyida pumse ramzlaridagi yo'nalishlarni ko'rib chiqamiz

The following are the diagrams showing each poomsae line:





TAEGEUK 1 JANG

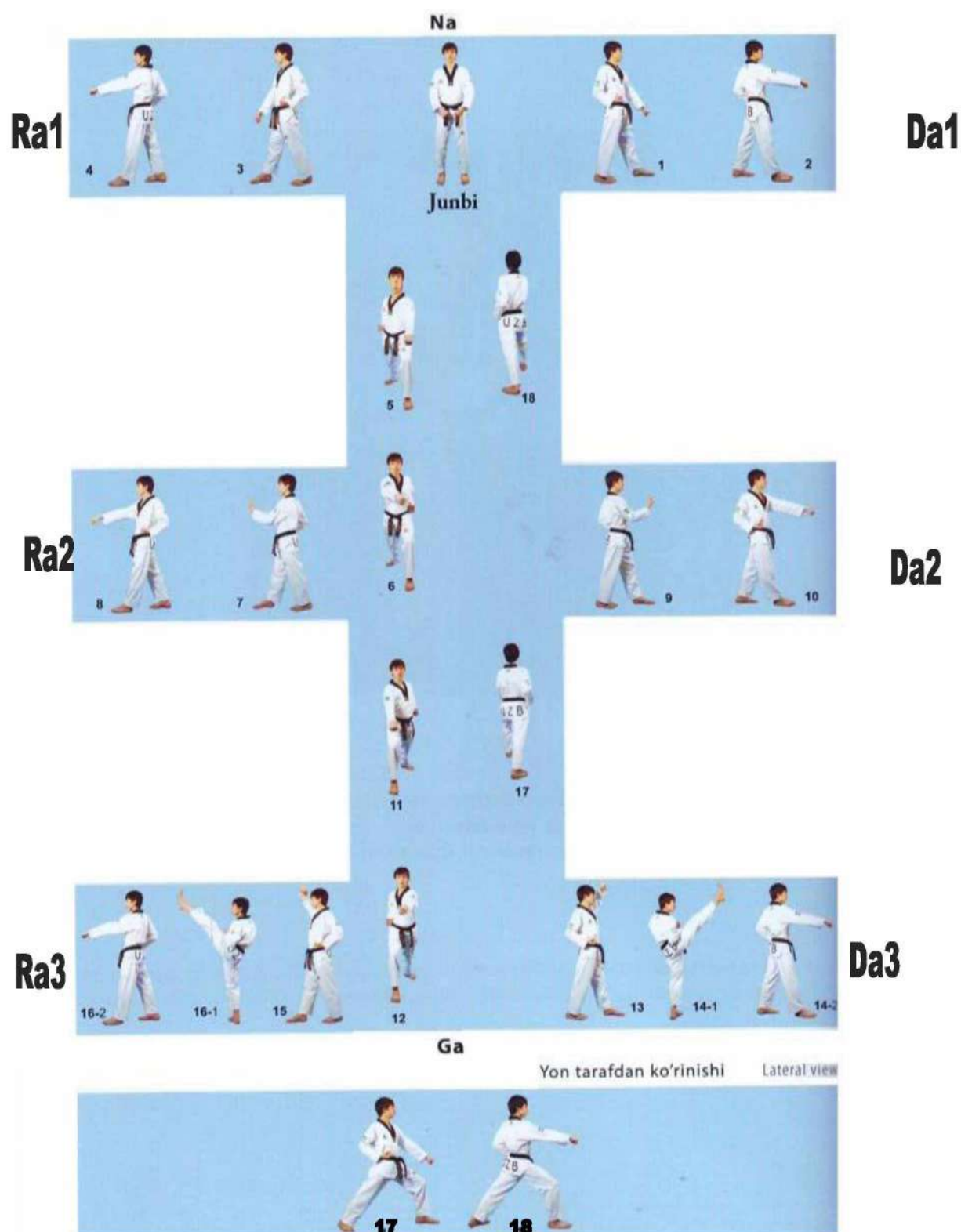


Taegeuk 1 jang Taekvondoda eng birinchi Poomse hisoblanadi. Uning o'ziga xos jihati shundan ibotratki, u bajarish uchun juda oson, asosan siljish harakatlari va asosiy harakatlar bo'lgan arae-makki, momtong-makki, momtong-jireugi va ap-chagi kabi texnik harakatlardan tashkil topgan. Taekvondoda 8 - bosqich o'quv darajasidir.

Taegeuk 1 Jang in the training of Taekwondo. This poomsae is characterized by its easiness in practicing, largely consisting of walking and basic actions, such as arae-makki, momtong-makki, momtong-jireugi, and ap-chagi. The 8th Kup-grade trainees practice this poomsae.

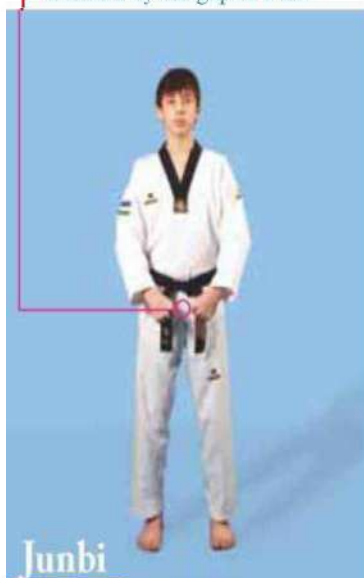
Taegeuk 1 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 1 Jang



Taegeuk 1 Jang

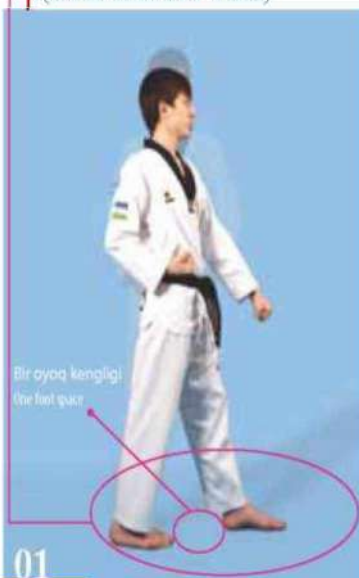
Musht va musht orasida bir musht kattalaigidagi oraliq
Your two fists are set in front of the lower stomach by the gap of a fist



Junbi

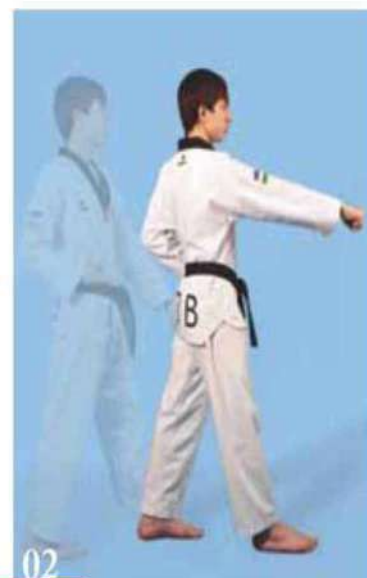
Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati
From "Na" position, one looks toward "Ga" direction, and makes kibon junbiseogi

Old turish Ap Seogi ikki oyoq orasida bir qadam uzunlik
Walking stance should be one walking distance (about three foot width)



01

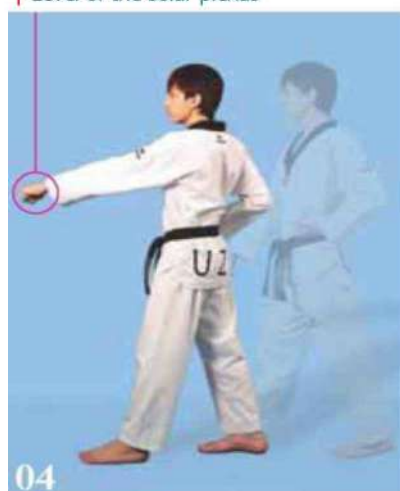
Da 1 taraf chap oyoq oldinga bir qadam tashlab, wen apseogi va area makki
puts forth the left foot in the direction of "Da" (1), making a wen apseogi and executes the araemakki



02

Da 1 taraf o'ng oyoq oldinga bir qadam tashlab, oreun apseogi va bandae jireugi
puts forth the right foot in the direction of "Da" (1), stand in an oreun apseogi, and makes a momtong bandaejireugi

byongchi balandligida
Level of the solar plexus



04

Ra 1 taraf chap oyoq bir qadam oldinga tashlab, wen apseogi va bandae jireugi
puts forth the left foot in the direction of "Ra" (1), stand in an wen apseogi, and makes a momtong bandaejireugi

tos oldida joylashtirish
Set near the waist



03

Ra 1 taraf o'ng oyoq bir qadam oldinga tashlab, oreun apseogi va araemakki
puts forth the right foot in the direction of "Ra" (1), making a oreun apseogi and executes the araemakki

son tepa qismida ikki musht
oralig'ida joylashtiriladi
Your fist is set above the thigh with the two fists gap



Ga taraf chap oyoq holatini aylantirib
joyini o'zgartirib, wen apkubi va area
makki

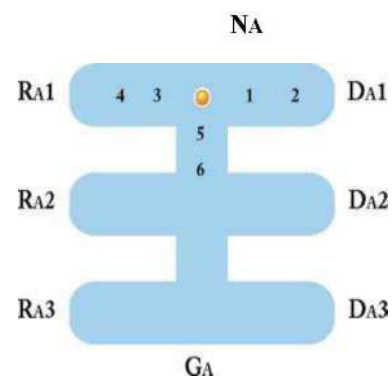
moves the left foot in the direction of
"Ga" to turn around, stands in a wen
apkubi, and executes the arae makki

tizzani bukmaslik kerak
Don't let rear leg be folded



Ga taraf ikki oyoq o'z holatida qoladi,
wen apkubi va momtong barojireugi

keeping the two feet as they are in the
"Ga" (1) direction, and a wen apkubi,
and delivers momtong barojireugi



ikki oyoq orasida bir musht katta
ligidagi oralig
With the gap of one fist

HARAKAT QOIDASI MOVEMENT

Odatiy urish baro jireugi

-Turgan holatda oyoqlarni oldinga orqaga bosib orqada turgan oyoq tarafdagi musht uriladi.

-(Diqqat) qaytarib olinadigan musht uradigan mushtning chizig'idan qaytariladi. Odatiy urish baro jireugi.

Baro jireugi (regular body punch)

-When the feet are widely opened fore and back due to the movement of body weight (whether it is apkubi or dwitkubi), a baro jireugi is performed by the fist on the side of the back foot.

-(Point of attention) the pulling fist will be pulled back through the same line with the target of the punching fist.

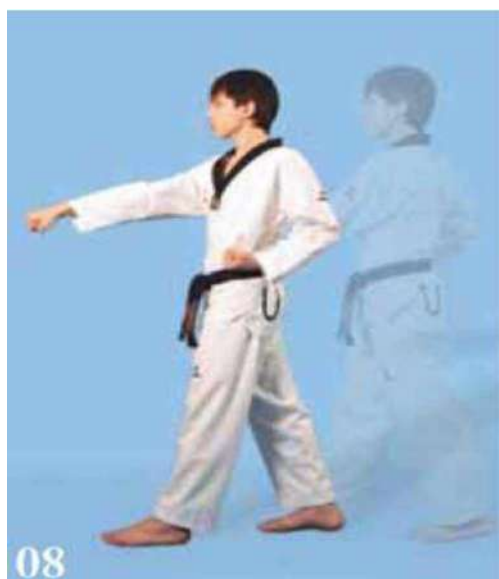
BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Odatiy urish baro jireugi

- Urayotgan mushtning bilaklari qayrilgan holatda.
- Urayotgan musht tirsagi bukilgan holatda.
- tayyorgarlik harakatidagi yoki tana yuqori qismi harakatga kelsa
- Urayotgan qo'lnig tirsaklari balandga chiqib ketgan holatda.
- Harakat qoidasiga zid kelgan har qanday harakat.

Baro jireugi (regular body punch)

- Wrist of the punching arm is bent.
- Elbow of the punching arm is bent.
- Punching with preliminary motion or bounce of the upper body. -doing the motion of the punch with lifted elbow.
- Any other movements other than shown above will be factors of deduction.



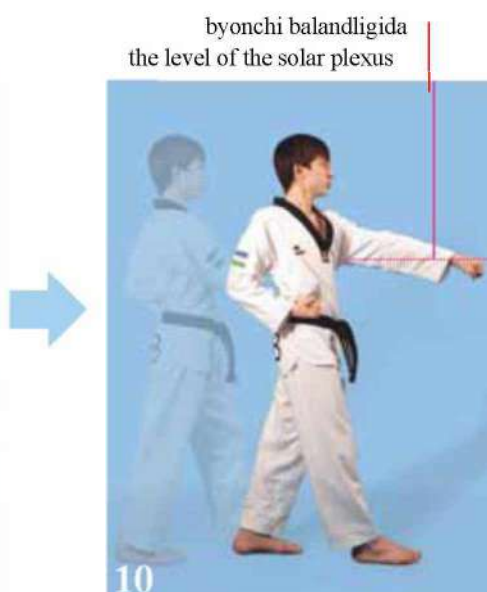
Ra 2 taraf chap oyoq bir qadam oldinga tashlab, wen apseogi va momtong barojireugi
puts forth the left foot in the direction of "Ra"(2) makes a wen apseogi, and delivers a momtong barojireugi



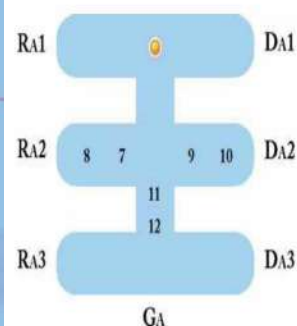
Ra 2 taraf o'ng oyoq oldinga bir qadam tashlab, oreun apseogi va momtong anmakki
moves the right foot in the direction of "Ra"(2) makes an oreun apseogi, performs a momtong anmakki



Da 2 taraf chap oyoq ko'tarilib orqaga aylanib, wen apseogi va momtong anmakki
moves the left foot in the direction of "Da" (2) to turn around, makes a wen apseogi, and performs a momtong anmakki



Da 2 taraf o'n oyoq bir qadam oldinga tashlab, oreun apseogi va momton baro jireugi
Puts forth the right foot in the direction of "Da" (2) makes an oreun apseogi, and delivers a momtong barojireugi



gavda aylanasi 120 gradusni tashkil qiladi
The upper part of your turned body should have 120 degrees of angle



Ga taraf o'ng oyoqni ko'tarib aylantirib, oreun apkubi va area makki

moves the right foot in the "Ga" direction to turn around, makes an oreun apkubi, and performs an arae makki



Ga taraf ikki oyoq o'z joyida, oreun apkubi va momtong baro jireugi

Keeping the two feet as they are in the direction of "Ga" and an oreun apkubi, and delivers a momtong barojireugi

Harakat qoidasi Movement

Old bukish Ap Kubi

- Ikki oyoqning orasidagi masofa bir qadamni tashkil etadi
- Old oyoqning oyoq uchi oldiga yo'naltiriladi
- Gavdani tekis qilib turib yerga qaraganda oldida turgan tizza va oyoq uchi mos keladigan qilib tizza pasaytiriladi .
- Orqa oyoqning og'ish burchaki 30° ostida turadi. Orqa oyoqning tizzalari ochilib tana og'irligining 2/3 qismi oldinga tashlanadi.
- Gavdani tekis ushlab badanni old tarafga 30° burchak ostida aylanadi.

Ap kubi (forward inflection stance)

- The vertical distance between two feet is one and half step.
- And the parallel distance between two feet's tiptoes is one feet.
- The tiptoes of front foot place forward.
- Lower the knee in order to match your knee and tiptoes when you look down in a upright standing position.
- Keep the back sole turned inward within the angle of 30 degrees and stretch the knee of hind leg and put the balance of your weight forward by two-thirds
- Stand upright and twist forward your body at an angle of 30 degrees.

BAHONI PASAYTIRISH HOLATLARI

DEDUCTION FACTORS

OLD BUKISH AP KUBI

- IKKI OYOQ ORASIDAGI KENGLIGI KATTA BO'LGAN HOLATDA TANA MUVOZANATI YO'QOLGANDA.
- ORQA TIZZA BUKILGANDA.
- ORQA OYOQ KENG OCHILIB KETGANDA.
- MUVOZANAT ORQAGA YOKI OLDINGA OG'IB KETGANDA.

AP KUBI (FORWARD INFLECTION STANCE)

- BETWEEN THE TWO FEET IS TOO WIDE SO WITHOUT KEEPING THE BODY BALANCE.
- LIFT OF HEEL THE FRONT FOOT OR BEND OF BACK LEG.
- BACK OF FOOT IS OPENED MORE THAN 30 DEGREE.
- CENTER OF THE BALANCE KEEP THE FRONT PART OF THE BODY.



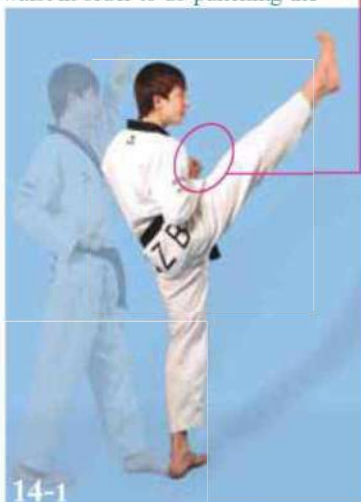
bosh va musht orasida bir musht kengligidagi oraliq
the distance of one fist



13

Da 3 taraf chap oyoq bir qadam oldinga tashlab, wen apseogi va olgulmakki
moves the left foot in direction of "Da" (3) making a wen apseogi, and performs an olgulmakki

oyoq bilan tepayotganda pal chagi chap qo'l ko'krak tarafga yengil tortiladi va o'ng qo'l keyingi harakatni amalga oshirish uchun to'sda o'z joyida saqlanib turadi
When executing apchagi, pull your left fist toward the chest and remain the right fist near the waist in order to do punching the



14-1

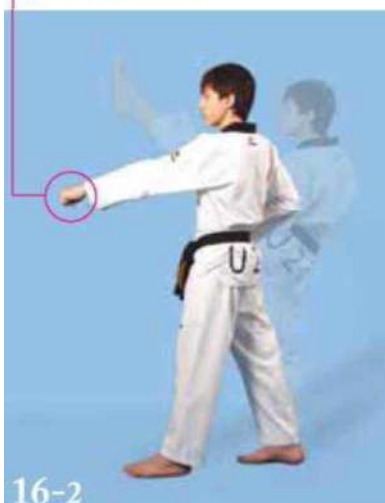
bir oyoq qadam bosadi va shu zahoti mushtum bilan uradi
Put forth you fist, putting down the front foot on the bottom



14-2

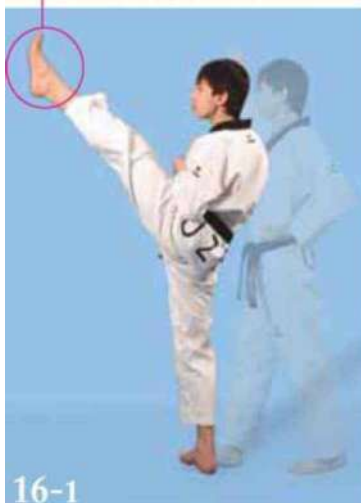
Da 3 tarafga o'ng oyoq old tepish ap chagi, qadam qo'yib, oreun apseogi va momtong bandaejireugi
delivers an oreunbal (right foot) apchagi in "Da" (3) direction, puts down the foot to make an oreun apseogi, and delivers a momtong bandaejireugi

musht bo'g'imi qayrilmaslikka ahamiyat berish
Wrist of the punching arm should not be bended



16-2

oyoqning barmoq ostki yumshoq qismi bilan tepiladi
Kicking with the fore sole of the foot



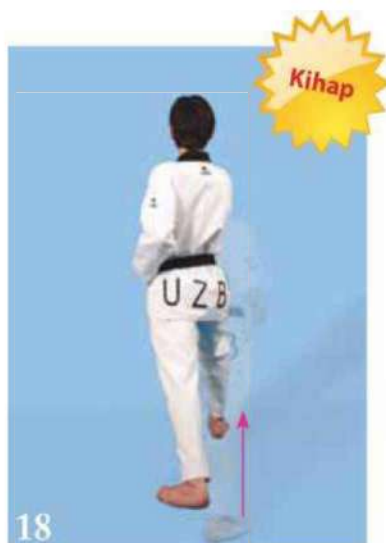
16-1

Ra 3 taraf chap oyoq apchagi bir qadam oldinga tashlab, wen apseogi va momtong bandae jireugi
delivers a wenbal (left foot) apchagi in the direction of "Ra" (3), puts down foot to make a wen apseogi, and delivers a momtong bandaejireugi



15

Ra 3 taraf o'ng oyoq ko'tarilib orqaga aylanadi, oreun ap seogi va olgul makki
moves the right foot in the direction of "Ra" (3) to turn around, makes an oreun apseogi, and performs an olgulmakki



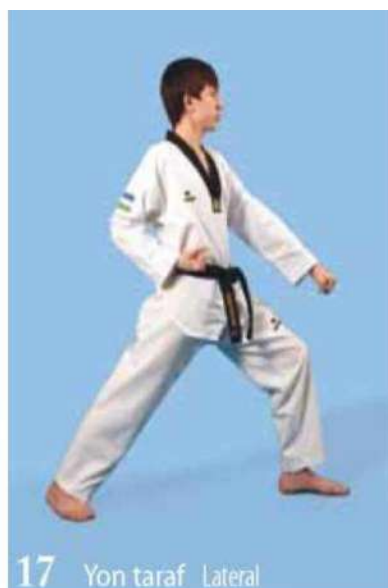
?

All turning movements
are done by pivoting on
the ball of the pivot foot

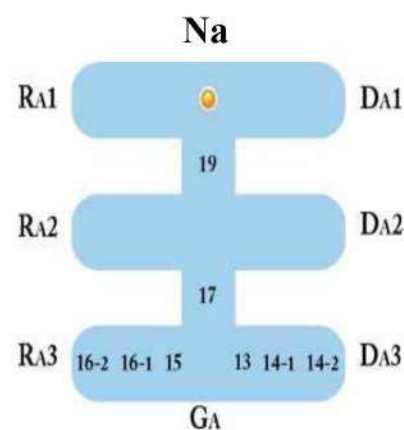
"Na" yo'nalishida o'ng oyoqni oldiga chiqarib oreun apkubi, momtong bandaejireugi zarbasi beriladi. ("kihap")
puts forth the right foot in the direction of "Na", makes an oreun apkubi, and delivers a momtong bandaejireugi, (utterance of "Kihap")

Baro: O'ng oyoq o'z joyiga "Na"ning holatidan chap oyoqni olib chap tarafga (soat ko'rsatkichi bo'yicha) tanani aylantirib "Ga" tarafga qarab asosiy tayyorlanish holati

Baro: fixing the right foot as it is at the "Na" position, draws the left foot to turn the body leftward (counter clock wise) looking toward the direction of "Ga" and returns to the kobon junbiseogi



Na taraf chap oyoq ko'tarib oldinga aylanib, wen apkubi va arae makki
moves the left in the direction of "Na", turns around toward the front, makes a wen apkubi, and performs an araemakki





1. Harakatni amalda qo'llanilishi.
Raqib men tomonga old tepish (apchagi) bilan zarba berganda pastki arae makki himoya usuli bilan zarbani qaytariladi
Application of action 1.
When the opponent delivers an apchagi against one, one defends oneself by an araemakki



2. Harakatni amalda qo'llanilishi. Tezda raqibga tashlanib qarshi zarba bilan qarama-qarshi gavda urish (momtong bandae jireugi) bilan hujum qilinadi
Application of action 2.
Immediately pursuing the opponent, one delivers a counterattack by momtong bandaejireugi



5. Harakatni amalda qo'llanilishi.
Raqib old tepish (apchigi) bilan zarba berganda pastki arae makki himoya usuli bilan zarbani qaytariladi
Application of action 5.
When the opponent delivers an apchagi, one performs an araemakki to defend oneself



6. Harakatni amalda qo'llanilishi.
Raqib zarbadan qochganda yoki qarshi hujumdan oldin tezlik bilan odatiy gavda urish (momtong baro jireugi) bilan hujum qilinadi
Application of action 6.
Before the opponent averts or delivers a counterattack, one delivers swiftly a counterattack by momtong barojireugi



7. Harakatni amalda qo'llanilishi. Raqib gavdasiga urish (momtong jireugi) bilan qisqa zarbasini gavda ichki himoya usuli (momtong anmakki) yordamida qaytaradi

Application of action 7.

When the opponent delivers a momtong jireugi, one performs a momtong anmakki



13. Harakatni amalda qo'llanilishi. Raqib yuzga zarba berilganda yuz himoya usuli bilan qaytaradi

Application of action 13.

When the opponent delivers an olgul jireugi, one performs an olgulmakki



14-2 Harakatni amalda qo'llanilishi. Qarama-qarshi gavdaga urish (momtong bandae jireugi) bilan qarshi hujum qiladi

Application of action 14-2.

Delivers a momtong bandaejireugi



**Koreya Respublikasi sponsorlari va O'zbekiston Taekwondo Vise Prezidenti
Abbos Latipov, hamda O'zbekiston Taekwondo sportchilari**



SAVOLLAR:

1. Junbi holati qanday tartibga amalga oshiriladi?
2. Birinchi poomsening o'ziga xos xususiyati nimada?
3. Birinchi poomseda jami nechta harakatlar mavjud?
4. Birinchi poomseda nechta aylanish holatlari bor?
5. Aylanishlar nechki gradus ostida bo'ladi?
6. Qo'l bilan beriladigan zarbalar asosan tananing qaysi qismiga uriladi?
7. Qanday holatlarda ballarni pasayishi mimkin?
8. Poomse bajarish davomida nigoh qaysi tamonga qaratiladi?
9. Apchagi zarbasini amalga oshirilayotganda tayanch oyoq qanday holatda bo'ladi?
10. Poomse qaysi holatda tugagan deb hisoblablanadi?

TAEGEUKI 2 JANG

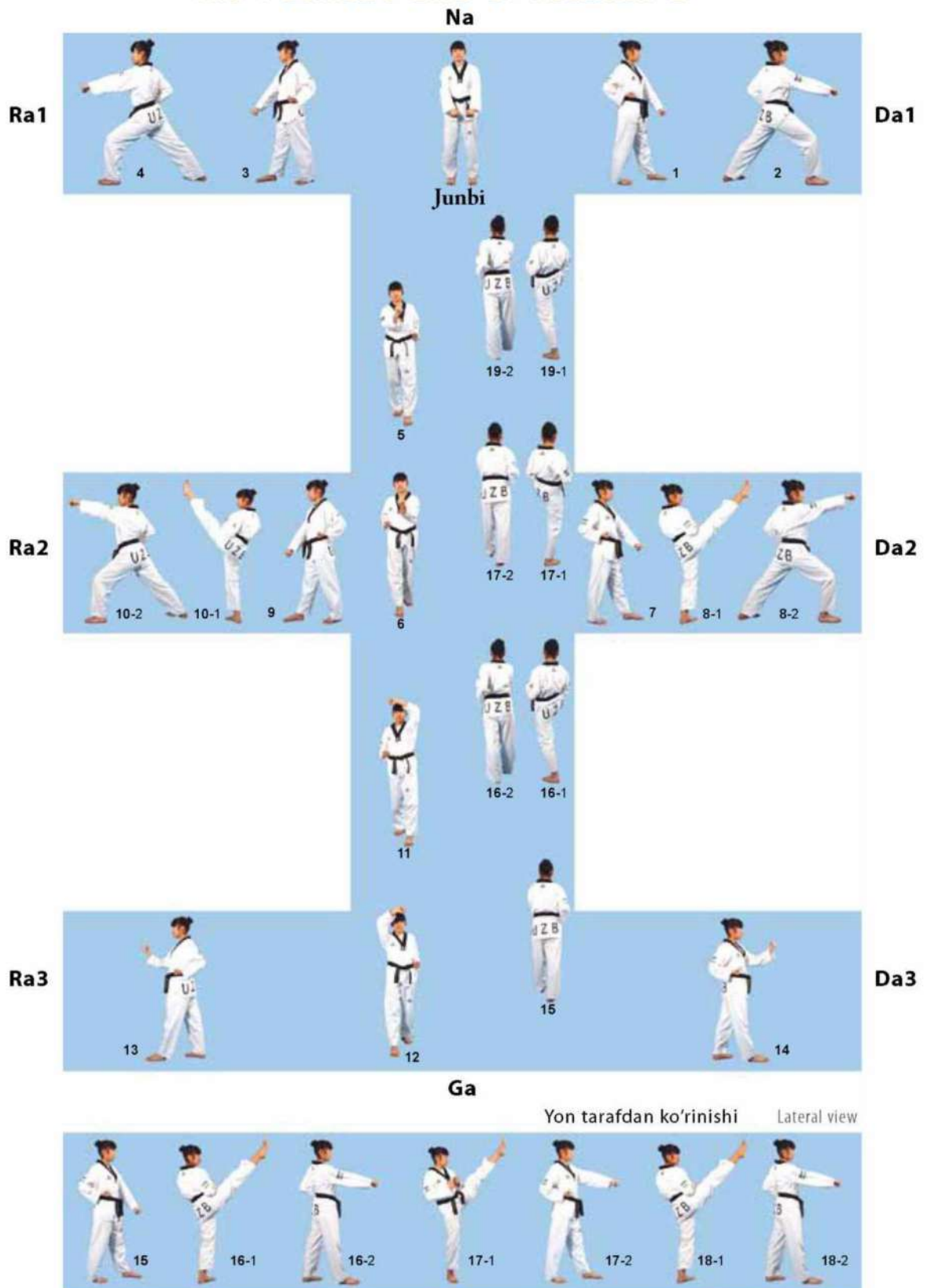


Taegeuk 2 jangda yangi bo'lgan harakat yuz qismiga zarba (Olguel jirigi) bo'lib, apjagi zarbasi ko'proq ishlatiladi. Taekvondoda 7 bosqich o'quv darajasidir.

The apchagi actions appear more frequently than in Taegeuk 2 Jang. The 7th Kup-grade trainees practice this poomsae.

Taegeuk 2 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 2



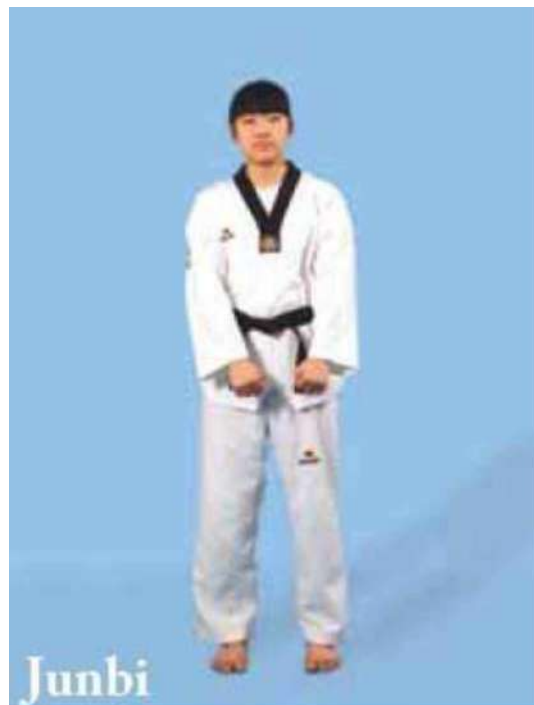
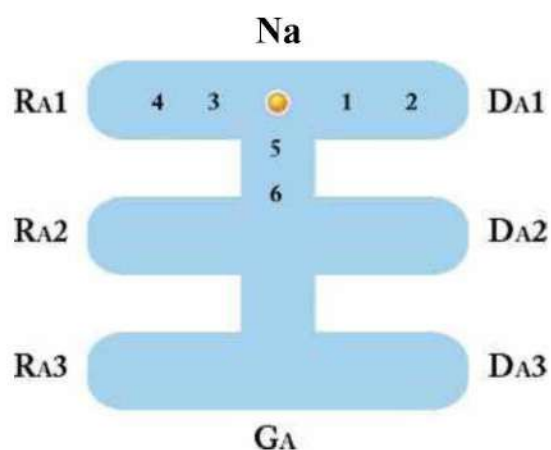
Taeguk 2 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taeguk 2 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhiseogi		Kibon jumbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Ven apseogi	Oldinga qadam Put forth (foot)	araemakki (pastki to'siq) (underneath blocking)
2	Da1	Da1	Oreun apkubi	Oldinga qadam Put forth (foot)	Momtong bandaejireogi (gavdaga qarshi zarba) (trunk opposite punch)
3	Ra1	Ra1	Oreun apseogi	Orqaga aylanish Turn around	Aremakki (pastki to'siq) (underneath blocking)
4	Ra1	Ra1	Ven apkubi	Oldinga qadam Put forth (foot)	Momtong bandaejireogi (gavdaga qarshi zarba) (trunk opposite punch)
5	Ga	Ga	Ven apseogi	Aylanish Turn around	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
6	Ga	Ga	Ven apseogi	Oldinga qadam Put forth (foot)	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
7	Da2	Da2	Ven apseogi	Qo'zg'alib qadam Move and step down	Araemakki (pastki to'siq) (underneath blocking)
8	Da2	Da2	Oreun apkubi	O'ng oyoq apchagi va orqaga qadam Right foot apchagi, step down	Olgul bandaejireugi (yuzga qarshi zarba) (face opposite punch)
9	Ra2	Ra2	Oreun apseogi	Orqaga aylanish Turn around	araemakki (pastki to'siq) (underneath blocking)
10	Ra2	Ra2	Ven apkubi	Chap oyoq apchagi va orqaga qadam Left foot apchagi, step down	Olgul bandaejireugi (yuzga qarshii zarba) (face opposite punch)
11	Ga	Ga	Ven apseogi	Aylanish Turn	Olgulmakki (yuz to'sig'i) (face blocking)
12	Ga	Ga	Oreun apseogi	Oldinga qadam Put forth (foot)	Olgulmakki (yuz to'sig'i) (face blocking)
13	Ra3	Ra3	Ven apseogi	Aylanish Turn	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
14	Da3	Da3	Oreun apseogi	Ikki oyoq o'sha holda, yo'nalish o'garadi Feet remain, change direction	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
15	Na	Na	Ven apseogi	Qo'zg'alib qadam Move and step down	araemakki (pastki to'siq) (underneath blocking)
16	Na	Na	Oreun apseogi	O'ng oyoq apchagi va orqaga qadam Right foot apchagi, step down	Momtong bandaejireogi (gavdaga qarshi zarba) (trunk opposite punch)
17	Na	Na	Ven apseogi	Chap oyoq apchagi va orqaga qadam Left foot apchagi, step down	Momtong bandaejireogi (Gavdaga qarshi zarba) (trunk opposite punch)
18	Na	Na	Oreun apseogi	O'ng oyoq apchagi va orqaga qadam Right foot apchagi, step down	Momtong jireogi "kihap" (gavdaga qarshi zarba) (trunk opposite punch)
Baro	Ga	Na	Naranhiseogi	Oyoqni chapga tortib chapga aylanish Pull left foot, turn leftward	Kibon jumbiseogi (asosiy holat) (basic ready stance)



Taegeuk 1 Jang



Tayyorlanish Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

From "Na" position, one looks toward "Ga" direction, and makes kobon junbiseogi

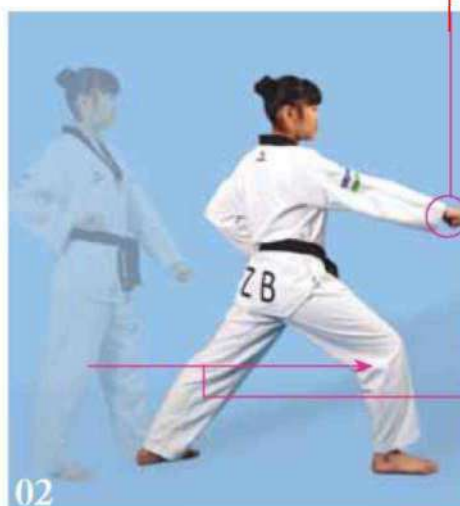
ikki musht kattaligidagi oraliq
The distance of the two fists



Da 1 tarafga chap oyoq bir qadam, wen apseogi va araemakki

puts forth the left foot in the direction of "Da" (1) making a wenapseogi and executes the araemakki

byongchi balandligida
the level of solar plexus



Da 1 tarafga o'ng oyoq bir qadam tashlab, oreun apkubi va momtong bandae jireugi

puts forth the right foot toward "Da" (1), makes an oreun apkubi, and delivers a momtong bandaejireugi

apsogidan apgupiga o'tayotgan vaqtda birdaniga oldinga egilib ketmaslikka ahamiyat

When switching from apseogi to apkubi, keep movement agile, and makes sure the body does not fall quickly and heavily



Ra 1 tarafga chap oyoq bir qadam tashlab wen apkubi va momtong bandae jireugi

puts forth the left foot toward "Ra" (1), makes a wen apkubi, and delivers a momtong bandaejireugi



Ra 1 taraf o'ng oyoqni ko'tarib orqaga aylanib, oreun apseogi va araemakki

moves the right foot in the direction of "Ra" (1) to turn around, makes an oreun apseogi, and performs an araemakki

gavda ichki himoyasi tana markazi chizig'ida, yonida joylashgan bo'lib mushtunning balandligi yelka balandligida

All the torso-inner blocking should be set in front of the center of the body. The blocking fist is kept as high as the shoulder



Ga tarafga chap oyoqni ko'tarib aylanib, wen apseogi va momtong anmakki

moves the left foot toward "Ga" to turn around, makes a wen apseogi, and performs a momtong anmakki

bilak qayrilib ketmasligiga ahamiyat berish
The wrist should not be bended



Ga taraf o'ng oyoq bir qadam tashlab, oreun apseogi va momtong anmakki

puts forth the right foot toward "Ga" makes an oreun apseogi, and performs a momtong anmakki



old tepib tizzani yozib tushiryotganda to'xtab qol- may tabiiy holda qadam tashlab apkubi holatida yuz qarama-qarshi urish amalga oshiriladi

when you deliver the front kick bend the leg and lay it down, do not stop and naturally put down your foot and make the apkubi, then deliver the high section straight punch

apkubiga o'tish urish bilan bir vaqtda amalga oshiriladi

Deliver punch and apkubi at the same time



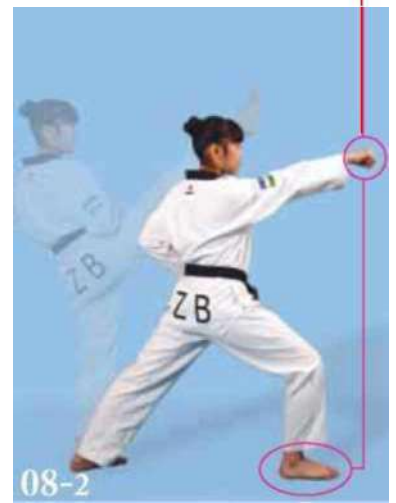
Da 2 tarafga chap oyoqni ko'tarib, wen apseogi va araemakki

moves the left foot toward "Da" (2), makes a wen apseogi, and performs an araemakki

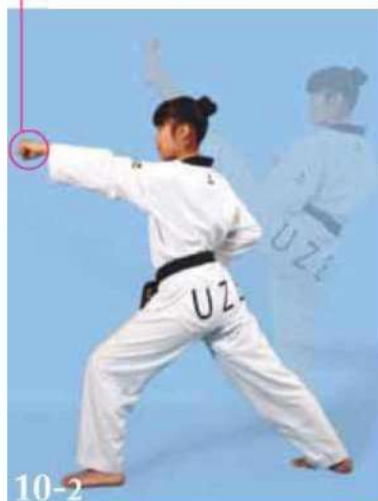


Da1 tarafga o'ng oyoqda old tepib apchagi qadam tashlab, oreun apkubi olgul bandae jireugi

delivers an oreunbal apchagi in "Da" (2) direction, puts down the foot, makes an oreun apkubi and delivers an olgul bandaejireugi

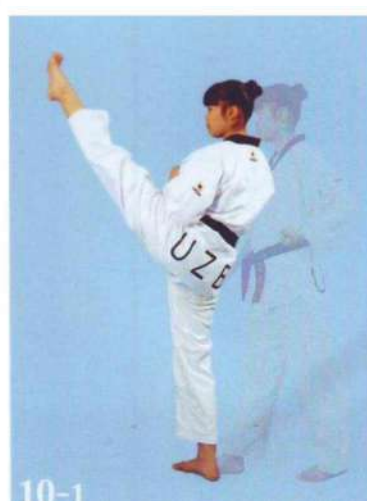


lab balandligida
the level of philtrum



Ra 2 tarafga chap oyoq old tepishni apchagi amalga oshirib qadam tashlab, wen apkubi va olgul bandae jireugi

delivers a wenbal apchagi toward "Ra" (2), puts down the foot, makes a wen apkubi, delivers an olgul bandaejireugi

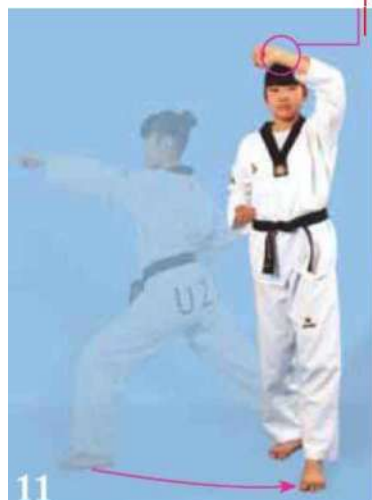


Ra 2 taraf o'ng oyoqni ko'tarib orqaga aylantirib, oreun apseogi va arae makki

moves the right foot toward "Ra" (2) to turn around, makes an oreun apseogi, and performs an araemakki



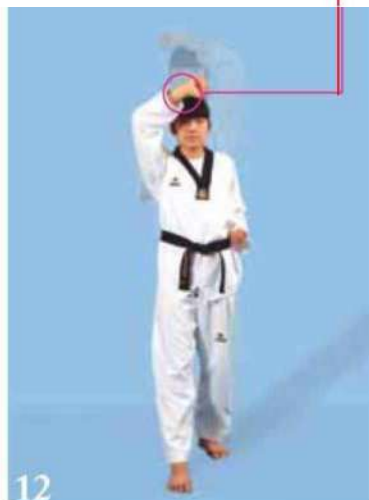
himoya qo'l bilan peshona orasida
bir musht kattaligidagi oraliq
the one fist gap between your
wrist and forehead



11
Ga tarafga chap oyoqni ko'tarib ay-
lanib, wen apseogi va olgul makki

moves the left foot toward "Ga" to
turn around, makes a wen apseogi
and performs an olgulmakki

himoya qo'l tananing markaz
chizig'ida joylashgan
Your wrist should be in the
central line of your body



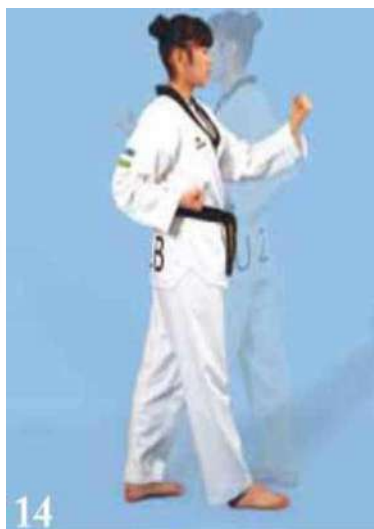
12
Ga tarafga o'ng oyoq bir qadam
tashlab oreun apseogi va olgul makki

puts forth the right foot toward "Ga",
makes an oreun apseogi, and
performs an olgulmakki



13
Ra 3 tarafga chap oyoqni ko'tarib
aylanib wen apseogi va momtong
anmakki

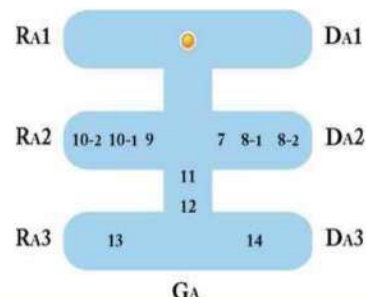
moves the left foot toward "Ra" (3)
to turn around, makes a wen apseogi,
and performs a momtong anmakki



14
Da 3 tarafga o'ng oyoq ozgina
ko'tarilib yo'nalishni o'zgartirib,
oreun apseogi va momtong anmakki

moves the right foot a little toward
"Da" (3), changing the direction,
makes an oreun apseogi, and
performs a momtong anmakki

Na



HARAKAT QOIDASI MOVEMENT

Old tepish ap chagi

- Tepadigan oyoqning tizzasini bukib ko'tarib
- Ko'krak qismiga yaqinlashganda bukilgan tizzani ocha turib oldinga yoziladi. Oyoqning harakat orbitasi maqsadga yo'naltirilib to'g'ri chiziq ostida bo'ladi. -oyoq barmoqlarini teppaga tik qilgan holatda tepiladi.
- Tepgan oyoq qarshi tasir ostida tizza ni bukib birinchi joyga qo'yiladi.
- Tayanch oyoq tepishdan oldin yoki keyin tizzasini yozadigan bo'lsa muvozanat yo'qolishi hisobiga yiqilish onson bo'ladi. Va keying harakatni amalga oshirish qiyin bo'ladi.
- Oyoqning orqa qismi yerdan uzilib old qismini o'q bo'ylab oyoq kaftini aylanish uchun yordam berib tepgandan so'ng yana o'z joyiga qaytadi.

Apchagi (front kick)

- First, raise the folded knee of the kicking leg up to breast and immediately push the foot forward, fully stretching the leg. The track of foot must be on a straight line toward the target.
 - The target must be kicked by the fore sole, the toes bending outward.
 - The kicking foot is drawn back by reaction to its original position.
 - The supporting leg on the ground should not be stretch the knee fully before or during the kicking because the upright standing is more likely to cause falling down of the attacker or weakening of the kicking force. It is not easy to make next movement.
- If the standing leg is supported by the entire sole of foot, the weight is laid on the hip joint and the knee joint in which case the kicking is less speedy and powerful of impulsive force. Sometimes the knee joint or the hip joint breaks away. Therefore it is necessary to lift the heel slightly by stretching the ankle so that the fore sole may pivot at the moment of a kick.

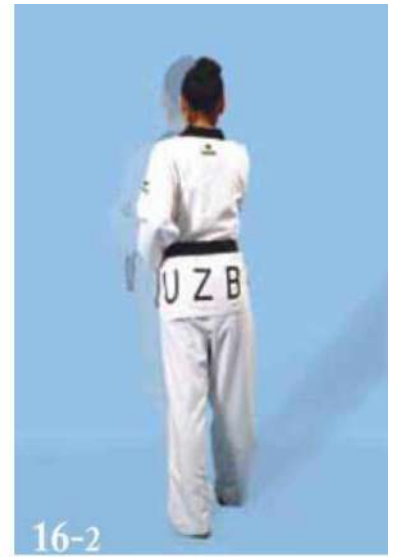


15 Na tarafga chap oyoq bir qadam tashlab, wen apseogi va araemakki
puts forth the left foot toward "Na", makes a wen apseogi, and performs an araemakki



16-1 15, 16-1~16-2, Na taraf o'ng oyoq old tepib apchagi bir qadam tashlab, wen apseogi va momtong bandaejireugi.

delivers an oreunbal apchagi toward "Na", puts down the foot to make oreun apseogi, and delivers a momtong bandaejireugi. (see photo: 16-2, lateral views of 15, 16-1 and 16-2)



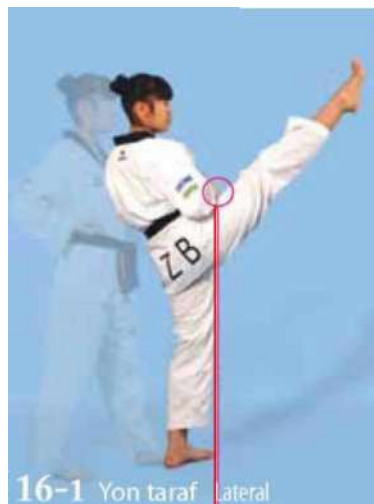
16-2

Apchagi zarbasini amalga oshirib, oyoqni yig'gan holda tushirib, musht zarbasi beriladi.

Deliver apchagi, bend your leg, put down it, and do punching at the same time



15 Yon taraf Lateral



16-1 Yon taraf Lateral



16-2 Yon taraf Lateral

keyingi harakatni amalga oshradigan musht apchagi vaqtida o'z joyida tos yonida qoladi"

When delivering apchagi, remain your fist near the waist in order to do punching the next movement



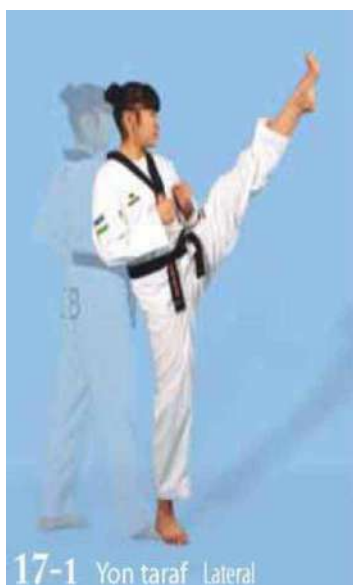
17-1



17-2

Na taraf chap old tepib wen apchagi qadam tashlab, wen apseogi va momtong bandaejireugi

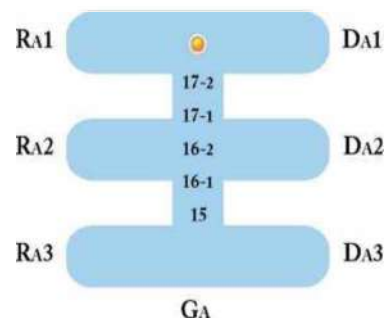
delivers a wenbal apchagi toward "Na", puts down the foot to make a wen apseogi, and delivers a momtong bandaejireugi



17-1 Yon taraf Lateral



17-2 Yon taraf Lateral



BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Old tepish apchagi

-Oyoq tepishda palchagi tizzani bukkandan so'ng bila turib to'xtab qolmaslik

- Tepishning ijobiy taraflari aniq ko'rsatib berilishi kerak. Lekin bilgan holatda ijobiy taraflarni ko'rsatish baho pasayishiga olib keladi.

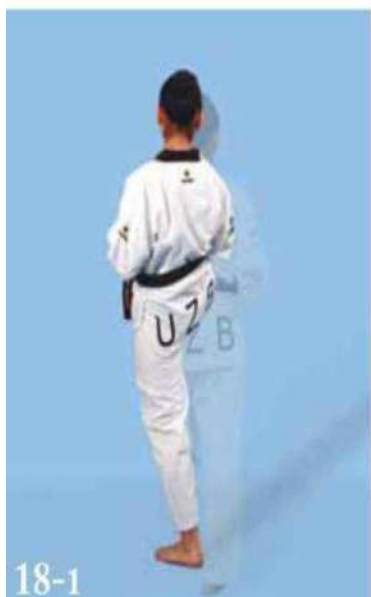
- Tepayotgan vaqtda oyoq va gavdani mos burchak ostida amalga oshirilish kerak. Muvozanat saqlanmaganda yoki gavda haddan ziyod uzoqlash- ganda.

Apchagi (front kick)

- Points will be deducted for intentional display of the stopping motion of the knee bending when kicking.

- Vertex of the kick must be displayed clearly. Points, however, will be deducted for Intentionally holding the kick to emphasize the kick.

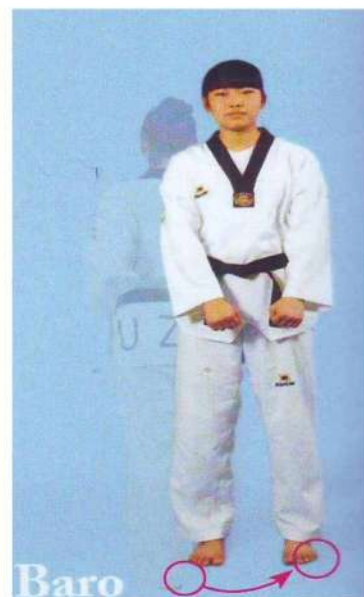
- Kicking leg and upper body should be obtain appropriate angels when kicking. Points will be deducted if the upper body drops too low or balance is not kept



18-1



18-2



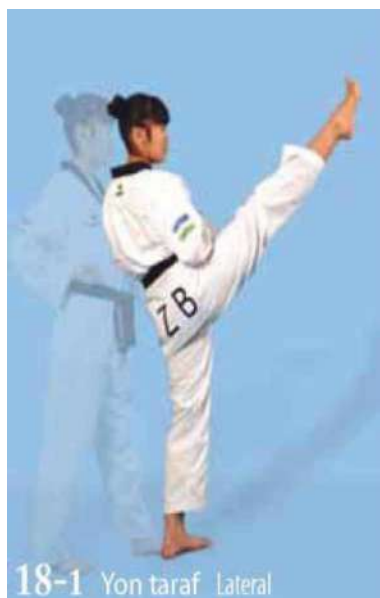
Baro

Na tarafga o'ng oyoq old tepib Ouren apchagi qadam tashlab. Ouren apseogi va momtong bandaejireugi

delivers an oreunbal apchagi toward "Na", puts down the foot to make an oreun apseogi, and delivers a momtong bandaejireugi (utterance of "Kihap")

Baro. O'ng oyoq o'z joyiga "Na"ning holatidan gavidani chapga aylantirib chap oyoqni tortib "Ga" tarafga qarab asosiy tayyorlanish holati

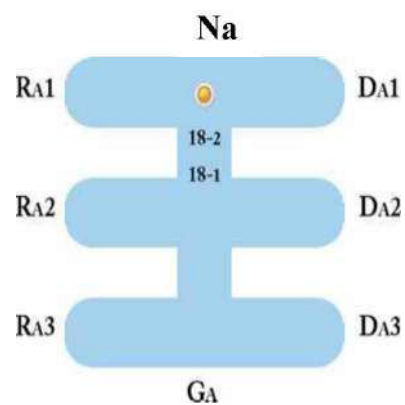
Baro: keeping the right foot at it's place at the "Na" position, turns the body leftward, draws in the "Ga", and returns to the kibon junbiseogi



18-1 Yon taraf Lateral



18-2 Yon taraf Lateral





13. Harakatni amalda qo'llanilishi

Ikki tarafdagi raqib qarama-qarshi gavda urish (momtong bandae jireugi) bilan hujum qilganda chap tarafdagi raqibni gavda ichki himoyasi (momtong anmakki) bilan qaytarib, o'ng tarafdagi raqib zarbasini gavda ichki himoyasi (momtong anmakki) bilan qaytaradi. Qarama-qarshi odam gavdaga hujum qilganda, gavda ichki himoyasi qo'yib davomidan qarama qarshi odam gavdasiga hujum qilinadi.

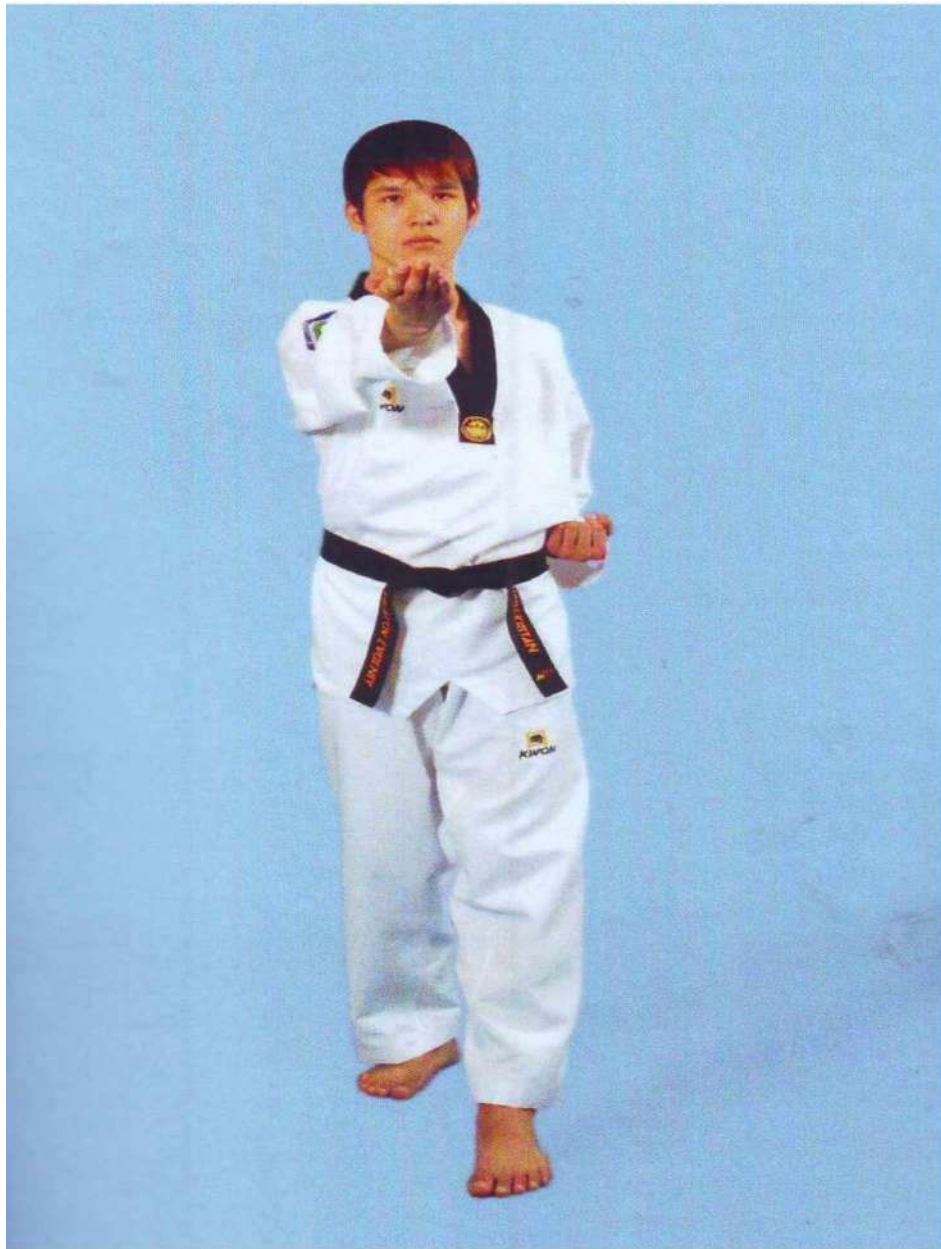
Application of action 13.

When two opponents deliver momtong jireugi, one performs a momtong anmankki against the left opponent, and successively another momtong anmankki against the right side opponent

SAVOLLAR:

1. Ikkinchi poomseda jami nechta harakatlar amalga oshiriladi?
2. Qaysi oyoq zarbasi ko'proq ishlatiladi?
3. Teageuk 2 jang taekvondoda nechinchi bosqich o'quv darajasidir?
4. Teageuk 2 jangda birinchi harakat qaysi tamondan boshlanadi?
5. Ap sogidan ap kubi holatiga o'tishda asosan nimaga ahamiyat berish kerak?
6. Ap chagi zarbasidan so'ng qo'l bilan tananing qaysi qismiga zarba beriladi?
7. Teageuk 2 jangda nech marta apchagi zarbasi ishlatiladi?
8. Oyoq zarbalarini amalga oshirish paytida qo'l tananing qaysi qismida turishi kerak?
9. Teageuk 2 jangda nechinchi harakatda kihap qilinadi?
10. Qaysi buyruqdan so'ng sportchi chumbi holatiga turadi?

TAEGEUKI 3 JANG

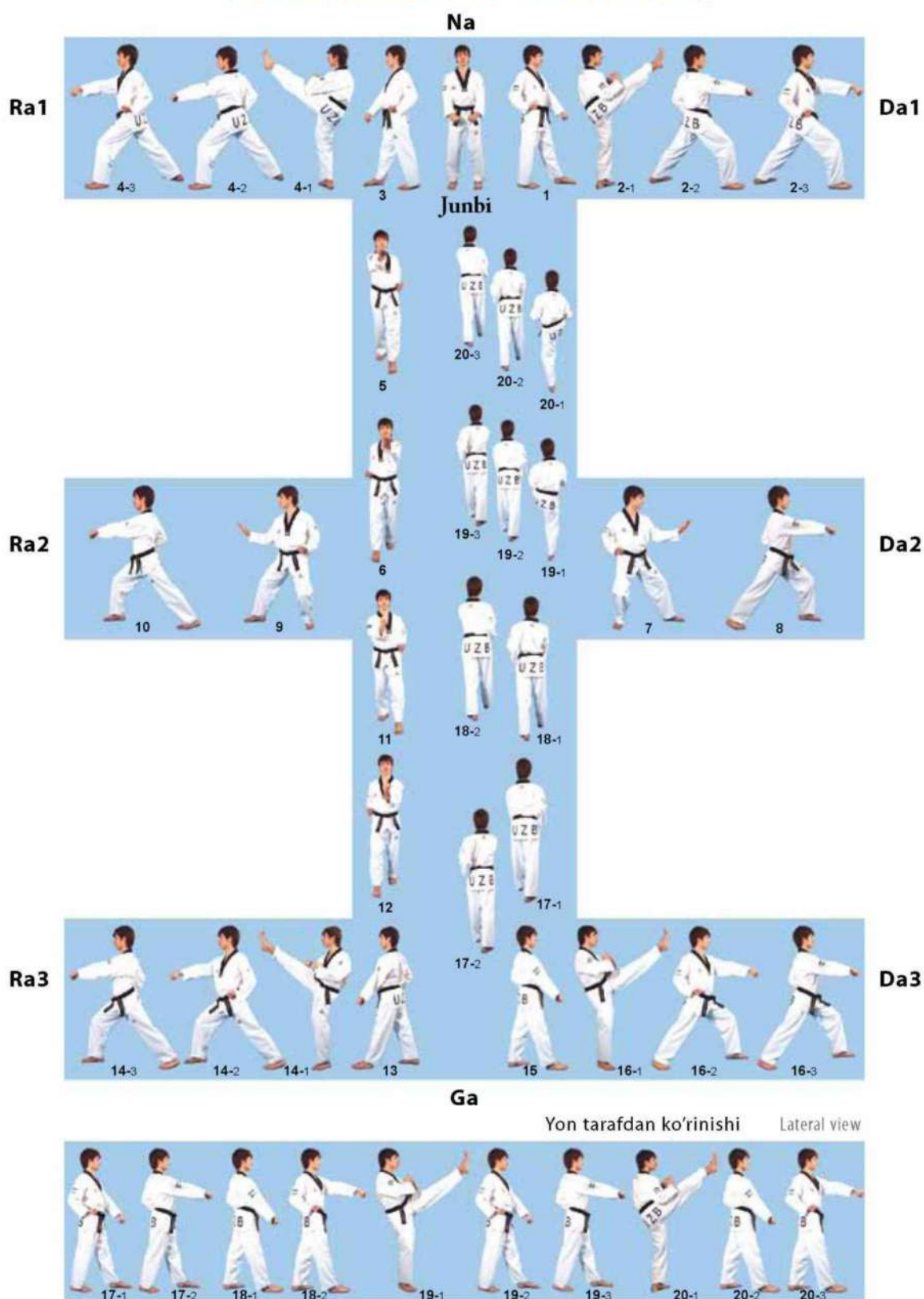


Taegeuk 3 jangdagi yangi harakatlar sonnal mokchigi,sonnal makki va dwitkubi turish holati. Bu poomsening o'ziga xos jihati makki(to'siq) va jireugi hamda chagi va davomli jireugidan iborat. Tezlik bilan raqibga qarshi hujumni uyushtirishga asosiy e'tibor qaratiladi. Bu taekvondoda 6 bosqich darajasidir.

New actions are sonnal mokchigi, sonnal makki and the dwitkubi stance. This poomsae is characterized by successive makki and jireugi, chagi and continued jireugi. Emphasis is laid on the counterattacks against the opponent's attack. The 6th Kup-grade trainees can practice this poomsae.

Taegeuk 3 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 3



Taegeuk 3 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 3 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhiseogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Ven apseogi	Oldinga qadam Put forth (foot)	Araemakki (pastki to'siq) (underneath blocking)
2	Da1	Da1	Oreun apkubi	O'ng oyoq apchagi va orqaga qadam Right foot apchagi, step down	Momtong dubeonjireogi (gavdaga ikki zarba) (trunk double punch)
3	Ra1	Ra1	Oreun apseogi	Orqaga aylanish Turn around	Araemakki (pastki to'siq) (underneath blocking)
4	Ra1	Ra1	Ven apkubi	Chap oyoq apchagi va orqaga qadam Left foot apchagi, step down	Momtong dubeonjireogi (gavdaga ikki zarba) (trunk double punch)
5	Ga	Ga	Ven apseogi	Aylanish Turn	Hansonnal mokchigi (qo'l bilan tomoqqa zarba) (one hand blade neck hitting)
6	Ga	Ga	Oreun apseogi	Oldinga qadam Put forth (foot)	Hansonnal mokchigi (qo'l bilan tomoqqa zarba) (one hand blade neck hitting)
7	Da2	Da2	Oreun dvitkubi	Chap oyoqni surib orqaga qadam L.F move and step down	Hansonnal momtong bakkatmakki (bir qo'l zarba bilan gavda to'sig'i) (one hand blade trunk side blocking)
8	Da2	Da2	Ven apkubi	Chap oyoqni ozgina oldinga surish L.F slightly pushed forward	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
9	Ra2	Ra2	Ven dvitkubi	O'ng oyoqni ozgina tortish R.F slightly pulled in	Hansonnal momtong bakkatmakki (bir qo'l zarba bilan gavda to'sig'i) (one hand blade trunk side blocking)
10	Ra2	Ra2	Oreun apkubi	O'ng oyoqni ozgina oldinga surish R.F slightly pushed forward	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
11	Ga	Ga	Ven apseogi	Qo'zg'alib qadam Move and step down	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
12	Ga	Ga	Oreun apseogi	Oldinga qadam Put forth (foot)	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
13	Ra3	Ra3	Ven apseogi	Aylanish Turn	Araemakki (pastki to'siq) (underneath blocking)
14	Ra3	Ra3	Oreun apkubi	O'ng oyoq apchagi va orqaga qadam Right foot apchagi, step down	Momtong dubeonjireogi (gavdaga ikki zarba) (trunk double punch)
15	Da3	Da3	Oreun apseogi	Orqaga aylanish Turn around	araemakki (pastki to'siq) (underneath blocking)
16	Da3	Da3	Ven apkubi	Chap oyoq apchagi va orqaga qadam Left foot apchagi, step down	Momtong dubeonjireogi (gavdaga ikki zarba) (trunk double punch)
17	Na	Na	Ven apseogi	Aylanish, pastki to'siq Turn, araemakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
18	Na	Na	Oreun apseogi	Oldinga qadam va pastki to'siq	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
19	Na	Na	Ven apseogi	Chap oyoq apchagi, oldinga qadam, pastki to'siq L.F apchagi, step down&araemakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
20	Na	Na	Oreun apseogi	O'ng oyoq apchagi, oldinga qadam, pastki to'siq R.F apchagi, step down&araemakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
Baro	Ga	Na	Naranhiseogi	Chap oyoqni chap tarafga tortish Left foot turn leftward	Kibon junbiseogi (asosiy holat) (basic ready stance)



Taegeuk 3 Jang



Junbi

Tayyorlanish (Junbi) Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

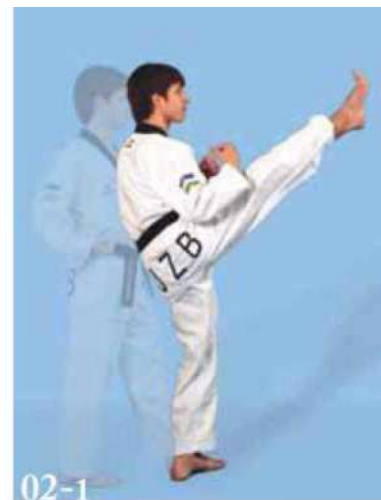
From "Na" position, one looks toward "Ga" direction, and makes kibon junbiseogi



01

Da 1 tarafga chap oyoq bir qadam tashlab, wen apseogi va arae makki

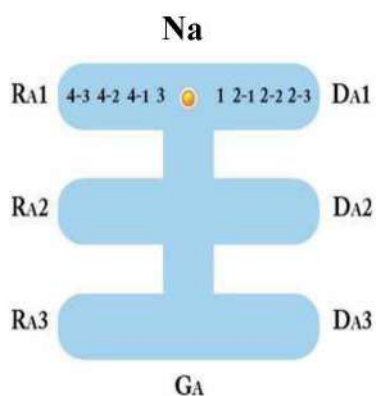
puts forth the left foot in the direction of "Da"(1) making a wen apseogi and executes the arae makki



02-1

Da 1 tarafga o'ng oyoq apchagi bir qadam tashlab, oreum apkubi va momtong dubeon jireugi

delivers an oreunbal apchagi toward "Da" (1), puts down the foot to make an oreum apkubi, and delivers a momtong dubeon (twice) jireugi



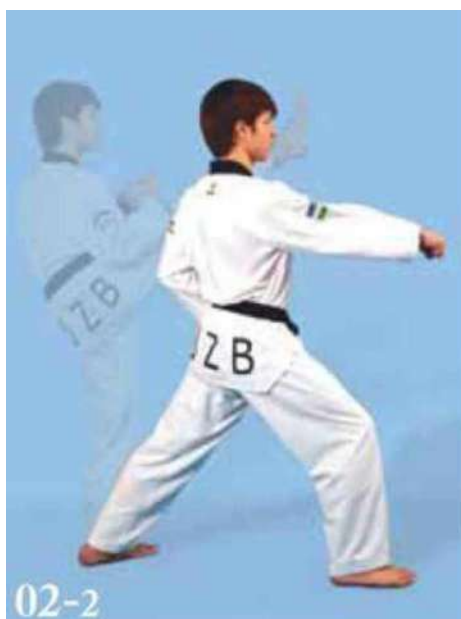
04-3

Qadam tashlab, wen apkubi va momtong debeon jireugi

04-2~04-3, puts the foot down, makes a wen apkubi, and delivers momtong dubeon jireugi. see 4-2 and 4-3)

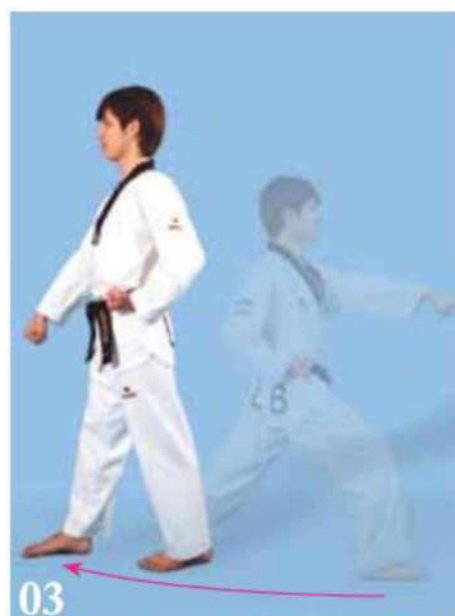


04-2



2-2, 3-3 tepishni qilib ikki marta urayotganda ham tepayotgan oyoq tarafdagi musht birinchi uradi. Urish to'xtovsiz ikki marta urilib apchagini qilgan oyoqni qo'ygan zahoti ikki marta uriladi

02-2~02-3, when delivering the dubeonjireugi after the kicking, the fist on the side of kicking leg makes the jireugi first. Deliver the two straight punches in a row, putting down the foot used in the front kick



Ra 1 taraf chap oyoq old tepish, wen apchagi
delivers a wenbal apchagi toward "Ra" (1)

Ra 1 taraf o'ng oyoqni ko'tarib orqaga aylantirib, oreun apseogi va araemakki
moves the right foot toward "Ra" (1) to turn around, makes an oreun apseogi, and performs an araemakki

qo'lning ochiq kaft qismi haddan tashqari qayrilmasligi kerak, harakat vaqtida tirsak gavadan juda uzoqqa ketib qolmasligi kerak

The wrist should be kept straight and when mokchigi starts the elbow should not be too far away from the



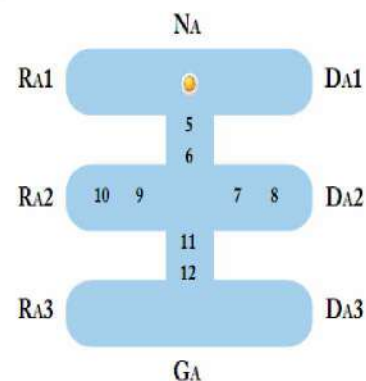
05

kaftning yon qismi bilan urish bo'yin balandligida

Sonnal mokchigi is as high as the level of your neck



06



Ga taraf chap oyoqni ko'tarib, wen apseogi va sonnal mokchigi

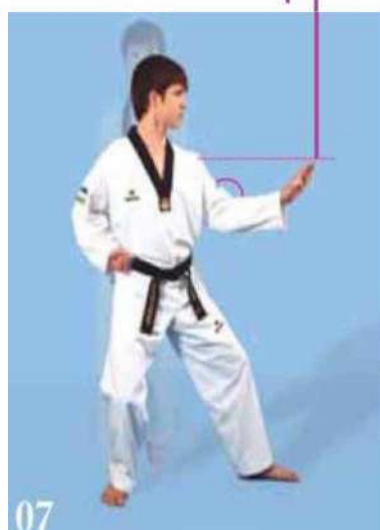
moves the left foot toward "Ga" to make a wen apseogi, and delivers a sonnal mokchigi

Ga tarafga o'ng oyoq bir qadam tashlab, oreun apseogi va sonnal mokchigi

Puts forth the right foot toward "Ga" to make an oreun apseogi, and executes a sonnal mokchigi

qo'l uchi yelka balandligida

The height of the finger tips is around the shoulder level



07

Da 2 tarafga chap oyoqni ko'tarib, Oreun dwitkubi va hansonnal momtong bakkatmakki

moves the left foot toward "Da" (2) to make an oreun dwitkubi, and performs a hansonnal momtong bakkatmakki



08

Da 2 taraf o'ng oyoq o'z joyida chap oyoq bir qadam oldinga tashlab, wen apkubi va momtong barojireugi

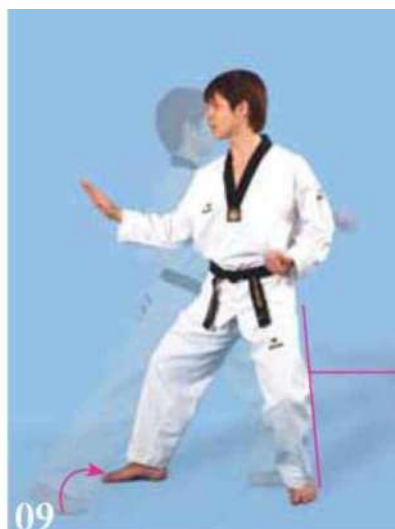
with the right foot at its place looking toward "Da" (2), one pushes the left foot forward half a step to make wen apkubi, and delivers a momtong barojireugi



10

Ra 2 taraf chap oyoq o'z joyida bir qadam oldinga tashlab, oreun apkubi va momtong baro jireugi

with the left foot at its place looking toward "Ra" (2), pushes the right foot forward half a step to make an oreun apkubi, and delivers a momtong barojireugi



09

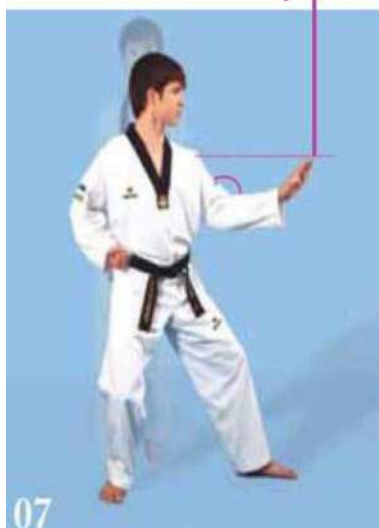
Ra 2 taraf chap oyoq o'z joyida yo'nalishni o'zgartirib, wen dwitkubi va hanssonal momtong bakkatmakki

with the left foot at its place, looking toward "Ra" (2) turns the direction to make a wen dwitkubi, and performs a hanssonal momtong bakkatmakki

Oyoqlar orasidagi masofa bir qadam (uch oyoq kengligi)

The back stance is one walking distance (about three feet)

tirsak yerga yo'naltiriladi
The elbows should point to the floor



07

Ga tarafga chap oyoqni ko'tarib bosib, wen apkubi va momtong anmakki

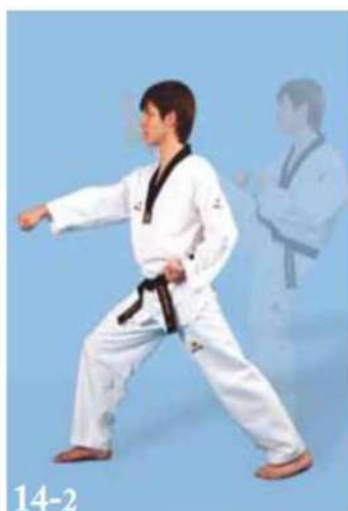
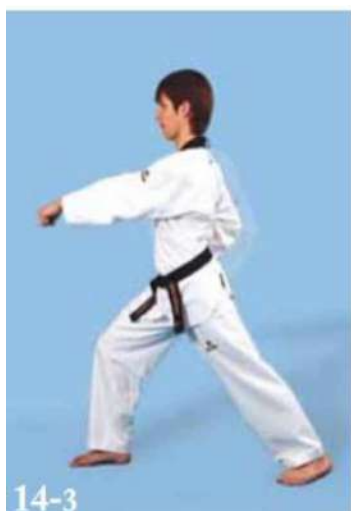
moves the left foot down on the ground toward "Ga" to make a wen apseogi, and performs a momtong anmakki



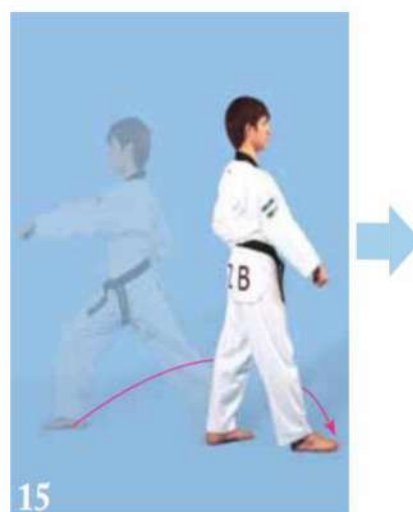
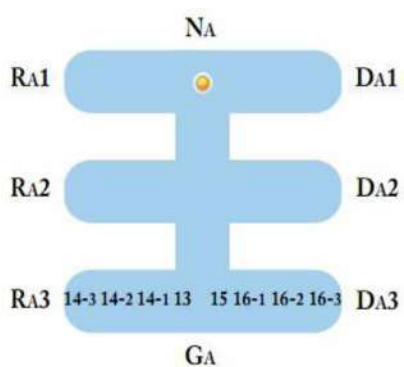
08

Ga taraf o'ng oyoqni oldinga tashlab, oreun apseogi va momtong anmakki

Puts forth the right foot forward "Ga" to make an oreun apseogi, and performs a momtong anmakki



Ra 3 taraf o'ng oyoq apchagi, qadam bosib, oreun ap kubi va momton dubeon jireugi delivers an oreunbal apchagi toward "Ra" (3), puts the foot down on the ground to make an oreun apkubi, and delivers momtong dubeonjireugi





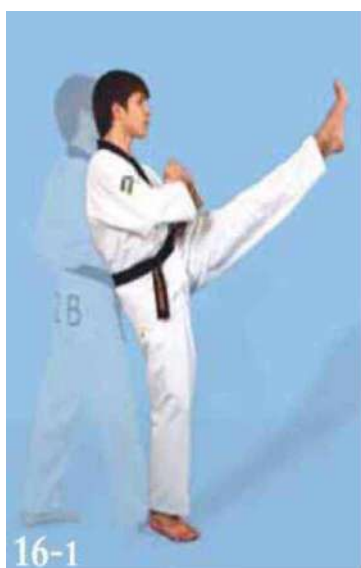
Bahoni pasaytirish holatlari **Deduction factors**

Tepish chagi

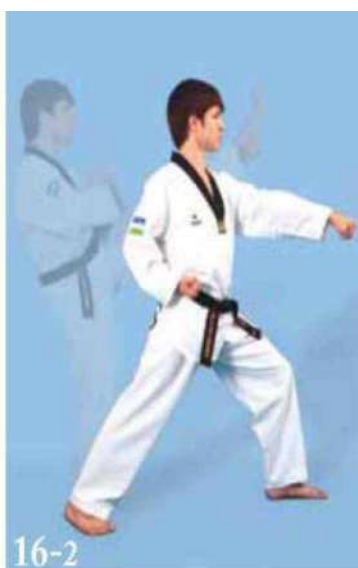
- Oyoq tepish palchagi vaqtida tizzani bukkandan so'ng ataylab to'xtaydigan harakat amalga oshirilsa baho pasaytiriladi.
- Tepishning ijobiy tarafi aniq ko'rsatilishi kerak. Lekin bunga urg'u berish uchun ataylab to'xtab qolinsa baho pasaytiriladi.
- Tepayotgan vaqtda tepayotgan oyoq va gavda o'zaro mos burchak ostida bo'lishi kerak.
- Gavdaning muvozanati yo'qolsa yoki haddan tashqari chiqib ketsa baho pasaytiriladi.

Chagi (kicking)

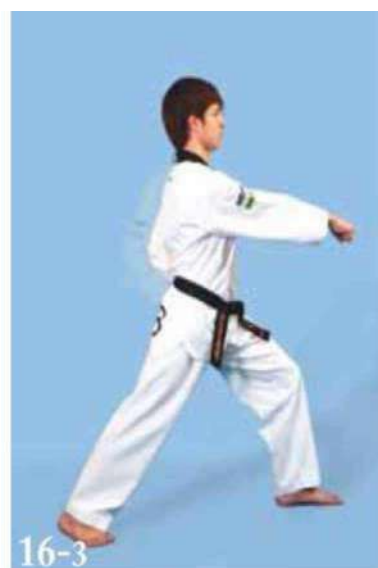
- Points will be deducted for intentional display of the stopping motion of the knee bending when kicking.
- Pertex of the kick must be display clearly, however, points will be deducted for intentionally holding the kick to emphasize the kick.
- kicking leg and upper body should obtain appropriate angels when kicking. Points will be deducted if the upper body drops too low or balance is not kept.



16-1



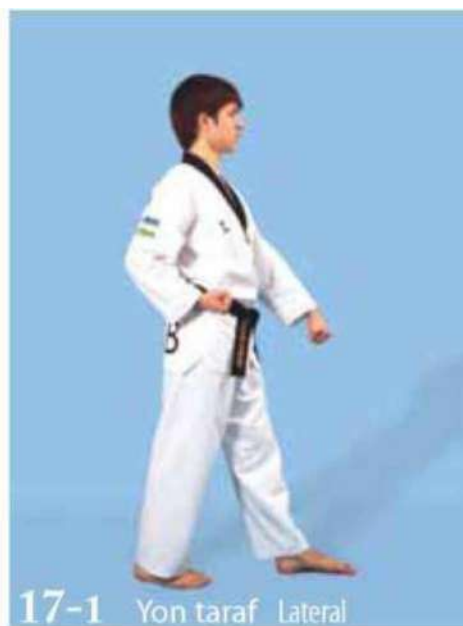
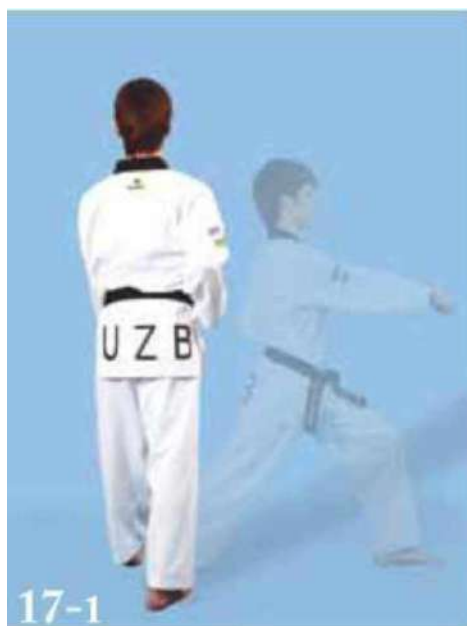
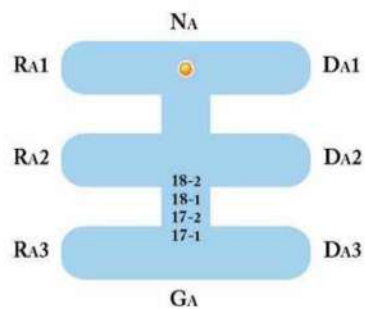
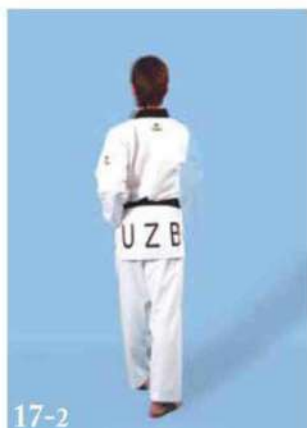
16-2



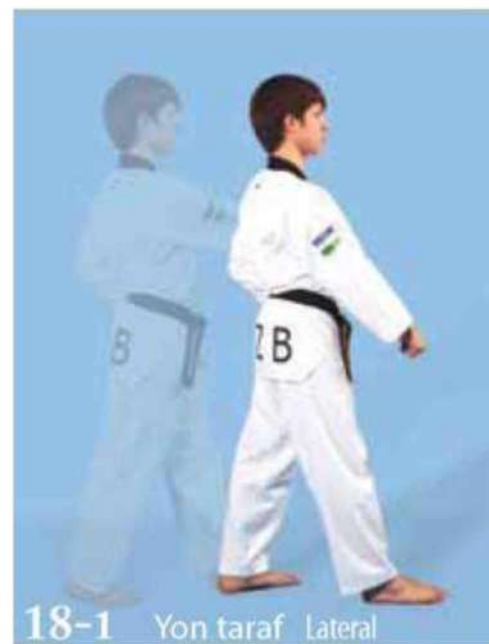
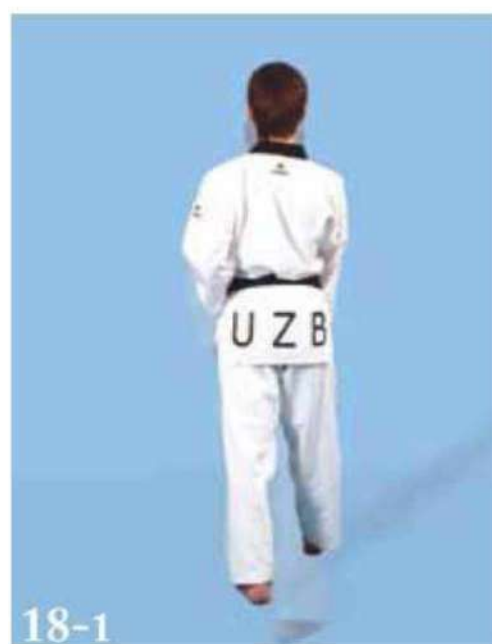
16-3

Da 3 tarafa chap oyoq apchagi, qadam bosib, wen apkubi va momtong dubeon jireugi

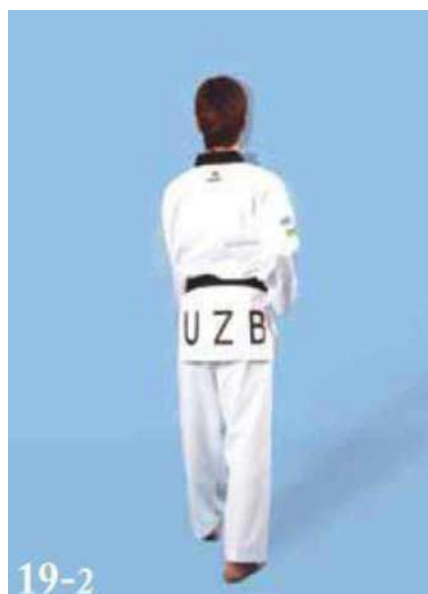
delivers a wenbal apcahgi toward "Da"(3) puts down the foot to make a wen apkubi, and delivers momtong dubeonjireugi (see the 16-1, 16-2 and 16-1) Position the right fist in front of your chest and remain your left fist near the waist for the punching the next motion



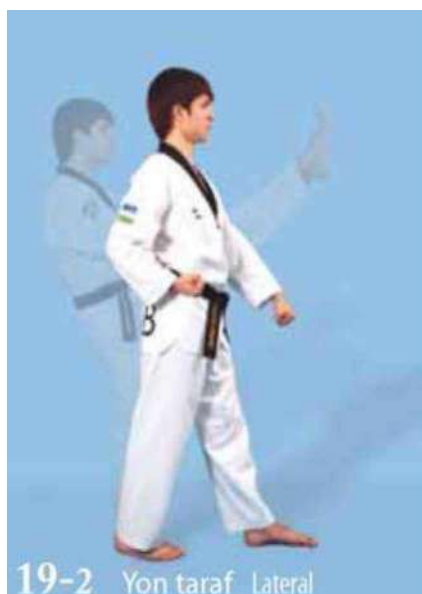
Na tarafga chap oyoqni ko'tarib aylanib, wen apseogi va araemakki, momtong barojireugi moves the left foot toward "Na" to turn around, makes a wen apseogi, performs an araemakki and continuously delivers a momtong barojireugi (see photo 17-1, 17-2 and lateral views)



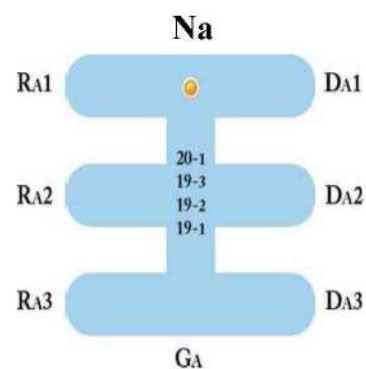
Na tarafga o'ng oyoq bilan bir qadam tashlab, oreun apseogi va arae makki, momtong baro jireug
puts forth the right foot toward "Na" to make an oreun apseogi, performs an araemakki and delivers a momtong
barojireugi (see 18-1, 18-2 and lateral views)



19-2

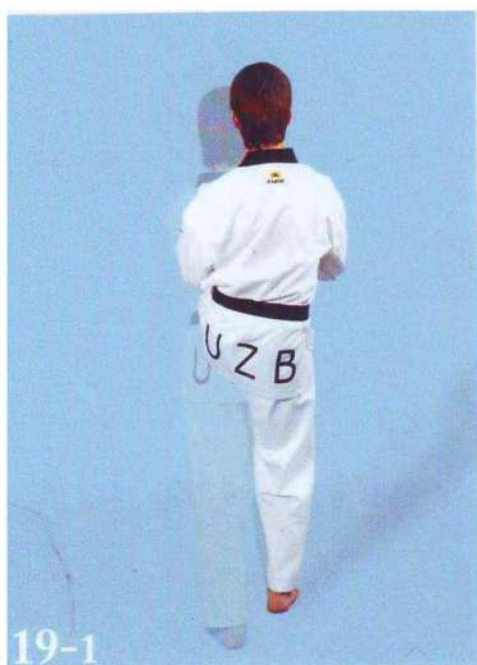


19-2 Yon taraf Lateral

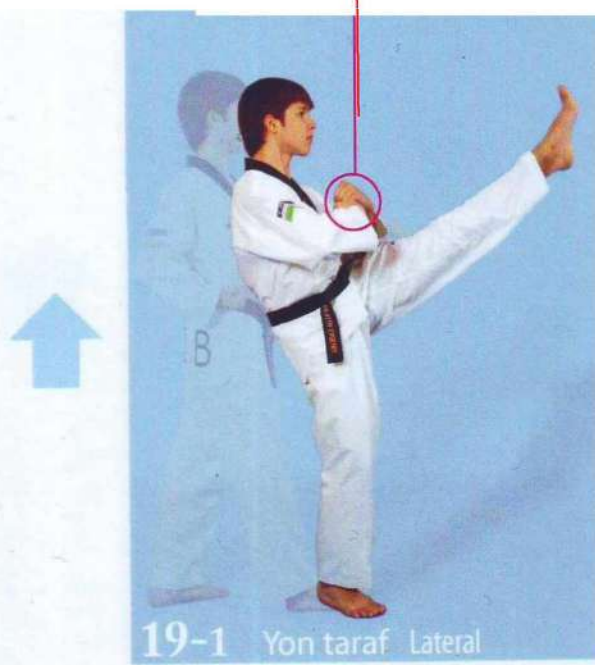


Na tarafga chap oyoq apchagini bajarib bir qadam bosib, wen apseogi va arae makki, momtong barojireugi.

delivers a wenbal apchagi toward "Na" puts down the foot to make a wen apseogi, performs an arae makki, and delivers a momtong barojireugi (see photos: 19-1 and its lateral view 19-2 and lateral view



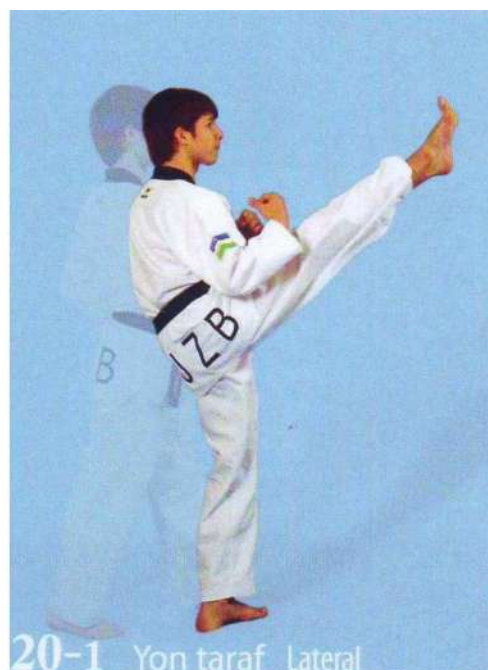
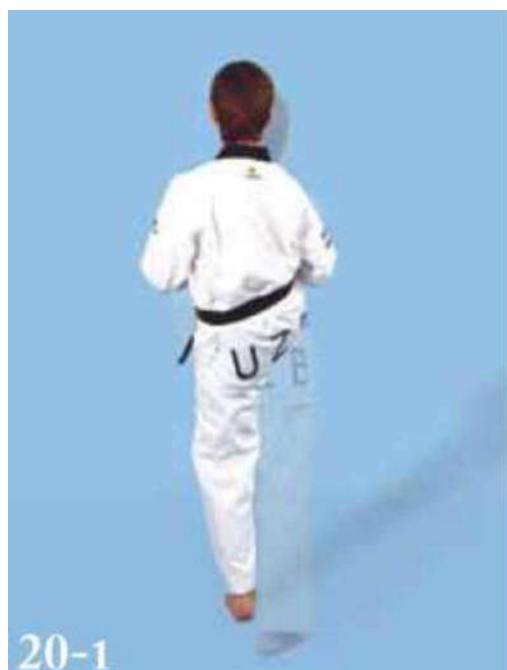
19-1



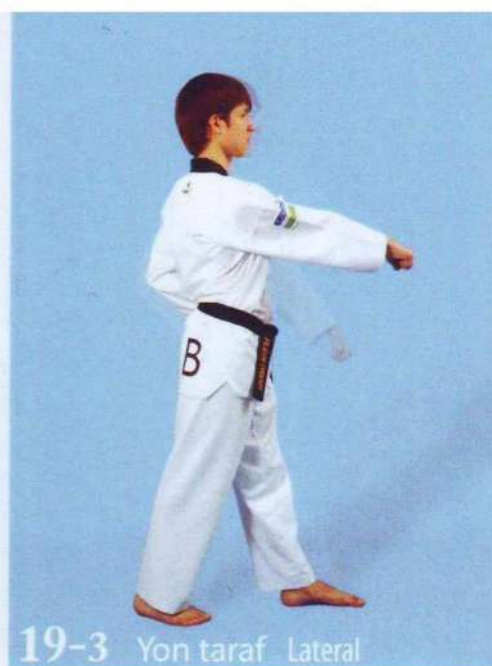
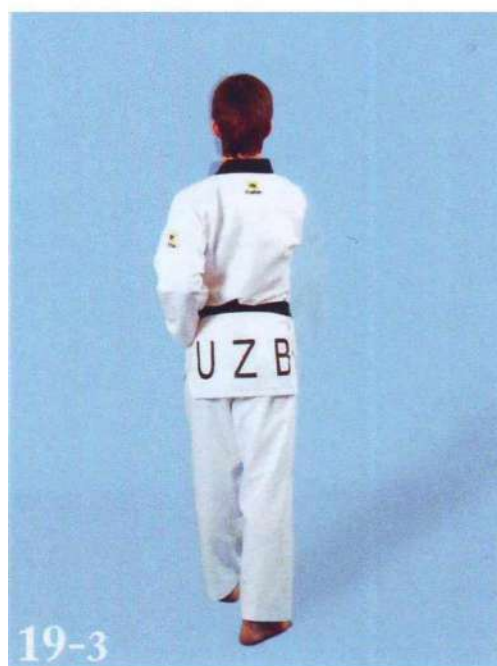
19-1 Yon taraf Lateral

Na tarafga chap oyoq apchagini bajarib bir qadam bosib, wen apseogi va arae makki, momtong barojireugi.

delivers a wenbal apchagi toward "Na" puts down the foot to make a wen apseogi, performs an arae makki, and delivers a momtong barojireugi (see photos: 19-1 and its lateral view, 19-2 and lateral view, 19-3 and lateral view)

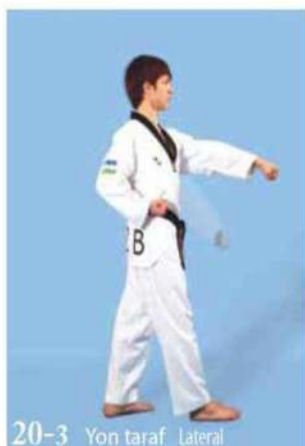


Na taraf o'ng oyoq apchagini amalga oshrib qadam bosib, oreun apseogi arae makki, momtong barojireugi delivers an oreunbal apchagi toward "Na", puts down the foot to make an oreun apseogi, performs an araemakki, and delivers a momtong barojireugi (utterance of "Kihap") (see 20-1, 20-2, 20-3 and all their lateral view

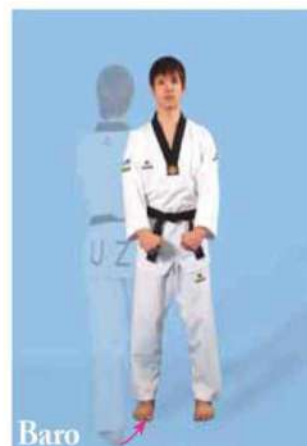




20-3



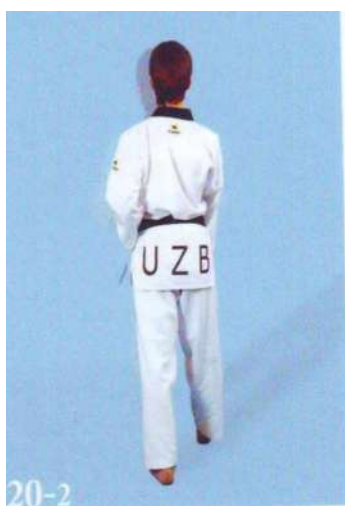
20-3 Yon taraf Lateral



Baro

O'ng oyoq o'z joyida Na holatidan gavgani chap tarafga aylantirib chap oyoq tortiladi. Ga tarafga qarab asosiy tayyorlanish holati

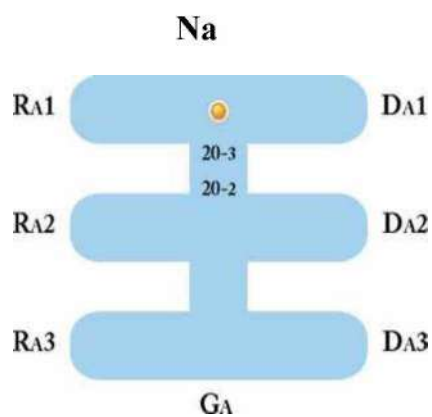
Baro: keeping the right foot at its place at the "Na" position, turns the body leftward, draws in the left foot, looking toward "Ga", and returns to the kibon jumbiseogi



20-2



20-2 Yon taraf Lateral





1. Harakatni amalda qo'llanilishi.
Raqibning old tepish, (apchagi) zarbasini
pastki himoya usuli bilan qaytarib

Application of action 1.
Use an araemakki to counter the opponent's



2-2 Harakatni amalda qo'llanilishi.
Keyin esa ikki marta gavda urish (momton
dubeon jireugini) amalga oshiradi

Application of action 2-2.
Continues to deliver dubeonjireugi



2-3 Harakatni amalda qo'llanilishi.
Raqib zarbadan qochganda yoki qarshi hujumdan
oldin tezlik bilan odatiy gavda urish (momtong
baro jireugi) bilan hujum qilinadi

Application of action 2-3. Before the opponent
averts or deliver a counterattack, one delivers
swiftly a counterattack by a momtong barojireugi



5. Harakatni amalda qo'llanilishi. Raqibning
gavda urish (momtong jireugi) ni bir qo'l yon
qismi bilan tashqi blok (hansonnal bakkatmakki)
bilan qaytarib

Application of action 7.
Uses a hansonnal bakkatmakki to counter the
opponent's momtongjireugi



8. Harakatni amalda qo'llanilishi.

Keyin odatiy gavda urish (momtong baro jireugi) bilan qarshi zarba beriladi.

*Zarbani qaytarib zarba berishni tezlik bilan almashtirilishi zarur

Application of action 8.

Continues to counterattack by a momtong barojireugi

*One must be trained to execute a makki and jireugi to switch swiftly



18-1. Harakatni amalda qo'llanilishi Raqibga (apchagi) bilan zarba berganda u pastki to'siqni amalga oshirib, old tepish (apchigi) bilan qarshi zarba berib, kelayotgan zarbani

Application of action 18-1.

When the opponent counterattacks against one's apchagi by araemakki and delivers apchagi



18-2 Harakatni amalda qo'llanilishi.

Pastki to'siq bilan qaytarib, keyin esa odatiy urish (baro jireugi) bilan qarshi hujum qilinadi.

* Raqib ham endi mening texnik usulimni o'rganib qarshi zarba tez bo'lganligi sababli men ham undan ham yuqoriroq usulni qo'llab zarba berishim zarur. Yana mashg'ulotda usullar qo'llanilishining tezligini oshirishni yodda saqlash zarur.

Application of action 18-2.

Defends by an araemakki and counterattacks by baro jireugi successively.

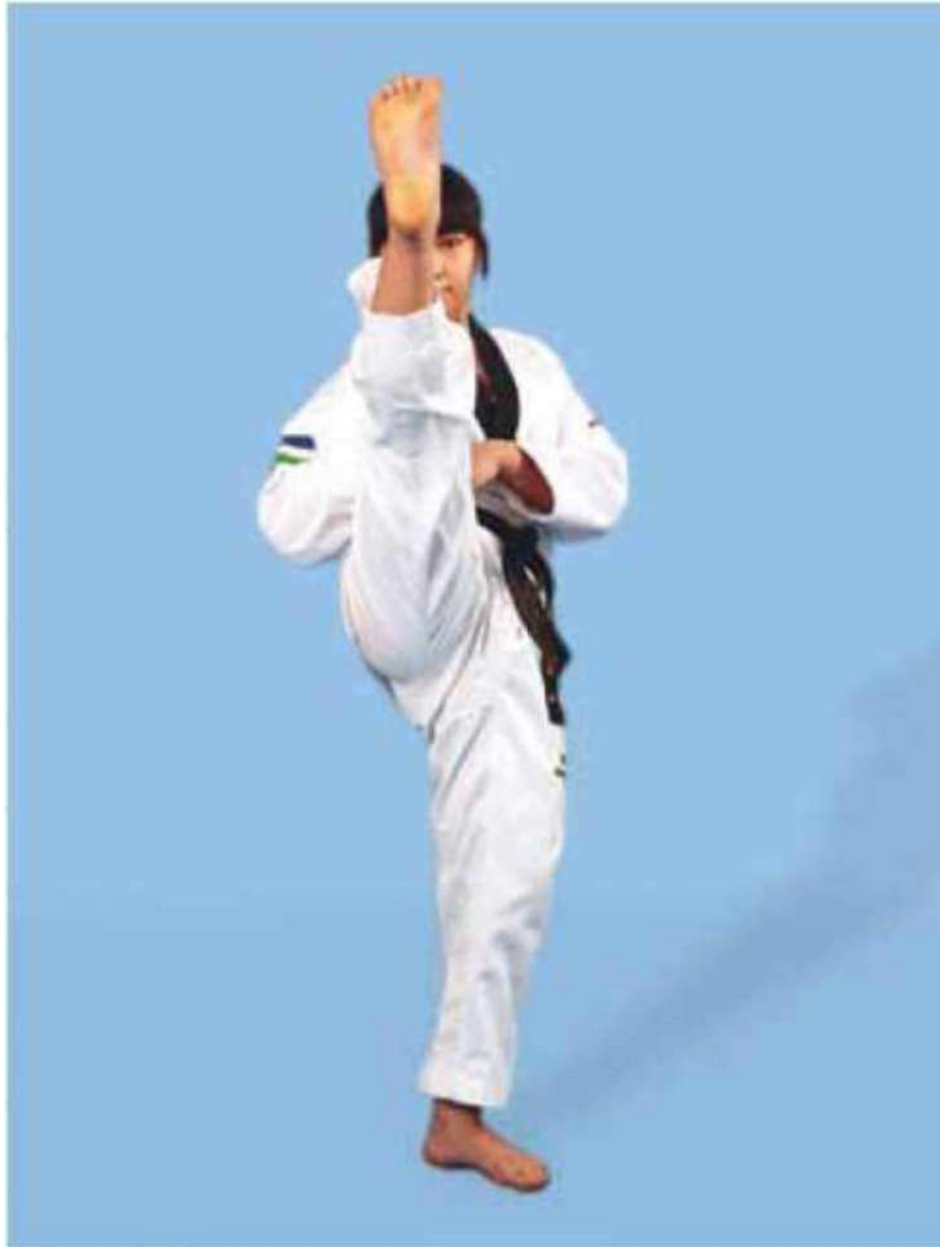
* As the opponent becomes proficient in techniques, one should be swift and more adept in counterattacking. One must pay attention to the importance of speed of technique switching



SAVOLLAR:

1. Teageuk 3 jangda qanday yangi harakatlar bor?
2. Teageuk 3 jangda jami nechta harakatlar mavjud?
3. Sonnal mokchigi tananing qaysi qismiga uriladi?
4. Oyoq zarbasi berilgandan so'ng birinchi qaysi musht bilan uriladi?
5. Qo'l harakatlarini bajarishda asosan nimalarga e'tibor berish zarur?
6. Hansonnal momtong bakkatmakida oyoqlar qanday holatda turishi kerak?
7. 16-2, 16-3 harakatlari qanday tezlikda bajariladi?
8. 7-9 chi turish holati qanday ataladi?
9. Qo'l zarbalari qanday amalga oshiriladi?
10. Teageuk 3 jang qaysi harakat bilan tugaydi?

TAEGEUKI 4 JANG

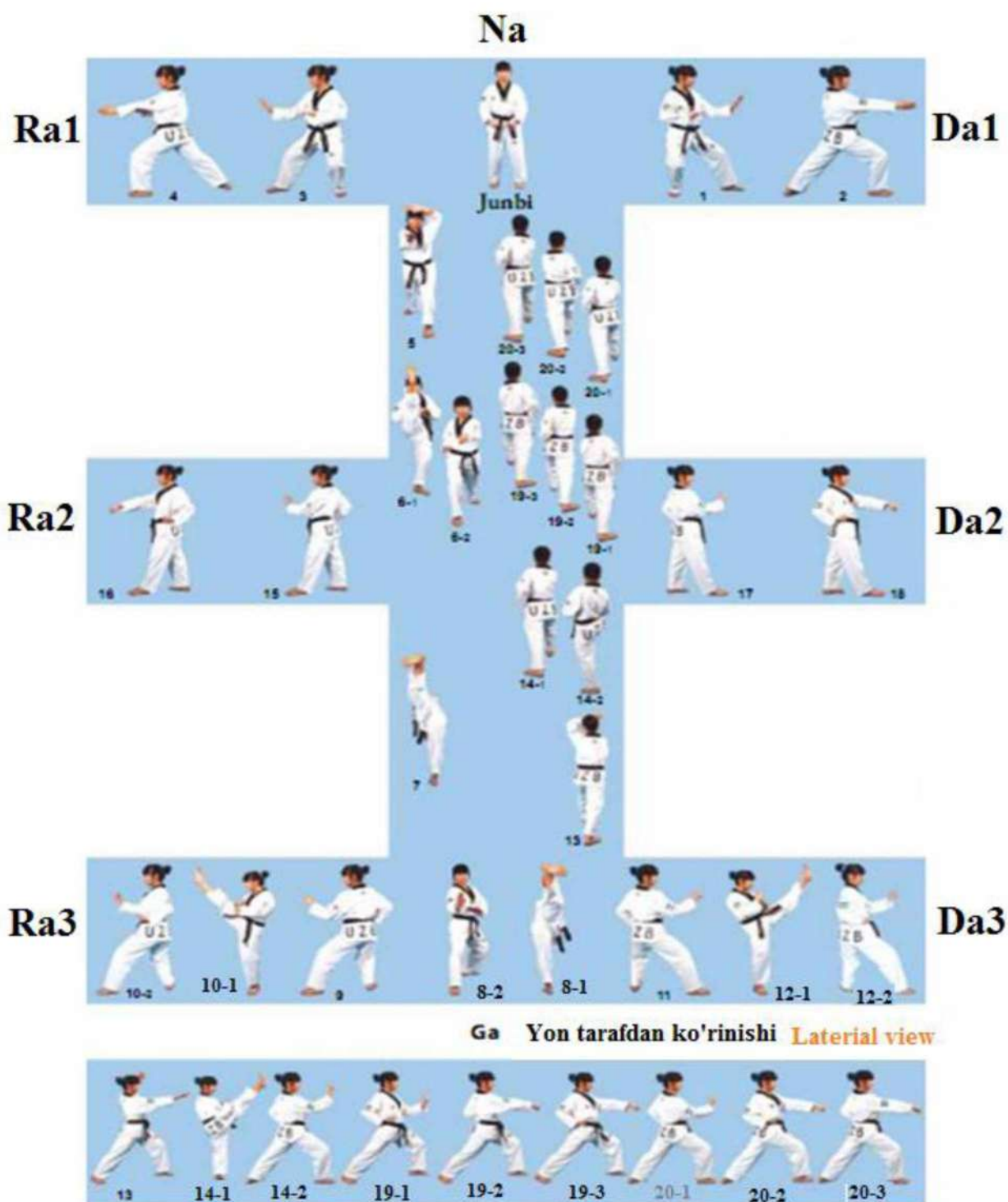


Taegeuk 4 jangda ko'k rangli belbog'ga mos ravishda yuqori mahorat talab qiladigan harakatlar ko'p. Yangi harakatlar bu sonnal momtongmakki, pyonsonkkeuttzireugi, jebipoom mokchigi, yopchagi, momtong pakkatmakki, deungjumrok olgulapchigi hisoblanadi. Bu ko'plab kyorugi uchun tayyorgarlik turish holatlari va turli dvitkubi seogi harakatlari bilan alohida ajralib turadi. Poomseda bu 5 daraja hisoblanadi.

New techniques are sonnal momtongmakki, pyonsonkkeuttzireugi, jebipoom mokchigi, yopchagi. momtong bakkatmakki, deungjumeok olgulapchigi, It is characterized by various movements in preparation for the kyorugi and lots of dwitkubi seogi cases. The 5th Kup-grade trainees practice this poomsae.

Taegeuk 4 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 4 Ja



Taegeuk 4 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 4 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Oreun dvitkubi	Oldinga qadam Put forth (foot)	Sonnal motongmakki (qo'lda zarba gavda to'sig'i) (hand blade trunk blocking)
2	Da1	Da1	Oreun apkubi	Oldinga qadam Put forth (foot)	Pyonsokkeut sovotzireugi (tekis qo'l, barmoq uchlarini yig'ib zarba) (flat-hand fingertips erect punch)
3	Ra1	Ra1	Ven dvitkubi	Orqaga aylanish Turn around	Sonnal motongmakki (qo'lda zarba gavda to'sig'i) (hand blade trunk blocking)
4	Ra1	Ra1	Ven apkubi	Oldinga qadam Put forth (foot)	Pyonsokkeut sovotzireugi (tekis qo'l, barmoq uchlarini yig'ib zarba) (flat-hand fingertips erect punch)
5	Ga	Ga	Ven apkubi	Aylanish Turn around	Jebi poom mokchigi (jebi poom, qo'l bilan tomoqqa zarba) (swallowpoom one hand blade neck hitting)
6	Ga	Ga	Oreun apkubi	O'ng oyoq apchagi, orqaga yurish Right foot apchagi, step down	Momtung barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
7	Ga	Ga		Chap oyoq yopchagi L.F yopchagi	
8	Ga	Ga	Ven dvitkubi	O'ng oyoq yopchagi, orqaga yurish R.F yopchagi, step down	Sonnal momtungmakki (qo'l bilan zarba va gavda to'sig'i) (hand blade trunk blocking)
9	Ra3	Ra3	Oreun dvitkubi	Aylanish Turn around	Momtung bakkatmakki (gavda tashqi qismi to'sig'i) (trunk outer blocking)
10	Ra3	Ra3	Oreun dvitkubi	O'ng oyoq apchagi, o'z joyiga qaytish R.F apchagi, place back	Momtung anmakki (gavda ichki to'sig'i) (trunk inner blocking)
11	Da3	Da3	Ven dvitkubi	Ikki oyoq o'z joyida(almashtirish) Feet remain, change of direction	Momtung bakkatmakki (gavda tashqi qismi to'sig'i) (trunk outer blocking)
12	Da3	Da3	Ven dvitkubi	Chap oyoq apchagi, orqaga qaytish L.F apchagi, place back	Momtung anmakki (gavda ichki to'sig'i) (trunk inner blocking)
13	Na	Na	Ven apkubi	Qo'zg'alib orqaga qadam Move to step down	Jebi poom mokchigi (jebi poom, qo'l bilan tomoqqa zarba) (swallowpoom one hand blade neck hitting)
14	Na	Na	Oreun apkubi	O'ng oyoq apchagi va orqaga qadam foot apchagi, stepdown	Deungjumeok olgul apchigi (musht, yuzga zarba) (backfist face hitting)
15	Ra2	Ra2	Ven apseogi	Qo'zg'alib orqaga qadam Move to step down	Momtungmakki (gavda to'sig'i) (trunk blocking)
16	Ra2	Ra2	Ven apseogi	Ikki oyoq eski holatda turishi Feet remain, the same stance	Momtung barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
17	Ra2	Ra2	Ven apseogi	Ikki oyoq o'z joyida(almashtirish) Feet remain, change of direction	momtungmakki (gavda to'sig'i) (trunk blocking)
18	Da2	Da2	Oreun apseogi	Ikki oyoq eski holatda turishi Feet remain, the same stance	Momtung barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
19	Na	Na	Ven apkubi	Qo'zg'alib orqaga qadam (gavda to'sig'i) Move to step down (momtungmakki)	Momtung dubeonjireugi (gavdaga ikki zarba) (trunk dubeon punch)
20	Na	Na	Oreun apkubi	Oldinga qadam (gavda to'sig'i) Put forth (foot) (momtungmakki)	Momtung dubeonjireugi "kihap" (gavdaga ikki zarba) (trunk dubeon punch)
Baro	Ga	Na	Naranhise ogi	Chap oyoqni chap tarafga tortish L.F pulled to turn leftward	Kibon junbiseogi (asosiy holat) (basic ready stance)



Taegeuk 4 Jang

ikkinchi qo'lining byongchi chigali
balandligida joylashgan

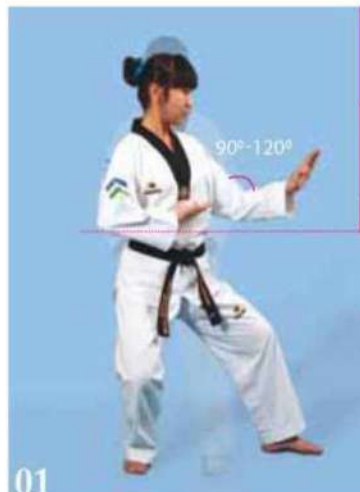
The above the solar plexus and parallel
to the elbow of depending hand



Junbi

Na holatidan Ga tarafga qarab turib
asosiy tayyorlanish holati

From "Na" position, one looks
toward "Ga" direction, and makes
kibon junbiseogi



01

Da 1 tarafga chap oyoq bir qadam
bosib, oreun dwitkubi va
sonnalmakki

puts forth the left foot toward "Da"
(1), makes an oreun dwitkubi, and
performs a sonnalmakki



02

Da 1 taraf o'ng oyoq oldinga qadam
tashlab, oreun apkubi va pyonsonkkeut
sewotzireugi

puts forth the right foot toward "Da"
(1), performs a nullomakki, makes an
oreun apkubi and delivers
pyonsonkkeut sewotzireugi

maqsad byongchi, tayanch qo'l uradigan qo'l
tirsakida joylashadi

The target is the solar plexus. Locate the
pressing hand under the elbow of prodding arm



04

Da 1 taraf chap oyoq oldinga bir qadam
tashlab, wen apkubi va pyonsonkkeut
sewotzireugi

puts forth the left foot toward "Da"(1), makes an
wen apkubi, and performs a pyonsonkkeut
sewotzireugi



03

Ra 1 taraf ga o'ng oyoqni ko'tarib orqaga aylantirib, wend-
witkubi va sonnalmakki

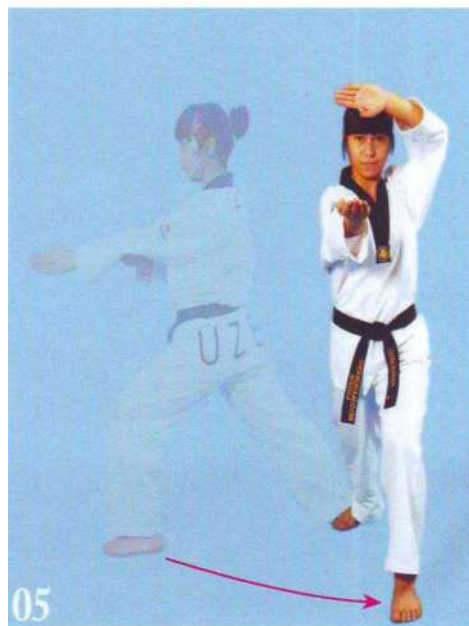
moves the right foot toward "Ra" (1) to turn around, makes a wen
dwitkubi, and performs a sonnalmomtongmakki



HARAKAT QOIDASI MOVEMENT

Bosib yopib ochiq qo'l uchi vertikal urish. Nullomakko, Pyonsonkkeut sewotzireugi.
- Qo'l yon qismi bilan blo'k qo'yib.

Nullomakko pyonsonkkeut sewotzireugi (downward block and spear hand)
- After sonnal makki, do nullo makki and pyonsonkkeut sewotzireugi at same time.



"qaldirg'och" zarbasi vaqtida, Sonnal zarbasi bolmagan barcha boshqa harakatlar uchun ball olib tashlanadi.

Whenever "Swallow" is involved in any motions, the Sonnal pushing not hitting the neck, will be deduction point.

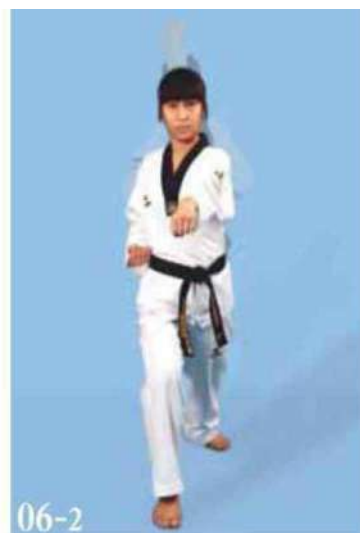
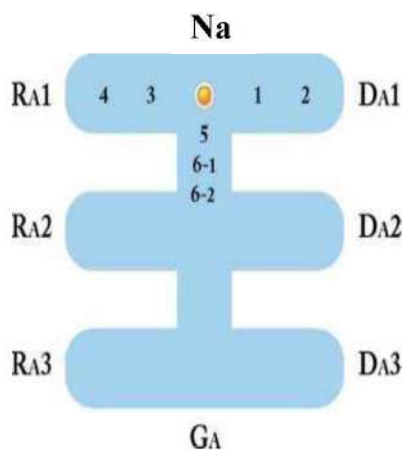
BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Bosib yopib ochiq qo'l uchi vertikal urish. Nullomakko, pyonsonkkeut sewotzireugi.
- Bundan tashqari harakat qoidasiga zid kelgan harakatlar.

Nullomakko pyonsonkkeut sewotzireugi (downward block and spear hand)
- In case of not doing the nullo makki and tzireugi at the same time.
- Any movements other than shown above will be deduction points.

Ga tarafga chap oyoqni ko'tarib aylanib wen apkubi va jebipo'm mokchigi

moves the left foot toward "Ga" to turn around, makes a wen apkubi, and delivers a jebipoom mokchigi

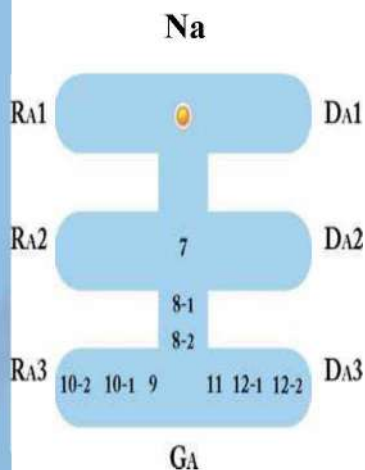


Ga taraf o'ng oyoq old tepishni apchagi, qilib qadam bosib, oreun apkubi va momton barojireugi

delivers an oreunbal apchagi toward "Ga" puts down the foot to make an oreun apkubi and delivers a momtong barojireugi



chap oyoq yon tepish, wenbal yopchagi
delivers wenbla yopchagi



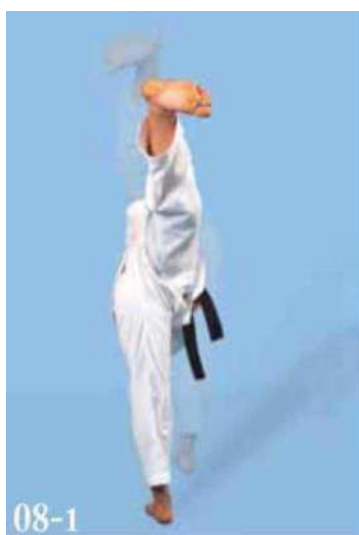
HARAKAT QOIDASI MOVEMENT

Old tepish gavda ichki to'sig'i. Ap chagi momtong makki.

- Orqaga oyoqni bosganda
- Himoya usuli harakati qo'llanilayotganda qo'l va oyoq bir vaqtda ishlatiladi.
- Orqa bukkilish va gavda ichki himoya usulitez ko'rsatiladi.

Dwitkubi va momtong anmakki. Apchagi momtong anmakki (front kick and inward body block)

- When stepping back, do not slide back -hand and foot is performed at the same time for makki (blocking)
- Dwitkubi momtong anmakki is shown properly.



O'ng oyoq yopchagi oldinga qadam tashlab (chap oyoq, o'ng oyoq , yon tepish vaqtida ikki qo'l ko'krak oldiga qo'yiladi) , wen dwitkubi va sonnal makki

delivers an oreunbal yopchagi, puts down the foot (consecutive yopchagi by the left foot and the right foot), makes a wen dwitkubi, performs a sonnal momtongmakki. During sidekicks, position your two fists in front of your chest



BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Old tepish gavda ichki himoyasi. Ap chagi momtong makki.

- Old oyoqni orqaga tortadigan harakat.
- Turish holatiga kelgandan so'ng to'siq berish holati.
- Orqa bukish, dwitkubi aniq bajarilmagan holatda.
- Bundan tashqari harakat qoidasi zid kelgan harakatlar.

Apchagi momtong anmakki (front kick and inward body block)

- Pulling the front foot back.
- Doing makki after seogi.
- Not having proper dwitkubi.
- Any movements other than shown above will be deduction points.



Dwitkubi va anmaki bir vaqta qilinishi kerak, anmaki tananing markazida joylashgan bo'lishi kerak

Deliver Dwitkubi and Anmaki at the same time, the Anmakki should be position in the central line of body

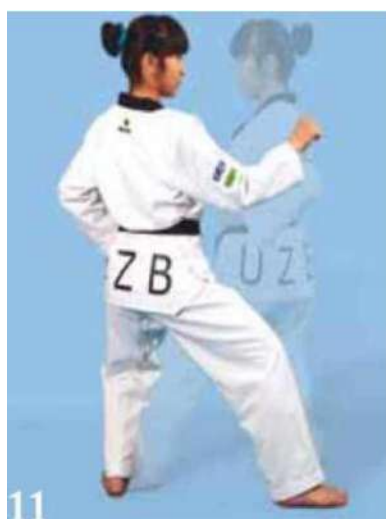


Ra 3 taraf o'ng oyoq apchagini bajarib o'z joyiga qayta qo'yib, oreun dwitkubi va momtong anmakki

delivers an oreunbal apchagi toward "Ra" (3), puts back the foot to the original position to make an oreun dwitkubi, and performs a momtong anmakki

Ra 3 tarafga chap oyoqni ko'tarib aylanib, oreun dwitkubi va mom-tong bakatmakki.

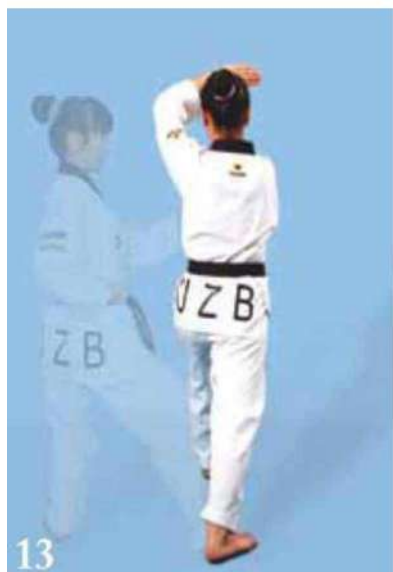
moves the left foot toward "Ra" (3) to turn around, makes an oreun dwitkubi and performs a momtong bakatmakki



Da 3 tarafga ikki oyoq o'z joyidayo'nalishni o'zgartirib, wen dwitkubi va momtong bakatmakki

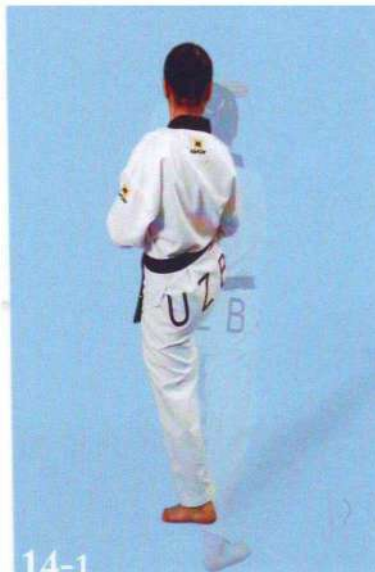
keeping the two feet at their position, turns "Da" (3) to make a wend witkubi, and performs a momtong bakatmakki

Da 3 taraf chap oyoq apchagi o'z joyiga qaytib, wen dwitkubi va momtong anmakki delivers a wenbal apchagi toward Da (3), draws back the foot 12-1, makes a wen dwitkubi, and performs a momtong anmakki 12-2



13 Na taraŕga chap oyoqni ko'tarib qadam bosib wen apkubi

moves the left foot toward "Na", make a wen apkubi, and delivers a jeb poom mokchigi



14-1

Na taraŕf o'ng oyoq apchagi oldinga bir qadam bosib, oreun apkubi va deungjumeok apchigi

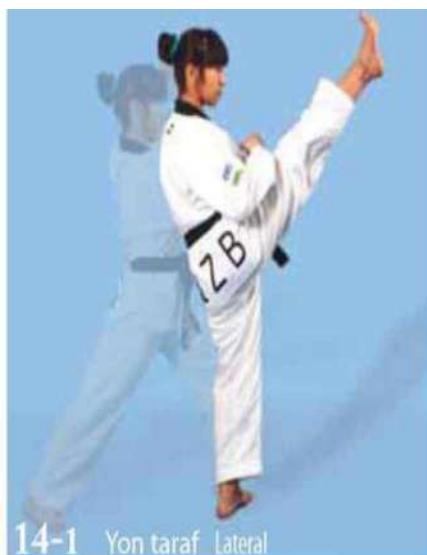
delivers an oreunbal apchagi toward "Na", puts down the foot to make an oreun apkubi, and delivers a deungjumeok apchigi (14-1, 14-2 and lateral views of 14-1 and 14-2)



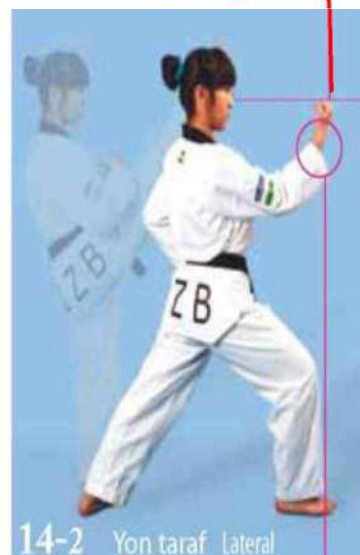
14-2



13 Yon taraŕf Lateral



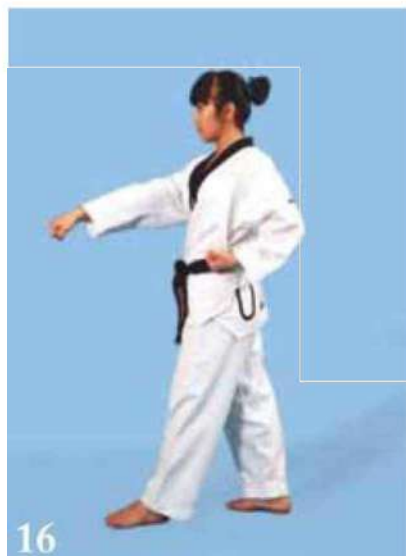
14-1 Yon taraŕf Lateral



14-2 Yon taraŕf Lateral

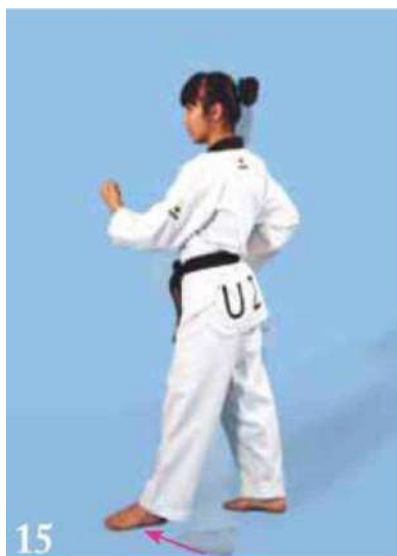
lab balandligida
the level philtrum

bilak qayrilmaslikka harakat
Do not your wrist bend



Ra 2 taraf ikki oyoq o'z joyida, wen apseogi va momtong barojireugi

keeping the two feet at their place toward "Ra" (1), makes a wen apseogi, and (in that very stance) delivers a momtong barojireugi



Ra 2 taraf chap oyoqni ko'tarib bosib, wen apseogi va momtong makki

moves the left foot toward "Ra" (2), make a wen apseogi, and performs a momtongmakki

HARAKAT QOIDASI MOVEMENT

Musht ustki qismi old urish. Deungjumeok apchagi.
- Uradigan qo'l tortadigan qo'lning ichki qismidan boshlanadi.
- Bilak tekis bo'lsihi kerak.

Deungjumeok apchigi (back fist face strike)
- Attacking arm is performed from inside of the pulling arm.
- Wrist is displayed properly.



Da 2 tarafga ikki oyoq o'z joyida yo'nalishni o'zgartirib, oreun apseogi va momtong makki

keeping the two feet at their positions, turning around your body toward "Da" (2), makes an oreun apseogi, and (in that very stance) delivers a momtongmakki



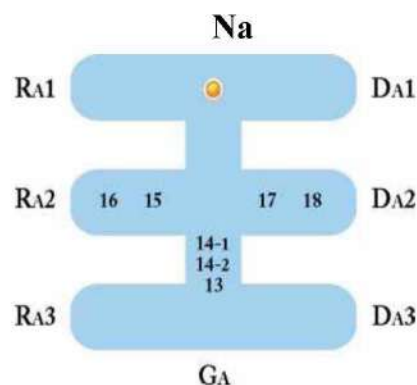
Da 2 taraf ikki oyoq o'z joyida, oreun apseogi va momtong barojireugi

keeping the two feet at their position toward "Da"(2), makes an oreun apseogi, and (in that very stance) delivers a momtong barojireugi

BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Musht ustki qismi old urish. Deungjumeok apchagi.
- Uradigan qo'l tortiladigan qo'lning tashqarisidan chiqqan holda.
- Bilak qayrilgan holatda.

Deungjumeok apchigi (back fist face strike)
- Attacking arm is performed from outside of the pulling arm.
- Wrist is not straight in deungjumeok.





19-1



19-2

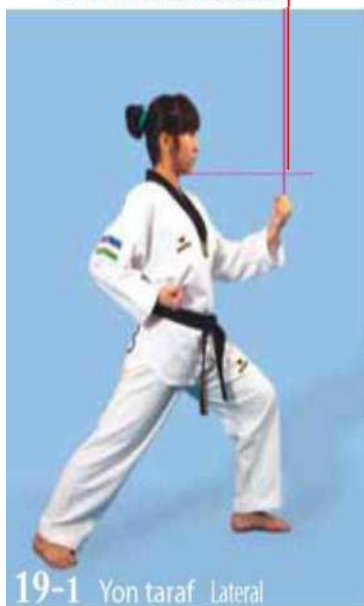


19-3

Na tarafga chap oyoqni ko'tarib qadam bosib, wen apkubi, momtongmakki va momtong dubeon jireugi

moves the left foot toward "Na", puts down the foot to make a wen apkubi, performs a momtongmakki and consecutively delivers momtong dubeonjireugi (see 19-1, 19-2, 19-3 and their respective lateral views)

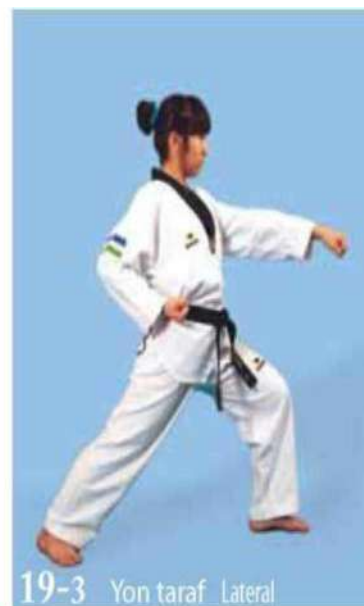
elka balandligida
the level of the shoulder



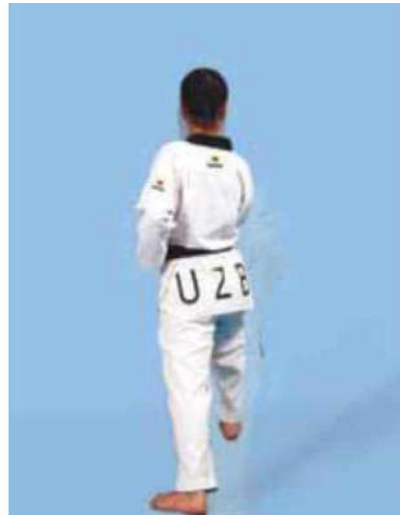
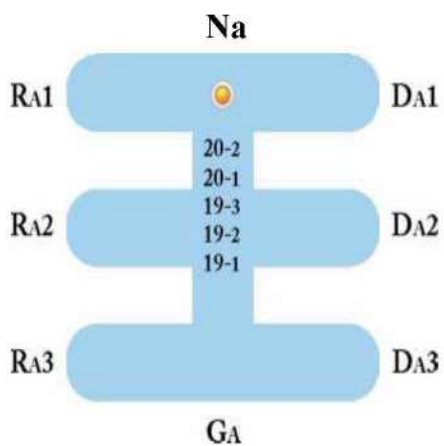
19-1 Yon taraf Lateral



19-2 Yon taraf Lateral



19-3 Yon taraf Lateral

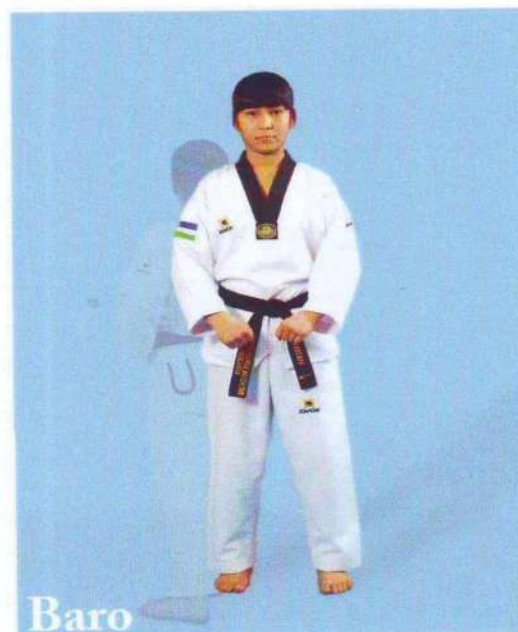
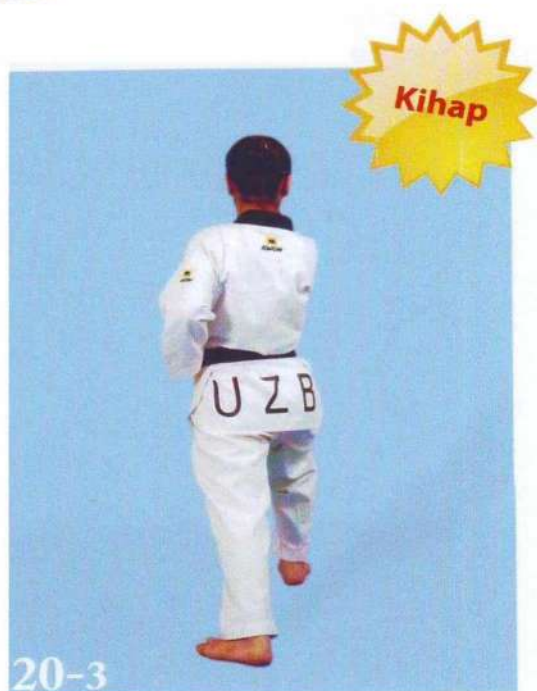


Na tarafga o'ng oyoq bilan oldinga bir qadam bosib. Ouren apkubi, momtong makki, momtong dubeon jireugi

moves the right foot toward "Na", to make an oreun apkubi, performs a momtong makki, and consecutively delivers a momtong dubeon jireugi (utterance of "kihap") (20-1, 20-2, 20-3 and their respective lateral views)

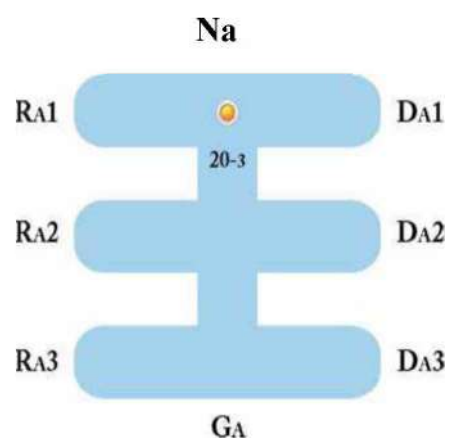
byongchi balandligida
the height of the solar plexus





O'ng oyoq o'z joyida Na holatidan gavnani chap tarafga aylantirib Ga tarafga qarab asosiy tayyorlanish holati

Baro: keeping the right foot at its position, turns the body leftward from the "Na" position, looks toward "Ga", and returns to the kibon jubiseogi





1. Harakatni amalda qo'llanilishi.

Raqib gavda urish (momtong bandae jireugi) bilan zarba berganda qo'l yon qismi bilan, (sonnalmakki) zarbani qaytaradi

Application of action 1.

Defends by sonnalmomtongmakki against the opponent's momtong bandaejireugi



2-1. Harakatni amalda qo'llanilishi.

Raqib so'ngra odatiy gavda urish (momtong baro jireugi) zarbasini berganda bosma to'siq (nullo makki) bilan zarbani qaytarib raqibini o'z tomoniga tortgani holda

Application of action 2-1.

When the opponent delivers a momtong barojireugi consecutively, defends by a nullomakki



2-2. Harakatni amalda qo'llanilishi.

Ochiq qo'l uchi bilan vertikal urish (pyonsonkkeutjireugi) zarbasini amalga oshiradi

Application of action 2-2.

Delivers a pyonsonkkeut sewotjireugi



13. Harakatni amalda qo'llanilishi.

Raqib yuz qismiga zarba berganda bo'yinga urish (jebipoom mokchigi) bilan zarbani qaytaradi

Application of action 13.

Counterattacks the opponent's olguljireugi by a jebipoom mokchigi



14-1. Harakatni amalda qo'llanilishi. So'ngra yuz qismini zarbadan himoya qilingan qo'li bilan raqibni ushlab o'z tomoniga tortgan holda o'ng oyoqda old tepish (apchagi) zarbasini berish

Application of action 14-1.

Consecutively draws pulling the opponent by wrist, using the olgumakki hand and delivers an oreunbal apchagi



14-2. Harakatni amalda qo'llanilishi.

Application of action 14-2.



14-3. Harakatni amalda qo'llanilishi.

O'ng oyog'ini oldinga qo'yib o'ng qo'l musht ustki qismi bilan yuz-old urish (oreun deungjumeok olgul apchagi) zarbasi bilan hujum qiladi.

Application of action 14-3.

Puts forth the foot and delivers an olgul apchagi with the oreun deungjumeok



15. Harakatni amalda qo'llanilishi.

Ikki raqib chap va o'ng tomondan gavdaga urish (momtong jireugi) uslubi bilan galma-gal hujum qilganda chap tarafdagi raqib zarbasini gavda to'sig'i (momotng makki) bilan qaytarish

Application of action 15.

When two opponents attack by a momtongjireugi from left and right, one defends the left attack by momtong makki



16. Harakatni amalda qo'llanilishi.
So'ngra gavda odatiy urish (momotng baro jireugi) bilan qarshi hujum qiladi

Application of action 16.
And counterattacks by momtong barojireugi



17. Harakatni amalda qo'llanilishi.
Keyin esa o'ng tarafdin kelayotgan hujumni (momotng makki) bilan qaytarish

Application of action 17.
Subsequently defends the right attack by momtongmakki



18. Harakatni amalda qo'llanilishi. Gavda odatiy urish (momotng baro jireugi) bilan qarshi hujum qiladi.

Application of action 18.
And counterattacks by momtong barojireugi

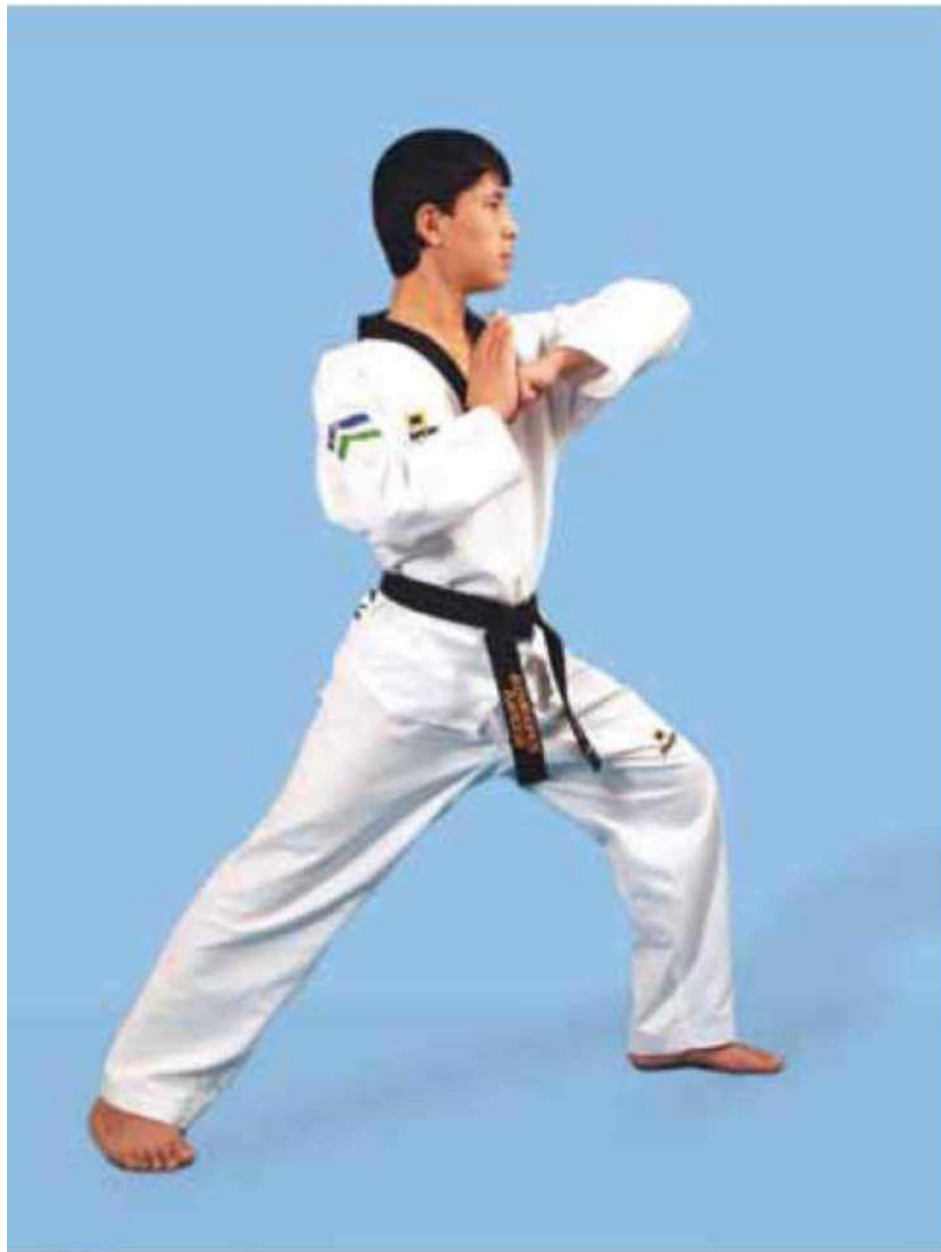


Gukkiwon Pang Man Kun Prezidenti va taqdirlash marosimi

SAVOLLAR:

1. Teageuk 4 jang qaysi belbog' uchun topshiriladi?
2. Qanday yangi harakatlar mavjud?
3. Teageuk 4 jangda qaysi harakatlar bilan alohida ajralib turiladi?
4. Jami nechta harakatlar bajariladi?
5. Oyoq bilan qanday zarbalar amalga oshiriladi?
6. Yop chagi zarbasi oyoqning qaysi qismi bilan uriladi?
7. Qo'llar qanday balandlikda uriladi?
8. 02-04 harakatlar qanday qo'l harakatlariidan tashkil topgan?
9. Deungjumeok qo'lining qaysi qismi bilan amalga oshiriladi?
10. So'ngi harakat qanday ataladi?

TAEGEUKI 5 JANG



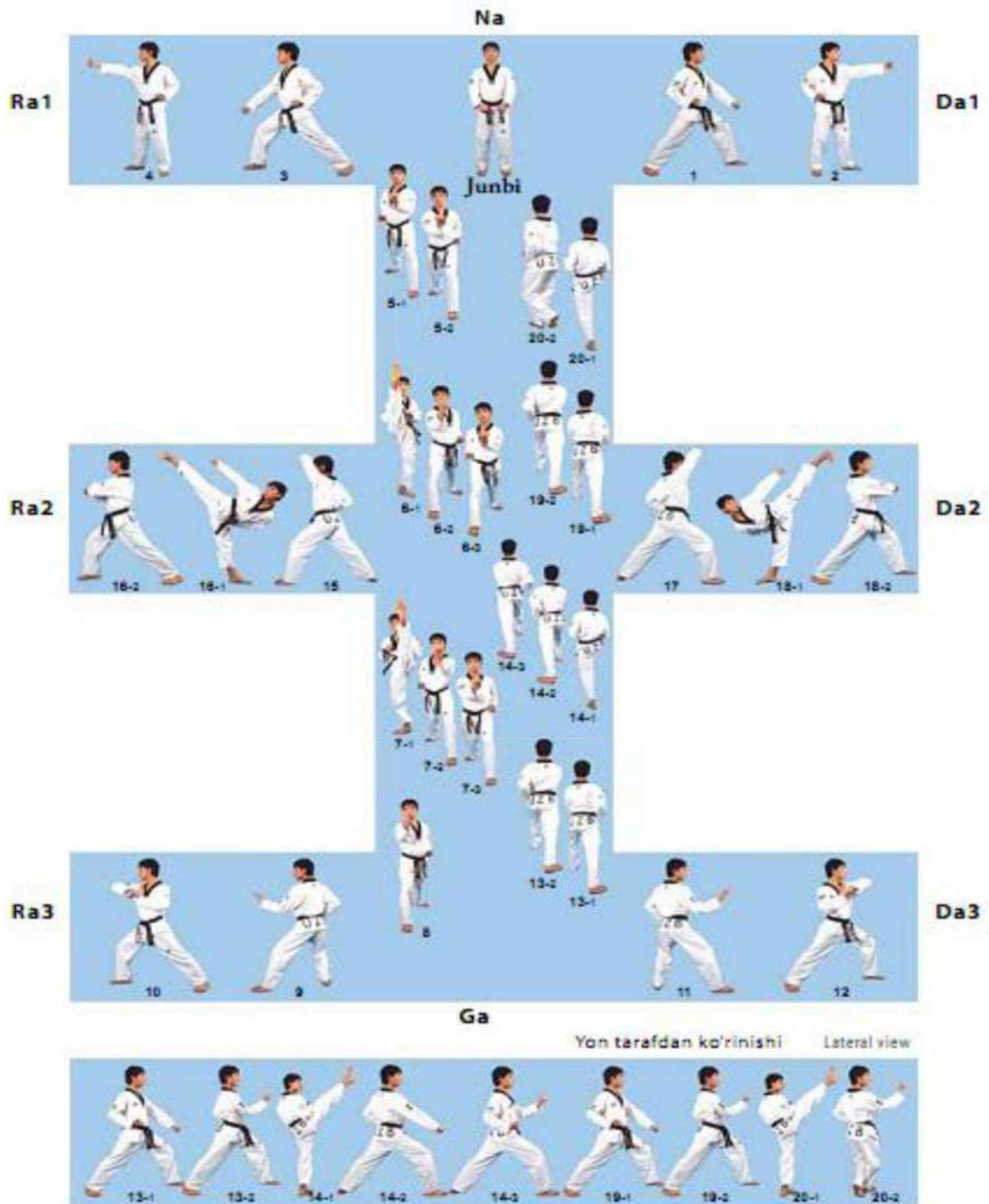
Taegeuk 5 jangdagi yangi harakatlar mejuemok naeryochigi, palkup dollyochigi, palkup pyojeokchigi hamda kkoaseogi, venseogi va oreunseogi kabi turish harakatlaridan iborat. Bu poomsening o'ziga xos xususiyati araemakki va momtongmakki va sakragandan so'ng chigi zarbasi berilishidan iboratdir. Bu taekvondoda 4 daraja hisoblanadi.

New movements are mejumeok naeryochigi, palkup doly-ochigi, palkup pyojeokchigi and such stances as kkoaseogi, wenseogi and oreunseogi. This is characterized by the successive makki such as araemakki and momtongmakki and also the chigi by tumbling after jumping. The 4th Kup grade trainees practice this poomsae.



Taegeuk 5 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 5 Jang



Taegeuk 5 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 5 Jang

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Ven apkubi	Oldinga qadam Put forth (foot)	Araemakki (pastki to'siq) (undemeath blocking)
2	Da1	Da1	Ven seogi	Oyoqni o'z tarafiga tortish Retrieve foot	Mejumeok naeryochigi (musht bilan pastga zarba) (hammerfist down hitting)
3	Ra1	Ra1	Oreun apkubi	Yo'nalishni o'zgartirib oldinga qadam Change of direction, put forth foot	Araemakki (pastki to'siq) (undemeath blocking)
4	Ra1	Ra1	Oreun seogi	Oyoqni o'z tarafiga tortish Retrieve foot	Mejumeok naeryochigi (musht bilan pastga zarba) (hammerfist down hitting)
5	Ga	Ga	Ven apkubi	Oldinga qadam va gavda to'sig'i Put forth foot, momtongmakki	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
6	Ga	Ga	Oreun apkubi	O'ng oyoq apchagi, oldinga qadam, daengjumok apchigi R. F apchagi, put forth, deungjumeok apchigi	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
7	Ga	Ga	Ven apkubi	Chap oyoq apchagi, oldinga qadam, daengjumok apchigi L. F apchagi, put forth, deungjumeok apchigi	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
8	Ga	Ga	Oreun apkubi	Oldinga qadam Put forth (foot)	Deungjumeok apchigi (musht bilan oldinga zarba) (backfist front hitting)
9	Ra3	Ra3	Oreun dvitkubi	Aylanish Turn around	Hansonnal bakkatmakki (bir qo'l zarba tashqi to'siq) (one hand blade sideblocking)
10	Ra3	Ra3	Oreun apkubi	Oldinga qadam Put forth (foot)	Palkup dollyochigi (tirsak aylanma zarbasi) (elbow turning hitting)
11	Da3	Da3	Ven dvitkubi	Orqaga aylanish Turn around	Hansonnal bakkatmakki (bir qo'l zarba tashqi to'siq) (one hand blade side blocking)
12	Da3	Da3	Ven apkubi	Oldinga qadam Put forth (foot)	Palkup dollyochigi (tirsak aylanma zarbasi) (elbow turning hitting)
13	Na	Na	Ven apkubi	Aylanish, pastki to'siq Tum, araemakki	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
14	Na	Na	Oreun apkubi	O'ng oyoq apchagi va orqaga qadam va pastki to'siq Right foot apchagi put forth, araemakki	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
15	Ra2	Ra2	Ven apkubi	Qo'zg'alib orqaga qadam Move to step down	olgulmakki (yuz qismi to'sig'i) (face blocking)
16	Ra2	Ra2	Oreun apkubi	O'ng oyoq yopchagi, oldinga qadam	Palkup pyojeokchigi (tirsak bilan nishonga zarba) (elbow target hitting)
17	Da2	Da2	Oreun apkubi	Orqaga aylanish Turn around	olgulmakki (yuz qismi to'sig'i) (face blocking)
18	Da2	Da2	Ven apkubi	chap oyoq apchagi, oldinga qadam L.F yopchagi, put forth	Palkup pyojeokchigi (tirsak bilan nishonga zarba) (elbow target hitting)
19	Na	Na	Ven apkubi	Aylanish, pastki to'siq Tum, araemakki	Momtong anmakki (gavda ichki to'sig'i) (trunk inner blocking)
20	Na	Na	Dvikkoase ogi	O'ng oyoq apchagi, oldinga qadam Right foot apchagi, step down	Deungjumeok apchigi "kihap" (musht bilan oldinga zarba) (backfist front hitting)
Baro	Ga	Na	Naranhise ogi	Chap tarafga aylanish Turn leftward	Kibon junbiseogi (asosiy holat) (basic ready stance)

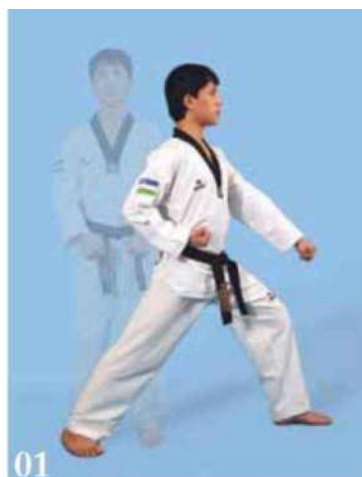


Taegeuk 5 Jang



Junbi
Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

Form "Na" position, one looks toward "Ga" direction, and makes kibon jumbiseogi



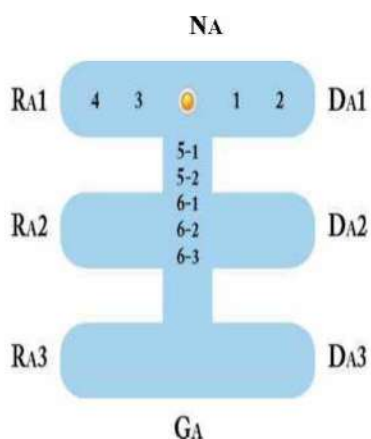
01
Da 1 tarafga chap oyoqni ko'tarib qadam bosib, wen apkubi va arae makki

moves the left foot toward "Da" (1), wen apkubi and arae makki

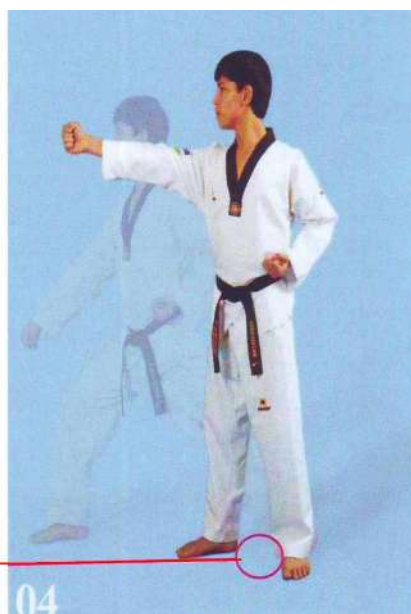


02
Da 2 tarafga chap oyoqni bir qadam tashlab, wen seogi va me- jumeok naeryochigi

draws in left foot by a step toward "Da" (1), wenseogi and mejumeok naeryochigi

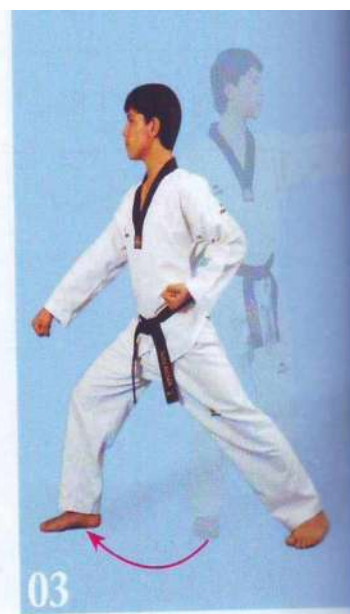


bir oyoq kattaligida
one foot distance



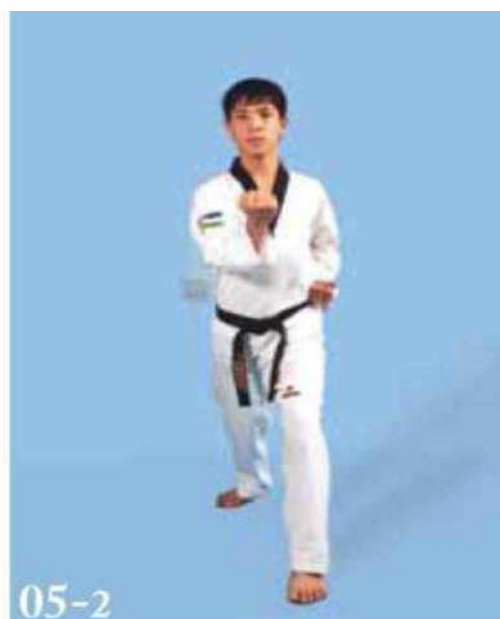
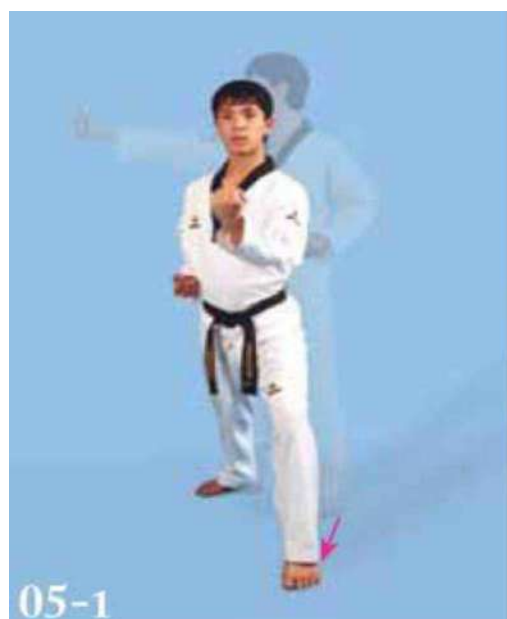
04
Ra 1 tarafga o'ng oyoqni bir qadam oldinga tashlab, oreun seogi va mejuemok naeryochigi

"Ra"(1) direction, draws in the right foot step, oreunseogi and mejumeok naeryochigi



03
Ra 1 tarafga o'ng oyoq bir qadam oldinga tashlab yo'nalishini o'zgartirib oreun apkubi va araemakki

puts forth right foot toward "Ra"(1), changes direction, oreun apkubi and araemakki

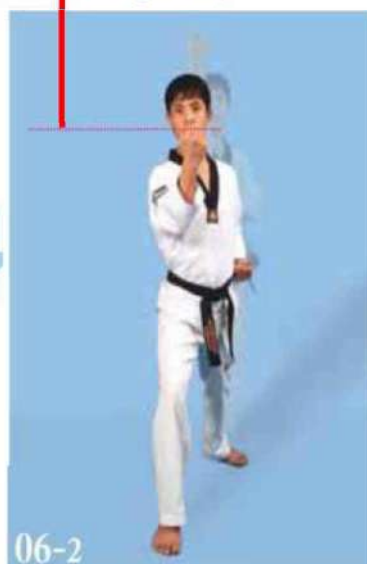
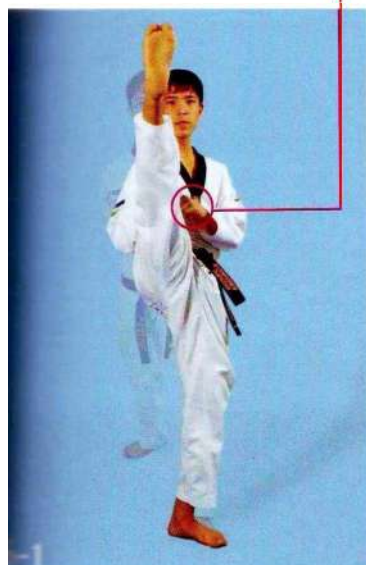


Ga tarafga chap oyoq bilan bir qadam tashlab, wen apkubi, momtongmakki va momtong anmakki

"Ga" direction, puts forth left foot, wen apkubi, momtongmakki and consecutively momtong anmakki (5-1 and 5-2)

ikki qo'l yengil ko'krak oldida

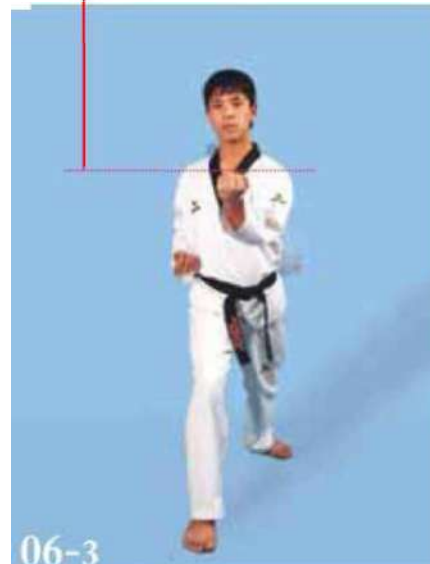
The two fists are positioned nearly in the chest



musht ustki qismi old urish, apchigi (lab balandligida)
Deungjumeok Apchigi (the level philtrum)

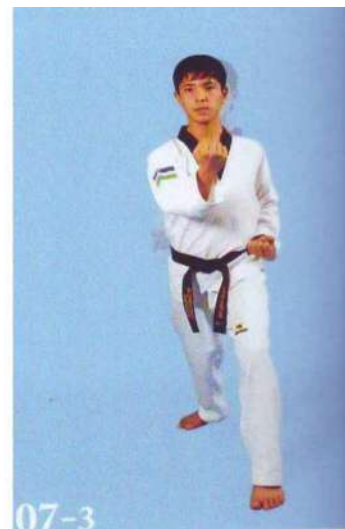
gavda ichki himoyasi. (yelka balandligida)

Momtong Anmakki (the shoulder level)



Ga taraf o'ng oyoq old tepishni tepib, apchagi bir qadam bosib, oreun apkubi, deung juemok apchigi va momtong anmakki

"Ga" direction, oreunbal apchagi, oreun apkubi, deung jumeok apchigi and consecutively momtong anmakki (6-1, 6-2 and 6-3)



Ga tarafga, wenbal apchagi qadam tashlab, deunjuemok apchigi va momtong anmakki
 “Ga” direction, wenbal apchagi, wen apkubi, deunjumeok apchigi and consecutively
 momtong anmakki (7-1, 7-2 and 7-3)



Ga taraf o'ng oyoq bir qadam tashlab,
 oreun apkubi va deungjuemok apchigi

“Ga” direction, right foot put forth,
 oreun apkubi and deungjumeok apchigi

HARAKAT QOIDASI MOVEMENT

Qo'l yon qismi bilan to'siq,
 tirsak bilan yuzga aylana urish,
 hanssonal makko palkup olgul
 dollyo chigi.

- To'siq qo'yadigan qo'lni tortib
 uradigan qo'l mushtumini
 ushlab olganda yoki bel
 aylanmaganda.

Hanssonal makkao palkup
 olgul dollyo chigi (single knife
 hand block and elbow face
 strike)

- After hanssonal bakkat
 makki, place the right fist into
 the left hand in front of the
 chest and strike the elbow in
 shoulder height.

BAHONI PASAYTIRISH HOLATLARI DEDUCTION FACTORS

Qo'l yon qismi bilan to'siq,
 tirsak bilan yuzga aylana urish,
 hanssonal makko palkup olgul
 dollyo chigi.

- To'siq qo'yadigan qo'lni tortib
 uradigan qo'l mushtumini
 ushlab olganda yoki bel
 aylanmaganda.

Hanssonal makkao palkup
 olgul dollyo chigi (single knife
 hand block and elbow face
 strike)

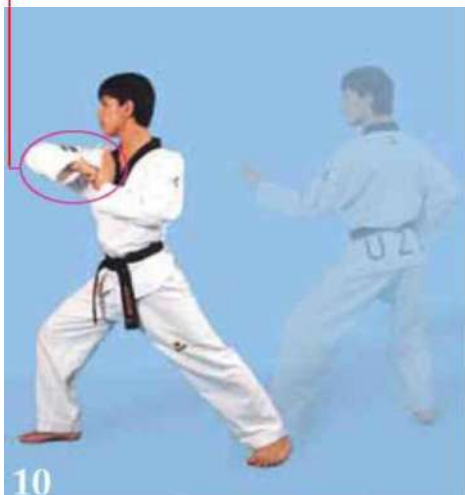
- Holding the fist by pulling
 the blocking hand back or not
 twisting the waist.

Any movements other than
 shown above will be deduction
 points.



to'siq qo'yadigan qo'l o'z joyida qoladi qarama qarshi qo'lni to'siq qo'yadigan qo'l kaftiga yengil tekkazib tirsakni yelka balandligida

After blocking, softly attach the other fist to the palm of the blocking hand and the elbow height is as your shoulder



10

Ra 3 taraf o'ng oyoq oldinga qadam tashlab oreun apkubi va oalkub dollyo chigi.

#Bu harakatda ko'krak yonidagi o'ng musht chap qo'l kaftiga yengil tekkazib tirsakni yelka bilan bir xil balandlikda qo'yamiz

"Ra"(3) direction, right foot put forth, preun apkubi and palkup dollyochigi.

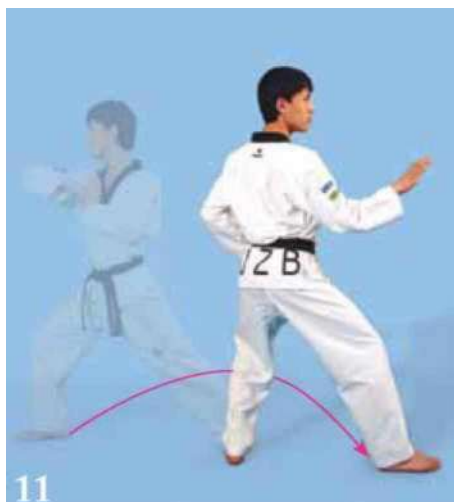
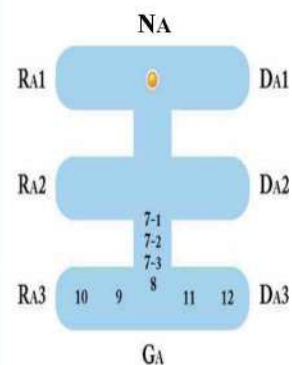
#At this point, right fist is lightly covered by left hand palm in front of breast. The elbow leveled with the shoulder



09

Ra 3 tarafga chap oyoqni ko'tarib aylanib, oreun dwitkubi va hansonnal bakkatmakki

"Ra" (3), direction, left foot moved to turn oreun dwitkubi and hansonnal bakkatmakki



11

Da 3 tarafga o'ng oyoqni ko'tarib aylanib, wen dwitkubi va hansonnal bakkat makki

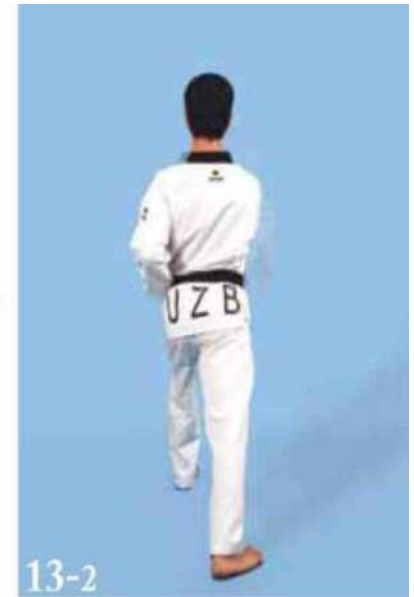
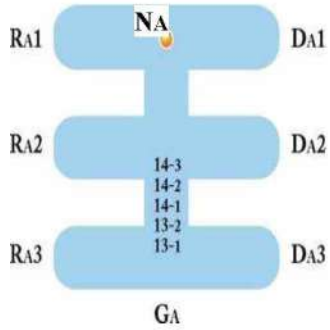
"Da" (3), direction, right foot moved to turn around, wen dwitkubi, and hansonnal bakkatmakki



12

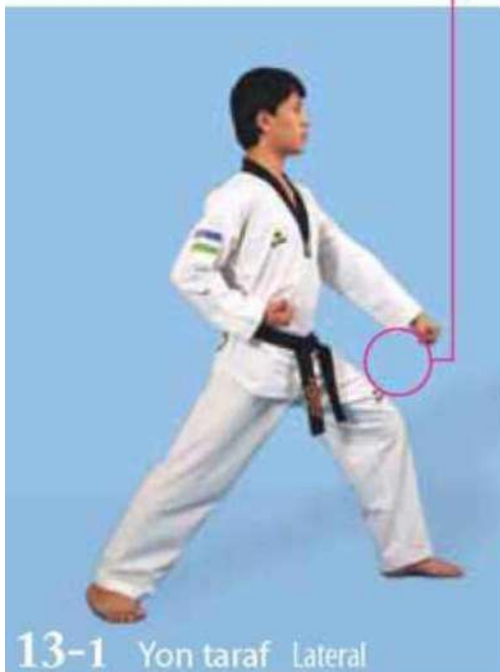
Da 3 taraf chap oyoqni oldinga bir qadam tashlab, wen apkubi va palkup dollyochigi

"Da"(3) direction, left foot put forth, wen apkubi and palkup dollyochigi

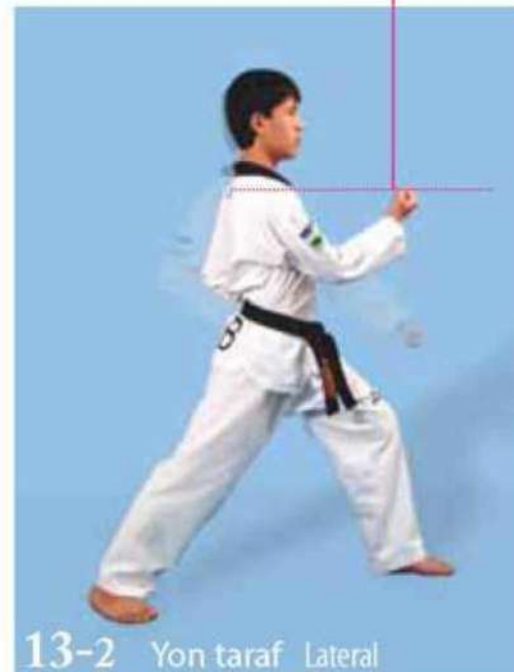


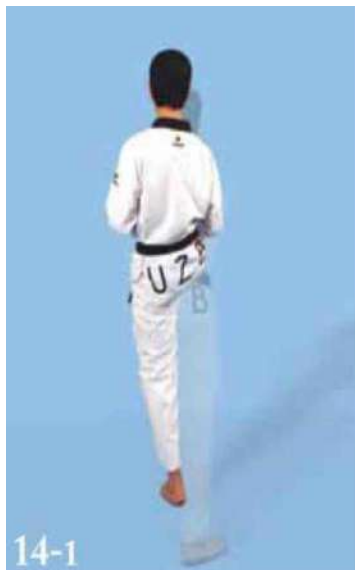
Na tarafga chap oyoqni ko'tarib aylanib wen apkubi, arae makki va momtong anmakki
 "Na" direction, left foot moved to turn, wen apkubi, araemakki followed by momtong
 anmakki (13-1,13-2 and their respective lateral views)

ikki musht kattaligidagi oraliq
 the two fist's distance



yelka chizig'i balandligi
 the shoulder height





14-1



14-2



14-3

Na taraf o'ng apchagi,oyoqni oldinga qadam tashlab, oreun apkubi, arae makki va momtong anmakki

"Na" direction, oreunbal apchagi, oreun apkubi, araemakki followed by momtong anmakki (14-1,14-2,14-3 and their respective lateral views)

ikki qo'l yengil ko'krak oldida

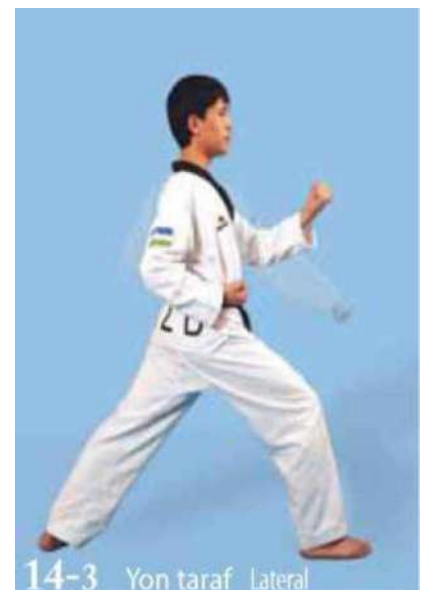
The two fists are positioned nearly in the chest



14-1 Yon taraf Lateral



14-2 Yon taraf Lateral



14-3 Yon taraf Lateral



byongchi balandligida
the height of the solar plexus

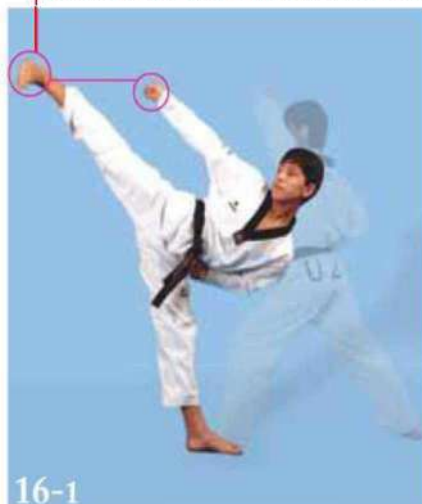


16-2

Ra 2 tarafga o'ng oyoq yopchagi qadam tashlab. Ouren apkubi va palkup pyojeokchigi
"Ra" (2) direction, oreunbal yopchagi, oreun apkubi and palkubi and palkup pyojeokchigi, (16-1 and 16-2)

yon tepish bilan bolg'a musht urish bir vaqtda amalaga oshiriladi. Yop chagi va mejuemokchigi

Deliver a side kick with a hammer fist hitting at the same time



16-1



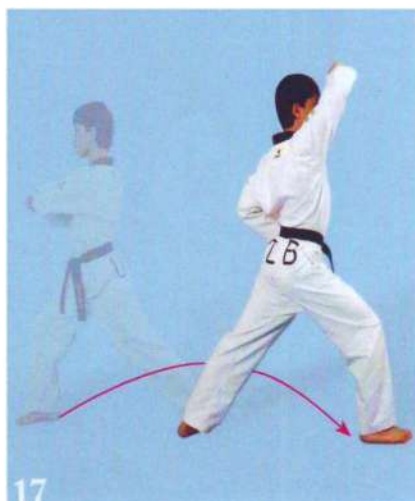
15

Ra 2 tarafga chap oyoqni ko'tarib qadam bosib, wen apkubi va olgulmakki

"Ra"(1) direction, move left foot and put forth, wen apkubi and olgulmakki

belning kuchini ishlatgan holda uriladi

Use your waisr spinning when striking



17

Da 2 tarafga o'ng oyoqni ko'tarib orqaga aylanib, oreun apkubi va olgul makki

"Da" (2) direction, right foot moved to turn around, oreun apkubi and olgul makki



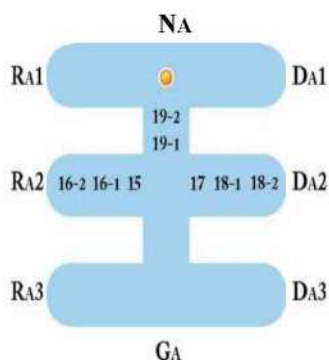
18-1

Da 2 taraf chap oyoq bilan yopchagi qadam tashlab, wen apkubi va palkub pyojeokchigi

"Da" (2) direction, wenbal yopchagi, wen apkubi and palkup pyojeokchigi (18-2)



18-2



Harakat qoidasi Movement

Yon tepib nishonga tirsak bilan urish. Yopchago Palkup Pyojeokchigi.

- Yon tepishni tepganda tepadigan oyoq tarafdagi qo'lni bolg'a musht holatida aylana urish formasida qo'lni ochadi.
- Belni aylanitirib tirsakni urish.

Yopchago palkup pyojeokchigi (Side Kick and Elbow Target Strike)

- When doing Yopchagi, arm of the kicking side is Straightened in form of Mejumeok Dollyochigi.
- Twist the waist and Strike the elbow.

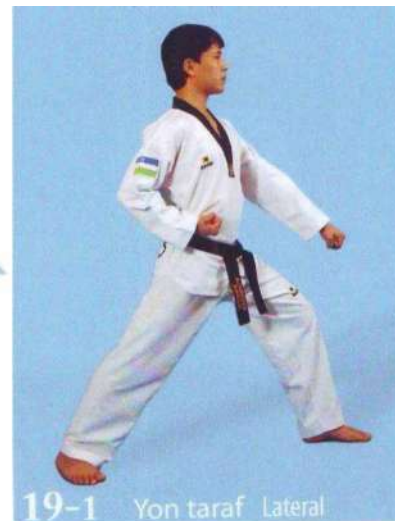
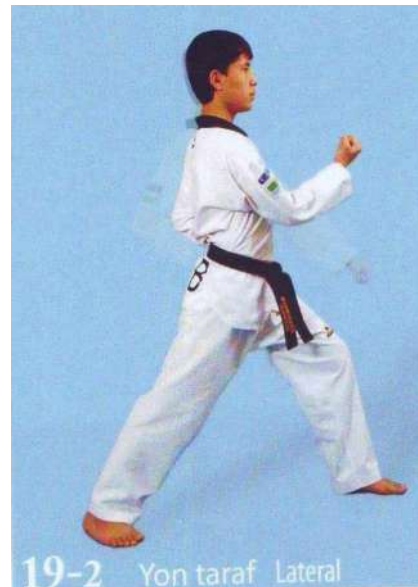
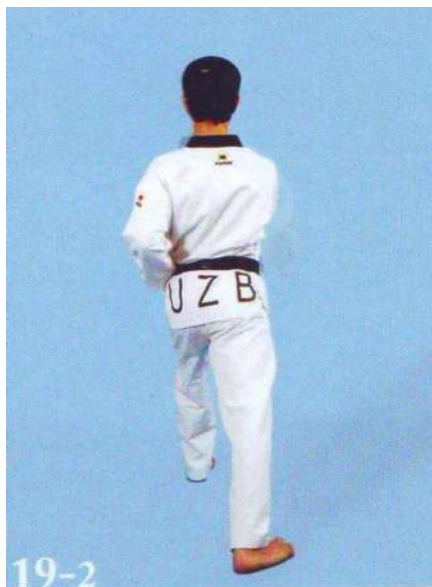
Bahoni pasaytirish holatlari Deduction Factors

Yon tepib nishonga tirsak bilan urish. Yopchago Palkup Pyojeokchigi.

- Bolg'a mushtni aylantirib urganda yoki mushtni oddiy urish holatida, jireugi holatda urganda.
- Belni aylantirmay nishonga urganda
- Bundan tashqari harakat qoidasiga zid qoidalar.

Yopchago Palkup Pyojeokchigi (Side Kick and Elbow Target Strike)

- Striking Mejumeok by turning or punching .
- Striking by pulling the target and not twisting the waist.
- Any movements other than shown above will be deduction points.



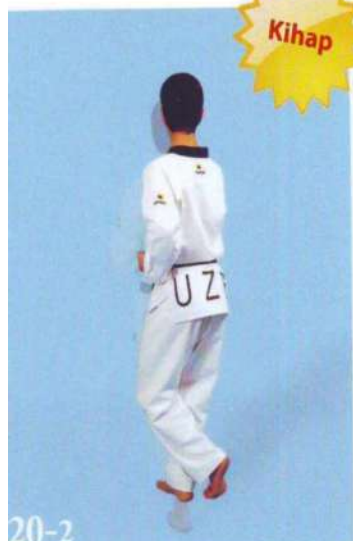
Na tarafga chap oyoqni ko'tarib aylantirib, wen apkubi, arae makki va momtong anmakki

"Na" direction, left foot moved to turn, wen apkubi, arraemakki, followed, by momtong anmakki (19-1,19-2 and their respective lateral views)



bir vaqtda amalga oshiriladi

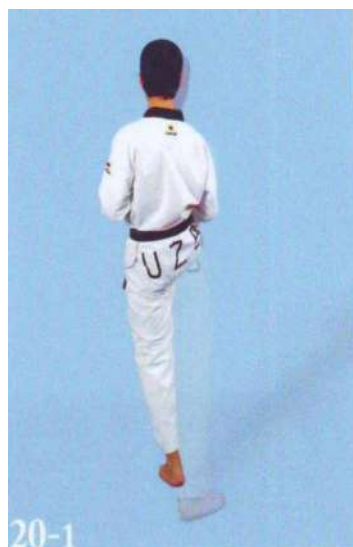
Do at the same time



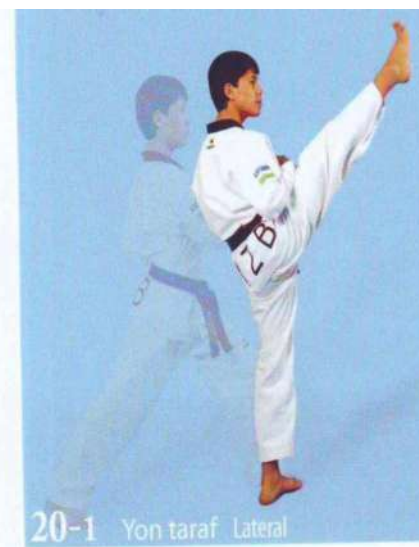
20-2



20-2 Yon taraf Lateral



20-1



20-1 Yon taraf Lateral

Harakat qoidasi Movement

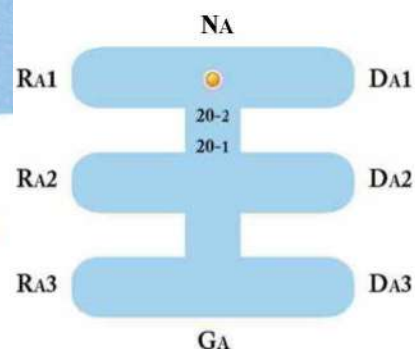
Mushtning ustki qismi bilan old urish. Deungjuemok apchigi.
- Oyoqning yon qismi bilan tepib, orqa aylana turib (oyoqlar X holat- da) shu vaqtning o'zida mushtning ustki qismi bilan urish. Dwikkoa seogi va deungjuemok apchigi. Deungjumeok Apchigi (forward Back fist strike)
- Stamp with the edge of the foot, and do the Dwikkoa seogi and Deungjumeok Apchigi at the same time.

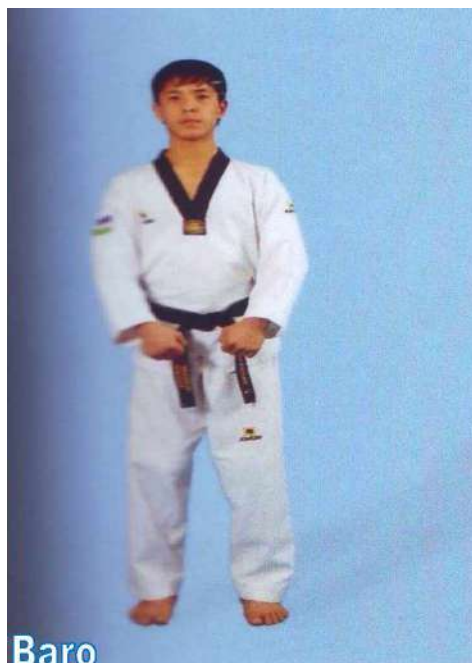
Bahoni pasaytirish holatlari Deduction Factors

Mushtning ustki qismi bilan old urish. Deungjuemok apchigi
- Orqa aylana turish chizig'i old oyoqning uchi qarama qarshi odam bilan bir tog'ri chiziq ostida bo'lsa, yoki ikki oyoq bir vaqtda havoda bo'lib qolgan holatda.
- Bundan tashqari harakat qoidasiga zid qoidalar. Deungjumeok Apchigi (forward Back fist strike)
- Front foot of the Dwikkoa Seogi is facing the direction in straight line or both feet are in the air.
- Any movements other than shown above will be deduction points.

Na taraf o'ng oyoq apchagini bajarib bir qadam tashlab oldinga chiqiladi

"Na" direction, oreunbal apchagi, jump forward a step, downward pounding, dwikkoaseogi, deungjumeok apchigi (utterance of "kihap") (20-1, 20-2, and lateral views)





Baro

"Na"ning holatidan gavdani chap tarafga aylantirib "Ga" tarafga qarab asosiy tayyorlanish holati

Baro: "Na" position, turning leftward toward "Ga", kibon junbiseogi.



1. Harakatni amalda qo'llanilishi.
Pastki himoya chog'ida bir qo'lni raqib ushlab olsa

Application of action 1.
When the araemakki wrist is held



2-1. Harakatni amalda qo'llanilishi.
Olish (pegi) bilan qo'lni bo'shatadi

Application of action 2-1.
Draws one's wrist out by bbaegi



2-2. Harakatni amalda qo'llanilishi.

Raqib yaqin kelib qolganda uning boshini bolg'a musht (mejumoeok) bilan pastki urish (neryo chigi) zarbasini beradi. Agarda biroz uzoqroqda bo'lsa yelkani pastroq tushurib zarba beriladi, agar yanada uzoqroq bo'lsa, qo'lni pastroq tushurib zarba beriladi.

Application of action 2-2.

If the opponent is drawn closer, one inflicts a mejumeok naeryochigi on his head. If a little distanced, one hits the shoulder, and if still farther one hits the elbow joint to break it or the wrist.



5-1. Harakatni amalda qo'llanilishi.

Momtong makki va momtong anmakki orqali raqib ikki marta urish dubeon jireugi zarbasini berganda gavda himoyalanaadi.

Application of action 5-1.

If the opponent delivers dubeonjireugi, one performs momtongmakki and alternate momtong anmakki.

5-2. Harakatni amalda qo'llanilishi.

Application of action 5-2.



6-1. Harakatni amalda qo'llanilishi. Raqibga old tepish (apchagi) bilan hujum qilinganda raqib zarbadan qochib chetga o'tib olishga muvaffaq bo'lsa

Application of action 6-1.

Pursuing the opponent who averts the apchagi and recoils



6-2. Harakatni amalda qo'llanilishi. Musht ustki qismi bilan yon urish deung jumeok yop chigi zarbasi beriladi.

Application of action 6-2.

Delivers a deungjumeok apchagi

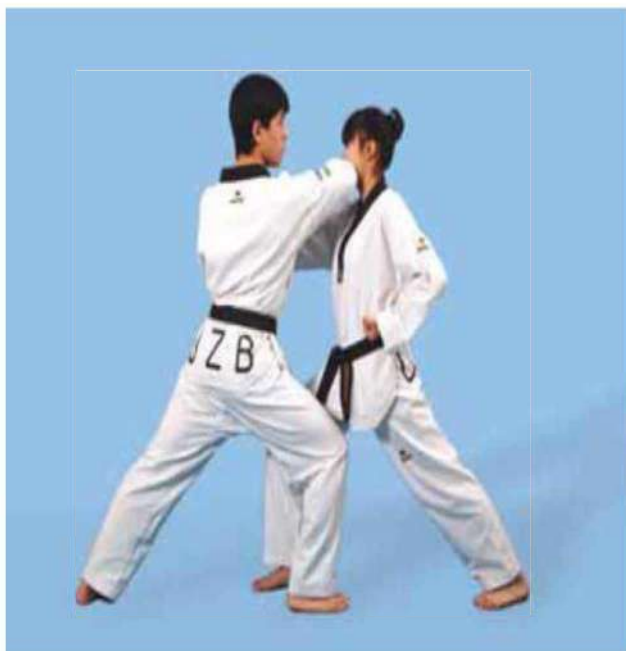


9. Harakatni amalda qo'llanilishi.

Raqibning gavda urish momtong jireugi zarbasini bir qo'l yon qismi bilan tashqi to'siq hanssonal bakkat makki bilan qaytariladi

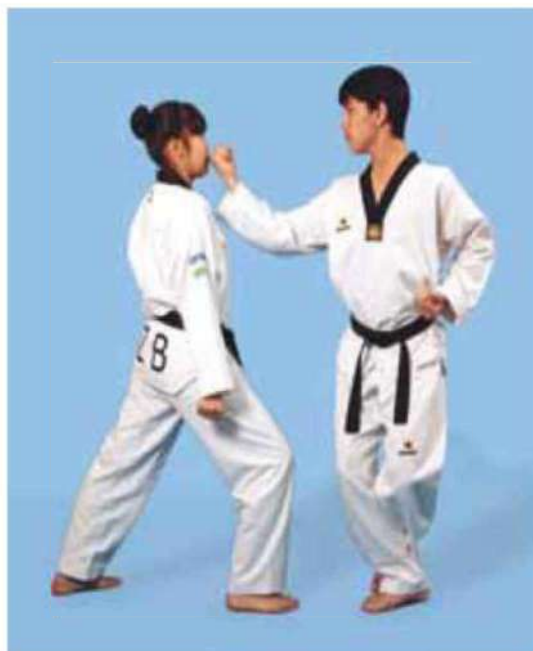
Application of action 9.

Uses hanssonal bakkatmakki against the opponent's momtongjireugi



10. Harakatni amalda qo'llanilishi.
Keyin raqib tomonga yaqinlashib tirsak aylana urish palkub
dollyo chagi bilan qarshi hujum qilinadi

Application of action 10.
Consecutively approaching the opponent, counterattacks by
palkup dollyochigi



20. Harakatni amalda qo'llanilishi. Pastroq cho'kkan
holda musht ustki qismi bilan old urish deung
jumeok ap chigi zarbasini beradi

Application of action 20.
Pounds downward to the opponent's foot and
delivers deungjumeok apchigi



SAVOLLAR:

1. Teageuk 5 jangda yangi harakatlar?
2. Bu poomsening o'ziga xos xususiyati?
3. Jami harakatlar soni?
4. Teageuk 5 jang qaysi harakat bilan boshlanadi?
5. Hansonnal bakkat makkida oyoq holati qanday bo'lishi kerak?
6. Yopchagi zarbasini amalga oshirishdan oldin qo'llar qanday holatda bo'ladi?
7. Yopchagi zarbasini amalga oshirish davomida qo'llar qanday holatda bo'ladi?
8. Teageuk 5 jangda nechki marta kihap qilinadi?
9. 20 chi harakat tushuntirib bering.
10. Teageuk 5 jangda oxirgi holat qaysi turish bilan tugallanadi?

TAEGEUKI 6 JANG

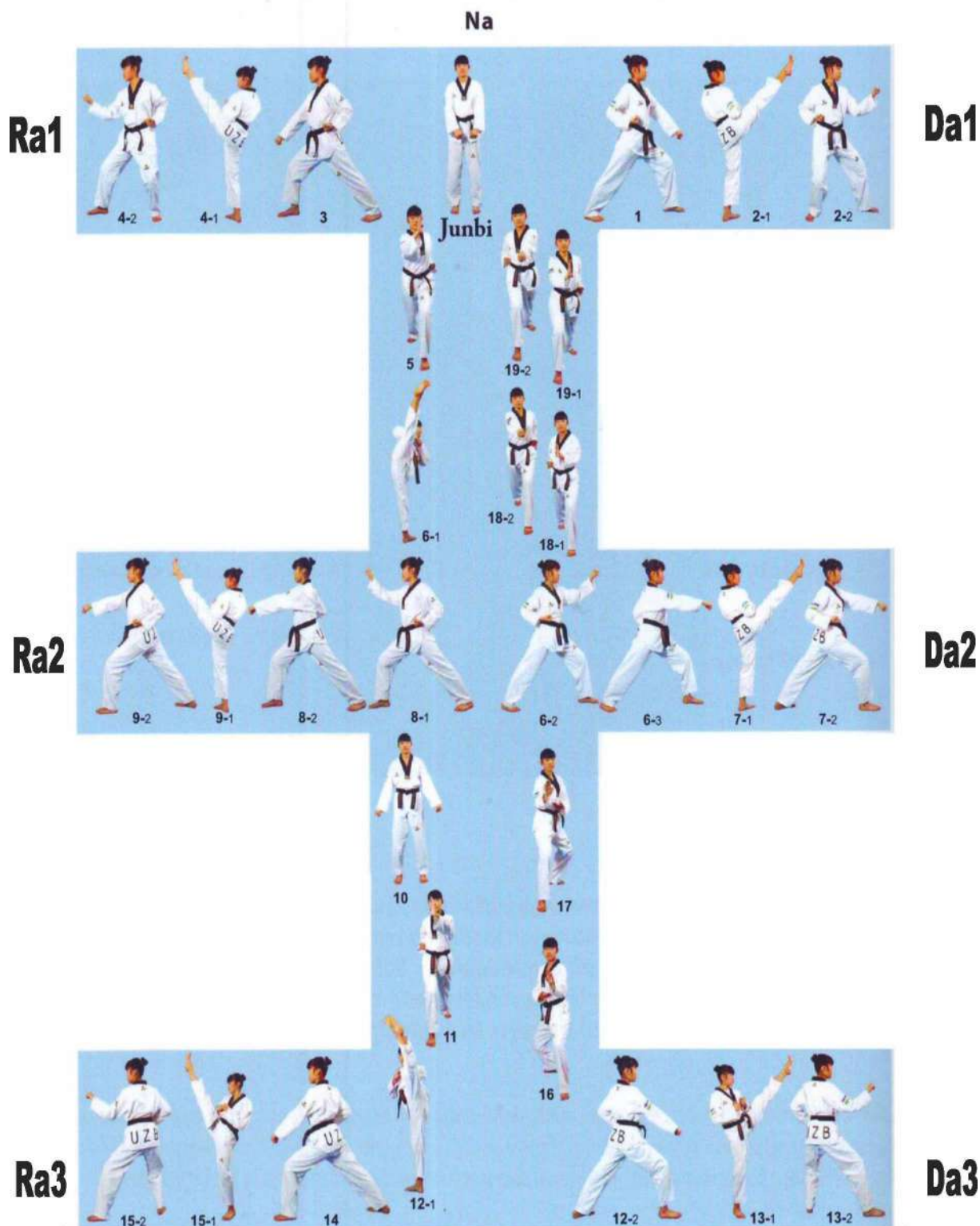


Taegeuk 6 jangdagi yangi harakatlar quyidagilar: hanssonal olgul bitureo makki, dollyo-chagi, olgul bakkat-makki, arae hecho makki va batangson momtong-makki. Harakatlar amalga oshirilayotganda ahamiyat qaratish kerak bo'lgan jihatlar quyidagilar, dollyochagi oyoq zarbasidan so'ng oyoqni joylashuvi to'g'ri bo'lishi lozim. Hamda batangson momtong-makki harakatida qo'lning holati palmok- makki harakatidan ko'ra pastroqda bo'lishi lozim. Bu 3 daraja poomse hisoblanadi.

New movements are hanssonal olgul bitureo makki, dollyo-chagi, olgul bakkat-makki, arae hecho ma and batangson momtongmakki. One should be careful to make the kicking foot land on the ground correctly after dolyo-chagi and to lower the hand by a palm's length at the time of delivering a batangson momtong-makki lower than in palmok-makki. This is practiced by the 3rd Kup-graders.

Taegeuk 6 Jang Pumse chizig'i

The Poomsae Line of Taegeuk 6 Jang



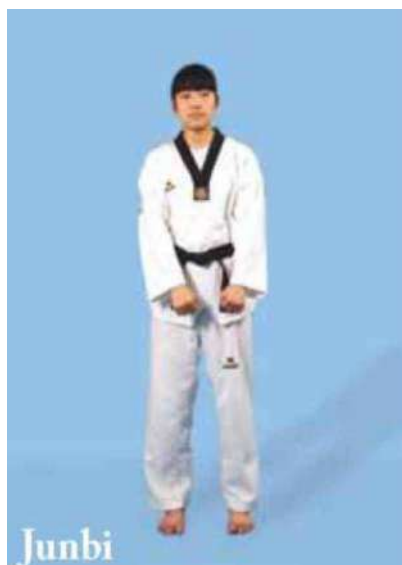
Taegeuk 6 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 6 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Ven apkubi	Oldinga qadam Put forth (foot)	Araemakki (pastki to'siq) (underneath blocking)
2	Da1	Da1	Oreun dvitkubi	O'ng oyoq apchagi va oyoqni tortish R.F apchagi, retrieve foot	
3	Ra1	Ra1	Oreun apkubi	Yo'nalishni o'zgartirib o'ng oyoq oldinga qadam Change direction, R.F slightly put forward	Araemakki (pastki to'siq) (underneath blocking)
4	Ra1	Ra1	Ven dvitkubi	Chap oyoq apchagi va oyoqni tortish L.F apchagi, retrieve foot	Momtong bakkatmakki (gavda tashqi to'sig'i) (trunk outer blocking)
5	Ga	Ga	Ven apkubi	Aylanish turn	Hanssonal olgul bitureomakki (bir qo'lda aylanma to'siq) (onr hand blade twist blocking)
6	Da2	Da2	Ven apkubi	O'ng oyoq dollyochagi, chap oyoq oldinga, yuz qarama-qarshi to'sig'i Put forth, olgul bakkatmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
7	Da2	Da2	Oreun apkubi	O'ng oyoq apchagi va oldinga qadam R.F apchagi, put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
	Ra2	Ra2	Oreun apkubi	Orqaga aylanib yuz to'sig'i Turn around, olgul bakkatmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
9	Ra2	Ra2	Ven apkubi	Chap oyoq apchagi, oldinga qadam L.F apchagi, put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
10	Ga	Ga	Naranhise ogi	Chap oyoq bilan orqaga qadam L.F move to step	Arae hechomakki (pastki to'siq) (underneath push blocking)
11	Ga	Ga	Oreun apkubi	Oldinga qadam Put forth (foot)	Hanssonal olgul bitureomakki (bir qo'lda aylanma to'siq) (one hand blade twist blocking)
12	Da3	Da3	Oreun apkubi	Chap oyoqda aylanib zarba, "kihap", o'ng oyoqni "Da3" chizig'iga, aylanish L.F dollyochgi, "kihap"; R.F move "Da3"line, turn	Araemakki (Pastki to'siq) (underneath blocking)
13	Da3	Da3	Ven dvitkubi	Chap oyoq apchagi va oyoqni tortish L.F apchagi, retrieve foot	Momtong bakkatmakki (gavda tashqi to'sig'i) (trunk outer blocking)
14	Ra3	Ra3	Ven apkubi	Yo'nalishni o'zgartirib chap oyoqni oldinga L.F slightly forth after change direction	Araemakki (pastki to'siq) (underneath blocking)
15	Ra3	Ra3	Oreun dvitkubi	O'ng oyoq apchagi va oyoqni tortish R.F apchagi, retrieve foot	Momtong bakkatmakki (gavda tashqi to'sig'i) (trunk outer blocking)
16	Ga	Na	Oreun dvitkubi	O'ng oyoq bilan orqaga qadam R.F move to step	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
17	Ga	Na	Ven dvitkubi	Chap oyoqni orqaga tortish L.F retrieve to step down	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
18	Ga	Na	Ven dvitkubi	O'ng oyoqni orqaga tortish, batangson momtongmakki R.F retrieve, batangson momtongmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
19	Ga	Na	Oreun apkubi	Chap oyoqni orqaga tortish, batangson momtongmakki L.F retrieve, batangson momtongmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
Baro					



Taegeuk 6 Jang



Junbi

Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

For "Na" position, one looks toward "Ga" direction, and makes kibon junbiseogi

Harakat qoidasi Movement

Mushtning ustki qismi bilan old urish. Deungjuemok apchigi.

- Oyoqning yon qismi bilan tepib, orqa aylana turib (oyoqlar X holat- da) shu vaqtning o'zida mushtning ustki qismi bilan urish.

Dwikkoa

seogi va deungjuemok apchigi.

Deungjumeok Apchigi (forward Back fist strike)

- Stamp with the edge of the foot, and do the Dwikkoa seogi and Deungjumeok Apchigi at the same time.

Bahoni pasaytirish holatlari Deduction Factors

Mushtning ustki qismi bilan old urish. Deungjuemok apchigi

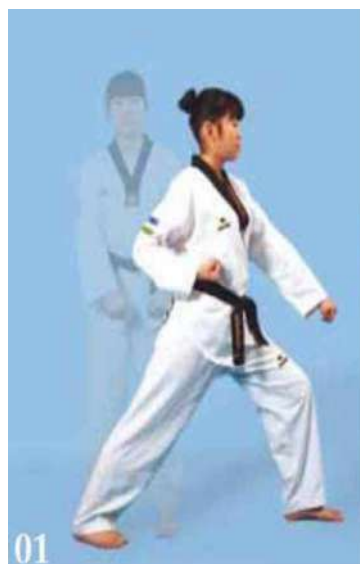
- Orqa aylana turish chizig'i old oyoqning uchi qarama qarshi odam bilan bir tog'ri chiziq ostida bo'lsa, yoki ikki oyoq bir vaqtda havoda bo'lib qolgan holatda.

- Bundan tashqari harakat qoidasiga zid qoidalar.

Deungjumeok Apchigi (forward Back fist strike)

- Front foot of the Dwikkoa Seogi is facing the direction in straight line or both feet are in the air.

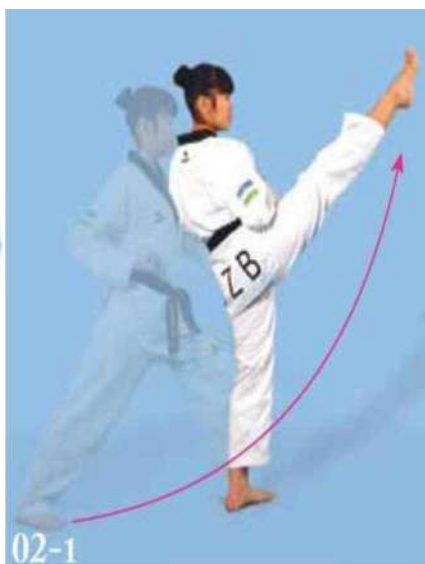
- Any movements other than shown above will be deduction



01

Da 1 tarafga, wen apkubi va araemakki

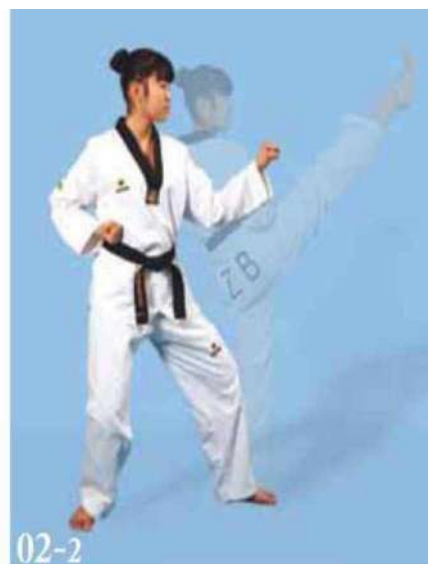
"Da"(1) direction, left foot put forth, wen apkubi and araemakki



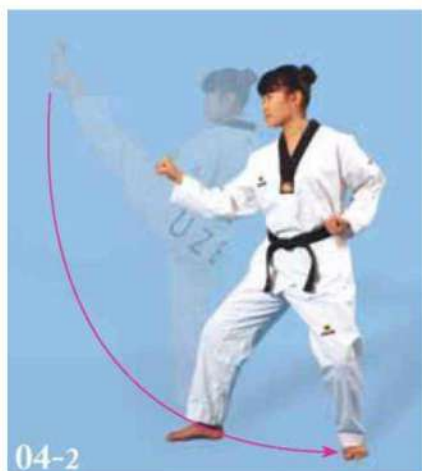
02-1

Da 1 tarafga, oreunbal apchagi, oreun dwitkubi va momtong bakkatmakki

"Da"(1) direction, oreunbal apchagi, foot retrieves, oreun dwitkubi and momtong bakkatmakki. (2-1 and 2-2)



02-2



Ra 1 tarafga, wenbal apchagi, wen dwitkubi va momtong arae makki

"Ra"(1) direction, wenbal apchagi, turning back wen dwitkubi and momtong bakkatmakki (4-1 and 4-2)



04-1



03

Ra 1 tarafga o'ng oyoq bir qadam oldinga tashlab yo'nalishni o'zgartirib, oreun apkubi va araemakki

"Ra"(1) direction, right foot put forth half a step, change of direction, oreun apkubi and

Bahoni pasaytirish holatlari Deduction factors

Qo'l yon qismi bilan aylana yuz himoyasi. Hansonnal Olgul Bitureo Makki.

- Qo'lning yon qismi bilan to'siqni bir qo'lda amalga oshirgan holatda

-Oyoq tizzasi tashqariga ko'tarilib ketganda.

- Aylana to'siqni amalga oshirayotganda yelka yetarli darajada aylan- magan holatda yoki to'siq gavdaning tashqarisiga chiqib ketgan harakat.

- Bundan tashqari harakat qoidasiga zid qoidalar.

Hansonnal Olgul Bitureo Makki (Single Knife Hand Twist Block)

- Doing Sonnal Makki using only one hand.

- Elbow is raised outside.

- Bitureo Makki with no enough shoulder twisted inward or Makki going out of the body line.

HARAKAT QOIDASI MOVEMENT

QO'L YON QISMI BILAN AYLANA YUZ HIMOYASI. HANSSONNAL OLGUL BITUREO MAKKI

-OLD BUKISH, AYLANA YUZ HIMOYASI, QO'LNI TUTASHIRGAN HOLATDA, QO'LNING YON QISMI YUZ BALANDLIGIDA BO'LISHI KERAK. YELKA 45° CHIZIG'I OSTIDA BO'LISHI KERAK.

HANSSONNAL OLGUL BITUREO MAKKI (SINGLE KNIFE HAND TWIST BLOCK)

- APKUBI BITUREO MAKKI IS DONE BY CROSSING THE HAND AND BLOCKING THE FACE HEIGHT. SHOULDER LINE IS IN 45°.

belni aylantirish

Twisting your waist

qo'l yuz balandligida

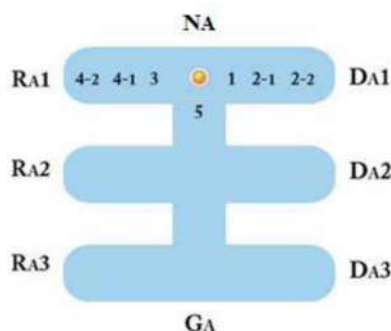
Sonnal: the face



05

Ga tarafga chap oyoqni ko'tarib bir qadam tashlab, wen ap kubi va hansonnal olgul bitureomakki

"Ga" direction, left foot move wen apkubi and oreun hansonnal olgul bitureomakki





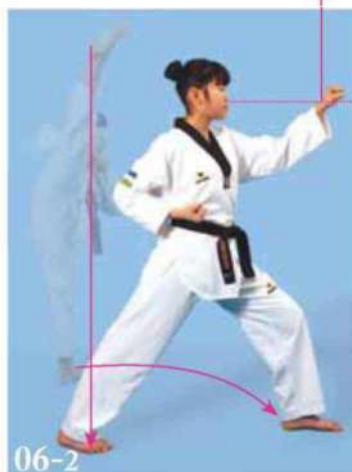
Yuzga zarba beriladi. Aylanib (dollyo chagi) ishlatiladigan yagona pumse

The face is target. This is the only pumse that contains the roundhouse kick



06-1

Musht bo'g'ini lab balandligida
The wrist is the height of the phitrum



06-2



06-3

Ga tarafga o'ng oyoq yuzni aylana tepib (ourenbal olgul dollyo chagi) Da 2 yo'nalishga, wen apkubi va olgul bakkatmakki, momtong barojireugi

"Ga" direction, oreunbal olgul dollyochagi, the foot put forth one step and a half toward "Ga", left foot moved toward "Da"(2) wen apkubi and olgul bakkatmakki followed by momtong barojireugi. (6-1, 6-2 and 6-3)

Harakat qoidasi Movement

Olgul dollyochagi.

-Olgul dollyochagi tepishni amalga os hir gandan
So'ng qaytadigan oyoq bir yarim qadam oldinga qadam tashlaydi. (Ko'zlar oldinga yo'naltirilib harakat aniq bajarilish kerak).

Olgul Dollyochagi (Face Roundhouse Kick)

- After Olgul Dollyochagi, land one and a half steps in front. (Keep the eyes in front and perform accurately).

Olgul bakkat makki, Momtong Jireugi

- Olgul bakkat makki va momtong jireugi urish
O'zaro bo'g'liq harakat ostida bajarilishi kerak.

Olgul Bakkatmakki, Momtong Jireugi (Outward Face Block, Body Punch)

- Olgul Bakkatmakki and momtong jireugi are done in continuous movement.

Bahoni pasaytirish holatlari Deduction Factors

Olgul dollyochagi.

- Olgul dollyochagi tepishni amalga oshirgandan so'ng orqaga oyoqni tashlayotgan vaqtda ikki oyoqni yig'ib oladigan harakat.

- Tepgandan so'ng old tarafga oyoqni qo'ymaslik yoki yo'nalishga oyoqni birdaniga qo'yish.

Olgul Dollyochagi (Face Roundhouse Kick)

- Putting the both feet together after Dollyochagi.

- Lending the foot in the direction of the turn and not in The front.

Olgul bakkat makki, Momtong Jireugi

- Olgul bakkat makki faqat bir qo'l bilan

Amalga oshirganda.

- Noto'g'ri bo'lgan olgul bakkat makki harakatini amalga oshirganda.

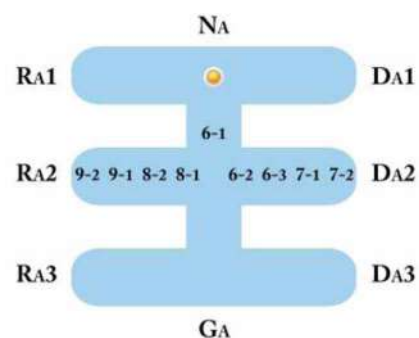
Olgul Bakkatmakki, Momtong Jireugi (Outward Face Block, Body Punch)

- Doing olgul Bakkatmakki using only one hand.

- Doing improper Olgul Bbakkatmakki.



09-2



Da 2 tarafga oreunbal apchagi, oreun apkubi va momtong barojireugi

"Da" (2) direction, oreunbal apchagi, oreun apkubi and momtong barojireugi (7-1 and 7-2)



Ra 2 tarafga wenbal apchagi, wenapkubi va momtgong barojireugi

"Ra" (2) direction, wenbal apchagi wen apkubi and momtong barojireugi (9-1 and 9-2)

Ra 2 tarafga oreun apkubi va olgul bakkatmakki, momtong barojireugi

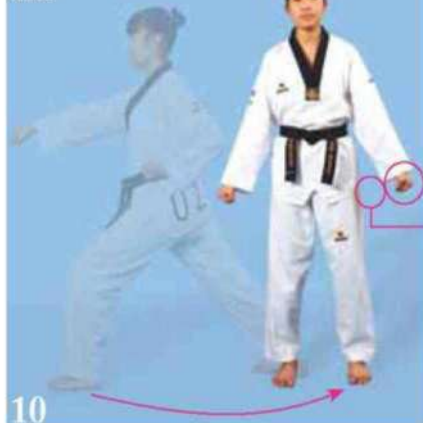
"Ra"(2) direction, right foot moved to turn around, oreun apkubi, olgul bakkatmakki followed by momtong barojireugi



tos old chizig'i mushtning to'g'ri
chizig'i bilan o'zaro mos kelishi kerak

Your thigh line and the hammer fist
should be in one line

Hechomakki chap qo'l tashqi qismidan boshlanadi.
Hechomakki is begins as the left hand position
outside.



ikki musht
katta-ligidagi
oraliq
The distance of
two fists

Ga tarafdan Da 2 chizig'iga qadam tashlab
tekis turib hechomakki.

#Harakatni asta sekin nafasni rostlagan holda
bajarib, ko'zlarni gorizantal holatda ushlab,
atrof muhitga sinchikovlik bilan qarab
gavdani rostlagan holada turiladi.

Looking toward "Ga", right foot at its place,
left foot pull and move to step on "Da" (2) lie,
naranhiseogi and arahechomakki.

#Slow motion, control of respiration,
horizontal eye line, observation around and
dignified attitudes are emphasized in
practicing.



Ga tarafga oreun apkubi va wen
hanssonal olgul bityreomakki

"Ga" direction, right foot put forth,
oreun apkubi and wen hanssonal
olgul bitureomakki



Ga taraf. Dollyo chagi. (Kihap)
Da 3 tarafga oreun apkubi va
araemakki

"Ga" direction, wenbal dollyochagi
(utterance of "Kihap"), the foot put
forth a step and half, body turned
rightward, right foot moved toward
"Da"(3), oreun apkubi and
araemakki (12-1, 12-2)

Harakat qoidasi

Movement

Pastki yoyiq himoya. Arae hechomakki.

- Arae hechomakki harakati ikki qo'lni tutashti-rgan
holatda asta

Sekin (5 sekund atrofida) bajariladi.

Arae hechomakki (two hand cleaving low block)

- Arae hecho makki is done by crossing the hands and
opening them slowly. (about 5 seconds)

Olgul dollyo chagi.

- Olgul dollyo chagi tepishni amalga oshirgandan
so'ng qaytaradigan oyoq bir yarim qadam oldinga
tashlanadi. (ko'zni oldinga yo'naltirib harakat aniq
bajariladi)

Olgul Dollyochagi (Face Roundhouse Kick)

- After Olgul Dollyochagi, land one and a half steps in
front. (Keep the eyes in front and perform accurately)

Bahoni pasaytirish holatlari

Deduction Factors

Pastki yoyiq himoya. Arae Hechomakki.

- Harakatni tez amalga oshirgan holatda.
- Bundan tashqari harakat qoidasiga zid qoidalar.

Arae Hechomakki (Two Hand Cleaving Low Block)

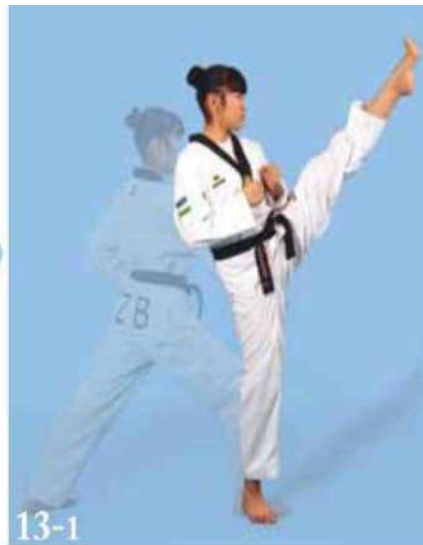
- Doing the movement fast
- Any movement other than shown above will be deduction
points.

Olgul dollyo chagi.

- Olgul dollyo chagi tepishni amalga oshirgandan so'ng oyoqni
Qaytarayotgan vaqtda ikki oyoq birga y'l'g'lib qolgan holatda.
- Tepgandan so'ng oldinga oyoqni qo'ymaslik yoki
yo'nalsihga qarab oyoqni birdaniga qo'yish.
- Bundan tashqari harakat qoidasiga zid qoidalar.

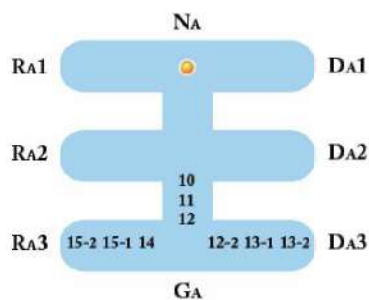
Olgul Dollyochagi (Face Roundhouse Kick)

- Putting the both feet together after Dollyochagi.
- Landing the foot in the direction of the turn and not in the
front.
- Any movements other than shown above will be deduction
points.



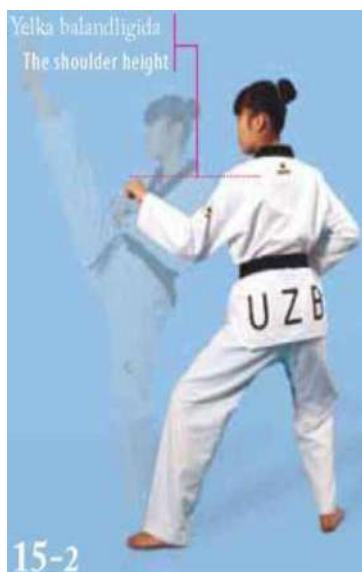
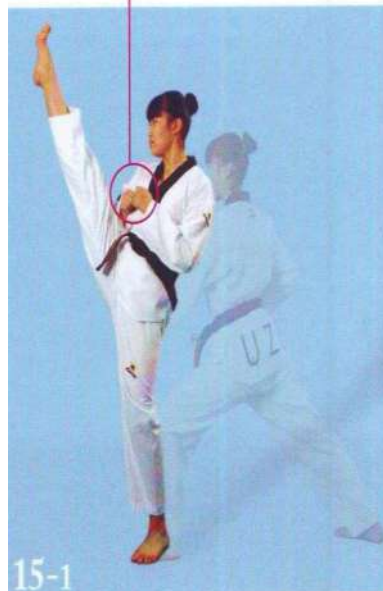
Da 3 tarafga wen dwitkubi va momtong bakkatmakki

"Da"(3) direction, wenbal apchagi, foot retrieves, wen dwitkubi and momtong bakkatmakki (13-1 and 13-2)



ikki qo'l ko'krakka yengil qo'yiladi

The two fists are put nearly in the chest



Ra 3 yo'nalishga, wen apkubi va araemakki

"Ra" (3) direction, oreun bal apchagi, foot retrieves, oreun dwitkubi and momtong bakkatmakki (15-1 and 15-2)

Ra 3 tarafga apchagi, oreun apkubi va momtong bakkatmakki

"Ra" (3), direction, change of direction left foot put forth half a step, wen apkubi and araemakki



Na yo'nalishga (ko'z Ga yo'nalish). Wen dwitkubi va sonnal momtongmakki.

left foot retrieves toward "Na" (looking toward "Ga"), wen dwitkubi and sonnal momtong makki

Harakat qoidasi Movement

Batangson makki, Momtong jireugi.

- Qo'l kaftini yelka balandligiga ko'tarib byongchi balandligida Himoya qilinadi.

Batangson Makki Momtong Jireugi (Plam Block Body Punch)

- Put batangson palm facing upward in shoulder height and strike down in front of solar plexus to block.



Na yo'nalishga (ko'z Ga tarafga). Ouren dwitkubi va sonnal momtongmakki

right foot moved toward "Na" (looking "Ga" direction), oreun dwitkubi and sonnal momtong makki

Bahoni pasaytirish holatlari Deduction Factors

Batangson makki, Momtong jireugi.

- Batangson makki, momtong jireugi

Batangson makkini, nullomakki harakati bilan adashtirganda.

- Bundan tashqari harakat qoida siga zid qoidalar.

Batangson Makki Momtong Jireugi (Plam Block Body Punch)

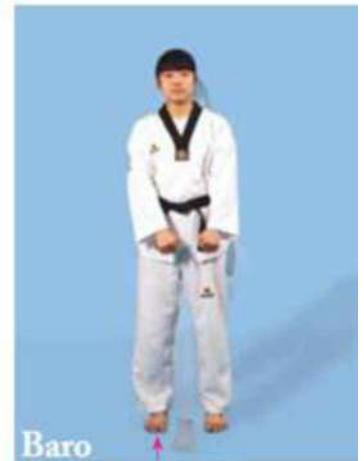
- Doing Batangson Makki in the form of Nullomakki.

- Any movements other than shown above will be deduction points.



qo'l ozgina qayrilgan holda bo'lishi
kerak, kaft byongchi oldida joylashgan
bo'ladi

Bend your wrist a little and let it be
the palm. The palm should be placed in
the line solar plexus



Na yo'nalishga (ko'z Ga yo'nalsih), Ouren apkubi va ouren batangson
momtong makki, momtong baro jireugi

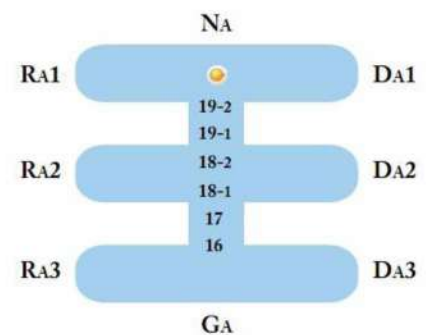
left foot retrieves toward "Na" (looking toward "Ga"), ouren apkubi, ouren
batangson momtongmakki followed by momtong barojireugi (19-1 and 19-2)

O'ng oyoqni orqaga tortib asosiy
tayyorlanish holatiga o'tish.

Baro: "Na position", left foot at its place,
right foot pulled in, looking toward "Ga",
kibon junbiseogi.

orqa tizzani bukmasslikka etibor
berish kerak

Try to keep your hind leg straight



Na yo'nalish (ko'z Ga yo'nalish), wen apkubi va wen batangson momtong makki

right foot retrieves toward "Na" (looking toward "Ga"), wen apkubi, wen batangson
momtongmakki followed by momtong barojireugi (18-1 and 18-2)



5. Harakatni amalda qo'llanilishi.

Raqibning yuz qismiga berilgan hujum zarbasini bitero makki bilan qaytarib uning qo'li ushlab olinadi

Application of action 5.

Performs a bitureomakki against the opponent's face attack and grasp the opponent's arm



6-1. Harakatni amalda qo'llanilishi.

Raqib ushlab olinishi bilan aylanib tepish zarbasi bilan qarshi hujum qilinadi, musht ustki qismi bilan old urish, noqulay bo'lsada keying zarbani berish chog'ida qulay himoya hisoblanadi

Application of action 6-1.

Upon grasping the opponent, delivers a counterattack of dollyochagi (bitureomakki is not easy but effective defense in counterattacking)



6-2. Harakatni amalda qo'llanilishi.

Raqibning yuz qismiga hujumini olgul bakkat makki bilan qaytarib, raqibning qo'lini ushlab olib

Application of action 6-2.

Performs olgul bakkatmakki against the opponent's face attack, pulls the opponent's arm with his makki hand



6-3. Harakatni amalda qo'llanilishi.

Qarshi hujum sifatida momtong baro jireugi zarbasi beriladi

Application of action 6-3.

Counterattacks by momtong barojireugi



19-1. Harakatni amalda qo'llanilishi.
Momtong jireugi bilan hujum qilganda orqaga qaytib kaft bilan batang son
momtong makki bilan qaytariladi

Application of action 19-1.
Recoils against the opponent's momtong barojireugi and performs batangson
momtongmakki



19-2. Harakatni amalda qo'llanilishi. Momtong jireugi bilan qayta hujum
qilinadi

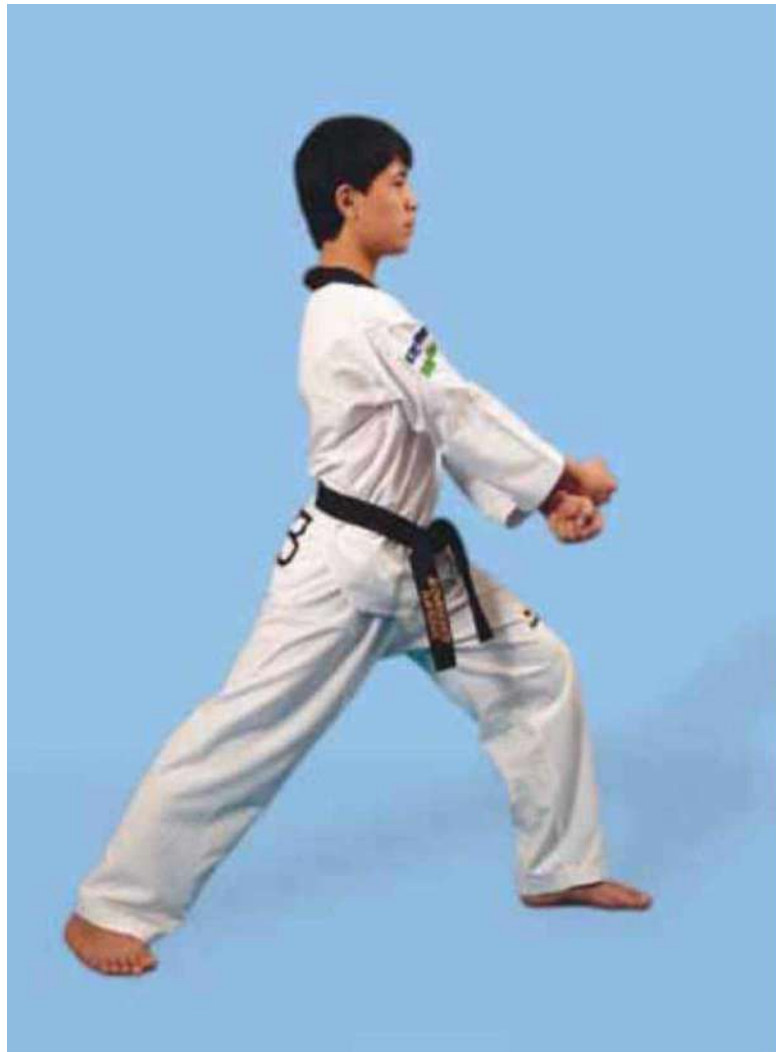
Application of action 19-2.
Consecutively counterattacks by momtong barojireugi



SAVOLLAR:

1. Teageuk 6 jangda nechta yangi harakatlar mavjud?
2. Jami harakatlar soni?
3. Asosiy tayyorlash holatidan so'ng qaysi harakat bajariladi?
4. Teageuk 6 jangda qanday bahoni pasaytiradigan holatlar mavjud?
5. 10 chi harakat davomiyligi qancha?
6. Dolyo chagi zarbasi tananing qaysi qismiga uriladi?
7. Dolyo chagi zarbasi oyoqning qaysi qismi bilan amalga oshiriladi?
8. Teageuk 6 jangda qaysi zarbada kihap qilinadi?
9. 18-1, 19-1 harakatlar nima uchun amalga oshiriladi?
10. Teageuk 6 jangda 15 chi harakat qanday nomlanadi?

TAEGEUKI 7 JANG



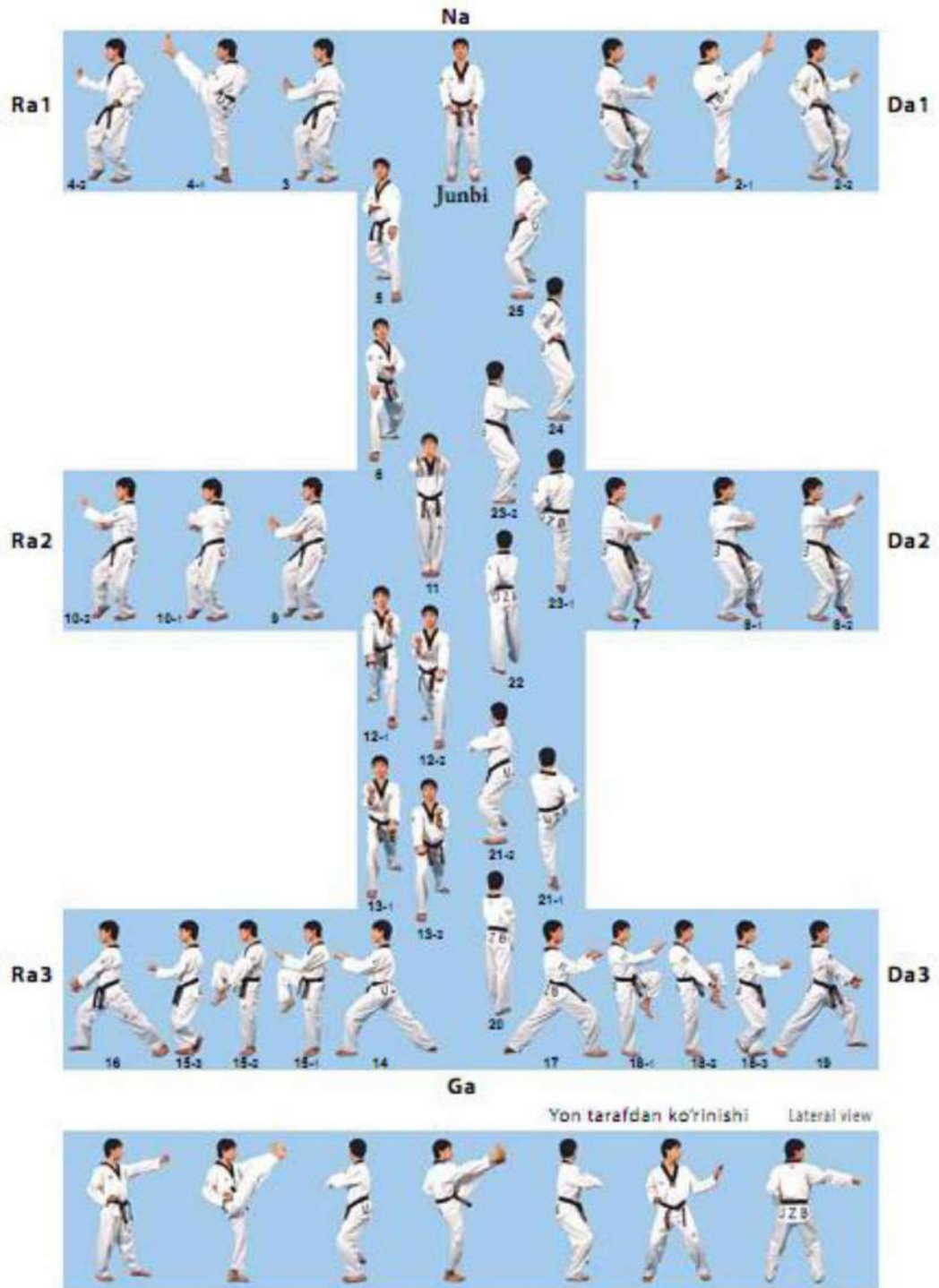
Taegeuk 7 jangda yangi harakatlar sonnal araemakki, batangson kodureomakki, bojumeok kavimakki, mureupchigi, momtong hechomakki, dujemoek jeochon jireugi, arae otkoreo makki, deungjumeok bakkat chigi, pyojeok-chagi, yop-jireugi va turish holatlaridan beomseogi vajuchumseogilar hisoblanadi. Harakatlar turli xil bo'lganligi sababli mashg'ulotda harakatlar bog'lanishiga e'tiborni qaratish lozim. Bu taekvondoda ikkinchi daraja hisoblanadi.

New movements are sonnal araemakki, batangson kodureomakki. bojumeok kawimakki, mureupchigi, momtong hechomakki. dujumeok jeochon jireugi, arae otkoreo makki, deungjumeok bakkat chig jireugi and such stances as beomseogi and juchumseogi. Smooth connection of movement is important Kup-graders practice this poomsae.



Taegeuk 7 Jang Pumse chizig'i

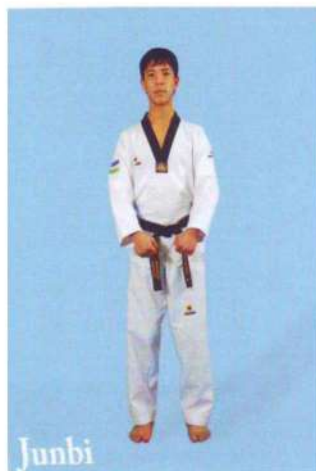
The Poomsae Line of Taegeuk 7 Jang



Taegeuk 7 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 7 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhiseogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1.	Da1	Da1	Ven beamseogi	Chap oyoq bilan oldinga qadam L.F put forth	Btangson momtong anmakki (qo'l bilan gavda ichki to'sig'i) (palm-hand trunk inner blocking)
2.	Da1	Da1	Ven beamseogi	O'ng oyoq apchagi va o'z joyiga qaytish R.F apchagi, retrieve	Momtongmakki (gavda to'sig'i) (trunk blocking)
3.	Ra1	Ra1	Oreun beamseogi	Ikki oyoq o'z joyida, yo'nalishni o'zgartirish Feet remain, change direction	Btangson momtong anmakki (qo'l bilan gavda ichki to'sig'i) (palm-hand trunk inner blocking)
4.	Ra1	Ra1	Oreun beamseogi	Chap oyoq apchagi va o'z joyiga qaytish L.F apchagi retrieve	Momtongmakki (gavda to'sig'i) (trunk blocking)
5.	Ga	Ga	Oreun dvitkubi	Chap oyoq bilan orqaga qadam L.F move and step down	Sonnal araemakki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
6.	Ga	Ga	Ven dvitkubi	Oldinga qadam Put forth foot	Sonnal araemakki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
7.	Da2	Da2	ven beamseogi	Chap oyoq bilan orqaga qadam L.F move and step down	Batangson momtong kodureo anmakki (qo'l bilan gavda ichki to'sig'i) (palm-hand trunk inner blocking)
8.	Da2	Da2	Ven beamseogi	Ikki oyoq o'z joyida, o'sha holatda turish Feet remain, same stance	Deungjumeok olgulapchigi (musht bilan yuz old qismiga zarba) (st face front hitting)
9.	Ra2	Ra2	Oreun beamseogi	Yo'nalishni o'zgartirish Change direction	Batangson momtong kodureo anmakki (qo'l bilan gavda ichki to'sig'i) (palm-handassist trunk inner blocking)
10.	Ra2	Ra2	Oreun beamseogi	Ikki oyoq o'z joyida, o'sha holatda turish Feet remain, same stance	Deungjumeok olgulapchigi (musht bilan yuz old qismiga zarba) (backfist face front hitting)
11.	Ga	Ga	moaseogi	Chap oyoqni tortib modumbal L.F oull to modumbal	Bojumeok (siqilgan musht) (covered fist)
12.	Ga	Ga	ven apkubi	Oldinga qadam qo'yib, bandae kavimakki Put forth, bandae kawimakki	Kavimakki (qaychi to'sig'i) (scissors blocking)
13.	Ga	Ga	Oreun apkubi	Oldinga qadam qo'yib, bandae kavimakki Put forth, bandae kawimakki	Kavimakki (qaychi to'sig'i) (scissors blocking)
14.	Ra3	Ra3	Ven apkubi	Aylanish turn	Momtong hechomakki (gavda to'sig'i) (trunk push blocking)
15.	Ra3	Ra3	Dvikkoaseogi	Tizza bilan zarba va o'ng oyoq sakrab oldinga chiqish Mureupchigi, R.F jump for	Jeochojireugi (itarish zarbasi) (push away punch)
16.	Ra3	Ra3	Oreun apkubi	Chap oyoqni orqaga tortish L.F retrieve	Arae otgoreo makki (pastki qarama-qarshi to'siq) (cross underneath blocking)
17.	Da3	Da3	Oreun apkubi	Orqaga aylanish Turn around	Momtong hechomakki (gavda to'sig'i) (trunk push blocking)
18.	Da3	Da3	Dvikkoaseogi	Tizza bilan zarba va chap oyoq sakrab oldinga chiqish Mureupchigi, R.F jump fort	Jeochojireugi (itarish zarbasi) (push away punch)
19.	Da3	Da3	Ven apkubi	O'ng oyoqni orqaga R.F retrieve	Arae otgoreo makki (pastki qarama-qarshi to'siq) (cross underneath blocking)
20.	Na	Na	Ven apseogi	Aylanish Turn	Deungjumeok bakkatchigi (musht tashqi zarba) (backfist outer hitting)
21.	Na	Na	Juchumseogi	O'ng oyoq pyojeokchagi va oldinga qadam R.F pyojeokchagi, put forth	Palkup pyojeokchigi (tizza bilan nishonga zarba) (elbow target hitting)
22.	Na	Na	Oreun apseogi	Gavdani ko'tarib chap oyoqni tortish Body raise, L.F pulled slightly	Deungjumeok bakkatchigi (musht tashqi zarba) (backfist outer hitting)
23.	Na	Na	Juchumsegi	Chap oyoq pyojeokchagi va oldinga qadam L.F pyojeokchagi, put forth	Palkup pyojeokchigi (tizza bilan nishonga zarba) (elbow target hitting)
24.	Na	Na	Juchumsegi	Ikki oyoq o'z joyida Feet remain	Hansonnal yopmakki (bir qo'l bilan yon taraf to'sig'i) (one hand blade side blocking)
25.	Na	Na	Juchumsegi	O'ng oyoqni ooldinga R.F put forth	Momtong yopjireugi, "kihap" (gavda yon qismiga zarba) (trunk side punch)
Baro	Ga	Na	Naranhiseogi	Chap oyoqni tortib, chap tarafga aylanish L.F pull to turn leftward	Kibon junbiseogi (asosiy holat) (basic ready stance)



Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

Form "Na" position, one looks toward "Ga" direction, and makes kibon junbiseogi

Harakat qoidasi Movement

Old tepish, gavda to'sig'i.
Apchagi, momtongmakki.
- Old tepishdan so'ng orqaga qadam tashlab yo'lbars holatiga o'tiladi.

Apchagi, Momtongmakki
(Front Kick, Body Block)
- After Apchagi, stepping Back and Beomseogi Momtongmakki in done continuously.

Bahoni pasaytirish holatlari Deduction Factors

Old tepish, gavda to'sig'i.
Apchagi, momtongmakki.
- Oyoqni joyiga qo'ygandan so'ng yo'lbars holati aniq bajarimaganida.
- Bundan tashqari harakat qoidasiga zid qoidalar.
Apchagi, Momtongmakki.
(Front Kick, Body Block)-
Improper beomseogi after landing.
- Any movements other than shown above will deduction points.

Yo'lbars holati.

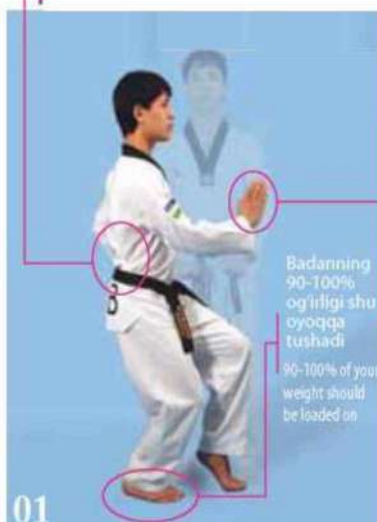
Yopiq holat (oyoqlar yig'ilgan holatda) o'q bo'lgan oyoq 30° atrofida burchakka kengayib, oldinga qadam tashlaydigan oyoq bir oyoq uzunligida qadam tashlanadi. Tana og'irligini orqa oyoqqa tashlab, orqa oyoqqa qaraganda tizza bilan oyoq uchi bir to'g'ri chiziqli ostida turganligini tekshirib, oldinga chiqqan oyoqning tizzasini ko'tarib faqat old qismi yengil bosiladi.

Beom seogi.

Turn one foot about 30 degrees and step out with the other foot. Keep your weight on the foot behind you, and don't let your knees go past the toes. Lift the heel of the foot in front and lightly step with the ball of foot.

gavda oldinga ozgina egilgan bo'ladi

Your upper body is bended down a little



Da 1 tarafga. wen bomseogi va batangson momtongmakki

"Da"(1) direction, wen beomseogi and batangson momtong anmakki

kaft byonchi ba-landligida
The palm is the height of the solar plexus

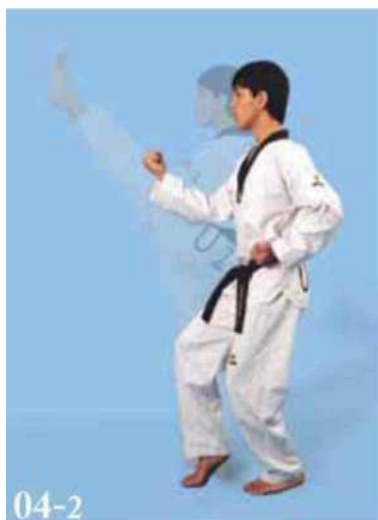
Badanning 90-100% og'irligi shu oyoqqa tushadi
90-100% of your weight should be loaded on



Da 1 taraf o'ng oyoq bilan apchagi o'z joyiga orqaga qadam bosib.wen beom- seogi va momtongmakki

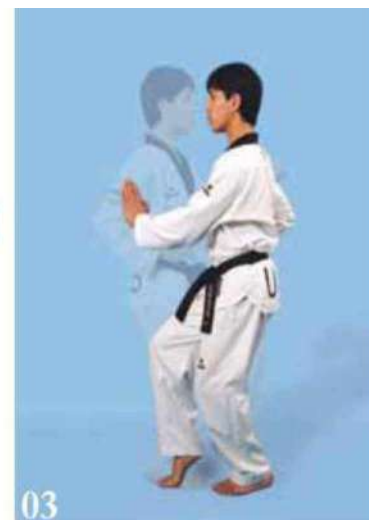
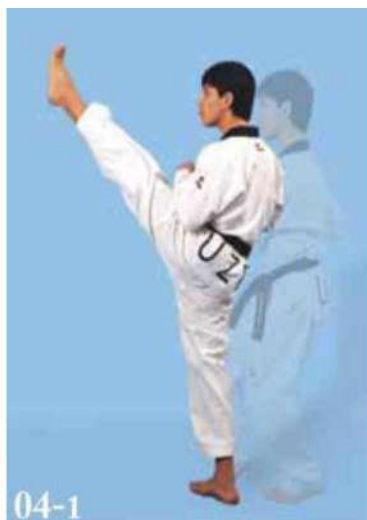
"Da"(1) direction, oreunbal apchagi, retries the foot, wen beomseogi and momtongmakki (2-1 nad 2-2)





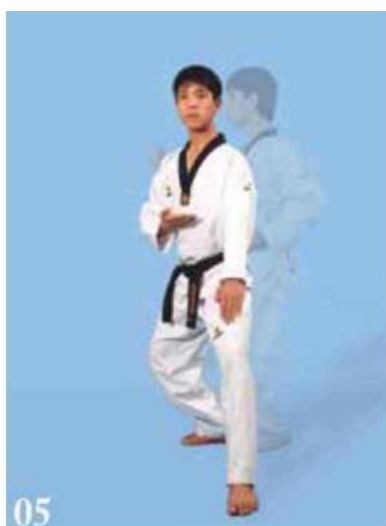
Ra 1 chap oyoq apchagi o'z joyiga orqaga qadam qo'yib, oreun beom seogi va momtong makki

"Ra"(1) direction, wenbal apchagi, retrieval of the foot, oreun beomseogi and momtongmakki (4-1 and 4-2)



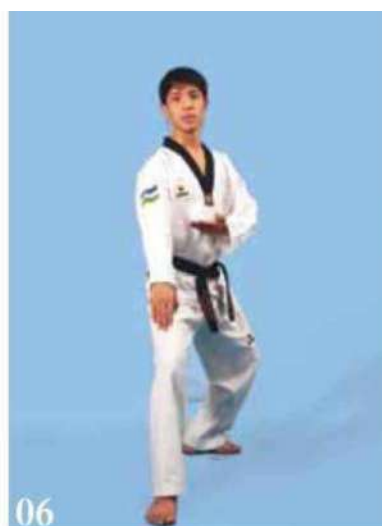
Ra 1 tarafga yo'nalishni o'zgartirib, oreun beomseogi va batangson momtong anmakki

change of direction toward "Ra" (1) oreun beomseogi and batangson momtong anmakki



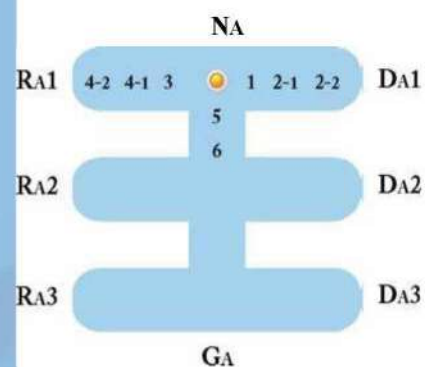
Ra 1 tarafga yo'nalishni o'zgartirib, oreun beomseogi va batangson momtong anmakki

change of direction toward "Ra" (1) oreun beomseogi and batangson momtong anmakki



Ra 1 tarafga yo'nalishni o'zgartirib, oreun beomseogi va batangson momtong anmakki

change of direction toward "Ra" (1) oreun beomseogi and batangson momtong anmakki



Ko'krak qafasi
balandligida
the height of the
solar plexus



lab balandligida
the height of the philtrum



Da 2 taraf o'z holatida belni chap tarafga aylantirib davomidan o'ng tomonga aylantirib, wen beomseogi va deungjumeok olgul apchigi

"Da" (2) direction keeping, upper part of body turned leftward and twisted right ward, uses impulsive power of twisting to deliver deungjumeok olgul apchigi (assisting fist remaining as it is) (8-1 and 8-2)

Harakat qoidasi Movement

Batangson Momtong Koderuo Anmakki, Oreun Deunjumeok Olgul Apchigi
- Batangson Kodureo Makkidan so'ng lab balandligida Deungjumeok chigi zarbasi amalga oshiriladi.

Batangson Momtong Koderuo Anmakki, Oreun Deunjumeok Olgul Apchigi (Assisted Palm Hand Body Block)
- After Batangson Kodureo Makki, do Deungjumeok chigi in height of the philtrum.

Bahoni pasaytirish holatlari Deduction Factors

Batangson Momtong Koderuo Anmakki, Oreun Deunjumeok Olgul Apchigi
- Deunjumeok Olgul Apchigi zarbasi paytida gavdaning yuqori qismi harakatga kelishi

Batangson Momtong Koderuo Anmakki, Oreun Deunjumeok Olgul Apchigi (Assisted Palm Hand Body Block)
- Using the recoil of the upper body when doing the Deunjumeok Olgul Apchigi.

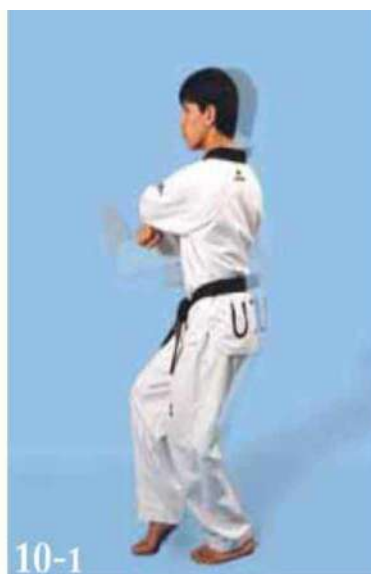
belning qarshi harakat kuchini
ishlatgan holda uriladi

Use your waist spinning when
hitting



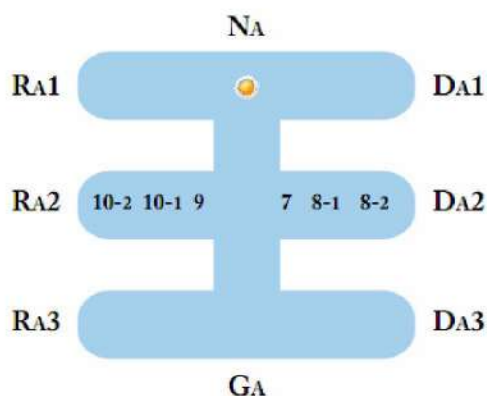
Ra 2 tarafga yo'nalishni o'zgartirib
(ikki oyoqning holati o'z joyida) oreun
beomseogi va batangson momtong
koderuo anmakki

change of direction toward "Ra" (2),
two feet remaining as they are oreun
beomseogi and batangson momtong
koderuo anmakki



Ra 2 taraf o'z holatida badanni o'ng
tomonga aylantirib davomidan chap
tomonga aylantirib qarshi kuchning
elastiklik kuchi hisobiga, oreun
beomseogi va deunjumeok apchigi

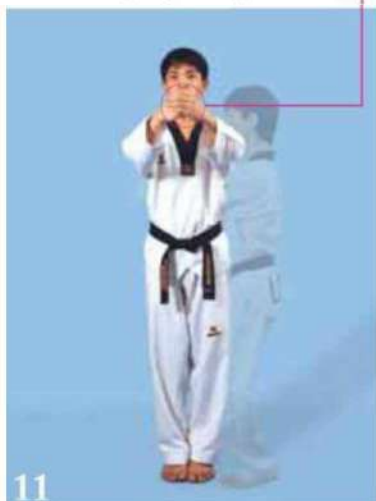
keeping "Ra" (2) direction, the body turned rightward and then twisted
leftward, uses impulsive power of twisting, (in the oreun beomseogi itself),
deunjumeok anchigi (assisting fist remaining as it is) (10-1 and 10-2)





Musht ustini ikkinchi qo'l bilan o'rab, sekin tepaga ko'tariladi.
Covered fist should be done from the lower abdomen.

Chap qo'l o'ng qo'lni ustida bo'ladi.
The left hand grasp the right hand



Ga tarafga qarab o'ng oyoq o'z joyida, chap oyoqni tortib ikki oyoqni yonma yon qo'yib

looking "Ga" direction, drawing the left foot to fix both feet, bojumeok (wrapped -up fists) to the level of philtrum, right foot slowly returning to its position to make a moaseogi

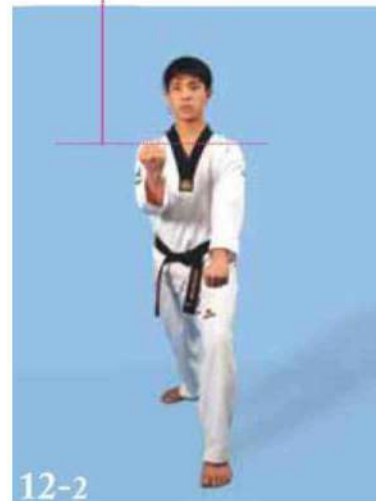
qaychi to'sig'i vaqtida to'siq qo'yadigan qo'l gavda tugash chizig'idan tashqariga chiqib ketmasligi kerak (pastki to'siq va gavda tashqi to'sig'i vaqtida)

Don't let your hands protrude outside the body lines. The lower section block and outside lokck at the same time



12-1

yelka balandligida
the shoulder level



12-2

Ga taraf chap oyoq oldinga bir qadam tashlab, wen apkubi va kawimakki takrorlanadi

left foot put forth toward "Ga" direction, wen apkubi and kawimakki (to be repeated)

#Birinchidan qarama qarshi qaychi to'sig'i, bandae kawimakki (chap old bukish wen apkubi bo'lgan holatda chap bilak gavda tashqi to'sig'i wenpalmok momtong bakkatmakki, o'ng bilak pastki to'siq ourenpalmok araemakki qiganda) qilinadi, davomidan odatiy qaychi to'sig'i baro kawimakki (chap old bukish wen apkubi holatida chap bilak pastki to'sig'i wenpalmok araemakki, o'ng bilak gavda tashqi to'siq ouren palmok momtong bakkat makki) amalga oshiriladi.

#At first, bandae kawimakki (in the stance of wen apkubi, wenpalmok momtong bakkatmakki and then ourenpalmok araemakki) and successively baro kawimakki (in case of wen apkubi, wenpalomok araemakki and oreun anpalmok momtong bakkatmakki) (12-1 and 12-2)

Harakat qoidasi Movement

Bojumeok (o'ralgan musht)
- Chap oyoqni o'ziga tortib Moaseogi
Holatida turiladi va Bojumeokni ko'krak qafasi balandligida sekin(5 sekund davmida) bajariladi.
- Bojumeok bajarilayotgan vaqtda o'ng mushtni chap qo'l bilan yopiladi.
Kavimakki(qaychi bloki)
- Kavimakki to'xtovlarsiz bajariladi.

Bojumeok (covered fist)
- Stand in Moaseogi by pulung the left foot and put Bojeumok in height of the philtrum slowly. (About 5 seconds).
- Wrap the right rst with keft hand when doing Bojumeok.
Kawimakki (Scissor Block)
- Kawimakki is done continuously.

Bahoni pasaytirish holatlari Deduction Factors

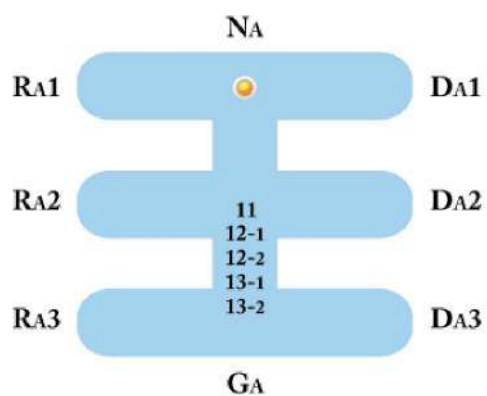
Bojumeok (o'ralgan musht)
-Moaseogi eng birinchi amalga oshirilmaydi va turish holati hamda qo'l harakatlari bir vaqtda amalga oshiriladi.
Kavimakki (qaychi to'sig'i)
- Kavimakki harakatlari noto'g'ri amalga oshirilganda.
- Anpalmok makki yelka balandligidan oshib ketganda.

Bojumeok (covered fist)
- Moaseogi is not done ahead and stance and hand movements are done at the same time.

Kawimakki (Seissor Block)
- Kawimakki is done improperly.
- Anpalmok Makki going over the shoulder line.



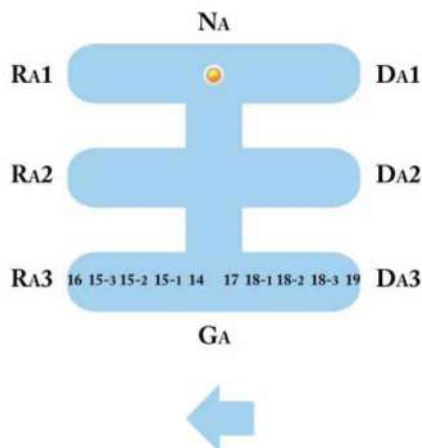
Ga taraf o'ng oyoq bir qadam tashlab, oreun apkubi va kawimakki takrorlanadi
 right foot put forth toward "Ga" oreun apkubi and kawi-makki (repetition) (13-1~13-2)





ikki qo'l kesishgan holatda pastki to'siqda bilaknig
ustki qismi asosiy to'siq qism vazifasini bajaradi.
Ikki qo'l chap tos yon qismidan kesisha boshlaydi

Otkoreo Arae Makki is using the back of the wrist
of the fist.
Ypur hands crossing starts form near the left waist.



Ra 3 taraf chap oyoqni orqaga tortib qo'yib, o'ng-old bukish, ikki qo'l
bir biriga kesishgan holda to'siq qo'yish (o'ng-old bukish holatida o'ng
bilak pastki blokni amalga oshiradi, chap qo'l bilakini yordamchi
sifatida tepasiga qo'yib bosgan holada kuch beriladi) oreun apkubi va
otkoreo araemakki

"Ra" (3) direction, left foot retrieved back, oreun apkubi, otkoreo
araemakki (in case of oreun apkubi, oreun palmok araemakki with the
left wrist laid over to press down in helping)

tizza bel balandligida tepaga ko'tariladi

Raising your knees above the waist



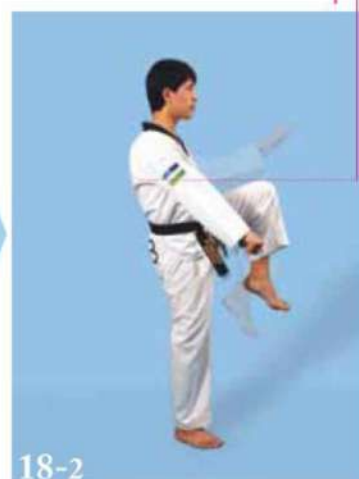
Da 3 tarafga o'ng oyoqni ko'tarib orqaga
aylanib, oreun apkubi va momtong
hechomakki

"Da" (3) direction, right foot moved to urn
around, oreun apkubi and momtong
hechomakki



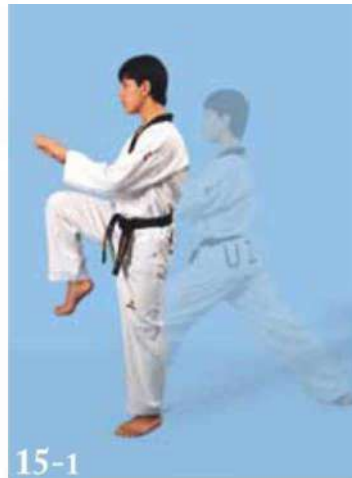
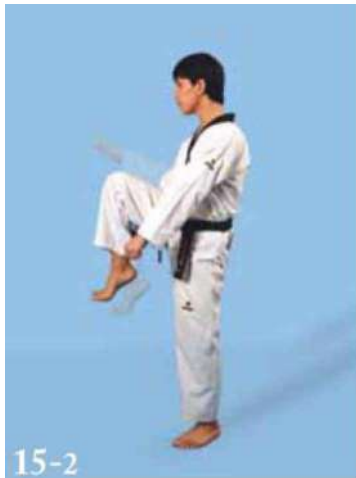
Da 3 tarafga wenbal mureupchigi, oreunbal dwikkoaseogi va dujumeok
jechojireugi

"Da"(3) direction, wenbal mureupchigi, consecutively jumping forward, oreunbal
dwikkoaseogi and dujumeok jechojireugi. (18-1, 18-2 and 18-3)



tizza bilan urganda ikki qo'l tirsaklari
butun kuch bilan pastga to'g'ri ochiladi

raise your knees, drop your hands down,
and make them straight



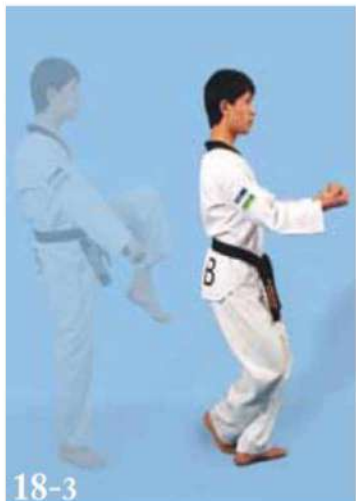
Ra 3 ikki qo'lni ochib qo'llarni cho'zgan holatda qarama-qarshi odamning boshini ushlab pastga tortib o'ng oyoq tizzasi bilan urib davomidan orqaga sakrab, wenal dwikkoaseogi va dujumeok jeochojireugi

"Ra" (3) direction, two hands opened and arms stretched to grasp the opponent's head, pulling down the head, oreunbal mureupchigi, successively jumping forward. wenal dwikkoaseogi and dujumeok jeochojireugi (15-1, 15-2 and 15-2)

Ra 3 tarafga chap oyoqni ko'tarib aylanib, wen apkubi va momtong hechomakki

"Ra"(3) direction, left foot moved to turn, wen apkubi and momtong hechomakki.

Oldi oyoq tarafdagi qo'l pastda
joylashtiriladi
The hand toward the front foot
is located underneath



Da 3 taraf o'ng oyoqni orqaga tortib qadam tashlab, wen apkubi va otcoreo araemakki

"Da" (3) direction, right foot retrieved, wen apkubi and otcoreo araemakki

Harakat qoidasi Movement

Tizza urish va ikki mushtum qayrilgan holatda urish.

-Tizza urishi, ikki qo'lni yozgan holatda qarama qarshi odamni ushlab o'ziga tortgan holda amalga oshiriladi va orqa aylana holat (oyoqlar x holatda) da ikki mushtum teppaga qayrilgan holda uriladi.

Mureupchigi, Jeochojireugi (Knee Strike, Upside Down Two fists Punch)

- Mureupchigi is done by pulling the opponent with open hands, and do Dujumeok Jeochojireugi with Dwikkoaseogi.

Bahoni pasaytirish holatlari Deduction Factors

Tizza urish va ikki musht qayrilgan holatda urish.

- Tizza urishni amalga oshirayotganda ikki musht yopiq bo'lganda.

- Mushtlar qayrilgan holatdagi zarba yaxshi amalga oshmaganda.

Mureupchigi, jeochojireugi (Knee Strike, Upside Down Two Fists Punch)

- Doing Mureupchigi with closed fist.

- Jeochojireugi is done improperly.



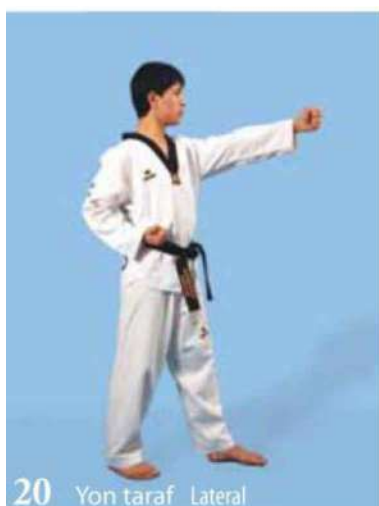
Na taraf chap oyoqni ko'tarib aylanib, wen apseogi va deunjumeok bakkatchigi

"Na" direction, left foot moved to turn, wen apseogi and deunjumeok bakkatchigi (20 and lateral view)



Na taraf o'ng oyoq bilan, pyojeokchagi. Juchumseogi va oreunpalkup pyojeokchigi

"Na" direction, right foot lifted up, pyojeokchagi, juchumseogi and oreunpalkup pyojeokchigi (21-1, lateral views and 21-2)



20 Yon taraf Lateral

qarama-qarshi odamga oyoq bilan zarba oyoqning ostki qismi bilan beriladi

Target kicking is using the back of the foot blade



21-1 Yon taraf Lateral

Harakat qoidasi Movement

Mo'ljalga tepish, tirsak bilan mo'ljalga urish. Pyojeokchagi, palkup Pyojeokchigi.

- Mo'ljalga tepishni oyoqning yon qismi bilan yuz balandligida amalga oshirish kerak, chavandoz holatida qo'l tirsagi bilan mo'ljalga urish byonchi balandligida uriladi.

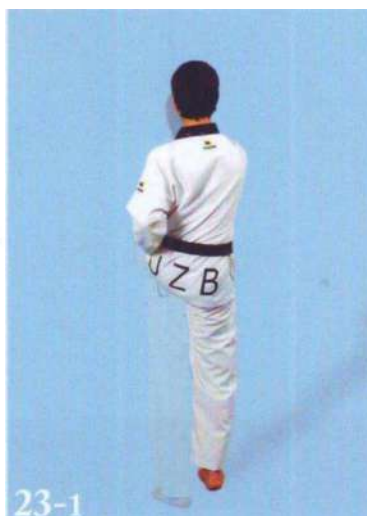
Pyojeokchagi, Palkup Pyojeokchigi (Target Kicking, Elbow Target strike)

- Pyojeokchagi is done by kicking the face height using



Na taraf o'ng oyoq o'z joyida, chap oyoqni ozgina tortib, oreun apseogi va deungjumeik olgul bakkatchigi

"Na" direction, right foot remaining, left foot slightly pulled, oreun apseogi and deungjumeok olgulbakkatchigi



Na taraf chap oyoq bilan mo'ljalga zarba berib oldinga bir qadam tashlab chavandoz holatida chap qo'l tirsagi bilan zarba berish. Wenbal pyojeokchagi. Juchumseogi va wenpalkup pyojeokchigi

"Na" direction, lifting left foot, pyojeokchagi, then juchumseogi and wenpalkup pyojeokchigi (23-1, lateral view and 23-2



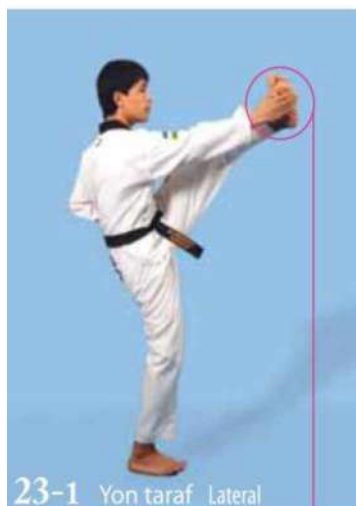
Bahoni pasaytirish holatlari Deduction Factors

Mo'ljalga tepish, tirsak bilan mo'ljalga urish. Pyojeokchagi, palkup Pyojeokchigi.

- Mo'ljalga urayotganda mo'ljal bo'lib turgan qo'l qimirlab ketgan holatda
- Qo'l tirsaklari bilan urish vaqtida ko'z to'g'riga qaramagan holatda.

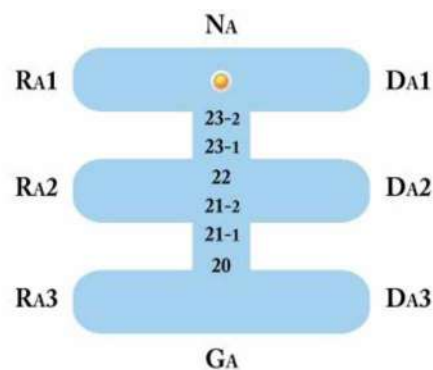
Pyojeokchagi, Palkup Pyojeokchigi (Target Kicking, Elbow Target Strike)

- Moving the target hand when doing the Pyojeokchagi.
- Not looking at the direction of the movement when doing the palkup pyojeokshigi.



mo'ljal bo'ladigan qo'l qimirlamasligi kerak, oyoqni ko'tarib oyoqning yon qismi bilan mo'ljalga tepiladi

don't move the target (your plam). Raise your foot and kick it with the sole of the foot





Na taraf juchumseogi holatida (turish o'z holatida) wen hanssonal momtong yopmakki

"Na" direction, juchumseogi (in the same stance), wen hanssonal momtong yopmakki (24 and lateral view)



Na taraf chap qo'l bilan qarama qarshi odamni ushlab torta turib qadam tashlab, juchumseogi va momtong yopjireugi

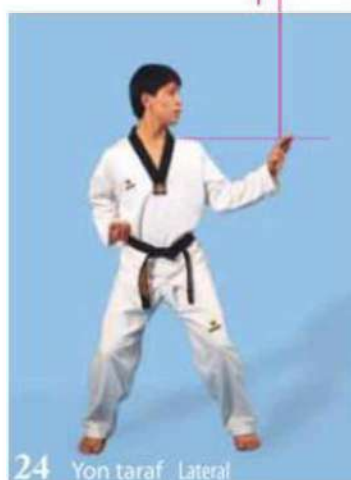
"Na" direction, pulling the opponent with left hand, right foot put forth, juchumseogi and momtong yopjireugi (utterance of "Kihap")



"Na"ning holatidan o'ng oyoq o'z holatida gavdani chap tarafga aylantirib chap oyoqni torta turib "Ga" tarafga qarab asosiy tayyorlanish holati

Baro: "Na" position, right foot at its place, the body turned leftward, left foot pulled, looking "Ga", direction, returning to the jumbiseogi

qo'l uchi yelka
balandligida
the tip of fingers is
the height of your
shoulder



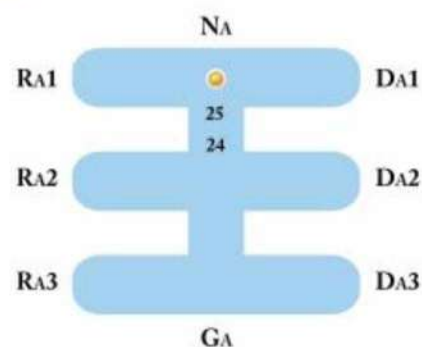
24 Yon taraf Lateral

oyoq oralig'idagi masofa saqlanishi
kerak
Maintain the gap between the two feet



25 Yon taraf Lateral

byongchi balandligida
the height solar plexus





1. Harakatni amalda qo'llanilishi.

Raqib gavda qarama-qarshi urish (momtong bandae jireugi) zarbasini berganda yo'lbars holati (beom seogi) holatida kaft bilan gavda to'sig'i (batang son momtong makki) bilan qaytariladi

Application of action 1.

Uses batangson momtong makki in beomseogi to block the opponent's momtong bandaejireugi 2-1.



2-1. Harakatni amalda qo'llanilishi. Keyin old tepish (apchagi) bilan qarshi zarba beriladi

Application of action 2-1.

Then counterattacks by apchagi



2-2. Harakatni amalda qo'llanilishi.

Lekin old tepish (apchagi) raqib tomonidan bu zarba qaytarilib qarshi zarba sifatida odatiy badan urish (momtong baro jireugi) zarbasi berilgan vaziyatda yo'lbars holati (beom seogi) holatida kaft bilan gavda to'sig'i (batang son momtong makki) zarbasi beriladi

Application of action 2-2.

If the apchagi is blocked by the opponent and counterattacked by opponent's barojireugi, recoils and performs momtongmakki in beomseogi



7. Harakatni amalda qo'llanilishi.
Raqib gavda qarama-qarshi urish (momtong bandae jireugi) bilan hujum qilganda kaft yordamida gavda ichki to'siq (batangson kodoreu momtong anmakki) bilan qaytariladi

Application of action 7.

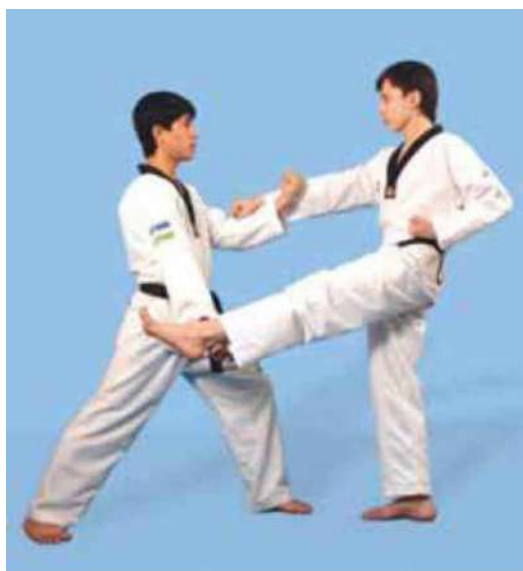
Uses a batangson kodureomakki against the opponent's momtong bandaejireugi



8. Harakatni amalda qo'llanilishi.
Keyin tezda aylanib qarshilik sifatida musht ustki qismi bilan yuz yon urish (deung jumeok apchigi) zarbasini beradi

Application of action 8.

Consecutively twisting the waist, uses the reaction to deliver a deungjumeok olgul apchigi



12-1. Harakatni amalda qo'llanilishi.
Raqib odatiy gavda urish (momtong baro jireugi) bilan zarba berib old tepish (apchagi) zarbasini to'g'ri amalga oshirganda qaychi to'sig'i (kawi makki) sifatida pastki to'siq va ichki bilak gavda to'sig'i (anpalmok momtong makki) ni bir vaqtda bajariladi

Application of action 12-1.

When the opponent delivers momtong baro jireugi and apchagi successively, a kawimakki is applied, using both araemakki and anpalmok momtongmakki at a time



12-2. Harakatni amalda qo'llanilishi.
Raqib bunga javoban ikki mushti bilan zarba berganda qaychi to'sig'i (kawi makki) bilan bu zarbani qaytarib o'ng oyoq bilan zarba berish uchun vaziyat yaratiladi

Application of action 12-2.

If the opponent delivers alternate jireugi with both fists, a kawimakki is applied and at the same time a counterattack by the right foot is possible



14. Harakatni amalda qo'llanilishi. Raqibning tomoqni ushlab olmoqchi bo'lgan zarbasini ikki qo'l bilan qaytariladi.

Application of action 14.

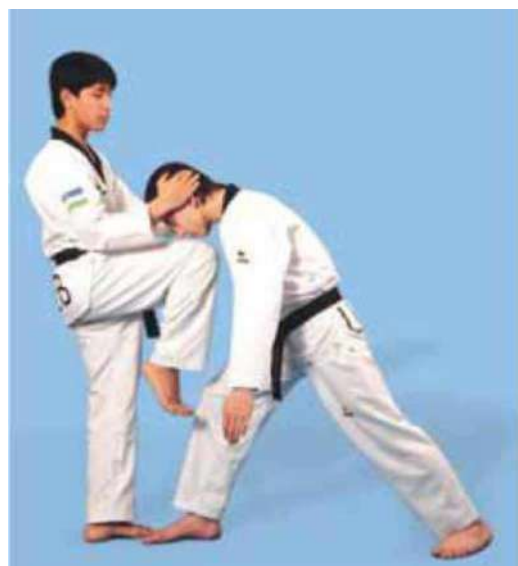
Uses hechomakki to pull out the opponent's arm



15-1. Harakatni amalda qo'llanilishi. So'ng zarbani qaytargan qo'lni tortib olib barmoqlarni musht qilib yig'ib boshni orqa qismini ushlaydi

Application of action 15-1.

Consecutively drawing hechomakki arm, holds the opponent's head after opening the fist

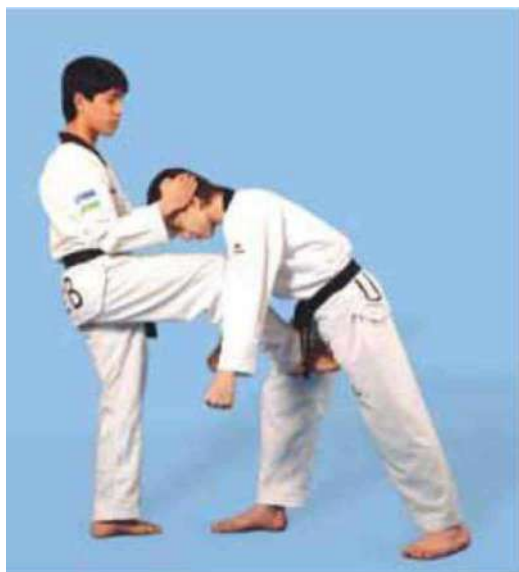


15-2. Harakatni amalda qo'llanilishi.

Boshning orqa qismini ushlangan qo'lni pastga tortib tizzani ko'tarib tepish zarbasi bilan raqibning yuziga hujum qilinadi. Tizza bilan zarba berilganda bukilgan tizzaga ko'p kuch sarflansa tezlik tushib ketib, yuzga berilayotgan zarba noto'g'ri amalga oshirilishi mumkin. Shuning uchun ko'p kuch sarf etmasdan tizza bilan yuzga zarba berilyotganda oyoqni katta ochib ko'tarilgan oyoq bilan zarba berilsa yaxshi foyda beradi.

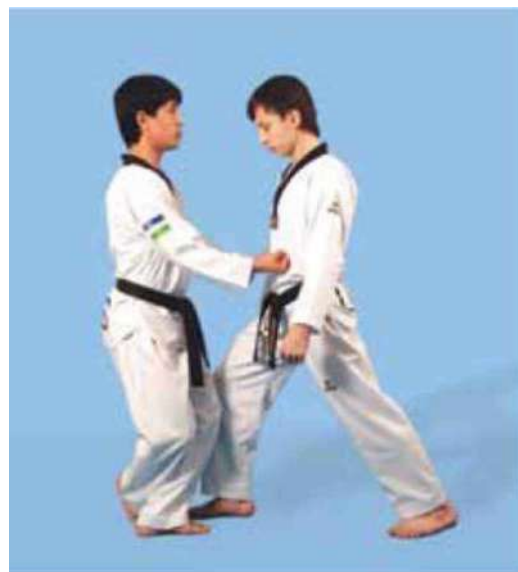
Application of action 15-2.

Pulling down the arms holding the opponent's head, uses the knee to deliver an ollyochigi against the opponet's face in the event of mureupchigi, it is discouraged to concentrate force on the knee because it may risk failure due to the weakened speed; so, it is rather reccomendable to make the knee, at the time of stretching, use the reaction to kick the opponent's groin with the foot back



15-3. Harakatni amalda qo'llanilishi.
Tizza bilan zarba berilganda so'ng qorinning ostki qismiga ham zarba berilishi mumkin.

Application of action 15-3.
After the mureupchigi, an immediate attack on the groin is possible



15-4. Harakatni amalda qo'llanilishi.
Tizza bilan zarba berilganda muvaffaqiyatli yoki muvaffaqiyatsiz zarba bo'lganda ham yana bir bor ko'ngildagidek hujum bo'lishini ta'minlash uchun yaqinroq borib aylanatirib urish (jeocho jireugi) bilan hujum qilinadi.
*Yoyiq to'siq (hecho makki)dan so'ng yuzga zarba bermasdan tezda aylanatirib urish (jeocho jireugi) bilan hujum qilish mumkin.

Application of action 15-4.
In case of failure in mureupchigi (or even successful), another deadly attack, is possible by delivering a jeochojireugi, approaching close to the opponent.
*After hecho makki, an immediate jeochojireugi is possible without delivering an olgulchigi



16. Harakatni amalda qo'llanilishi.
Aylanatirib urish (jeocho jireugi) zarbasida raqibga yaqinlashib qolganda raqibning old tepish (apchagi) hujumini pastki to'siq bilan qaytarish uchun kesishgan pastki to'siq (otkoro arae makki) bilan zarba qaytariladi.



21-1. Harakatni amalda qo'llanilishi. Raqibga oyoqni ko'targan holda zarba beriladi

Application of action 21-1.

Attacks the opponent with the foot sole



21-2. Harakatni amalda qo'llanilishi. So'ng raqibni ushlab tortib tirsak bilan zarba beriladi

Application of action 21-2.

Consecutively pulling the opponent, hits him with the elbow



24. Raqibning qarama qarshi badanga urish (bandae momtong jireugi) zarbasini bir qo'l yon qismi bilan to'siq (hansonnal yop makki) bilan qaytariladi.

Application of action 24.

Applies a hansonalmakki against the opponent's momtong bandaejireugi



25. Harakatni amalda qo'llanilishi.

Bir qo'l yon qismi bilan urish (hansonnal yop jireugi)dan so'ng raqibning qo'lini tortib yon urish (yop jireugi) zarbasi beriladi

Application of action 25.

After hansonalmakki, pulls the opponent's arm and delivers a yopjireugi



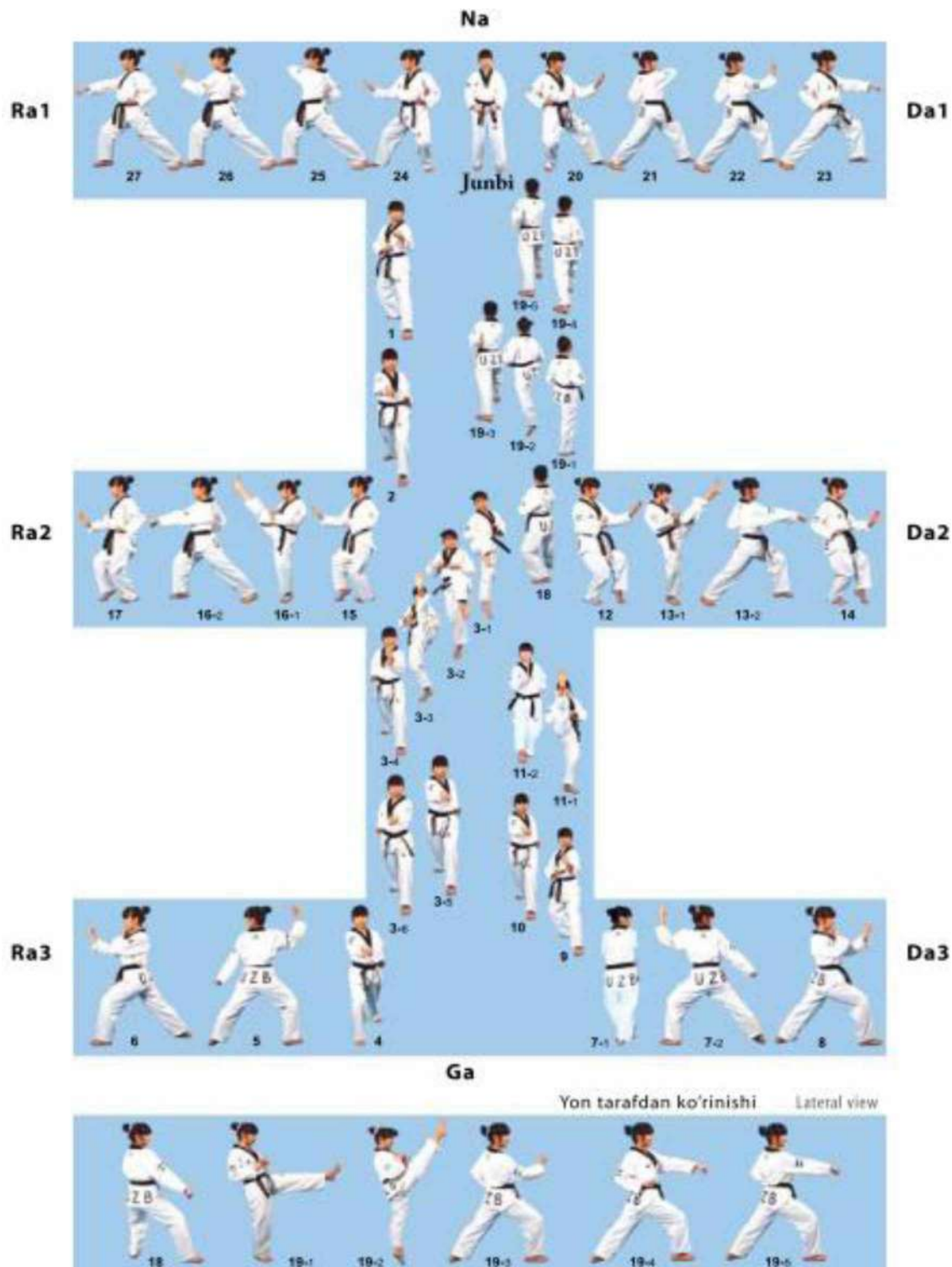
SAVOLLAR:

1. Teageuk 7 jangda jami harakatlar soni?
2. Yangi harakatlar qancha va ularning nomlari?
3. Birinchi bajaradigan harakat nomi?
4. Teageuk 7 jangda nechki marta apchagi zarbasi bajariladi?
5. Poomsening o'ziga xos xususiyati?
6. Poomse bajarish davomida elka qismi qanday holatda turishi kerak?
7. 11- holatda qo'llar qanday holatda va davomiyligi qancha bo'lishi kerak?
8. Kihap qaysi harakatda bajariladi?
9. 1 chi va 3chi holatlarda tizzalar qaysi tamonga qaralishi kerak?
10. 15chi va 18chi harakatlarda oyoq uchi joylashishi qanday holatda bo'ladi?



Taegeuk 8 Jang Pumsesini qisqacha tushir

The Synoptic Table of Taegeuk 8 Jang



TAEGEUKI 8 JANG



Taegeuk 8 jang sakkiz Taegeukpoomselarining so'nggisibo'lib, dan(qora belbog')niolish tekshiruviga chiqishni ta'minlaydi. Bunda yangi harakatlar dubal dangseong apchagi, momtong kondureo bakkatmakki, arae kodureo makki, twiochagi va palkup dpllyochagi. Qadamlarning aniqligi va sakrab ustidan tepish zarbasi va dubal-dangsong(sakrab havoda tepish zarbasi) orasidagi farqlarga alohida e'tibor berish kerak. Bu poomseda birinchi-Dan darajasi hisoblanadi

New movements are dubal dangseong apchagi. momtong kodureo bakkatmakki, arae kodureo makki, twiochagi, and palkup dollyochigi. Emphasis must be laid on the accuracy of steppin and the difference between jumping-over kick and dubal-dangsong (alternate jumping kick in the air). The 1 st Kup-grade trainees practice this poomsae.



Taegeuk 8 Jang Pumsesini qisqacha tushuntirish

The Synoptic Table of Taegeuk 8 Jang

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhiseogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1.	Ga	Ga	Oreun dvitkubi	Chap oyoq oldinga L.F put forth	Kodureo bakkatmakki (qo'l bilan tashqi to'siq) (cutter wrist outer blocking)
2.	Ga	Ga	Ven apkubi	O'sha joydan Same position	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
3.	Ga	Ga	Ven apkubi	Ikki oyoda dangseong apchagi, "kihap"; oldinga, gavda to'sig'i Two feet dangseong apchagi, "kihap", foot forth, momtong makki	Momtong dubeonjireugi (gavda qismiga ikki zarba) (trunk double punch)
4.	Ga	Ga	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Momtong bandaejireugi (gavdaga qarama-qarshi zarba)
5.	Ra3	Ra3	Oreun apkubi	Aylanish, chap oyoq tortib qadam Turn, L.F moved to step down	Vesanteulmakki (bir qo'lni keng ochib to'siq) (single hand wide open blocking)
6.	Ra3	Ra3	Ven apkubi	Ikki oyoq o'z joyida, vazn markazini almashtirish Feet remain, center of mas move	Dangkyo teokjireugi (tortib jag'ga zarba) (pull the jaws punch)
7.	Da3	Da3	Ven apkubi	Chap oyoq apkoaseogi, o'ng oyoq oldinga L.F apkoaseogi, R.f put forth	Vesanteulmakki (bir qo'lni keng ochib to'siq) (single hand wide open blocking)
8.	Da3	Da3	Oreun apkubi	Ikki oyoq o'z joyida, vazn markazini almashtirish Feet remain, center of mas move	Dangkyo teokjireugi (tortib jag'ga zarba) (pull the jaws punch)
9.	Ga	Na	Oreun dvitkubi	O'ng oyoq tortib qadam R.F move to step down	Sonnalmakki (qol bilan gavda to'sig'i) (hand blade trunk blocking)
10.	Ga	Na	Ven apkubi	Chap oyoq sal orqaga L.F put forth slightly	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
11.	Ga	Na	Oreun beomseogi	O'ng oyoq apchagi, oyoqni eski holatga qaytarish, chap oyoq bir qadam orqaga R.F apchagi, foot retrieve, L.F one step backward	Batangson momtongmakki (musht bilan gavda to'sig'i) (palmfist trunk blocking)
12.	Da2	Da2	Ven beomseogi	Chap oyoqni tortib qadam L.F move, step down	Sonnalmakki (qol bilan gavda to'sig'i) (hand blade trunk blocking)
13.	Da2	Da2	Ven apkubi	Chap oyoq apchagi va oyoqni oldinga L.F apchagi, put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
14.	Da2	Da2	Ven beomseogi	Chap oyoqni tortish L.F pull	Batangson momtongmakki (musht bilan gavda to'sig'i) (palmfist trunk blocking)



15.	Ra2	Ra2	Oreun apkubi	Yo'nalishni almashtirish Change direction	Sonnal momtongmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
16.	Ra2	Ra2	Oreun dvitkubi	O'ng oyoq apchagi, oldinnga qadam R.F apchagi, put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
17.	Ra2	Ra2	Oreun beomseogi	O'ng oyoqni tortish R.F pull	Batangson momtongmakki (musht bilan gavda to'sig'i) (palmfist trunk blocking)
18.	Na	Na	Ven dvitkubi	Aylanish Turn	Arae kodureo makki (kesuvchi-qo'l bilan pastki to'siq) (cutter-wrist-underneath blocking)
19.	Na	Na	Oreun apkubi	Chap oyoq apchagi, o'ng oyoq sakrab apchagi, kihap, oldinga L.F apchagi, R.F jump apchagi, "kihap", put forth	Momtong dubeonjireugi (gavdaga ikki zarba) (trunk double punch)
20.	Da1	Da1	Oreun dvitkubi	Aylanish Turn	Hansonnal momtong bakkatmakki (bir qo'l bilan gavda tashqi to'sig'i) (one hand blade trunk side blocking)
21.	Da1	Da1	Ven apkubi	O'ng oyoq o'z joyida, chap oyoq oldinga R.F remains, L.F push forth	Oreunpalkup dollyochigi (o'ng tirsak bilan aylanib zarba) (right elbow turning hitting)
22.	Da1	Da1	Ven apkubi	Ikki oyoq o'z holatida, o'sha holatda turish Same position, stance	Deungjumeok apchigi (musht bilan old qismga zarba) (backfist front hitting)
23.	Da1	Da1	Ven apkubi	Ikki oyoq o'z holatida, o'sha holatda turish Same position, stance	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
24.	Ra1	Ra1	Ven dvitkubi	Yo'nalishni almashtirish Change direction	Hansonnal momtong bakkatmakki (bir qo'l bilan gavda tashqi to'sig'i) (one hand blade trunk side blocking)
25.	Ra1	Ra1	Oreun apkubi	Chap oyoq o'z joyida, o'ng oyoq oldinga L.F remains, R.F push forth	Venpalkup dollyochigi (chap tirsak bilan aylanib zarba) (right elbow turning hitting)
26.	Ra1	Ra1	Oreun apkubi	Ikki oyoq o'z holatida, o'sha holatda turish Same position, stance	Deungjumeok apchigi (musht bilan old qismga zarba) (backfist front hitting)
27.	Ra1	Ra1	Oreun apkubi	Ikki oyoq o'z holatida, o'sha holatda turish Same position, stance	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
Baro	Ga	Na	Naranhiseogi	Chap oyoqni orqaga tortish L.F pull	Kibon jumbiseogi (asosiy holat) (basic ready stance)



Taegeuk 8 Jang

qo'l yon qismi to'siqqa o'xshash, qo'l
mushtga siqiladi
similar to sonnal makki, just clench a
fist from the hand blade



Na holatidan Ga tarafga qarab turib
asosiy tayyorlanish holati

Form "Na" position, one looks toward
"Ga" direction, and makes kibon
jubiseogi

old oyoqni to'g'ri chiziq
ostida qadam qo'yib old
bukishga o'zgaradi, apkubi
Move the front foot and turn
to Apkubi



Ga taraf chap oyoq bir qadam tashlab,
wen apkubi va baro momtongjireugi
"Ga" direction, left foot slightly pushed
forward, wen apkubi and momtong
barojireugi



Ga taraf chap oyoq oldinga bir qadam
tashlab, oreun dwitkubi va momtong
bakkatmakki

"Ga" direction, left foot put forth, oreun
dwitkubi and momtong kodureo
bakkatmakki (kyonumsae)

Bahoni pasaytirish holatlari Deduction Factors

Badan yordamida tashqi blokdan
so'ng odatiy badan urish.
Momtong kodureo bakkat makki
va momtong barojireugi.
- Gavda tashqi to'siq qo'yganda
Uradigan qo'l belga tortilmasdan
shu zahotiyoq uriishni amalga
oshirganda.

Kodureo bakkatmakki
(kyonumsae) and momtong baro
jireugi.

- Doing momtong barojireugi right
away without pulling the
supporting hand to the waist a
point of deduction.



Ga taraf dubal dangseong apchagi (o'ng oyoq birinchi old tepib davomidan sakragan
holda chap oyoq bilan baland tepiladi, chap oyoq tepishda -kihap-) tepib bir qadam
oldinga tashlab, wen apkubi, momtong makki va momtong dubeonjireugi
"Ga" direction, dubal dangseon apchagi (right foot first executes an apchagi to jump
up and left foot a higher jump and kick, utterance of "Kihap"), landing one steps
forward, wen apkubi, momtongmakki and momtong dubeonjireugi (3-1, 3-2, 3-3, 3-4,
3-5 and 3-6)

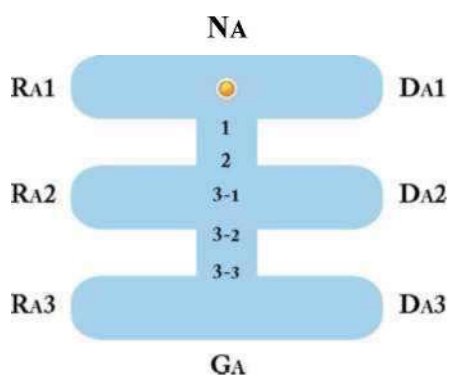


ikki oyoq tepishdan
so'ng old bukish
holatiga o'tiladi,
apkubi

After the double kick,
take the precise form
of forward inflection
stance

Taeguk 8 Jangda ikki oyoq bilan tepishni amalga oshirganda juda ham balandga sakrashga harakat qilmasdan bir qadam oldinga tashlab havoda ikki marta old tepish amalga oshiriladi.

For the double kick, you must not try jump highly, but just stepping forward, kick twice quickly in the air



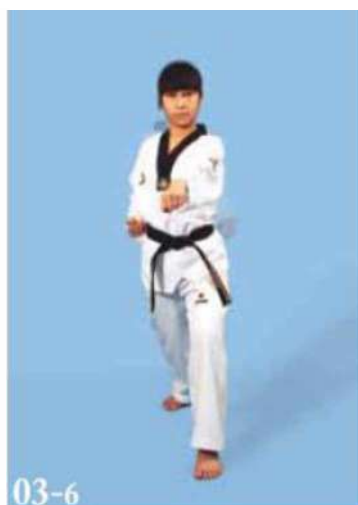
Harakat qoidasi Movement

Ikki oyoq bilan tepish,
Dubal Dangseong apchigi.
- Sakragan holatda ikki oyoq bilan
old tepish amalga oshirilgandan
so'ng bir qadam taxminan bir
qadam oralig'ida oldinga qadam
qo'yiladi.

Dubal Dangseong Apchagi
(Consecutive Jump Two Front
Kick)
- After Twio Dubal Dangseong
Apchagi, land one step forward.

Bahoni pasaytirish holatlari Deduction Factors

Ikki oyoq bilan tepish,
Dubal Dangseong apchigi.
- Orqaga oyoqni qo'yganda
tana muvozanati yo'qolganda.
Dubal Dangseong Apchagi
(Consecutive Jump Two Front
Kick)
- Losing the balance when
landing.



Harakat qoidasi Movement

Yagona tog' to'sig'i.
Wesanteulmakki.

- old bukish bir to'g'ri chiziqdan chiqadi va oyoq uchi ozgina yonga aylantirilgan holatda bo'ladi.

Wesanteulmakki (single mountain block)

- apkubi is in straight line and feet are slightly tilted to the side. (in diamond shape).

Tortib jag'ga urish.

Dangyo teokjireugi.

- urayotganda sekin, gavdaning butun kuchini iashlatgan holda uriladi.

- oxirida tez urilmaydi (8 sekund atrofida kutiladi).

- mushtning ustki qismini teppaga qilib, ko'krak orqali.

- tortiladigan qo'l yelka chizig'ida joylashadi.

Dangyo teokjireugi (pull and jaw strike)

- when punching, perform slowly with strength in the whole body..

- do not hit fast at the end (take 8 sec).

- back fist is placed upward and passes through the chest then punch by turning the fist.

- pulling - hand is in the height of the shoulder.

Bahoni pasaytirish holatlari Deduction Factors

Yagona tog' to'sig'i.
Wesanteulmakki.

- Ikki oyoq ko'rinishi romb ko'rinishida bo'lmaganda.

- Tashqi to'siq qo'yadigan mushtning balandligi boshdan o'tib ketganda. -yagona qo'l to'sig'i sekin amalga oshirganda.

Wesanteulmakki (Single Mountain Block)

- Feet are not in diamond shape.

- Fist of the Bakkatmakki is higher than the height of the head.

- Doing Wesanteulmakki in slow motion.

Tortib jag'ga urish.

Dangyo Teokjireugi.

- Jag'ga urishni tez amalga oshirganda. -harakat oxiri kesilgan holatda.

- Tortib uradigan musht ko'krak pastidan urgan holatda.

- Tortiladigan qo'l yelka chizig'idan pastga tushib ketgan holatda.

Dangyo Teokjireugi (Pull and Jaw Strike)

- Doing the teokjireugi in fast motion.

- Snapping at the end of the movement.

- Back fist starting from the abdomen or lower.

- Pulling-hand going under the shoulder line.

Ga tarafga o'ng oyoq oldinga bir qadam tashlab, oreun apkubi va momtong bandaejireugi

"Ga" direction, right foot put forth, oreun apkubi and momtong bandaejireugi

Urish - Jireugi

Urishga oid klassifikatsiya: odatiy urish - baro jireugi, qarama-qarshi urish-bandae jireugi, vertikal urish - seweo jireugi, qayrilgan ho- latda urish- jeochi jireugi.

- Urish maqsadiga qarab klassifikatsiyalanishi: yuz urish - olgul jireugi, gavdaga urish- momtong jireugi, pastki urish-arae jireugi.

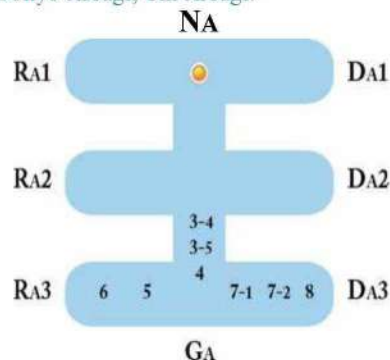
- Urish yo'nalishiga qarab klassifikatsiyalanishi: yon urish-yop jireugi, pastki urish - neryo jireugi, aylana urish- dollyo jireugi, chi jireugi.

Jireugi-Punching

- Methods of executing a Jireugi: Baro Jireugi, Bandae Jireugi, Sewo Jireugi, Jeochi Jireugi.

- Classification of Jireugi by target: Olgul Jireugi, Momtong Jireugi, Arae Jireugi.

- Classification of Jireugi by the direction: Yop Jireugi, Naeryo Jireugi, Dollyo Jireugi, Chi Jireugi.



uradigan qo'l jag' balandligida

The fist of Chi Jireugi is to the height of the chin

tortiladigan qo'l yelka yonida joylashadi

Your pulling fist is positioned in front of the shoulder

Harakat qoidasi Movement

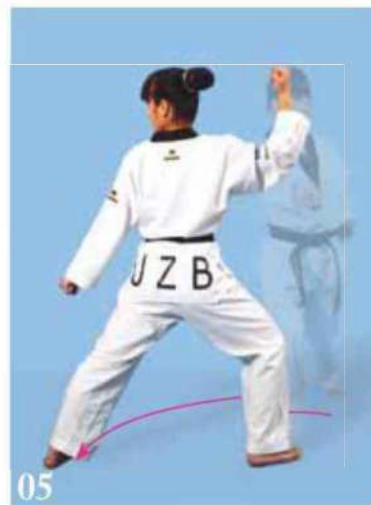
Chap oyoq old xoch qadam bosish holati, Wenbal Apkkoa Ormgoyoditgi
- Old xoch qadam bosish holatiga o'tiladi.

Wenbal Apkkoa Ormgoyoditgi (Left Front Cross Step)
- Use Apkkoa Ormgoyoditgi to move. (doing Apkkoaitgi, step with ball of the front foot).

Bahoni pasaytirish holatlari Deduction Factors

Chap oyoq old xoch qadam bosish holati, Wenbal Apkkoa Ormgoyoditgi.
- Oyoqni ko'tarib qadam bosganda oyoqlar yi'gilgan holatdan boshlanganda yoki ko'tariladigan oyoq orqaga ketib qolgan holatlarda.

Wenbal Apkkoa Ormgoyoditgi (Left Front Cross Step)
- Stepping by putting feet together or placing the foot backwards.



Ra 3 taraf ikki oyoq o'z joyidan, chap oyoqni ko'tarib chap tarafga qadam tashlab, wen apkubi va dangkyo teokjireugi

asta sekin gavda kuchini berib amalga oshiriladi.

"Ra" (3) direction, both feet remaining, the body slowly turned leftward, wen apkubi, dangkyo teokjireugi.

a slow motion with concentration of force on the entire body.

Ra 3 taraf chap oyoqni ko'tarib aylanib, oreun apkubi va wesanteul makki (ko'z Ra 3 yo'nalsihda)

"Ra" (3) direction, left foot moved to turn, oreun apkubi, wesanteul makki (eyes toward "Ra" (3))

bilak lab balandligida

Your wrist faces the height of philtrum



Da 3 taraf chap oyoq ko'tarilib apkkoaseogi holati o'tib davomidan o'ng oyoqni ko'tarib qadam bosib, wen apkubi va wesanteulmakki

"Da" (3) direction, left foot moved to make apkkoaseogi, then right foot moved to, speedy actions are required (7-1 and 7-2)

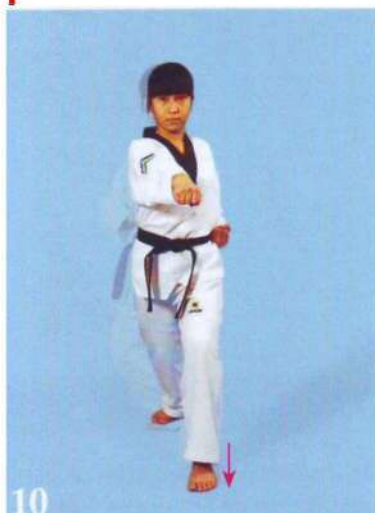
Da 3 taraf ikki oyoq o'z joyida o'ng oyoq o'ng tomonga ko'tarib qadam tashlab, oreun apkubi va dangkyo teokjireugi

"Da" (3) direction, both feet remaining, rightward, then changing the posture, an oreun apkubi, dangkyo teokjireugi



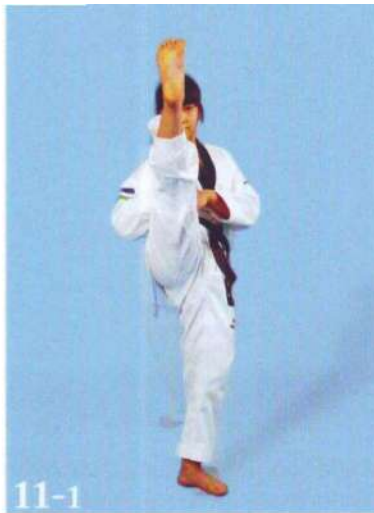
orqa bukishni old bukishga o'zgartirib belni aylantirib musht urish amalga oshiriladi

change your back to the front and punch your fist forward with twisting your waist



Ga taraf chap oyoq orqaga bir qadam tashlab, weni apkubi va momtong baro jireugi

"Ga" direction, left foot slightly pushed forward, weni apkubi, momtong barojireugi

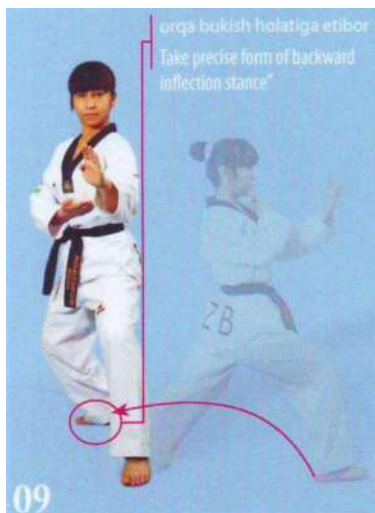
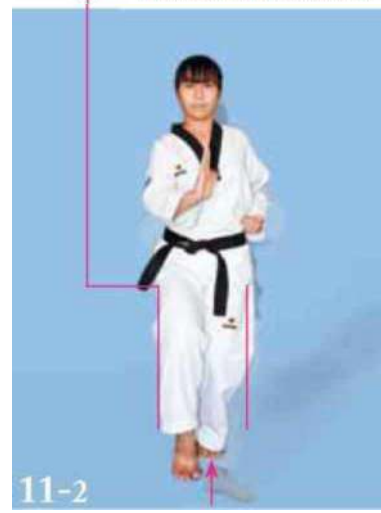


Ga taraf o'ng oyoq apchagini bajarib o'z joyiga oyoqni orqaga qaytarib, davomidan chap oyoq orqaga bir qadam tashlab, oreun beomseogi va batangson momtong makki

"Ga" direction, oreunbal apchagi, the foot retrieved to the original position, consecutively the left foot pushed a step backward, at the same time drawing the right foot, an oreun beomseogi, batangson momtongmakki (11-1 and 11-2)

ikki tizza oralig'i ochilib ketmasligiga ahamiyat

Don't make the gap between the knees wide



Ga tarafga yo'nalishni qaratib o'ng oyoq Na yo'nalishga oyoqni ko'tarib qadam tashlab o'ng orqa bukish, qo'l yon qismi bilan bloki. Oreun dwitkubi va sonnal makki

looking toward "Ga", right foot moved toward "Na" direction, oreun, sonnal momtong makki

Harakat qoidasi Movement

Gavdaga urish, qo'l kafti bilan gavda to'sig'i. Momtong Jireugi Batangson momtong makki.

- Urishni amlaga oshrayotganda old bukish vaqtida orqa tizza ochilgan bo'lishi shart.
- Qo'l kafti gavda to'sig'i yelka balandligidan boshlanadi; qo'l kafti byongchi bilan birga to'g'ri chiziq ostida tugaydi.

Momtong Batangson Momtong makki (Body Punch and Body Block)

- Back knee of the Apkubi is starched when punching.
- Starting point of the Batangson Momtong makki: shoulder height, End point: keep the straight line with the solar plexus.

Bahoni pasaytirish holatlari Deduction Factors

Gavdaga urish, qo'l kafti bilan badan to'sig'i. Momtong Jireugi Batangson momtong makki.

- Old bukish vaqtida orqa tizza bukilgan bo'lsa.

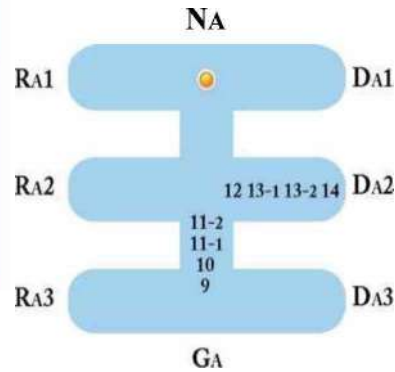
Momtong Batangson Momtong makki (Body Punch and Body Block)

- Bending the back knee when doing the Apkubi.



yordamchi qo'lining bilagi byongchi chizig'ida joylashadi, qo'l yon qismi bilan gavda orasida ozgina masofa bo'ladi

Make the assisting hand position in the line of the solar plexus and make the gap between the hand blade and your body a little wide



old tepish vaqtida tizzani maksimum ko'targan holda tepiladi

in the front kick, raise your knees as high as possible

Da 2 taraf chap oyoqni ko'tarib qadam bosib, wen beomseogi va sonnalmakki

"Da" (2) direction, left foot moved to make wen beomseogi, sonnalmakki

Bahoni pasaytirish holatlari Deduction Factors

Yo'lbars holati, beom seogi.
- Tizza ochilganda.
- Oyoqlar orasidagi masofa juda
Qisqa yoki uzayib ketse.
- Gavdaning tepqa qismi orqaga bukilganda yoki dumg'aza osti sohasi orqaga tushib ketganda.
- Bundan tashqari harakat qoidasi zid har qanay harakatlari.

Beomseogi
- Knees are open.
- Atride of the step is too long or short.
- Bips are pulled back or upper body is leaning backward.
- Any other movements other than shown above will be factors of deduction.

ikki qo'l kokrak oldida joylashadi

Set two fists in your chest



byongchi balandligida

maintain the line of the solar plexus



Da 2 tarafga chap oyoq apchagi qadam tashlab, wen apkubi va momtong barojireugi

"Da" (2)direction, left foot apcahgi, rhen wen apkubi and momotng barojireugi (13-1 and 13-2)

Da 2 taraf chap oyoqni yana bir bor, wen beomseogi va batang-son momtong makki

"Da" (2) direction, left foot pulled back again, wen beomseogi momtongmakki



qo'l kafti oldinga yo'naltiriladi

Make your palm face the front direction



15

Ra (2) tarafga yo'nalishni o'zgartirib, oreun beomseogi va sonnalmakki

change of direction toward "Ra" (2), oreun beomseogi, sonnalmakki

Harakat qoidasi

Movement

Old tepib sakrab old tepish. Apchago Twio Apchagi.

- Old tepib oyoqni yerga tekkizishdan oldin sakrab o'ng oyoq old tepish.

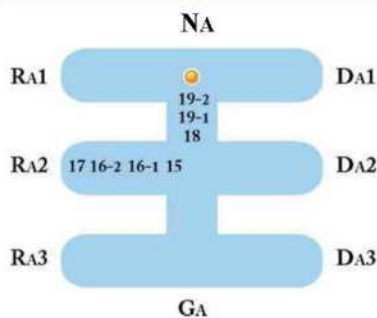
Apchago Twio Apchagi (Front Kick and Jump Front Kick) - After Apchagi, do the Twio. - Apchagi before landing the foot of the Apchagi on the ground.

Bahoni pasaytirish holatlari

Deduction Factors

Old tepib sakrab old tepish. Apchago Twio Apchagi.
- Old tepib tepgan oyoqning tizzasini tushirgan holatda tepish.

Apchago Twio Apchagi (Front Kick and Jump Front Kick) - Putting the knee down after Apchagi and doing Twio Apchagi.



17

Ra (2) tarafga yo'nalishni o'zgartirib, oreun beomseogi va sonnalmakki

change of direction toward "Ra" (2), oreun beomseogi, sonnalmakki



16-2

Ra (2) tarafga yo'nalishni o'zgartirib, oreun beomseogi va sonnalmakki

change of direction toward "Ra" (2), oreun beomseogi, sonnalmakki



16-1



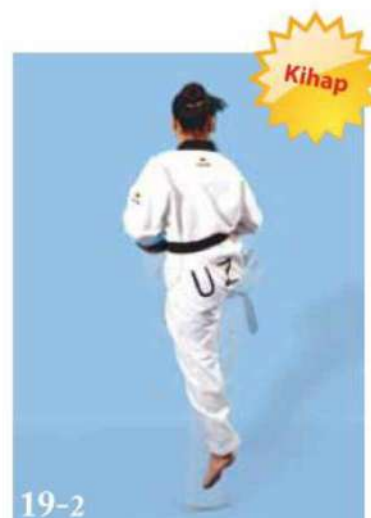
Na taraf o'ng oyoqni ko'tarib aylantirib, wen dwitkubi va koderuo araemakki

"Na" direction, right foot moved to turn, wen dwitkubi, koderuo araemakki (lateral view)



Na taraf chap oyoq apchagini bajarib, oyoqni yerga qo'yishdan oldin o'ng oyoq bilan sakrab twio apchagi, ouren apkubi va momtong makki, momtong dubeonjireugi

"Na" direction, left foot apchagi, before landing on the ground a twio apchagi by the right foot, landing (at the moment of the right foot apchagi, utterance "Kihap"), oreun apkubi, momotngmakki followed by momtong dubeonjireugi (19-1, 19-2, 19-3, 19-4, 19-5, and lateral views)



Qo'l pastki to'sig'I bilan bir xil, lekin faqatgina qo'l musht holatiga keltiriladi

This is same as the hand blade underneath blocking but just making fists



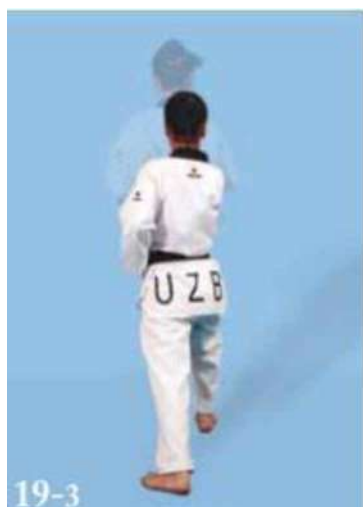
18 Yon taraf Lateral



19-1 Yon taraf Lateral



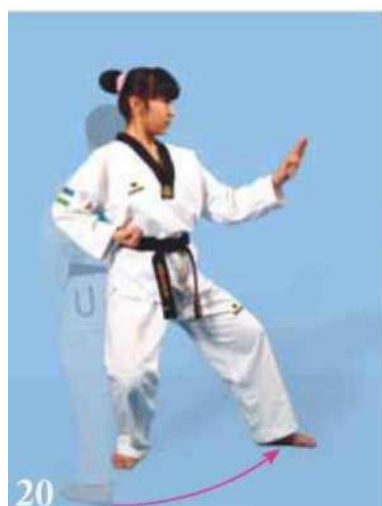
19-2 Yon taraf Lateral



tepishdan so'ng oyoqni
yerga qo'yganda tana
muvozanatini ushlab old
bukishni aniq bajarish kerak

When landing, take the
balance and the prices
forward inflection stance





Da 1 tarafga chap oyoqni ko'tarib aylanib, oreun apkubi va hansomnal momtong bakkatmakki

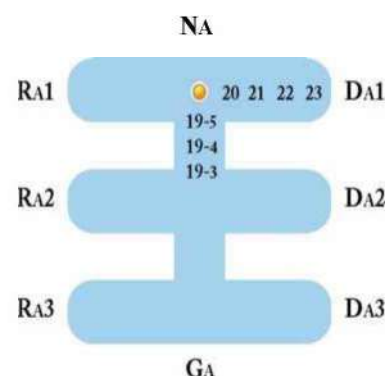
"Da" (1) direction, left foot moved to turn, oreun dwitkubi, hansomnal momtong bakkatmakki

jag' balandligida
The level of the chain



Da 1 tarafga chap oyoq ozgina oldinga, wen apkubi va oreun palkub dollyochigi

"Da" (1) direction, left foot slightly pushed forward, wen apkubi, oreun nalkun dollyochigi



qayrilmagan
Do not bend

Bahoni pasaytirish holatlari Deduction Factors

Jireugi(musht bilan zarba)
- Tirsak ko'tarilgan holda zarba hara-
Katini amalga oshirganda.
- Musht qilinganda qo'l bukilib qolganda.
- Tayyorgarlik harakatidan so'ng va
Tanani sakrashi bilan zarba amalga oshirilganda

Jireugi (puching)
- Doing the motion of the punching with lifted elbow.
- Wrist of the fist is bent.
- Punching with preliminary motion or bounce of the upper body.



Da 1 tarafga wen apkubi va oreun deungjumeok apchigi

"Da" (1), direction, wen apkubi (keeping the stance), oreun deungjumeok apchigi

bilak qayrilmaslikka ahamiyat
Make the wrist straight



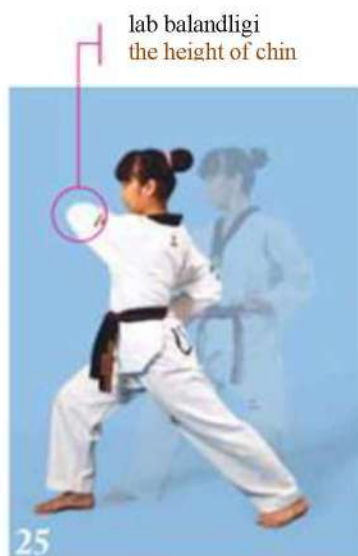
Da 1 tarafga wen apkubi va momtong bandae jireugi

"Da" (1) direction, wen apkubi (keeping the stance), momtong bandaejireugi



Ra 1 tarafga oreun apkubi va wen deungjmeok apchigi

"Ra" (1) direction, oreun apkubi (keeping the stance), wen deunjumeok apchigi



Ra 1 tarafga o'ng oyoqni ozgina oldinga itarib chiqib, oreun apkubi va wen palkib dollyo chigi

"Ra"(1) direction, right foot slightly pushed toward, oreun apkubi, wenpalkup dollyochigi



Ra 1 tarafga yo'nalishni o'zgartirib o'ng oyoqni ozgina tortib, wen dwitkubi va hanssonal momtong bakkatmakki

change of direction toward "Ra" (1), right foot slightly pulled, wen dwitkubi hanssonal momtong bakkatmakki



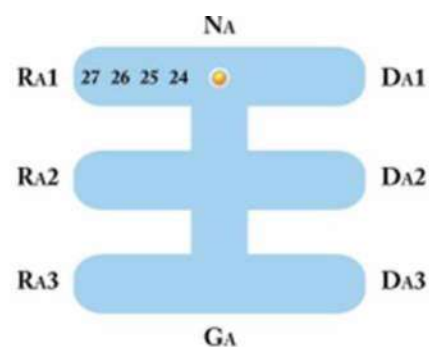
"Na"ning holatidan o'ng oyoq o'z joyida chap oyoqni tortib "Ga" tarafga qarab asosiy tayyorlanish holati

Baro: "Na" position, right foot at is place, left foot pulled, looking toward "Ga", returning to kibon junbiseogi



Ra 1 tarafga oreun apkubi va momtong bandaejireugi

"Ra" (1) direction, oreun apkubi (keeping the stance), momtong bandaejireugi





12. Harakatni amalda qo'llanilishi.

Raqibning gavdaga urish (momtong jireugi) zarbasini chap yo'lbars holati qo'l yon qismi bilan to'siq (wen beomseogi sonnamakki) bilan qaytariladi

Application of action 12.

Defends by sonnamakki in the wen beomseogi against the opponent's momtongjireugi



13-1. Harakatni amalda qo'llanilishi.

Yo'lbars holati noqulayligini bilgan raqib yana hujum qilmoqchi bo'lganda chap oyoq old tepish (wenbal apchagi) bilan tez javob zarbasini berib hujum qilinadi. (yo'lbars holati (beomseogi)ning afzallik jihati ham shunda. O'ng oyoqqa barcha og'irlik qaratilgan bo'lib, bemaolol chap oyoq bilan birga qo'lni birgalikda ishlatish mumkin)

Application of action 13-1.

Perceiving the beomseogi is unstable, the opponent intends to attack again, then one must quickly respond by a wenbal apchagi (the merits of beomseogi is shown here; since the back foot supports the weight fully, the other foot can freely move to deliver an attack)



13-2. Harakatni amalda qo'llanilishi.

Chap oyoqda berilgan old tepish (apchagi) qisqa bo'lgani uchun raqibgacha yetib bormagani uchun oldinroq chiqib odatiy urish (baro jireugi) bilan hujum qilinsa raqib bu zarbani qaytaradi

Application of action 13-2.

Apchagi by the left foot was short, failing to reach the opponent; so, one attempts to attack by a barojireugi after stepping a foot forward, but the opponent retreats defending himself



14. Harakatni amalda qo'llanilishi.

Raqib zarbani qaytargandan so'ng qilgan qarshi hujumini chap oyoqni orqaga o'tkazib chap yo'lbars turish (wen beomseogi) holatida kaft bilan badan to'sig'i (batangson momtong makki) bilan zarba qaytariladi

Application of action 14.

After the makki, the opponent resumes attacking immediately, then one pulls back the left foot and performs batangson momtongmakki in the wen beomseogi



24. Harakatni amalda qo'llanilishi. Raqibning gavda urish (momtong jireugi) hujumini bir qo'l yon qismi bilan tashqi to'sig'i (hansonnal bakkat makki) bilan qaytariladi

Application of action 24.

Uses hansonnal momtong bakkatmakki against the opponent's momtongjireugi



25. Harakatni amalda qo'llanilishi So'ng raqibning qo'lini ushlab tirsak aylana urish (palkubdollyo chagi) bilan yakka zarba beriladi.



27. Harakatni amalda qo'llanilishi. Oxirgi bo'lib to'sig'i qarama qarshi urish (momtong bandae jireugi) zarbasi bilan yakunlanadi. Bu uch harakat to'xtovsiz tez bajarilishi lozim

Application of action 27.

Finally ends up by a momtong bandaejireugi. Those 3 actions must be conducted and in continuity



26. Harakatni amalda qo'llanilishi. Musht ustki qismini (deunjumeok) ni ishlatgan holda raqibga mush- tum usti old urish (deung jumeok apchigi) zarbasi beriladi.

Application of action 26.

Consecutively uses the deunjumeok to deliver an apchigi on the opponent's philtrum



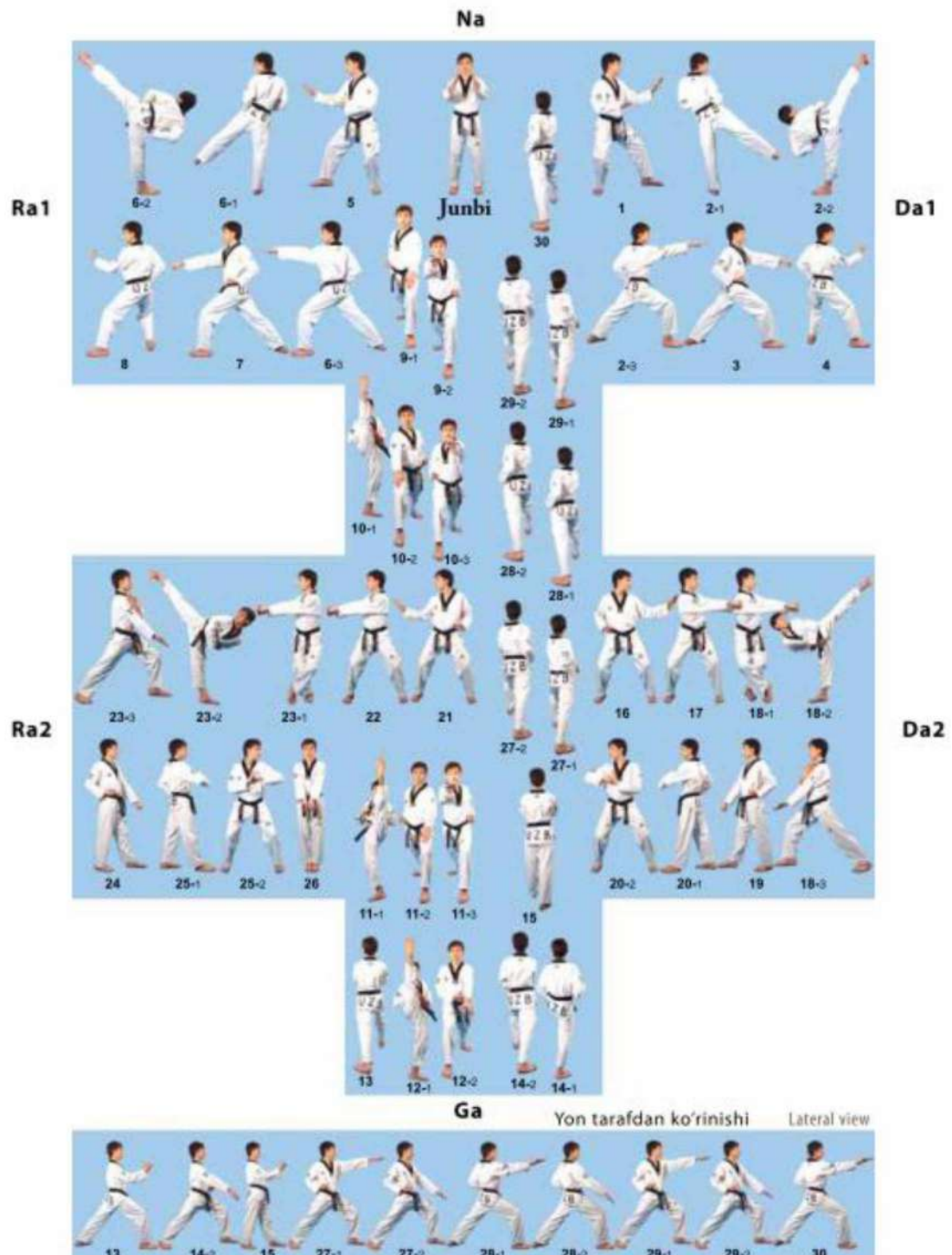
SAVOLLAR:

1. Teageuk 8 jangda jami nechta harakat mavjud?
2. Yangi harakatlar soni qancha va qanday nomlanadi?
3. Teageuk 8 jangning o'ziga xos xususiyati?
4. Qaysi harakatlar sakrash holatlari bilan birga bajariladi?
5. Birinchi oyoq zarbasi tananing qaysi qismiga amalga oshiriladi?
6. Teageuk 8 jangda 2 ta oyoq bilan zarba berish nechida marta amalga oshiriladi?
7. Qo'l sonnal maki holatida bo'lganda oyoq qanday holatda bo'ladi?
8. 5chi holatdan 6chi holatga va 7-2 holatidan 8 chi holatga o'tishlar qanday amalga oshiriladi?
9. Teageuk 8 jangda qo'l bilan nechida xil zarbalar amalga oshiriladi?
10. 13-2 holatdan 14ga va 16-2chi holatdan 17chi holatga o'tish davomida oyoq holatlari qanday amalga oshiriladi?



Pumse Koryo chizig'i

The Poomsae Line of Koryo Poomsae



PUMSE KORYO



Koryo poomsesidagi yangi harakatlar kodeup-chagi, sonnal bakkat-chigi, hansonnal arae-makki, khaljaebi, mureup kkukki, momtong hecho-makki, jumeok pyojeok-jireugi, pyonsonkkeutjeochotzireugi, batangson nullo-makki, palkup yop-chagi, mejumeok arae pyojeok-chigi va boshqalar hisoblanib, bu harakatlarni faqat qora belbog' sohiblari bajara oladilar. Bu poomseda asosiy turish holati (junbi seogi) tongmilgi bo'lib, aqliy fikrni bir joyga jamlashni anglatuvchi turish holatidir.

The new techniques appearing in this poomsae are kodeup-chagi, sonnal bakkat-chigi, hansonnal arae-makki, khaljaebi, mureup kkukki, momtong hecho-makki, juineo pyojeok-jireugi, pyonsonkkeut jeochotzireugi, batangson nullo-makki, palkup yop-chagi, mejumeok arae pyojeok-chig etc, which only black-belters can practice. The junbi-seogi is the tongmilgi which requires mental concentration by positioning the hand in between the upper abdomen and the lower abdomen where "sin"(divine) and "jeong"(spirit) converge. The line of poomsae represents the Chinese letter which means "seonbae" or "seonbi", a learned man or a man of virtue in the Korean language.

Koryo Pumsesini qisqacha tushuntirish The Synoptic Table of Koryo Pumsae

Ketma-ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhiseogi		tongmilgi junbiseogi (pushing a log ready stance)
1.	Da1	Da1	Oreun dvitkubi	Oldinga qadam Put forth	Sonnalmakki (qol bilan gavda to'sig'i) (hand blade trunk blocking)
2.	Da1	Da1	Oreun apkubi	O'ng oyoq kodeup yopchagi, oldinga qadam R.F kodeup yopvhagi, put forth	Sonnal bakkatchigi (qol bilan tashqaridan zarba) (hand blade outer hitting)
3.	Da1	Da1	Oreun apkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
4.	Da1	Da1	Ven dvitkubi	Chap oyoq o'z joyida, o'ng oyoqni ozgina tortish L.F remain, R.F slightly pulled	Momtong makki (gavdaga to'sig'i) (trunk blocking)
5.	Ra1	Ra1	Ven dvitkubi	O'ng oyoqni toritib, orqaga aylanish R.F moved, turn around	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
6.	Ra1	Ra1	Ven apkubi	Chap oyoq kodeup yopchagi, oldinga qadam L.F kodeup yopchagi, put forth	Sonnal bakkatchigi (qo'l bilan tashqaridan zarba) (hand blade outer hitting)
7.	Ra1	Ra1	Ven apkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
8.	Ra1	Ra1	Oreun dvitkubi	O'ng oyoq o'z joyida, chap oyoqni ozgina tortish R.F remains, L.F slightly pulled	Momtong makkii (gavdaga to'sig'i) (trunk blocking)
9.	Ga	Ga	Ven apkubi	Chap tomonga aylanish, chap qo'l bilan pastki to'siq Turn left, wen hanssonal araemakki	Khaljaebi (arc hand)
10.	Ga	Ga	Oreun apkubi	O'ng oyoq apchagi, oldinga qadam chap qo'lda pastki to'siq R.F apchagi, forth, wen hanssonal araemakki	Khaljaebi (arc hand)
11.	Ga	Ga	Ven apkubi	Chao oyoq apchagi, oldinga qadam o'ng qo'lda pastki to'siq L.F apchagi, forth, ven hanssonal araemakki	Khaljaebi "kihap (arc hand)
12.	Ga	Ga	Oreun apkubi	O'ng qadam apchagi, oldinga qadam R.F apchagi, forth	Mureupkkukki (tizzani bukish) (knee breaking)
13.	Na	Na	Oreun apkubi	Chap oyoq oldinga o'ng tarafga aylanish L.F put forth, turn rightward	Anpalmok momtong hechomakki (qo'l bilan gavda to'sig'i) (inner wrist trunk push blocking)
14.	Na	Na	Ven apkubi	Chap oyoq apchagi, oldinga qadam L.F apchagi, forth	Mureupkkukki (tizzani bukish) (knee breaking)
15.	Na	Na	Ven apseogi	Chap oyoqni tortish L.F pulled slightly	Anpalmok momtong hechomakki (qo'l bilan gavda to'sig'i) (inner wrist trunk push blocking)
16.	Da2	Ra2	Juchumseogi	Chap oyoqqa tayanib, gavda o'ngga, orqaga qadam L.F axis, body turns rightward, step down	Ven hanssonal momtong yopmakki (chap qo'l bilan gavda yon qismi to'sig'i) (left one hand blade trunk side blocking)

17.	Da2	Ra2	Juchumseogi	O'sha holatda turish Same stance	Oreun jumeok pyojeokjireugi (musht bilan o'ng tarafga zarba) (right fist target punch)
18.	Ra2	Da2	Oreun apkubi	O'ng oyoq appkoaseogi(oyoqlarni almashtirib), chap oyoq yop-chagi va "Da2" holatida orqaga qaytib, "Ra2" holatiga almashtirib, turish holati R.F apkkoaseogi, (change step), L.F yopchai and step down on "Da2", changed stance toward "Ra2"	Pyonsonkkeut arae jeochotzireugi (bukilgan barmoq bilan pastki qismga zarba) (flat finger tips underneath reverse thrusting)
19.	Ra2	Da2	Oreun apseogi	Chap oyoq o'z joyidao'ng oyoqni ozgina tortish L.F remains, R.F pulled in slightly	Araemakki (pastki to'siq) (underneath blocking)
20.	Ra2	Ra2	Juchumseogi	Chap oyoq bir qadam oldinga, batangson nullo makki, o'ng oyoq oldinga L.F one step forward, batangson nullo makki, R.F forth	Oreunpalkup yopchigi (o'ng tirsak bilan yon tarafga zarba) (right elbow side hitting)
21.	Ra2	Ra2	Juchumseogi	O'z joyida qolish, o'sha holatda qolish Same position, stance	Oreun hanssonal momtong yopmakki (o'ng qo'l bilan gavda yon qismi to'sig'i) (right one hand blade trunk side blocking)
22.	Ra2	Ra2	Juchumseogi	O'sha holatda turish Same stance	Ven jumeok pyojeokjireugi (chap musht bilan zarba) (left target fist target punch)
23.	Da2	Ra2	Ven apkubi	Chap oyoq appkoaseogi(oyoqlarni almashtirib), o'ng oyoq yop-chagi va "Da2" holatida orqaga qaytib, "Ra2" holatiga almashtirib, turish holati L.F apkkoaseogi (by foot change), R.F yopchagi and steps down on "Ra2" stance toward "Da2"	Pyonsonkkeut arae jeochotzireugi (bukilgan barmoq bilan pastki qismga zarba) (flat finger tips underneath push out)
24.	Da2	Ra2	Ven apseogi	O'ng oyoq o'z joyida chap oyoqni ozgina tortish R.F remains, L.F pulled slightly	Araemakki (pastki to'siq) (underneath blocking)
25.	Da2	Ra2	Juchumseogi	O'ng oyoq bir qadam oldinga, batangson nullo makki, chap oyoq oldinga R.F one step forward, oreun batangson nullo makki, L.F put forth	Oreunpalkup yopchigi (o'ng tirsak bilan yon tarafga zarba) (left elbow side hitting)
26.	Ga	Ga	Moaseogi	Chap oyoq o'z joyida, o'ng oyoq modumpal L.F remains, R.F to modumbal	Ven jumeok arae pyojeokjireugi (chap musht bilan pastga zarba) (left fist underneath target hitting)
27.	Na	Na	Ven apkubi	O'ng oyoq o'z joyida chapga aylanish, han-sonnal bakkatchigi, R.F remains, turn leftward, hanssona bakkatchigi	Hanssonal araemakki (bir qo'l bilan pastki to'siq) (one hand blade underneath blocking)
28.	Na	Na	Oreun apkubi	O'ng oyoq oldinga, o'ng qo'l mokchigi R.F put forth, oreun sonnal mokchigi	Hanssonal araemakki (bir qo'l bilan pastki to'siq) (one hand blade underneath blocking)
29.	Na	Na	Ven apkubi	Chap oyoq oldinga, chap qo'l mokchigi L.F put forth, oreun sonnal mokchigi	Hanssonal araemakki (bir qo'l bilan pastki to'siq) (one hand blade underneath blocking)
30.	Na	Na	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Khaljaebi, "kihap" (arc hand)
Baro	Ga	Na	Naranhiseogi	Chap oyoqni tortib, gavdani chapga aylantirish L.F pulled, body turned leftward	Tongmilgi junbiseogi (qo'l tushirilgan holat) (pushing-hand ready stance)



Pumse Koryo

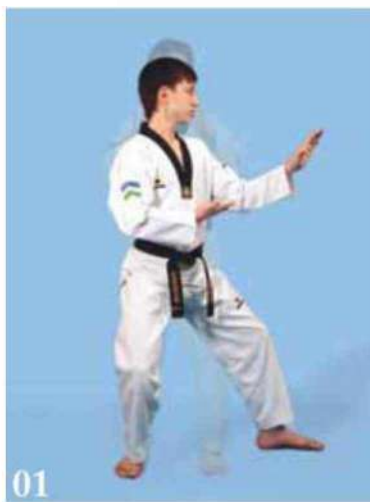
ikki qo'l kaftlari teppaga yo'naltirilib pastdan boshlab asta sekin ko'krak yonigacha ko'targandan so'ng qo'llarni tekis qo'yib Tongmilgi qilinadi

After raising your hands up to the front of chest with your palms upward from the lower abdomen, deliver Tongmilgi



Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

"Na" position, looking toward "Ga"
Tongmilgi jubiseogi



Da 1 tarafga chap oyoq bilan qadam tashlab, oreun dwitkubi va sonnal makki

"Da" (1) direction, left foot put forth, oreun dwitkubi, sonnalmakki



tizza balandligida
the height of the knee

Da 1 taraf o'ng oyoq takror yon tepish (o'ng oyoq bilan pastki yon tepish), yopchagi. Kodeup yopchagi

"Da" (1) direction, double yopchagi by the right foot (fist arae yopchagi, then olgul yopchagi), oreun apkubi, sonnal bakkatchigi (2-1, 2-2 and 2-3)

Harakat qoidasi Movement

Takror yon tepish.
Kodeup Yopchagi.
- Birinchi oyoq tizza balandligida, ikkinchi oyoq yuz balandligida tepiladi.

Kodeup Yopchagi (Repeatedly sidekick)
- The height of first side kick is to the knee and second side kick is to the face.

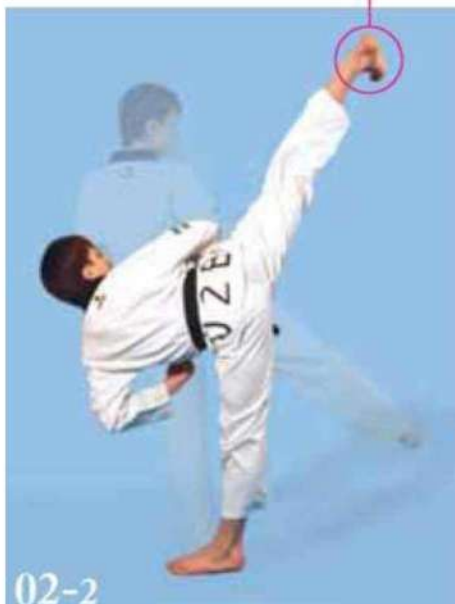
Bahoni pasaytirish holatlari Deduction Factors

Takror yon tepish.
Kodeup Yopchagi.
- Skin tepish, oyoqlar cho'zilgan holatda tepish.
- Ketma ket tepmaslik.
- Bundan tashqari harakat qoidasiga zid keladigan har qanday harakat.

Kodeup Yopchagi (Repeatedly sidekick)
- Kicking slowly, stretch out the leg so that it becomes straight.
- Without continuous kicks.
- Any other movements other than shown above will be factors of deduction.



yuz balandligida
the height of the face



Davomidan yuz yon tepish. 02-1 va 02-2 bir vaqtda bajariladi.
Olgul yopchagi

02-2, perform figure 02-1 and 02-2 at the same time in a row

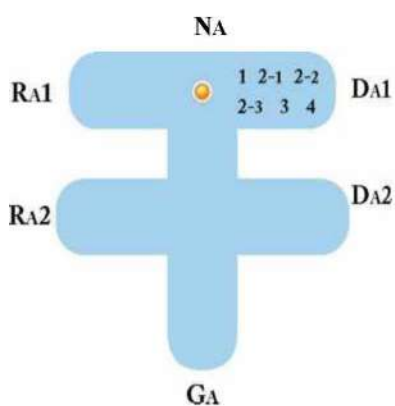


oyoqni qo'yish bilan
bir vaqtda qo'l yon
qismi bilan urish
amalga oshiriladi

stepping the foot, do
the neck strike at the
same time

Qadam tashlab, oreun apkubi va sonnal
bakkatmakki

02-3, oreun apkubi, sonnal bakkatchigi



quyosh
chigali
balandligida
pit of the chest

Da 1 taraf o'ng qo'l belga tortib, oreun
apkubi va momtong barojireugi

"Da" (1) direction, right hand with-
drawn to the waist, oreun apkubi
(keeping the stance) momtong
barojireugi

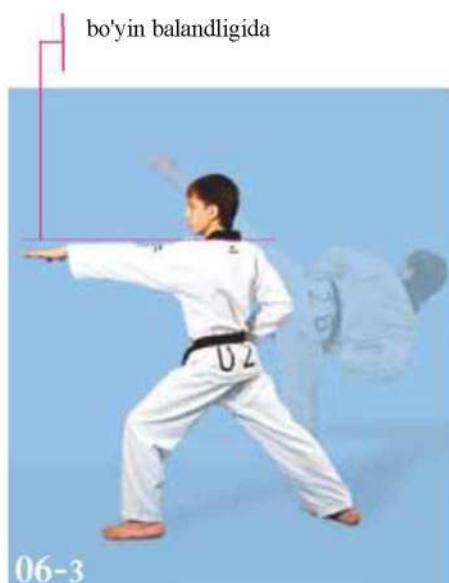
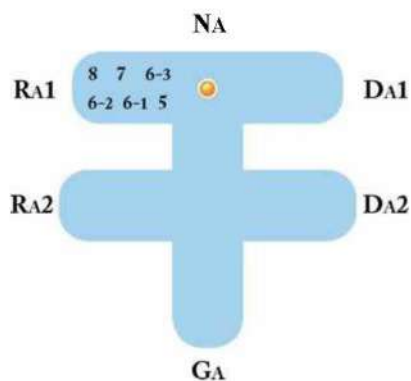
gavda to'sig'i yelka chizig'idan chiqib
ketmasligi kerak

The middle section block should not
be distracted out of the shoulder line



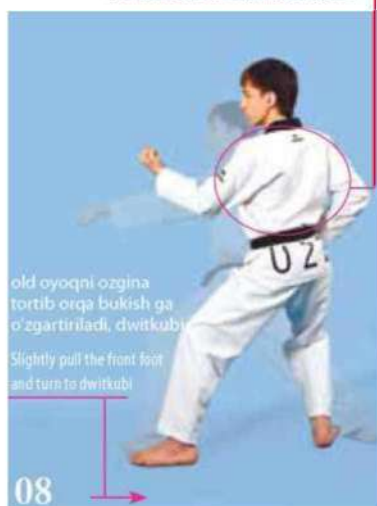
Da 1 taraf o'ng oyoqni orqaga tortib,
wen dwitkubi va momtongmakki

"Da" (1) direction, right foot slightly
pulled back, wen dwitkubi,
momtongmakki



badanning tepa qismi orqaga ko'p
tortilmaslikka ahamiyat

Be careful of over twisting of your
upper body.
Maintain the natural form



Ra 1 taraf chap oyoq orqaga tortilib,
oreun dwitkubi va momtongmakki

"Ra" (1) direction, left foot slightly
sworn backward, oreun dwitkubi,
momtongmakki



Ra 3 taraf chap qo'lni belga tortib,
wenapkubi va momtong barojireugi

"Ra" (1) direction, left hand drawn back
to the waist, wen apkubi (keeping the
stance) momtong barojireugi

qo'l yon qismi bilan tashqi
urishni amalga oshirgandan
so'ng qo'lni belga tortgan zahoti
musht bilan uriladi

After the neck strike, pull it to
the waist quickly and thrust the
fist at the same time

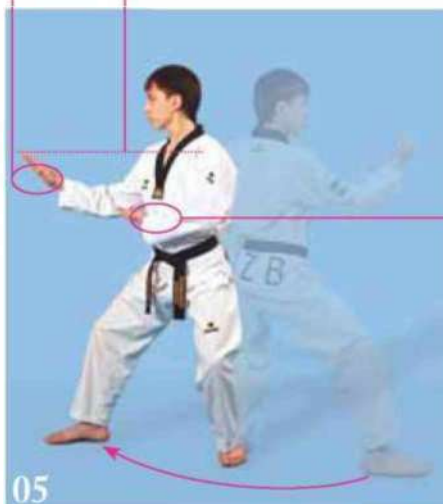
bilak qayrilmasligi kerak
Maintain the wrist straight



Ra 1 taraf chap oyoq kodeup yopchagi, oyoqni tushirib qadam bosib, wen apkubi va sonnal bakkatchigi

"Ra" (1) direction, double yopchagi, wen apkubi, sonnal bakkatchigi (6-1, 6-2 and 6-3)

qo'l uchi yelka balandligida
the tip of fingers is the height of shoulder



bilak byongchi
balandligidan
ozgina pastroqda.
Set the wrist in the
height of chest pit
and a bit away
from it

Ra 1 tarafga o'ng oyoqni ko'tarib orqaga aylanib, wen dwitkubi va sonnalmakki

"Ra" (1) direction, right foot moved to turn around, wen dwitkubi, sonnal momtongmakki

bilak byongchi
balandligidan
ozgina
pastroqda

Set the wrist in the
height of chest pit and a
bit away from it

Harakat qoidasi Movement

Qo'l yon qismi bilan to'siq qo'yish. Sonnalmakki.

- (Diqqat) to'siq qo'yadigan qo'l kaftini teppaga yo'naltirib qarama qarshi qo'l kaft qismi orqaga yo'naltirilgan hol- atda boshlanadi. Qarama-qarshi qo'lning qo'l uchi yelka chizig'iga kelib tirsakni ozgina qayiltirgan holatda tushirib, blok qo'yadigan qo'l, qo'l uchi burun oldidan o'tadigan qilib yordamchi qo'l quyosh chigali tarafga tortiladi.

Sonnal makki (Knife Hand Block)

- (point of attention) The palm of the blocking hand is kept facing upward, and the other keeps palm facing back ward to begin the blocking. The finger tips of the other hand are kept parallel with the shoulder and the elbow slightly bent is smoothly lowered, while The finger tips of the blocking hand pass front of the nose and the assisting hand is drawn toward the stomach pit.

Bahoni pasaytirish holatlari Deduction Factors

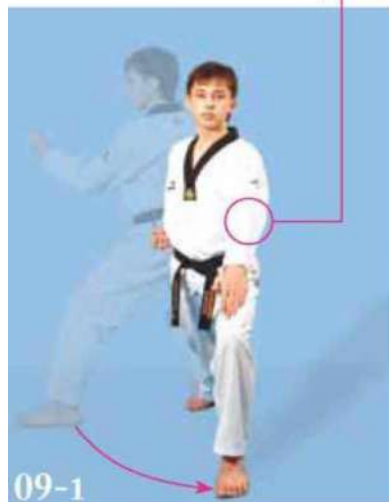
Qo'l yon qismi bilan to'siq qo'yish. Sonnalmakki. (boshlangan vaqtda)

- To'siq qo'yadigan qo'l yelka va bosh orasidagi burchaldan chiqib ketganda.
- Yordamchi qo'lning bilagi gavda chizig'i balandligidan (tos-yelka) chiqib ketganda.
- (to'siq qo'yganda)
- Yordamchi qo'lning bilagi badan markaz chizig'igacha yetib kelmaganda.
- To'siq qo'yadigan qo'l yoki yordamchi qo'lning tirsaklari Tashqariga ko'tarilib ketganda.
- Bundan tashqari harakat qoidasiga zid har qanday harakatlar.

Sonnal makki (knife hand block)
(beginning)

- Blade arm going out of the arae between head and shoulder.
- Assisting arm going out the height of the body (waist-shoulder)
- (Blocking)
- Knife hand of the assisting arm not reaching the center line of the body.
- Elbows of the blocking arm and assisting arm are lifted outward.
- Any other movements other than shown above will be factors of deduction.

qo'l tirsagini ochiq holatda
ushlash kerak
maintain the elbow straight



09-1

bo'yin balandligida
the height of neck

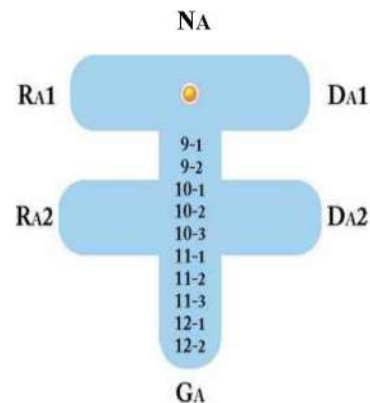


09-2

Ga taraf chap oyoqni ko'tarib aylanib, wen apkubi va wen hanssonal araemakki, oreun agwison khaljaebi.

Neaylana qo'lda (Khaljaebi)da qarama qarshi odamning tiliga uriladi

"Ga" direction, left foot moved to turn, wen apkubi, wen hanssonal araemakki. Followed by oreun agwison khaljaebi (Khaljaebi attacks the opponent's uvula.) (9-1 and 9-2)



Bahoni pasaytirish holatlari Deduction Factors

Old tepib aylana qo'l.

Apchagi khaljaebi.

- Aylana qo'lni khajjaebini kaft qo'l- batang son ko'rinishida qilganda.

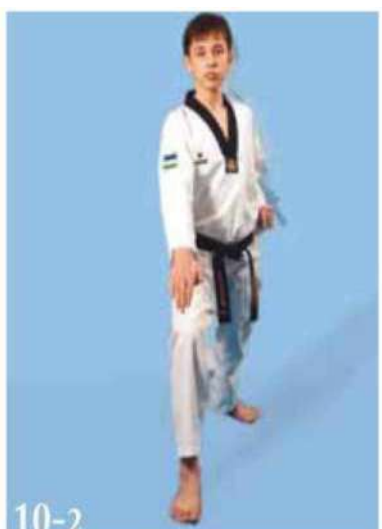
- Aylana qo'l- khaljaebi qilgan qo'lni ochiq holatda urganda. Apchagi khaljaebi (Front kick, Arc hand)

- In case performing the palm hand, you must perform the arc hand.

- Without pulling the arc hand to the waist when front kick is performed.



10-1



10-2

Ga tarafga o'ng oyoq apchagi qadam tashlab, oreun apkubi va oreun hanssonal araemakki, wen agwison khaljaebi

"Ga" direction, right foot apchagi, oreun apkubi, oreun hanssonal araemakki followed by wen agwison khaljaebi (10-1,10-2 and 10-3)



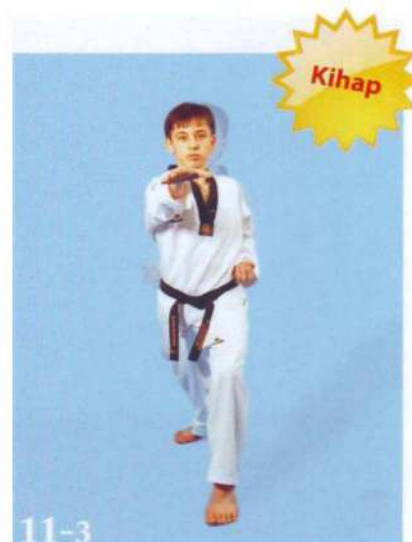
10-3



11-1



11-2



11-3

Ga taraf chap oyoq apchagini bajarib qadam tashlab wen apkubi, wen hanssonal araemakki, davomidan oreun agwison khaljaebi-kihab-

“Ga” direction, left foot apchagi, wen apkubi, wen hanssonal araemakki followed by oreun agwison khaljaebi (utterance of “Kihap”) (11-1, 11-2 and 11-3)

old tepish vaqtida ikki qo'l
ko'krak oldidan joy oladi

When you deliver an apchagi,
locate two fists naturally in
front of chest



12-1



12-2

Ga taraf o'ng oyoq apchagi, bir qadam qo'yib oreun apkubi va mureupkkukki (o'ng qo'l bilan qarama-qarshi odamning topiqini ushlab chap qo'lning katta va ko'rsatkich barmoqlari aylana holatida tizza sindirish)

“Ga” direction, right foot apchagi, oreun apkubi, mureupkkukki (right hand grabs the opponent's ankle and heel to lift it up and the left hand's agwison hits just below the knee joint) (12-1 and 12-2)

Harakat qoidasi Movement

Old tepib aylana qo'l.

Apchagi khaljaebi.

- Harakat tos yoni qismidan boshlanadi.

- Harakat bo'yinda tugaydi.

Harakatning holati qo'l katta va ko'rsatkich barmoqlari aylana holatida.

- Khaljaebi (aylana qo'l) harakatni amalga oshirgan qo'l tortilgandan so'ng old tepish tepiladi.

Apchagi khaljaebi.

(Front kick, Arc hand).

- Start point: Janggolrung (waist)

- End point: Neck.

- Shape: Arc hand.

- Apchagi (front kick): Pull the arc hand to the waist when front kick perform.

tizza sindirish quyidagi harakatdan boshlanadi: tizzani sindiradigan qo'lning kafti tosdan tepaga qaratilgan bo'ladi, tortiladi- gan qo'l past yon qisimga cho'zilib qo'lning ustki qismi tepaga qaratiladi, tortiladigan qo'l tizza sindiradigan qo'lning tirsagi ostida joylashadi.

The hand to break the opponent's knee should start from the waist with the palm upward and the hand to pull down the opponent's leg should start from the below. The pulling hand should be positioned below the elbow of the arm.



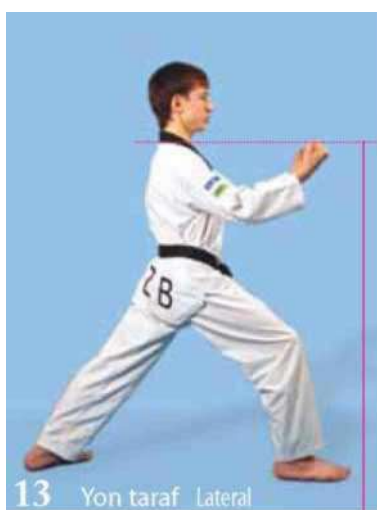
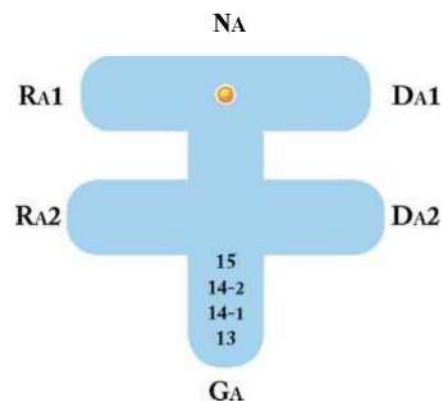
Ga tarafga chap oyoqni ko'tarib o'tkazib, Na tarafga orqaga aylanib, oreun apkubi va anpalmok momtong hechomakki

left foot put forth to "Ga" direction, turn around to "Na" direction, makes a oreun apkubi, anpalmok momtong hechomakki



Na taraf chap oyoq apchagi qadam qo'yib wen apkubi va mureupkkukki

"Na" direction, left foot apchagi and wen apkubi mureupkkukki (14-1 and 14-2)



(Rasnga va yon tarafdan ko'rinishga e'tibor bering)

Yoyiq to'siq vaqtida o'ng oyoq oldida bo'lgan holatda o'ng qo'l tashqarida kesishib to'siq qo'yadi.

(see the photo and lateral view). When your right foot is at front, your right hand should be crossed to the outside

Harakat qoidasi Movement

Tizza sindirish. Mureup kkukki.
- Harakat tos qismidan boshlanadi.
- Harakat pastda tugaydi.
- Qarama-qarshi qo'lning joylashuvi tirsak ostida.

Mureupkkukki (Knee breaking)
- Start point: Janggolrung (waist).
- End point: Undemeath.
- Other hand position: under the elbwo.

yelka chizig'ida, tashqaridan qaraganda ikki mushtum gavdadan tashqariga chiqib ketmaganligiga ahamiyat.

maintain the shoulder line.
When seen in the front, two fists should not be distracted out of the shoulder line

Bahoni pasaytirish holatlari Deduction Factors

Tizza sindirish. Mureup kkukki.
- Qo'l aylana holatini to'liq bajara olmaganida (agwison).
- Tortiladigan qo'l sindiradigan qo'lning tirsagiga juda chuqur kirib ketgan holatda.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Mureupkkukki (Knee breaking)
- Without bending the wrist, you must straighten the hand in an arc hand form.
- Without pulling the left hand too deep, allow for some space in between shoulder and elbow of the arm.
- Any movements other than shown above will be deduction points.



O'ng qo'l katta ba ko'rsatkich barmoqlari bilan aylana holatida tizza sindirish

Break the opponent's knee with right arc hand



Na tarafga chap oyoqni tortib, wen apseogi va anpalmok momtonghechomakki.

"Na" direction, left foot slightly drawn backward, wen apseogi, anpalmok momtong hechomakki (15 and its lateral view)

Harakat qoidasi Movement

Ichki bilak gavda yoyiq to'sig'i. Anpalmok momtong hecho makki.

- Ikki qo'l ko'krak balandligida kesishib yoyiq to'siq qo'yiladi.
- Harakat yelka balandligida tugaydi. Yelka kengligida.

Anpalmok momtong hechomakki (Inner wrist trunk push blocking)

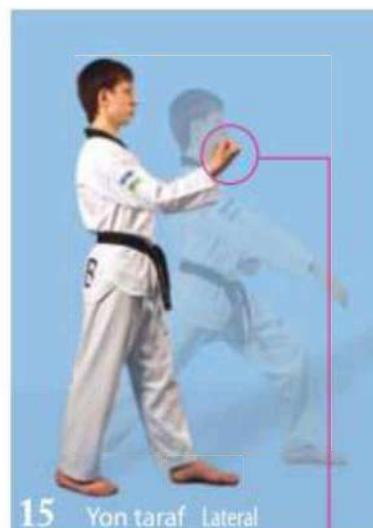
- Start point: cross of inner wrist in front of chest perform the body cleaving block.
- End point: the height should be the shoulder height. The width should be the shoulder width.



14-2 Yon taraf Lateral

(14-1, 14-2 rasmlar va yon tarafdan ko'rinishga e'tibor bering).

(see 14-1, 14-2 and the lateral view).



15 Yon taraf Lateral

yoyiq to'siq vaqtida chap oyoq oldinda bo'lgan holatda chap qo'l tashqaridan kesishib to'siq qo'yiladi.

When your left foot is at the front, your left hand should be crossed to the outside

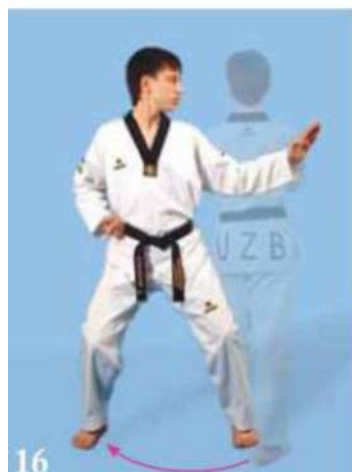
Bahoni pasaytirish holatlari Deduction Factors

Ichki bilak gavda yoyiq to'sig'i. Anpalmok momtong hecho makki.

- To'siq vaqtida ikki qo'l oldinga urayotgan holatda ko'rinishi.
- Harakat boshlanish vaqtida ikki qo'lni pastga yozilganlik holati.
- Bundan tashqari harakat qoida- siga zid har qanday harakat.

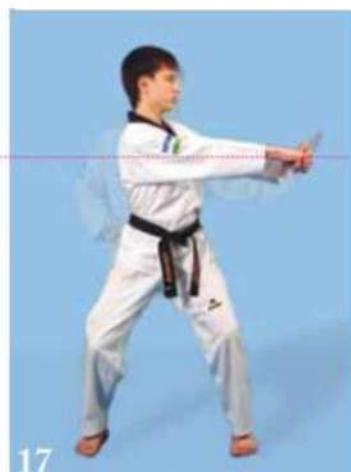
Anpalmok momtong hechomakki (Inner wrist trunk push blocking)

- When performing cleaving block, perform as a strike.
- When performing cleaving block, start as hand down.
- Any movements other than shown above will be deduction points.



Chap oyoqni o'q bo'ylab gavdani o'ng tarafga aylantirib o'ng oyoq Ra 2 tarafga qadam bosib juchum seogi (gavdaning old qismi Ga taraf) hanssonal momtong yopmakki ko'z Da 2 tarafga

Left foot as the axis, the body turned rightward, right foot put toward "Ra" (2) direction, juchumseogi (the front of the body toward "Ga"), wen hanssonal momtong yopmakki (eyes toward "Da" (2))



Ikki oyoq o'z joyida gavdaning faqat tepa qismini chap taraf (Da 2 taraf)ga aylantirib, juchum seogi va oreun jumeok pyojeokjireugi

two feet at their places, the upper part of the body twisted leftward ("Da" (2) direction), juchumseogi (keeping the stance) oreun jumeok pyojeokjireugi



Da 2 taraf, o'ng oyoqni ko'tarib o'tkazib apkoaseogi holatida oyoqni o'tkaza turib ikki qo'lni ushlab tortib, chap oyoq yopchagi qadam bosib, yo'nalsihni o'zgartirib, oreun apkubi va pyonsonkkeut arae jeochotzireugi Ra 2 tarafga

"Da" direction, right foot moved to make apkoaseogi (cross stance), at the same time pulling two fists together, left yopchagi change the direction while landing, oreun (toward "Ra" (2)) wen pyonsonkkeut arae jeochotzireugi. (18-1, 18-2, 18-3)

Harakat qoidasi Movement

Nishonga urish. Pyojeok jireugi.
- Byongchi balandligida.
- Tirsaklarni qattiq ochiladi. (mushtumning tepa qismi teppaga qaratilgan holatda bo'lishi kerak).

Pyejeokjireugi (Fist target punch)
- Height: the solar plexus.
- Keep the elbow straight. (shape of the fist is upward).

Old xoch holati va yon tepsih.
Apkkoa seogi va yopchagi.
- Yon tepish va nishonga urish bir qo'l tortilishi bilan bir vaqtda amalga oshiriladi.

Apkoaseogi yop-chagi (Appkoaseogi side kick)
- Move simultaneously side kick and target punch with pull the hand.

Bahoni pasaytirish holatlari Deduction Factors

Nishonga urish. pyojeok jireugi.
- Byongchidan tashqariga chiqib ketgan holatda (vertikal musht)
- Qo'l tirsagi qayrilgan holatda (zarba musht).
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Pyejeokjireugi (Fist target punch)
- Perform out of the solar plexus target (Keep the fist vertical).
- Perform the block with straight arms. (Attacking fist).
- Any movements other than shown above will be deduction points.

Old xoch holati va yon tepsih. Apkkoa seogi va yopchagi.
- Qo'l tortiladigan harakat bilan yon tepish harakatlari bir vaqtda bajarilmagan holatda.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Apkoaseogi yop-chagi (Appkoaseogi side kick)
- Separate movements between side kick and pulling down points.
- Any movements other than shown above will be deduction points.



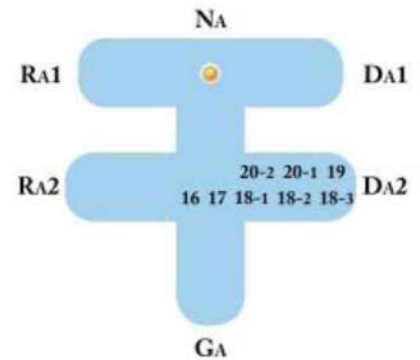
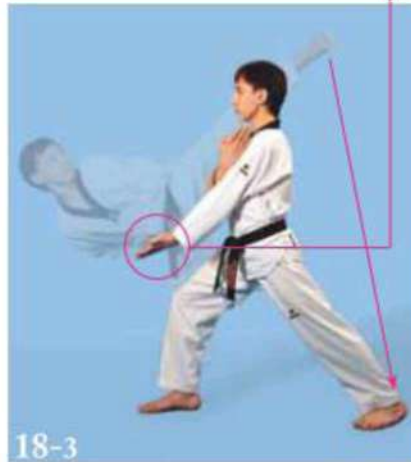
yopchagi bilan bir vaqtda ikki qo'l qarama-qarshi bel tomonga tortiladi

In the sidekick, draw both hands to the waist at the same time



oyoq tepishni amalga oshirgandan so'ng oyoqni qadam bosish bilan birga bir vaqtda qo'lni qayitirib uriladi

After the kicking, you thrust on the same moment you step on the ground



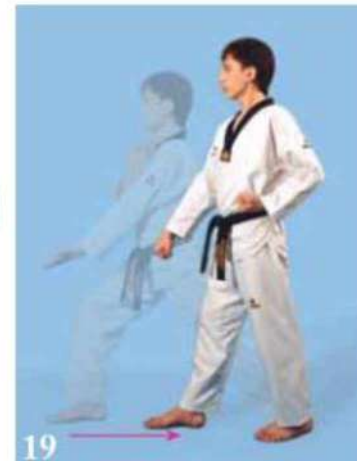
qo'l tirsagi bilan bolg'a mushtum ko'krak balandligi chizig'ida birga qo'yiladi

Both the elbow and hammer fist are on the line of chest height



qo'l uchini beldan tortib ko'tarib qo'l kaftini tana markaziga byongchi chizig'idan pastgacha to'siq qiladi, kaft bilan gavda o'rtasidagi masofa bir musht oralig'idir

Raise the tip of your hands from the waist and block the chest pit by pushing down the palm. The distance between the palm and chest is



Ra 2 taraf chap oyoq bir qadam oldinga tashlab chap qo'l kafti bilan to'siq qo'yib davomidan o'ng oyoq yana bir marta qadam bosib, juchum seogi va oreunpalkub yopchigi.

#Chap oyoq bilan o'ng oyoq yurish harakati bilan bir xilda bajariladi.

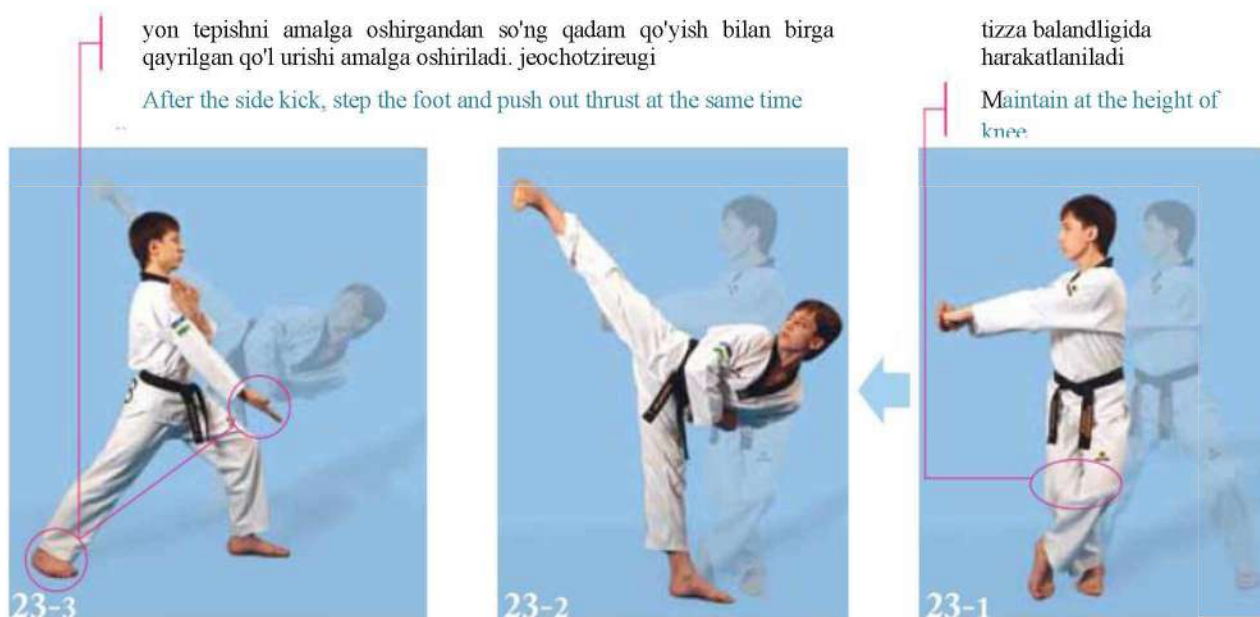
#O'ng qo'l tirsagi bilan yon urishni amalga oshirganda chap qo'l kafti bilan o'ng mushtumni itarib yon urishga butun kuchni beradi. Shu vaqtda qo'l tirsagi ko'tarilib ketmasligiga harakat qilinishi kerak.

Chap oyoq o'z joyida o'ng oyoqni tortib, oreun apseogi, araemakki

left foot at its place, right foot slightly drawn in, oreun apseogi, araemakki

"Ra" (2) direction, left foot put forth a step, wen batangson nullomakki, right foot put forth again, juchumseogi, oreunpalkup, po[chagi].

#At the time of yopchagi by the right elbow, the left hand wraps up the right fist to help the yopchagi (20-1 and 20-2)



Ra 2 taraf chap oyoqni ko'tarib o'tkazib apkkoaseogi holatida gavgdani holatini o'zgartirib davomidan yopchagi, qadam qo'yib Da 2 torafga yo'nalishni o'zgartirib, wen apkubi va pyonsonkkeut arae jechohzireugi

"Ra" (2), direction, left foot moved to make apkkoaseogi, moving the body, oreunbal (right foot) yopchagi, upon landing, change of direction toward "Da" (2) wen apkubi, oreun pyonsonkkeut arae jechohzireugi (23-1, 23-2 and 23-3)

Harakat qoidasi Movement

Ochiq qo'l uchi qayrilgan holatda urish. Pyonsonkkeut arae jechohzireugi.

- Yon tepishni amalga oshirgan oyoq yerga tekkan zahoti uriladi.
- Uradigan qo'lning qo'l ustki qismi teppaga yo'naltirilgandan so'ng uriladi.

Pyonsonkkeut arae jechohzireugi (Fist finger tips underneath push punch)

- As soon as the foot touches the floor with a side kick, thrust a flat fingertip.
- Back of hand should be upward, before stating thrust.

Bahoni pasaytirish holatlari Deduction Factors

Ochiq qo'l uchi qayrilgan holatda urish. Pyonsonkkeut arae jechohzireugi.

- Tepish va urish harakatlari o'zaro mos kelamaganda.
- Uradigan qo'l kafti tepaga qaragan holatda urishni amalga oshirish.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Pyonsonkkeut arae jechohzireugi (Fist finger tips underneath push punch)

- Act two separate movements the kick and the thrust
- The palm is facing upwards, then thrusting straight without turn over the hand
- Any movements other than shown above will be deduction points.



mushtninig balandligi byongchi
balandligida, o'ng qo'l bilan chap mushtni
ushlamaslik kerak

The height of fist is set near the solar plexus.
Do not hold the fist with your right hand



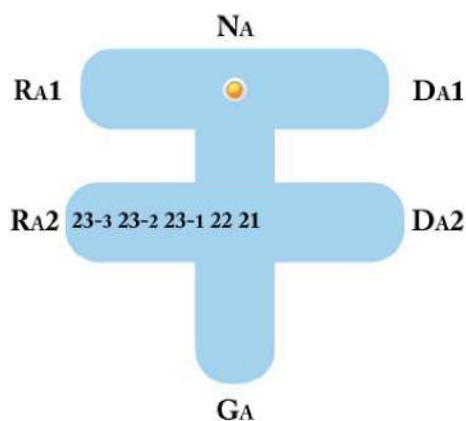
Ra 2 taraf ikki oyoq o'z joyida,
juchum seogi va wen jumeok
pyojeokjireugi

"Ra" (2) direction, two feet remaining
juchumseogi, (keeping the stance),
wenjumeok pyojeokjireugi



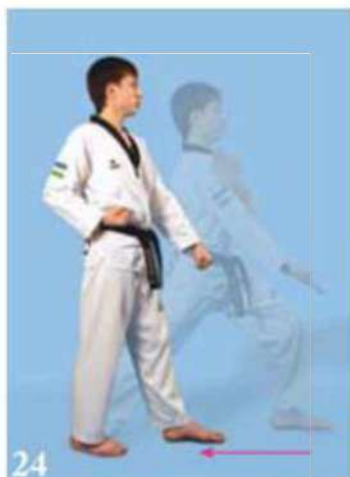
Ra 2 taraf ikki oyoq o'z joyida,
juchum seogi va oreun hanssonal
momtong yopmakki

"Ra" (2) direction, two feet
remaining, juchumseogi, (keeping the
stance), oreun hanssonal momotng
yopmakki



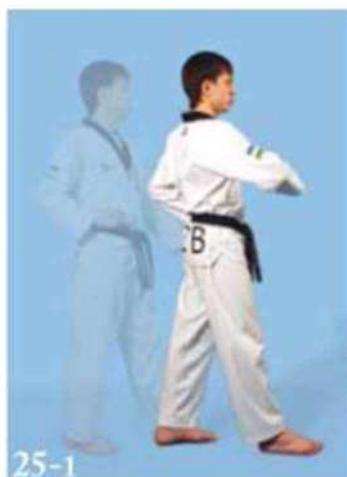
qo'l tirsaki va bolg'a mushti
ko'krak balandligida joylashadi

Both the elbow and hammer fist
are located at the height of chest



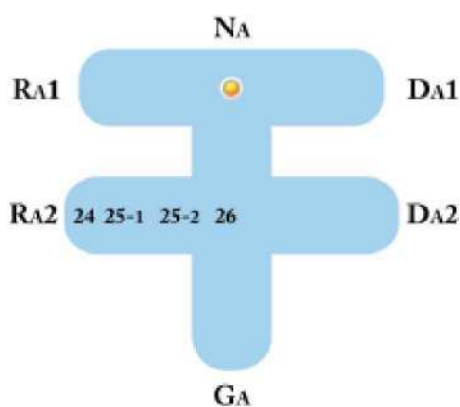
O'ng oyoq o'z joyida chap oyoqni
tortib (Da 2 taraf), wen apseogi va
araemakki

right foot remaining, left foot slightly
pulled ("Da" (2), direction), wen
apseogi araemakki



Da 2 tarafga o'ng oyoq bir qadam tashlab, oreun batangson nullomakki va juchum
seogi va wenpalkup yopchaigi

"Da" (2) direction, right foot put forth a step, oreun batangson nullomakki, left foot
put forth a step, juchumseogi, wenpalkup yopchigi (25-1 and 25-2)





Ga 2 tarafga qarab chap oyoq o'z joyida yig'ilgan oyoq ko'rinishida, o'ng oyoqni tortib, moaseogi va wen mejumeok arae pyojeokchigi

looking toward "Ga", left foot remaining, right foot drawn to make a moaseogi, wen mejumeok arae pyojeokchigi

O'ng oyoqni chap oyoqga olib kelganda ikki qo'l ham birga harakatlanib yuz oldiga ko'tarilib bosh tepa qismidan boshlab ikki tarafga yarib aylana shaklini chizgan holatda qo'llarni tushirib (asta sekin harakat qilinadi) pastki nishon urish amalaga oshiriladi. Shu zahoti ikki qo'l yelka baland- ligiga kelganda chap qo'lni ushlashni boshlaydi.

When the right foot pulled to the left foot, two hands are lifted up simultaneously in front of the face, come outward (a little bit slowly) and deliver arae pyojeokchigi
As both hands reach the shoulder height, start to clench your left fist

Harakat qoidasi Movement

Qo'l kafti bosma to'sig'i va qo'l tirsagi bilan yon urish. Batangson nullomakki va palkub yopchigi.
- Old turish holatida qo'l kafti bosma to'siqni qo'ygandan so'ng davomidan qo'l tirsak urishi amalga oshiriladi.
(bosma to'siq byongchi balandligida, qo'l tirsak urish ko'krak urish).

Batanagson nullo makki oreunpalkup yopchigi (Palm hand pressing block)
- With the apseogi, palm hand press down block should be done whilst forward, with elbow strike (Press Down Block Solar plexus height, Elbow strike. Chest height).

Bolg'a musht pastki nishon urish. Mejumeok arae pyojeok chigi.
- Ikki qo'l bosh tepasida bo'lganda oyoqlarni yig'ib turib ikki qo'l yelka chizig'iga kelganda chap mushtni ushlab sekin asta (5 sekund davomida) nishonga urish harakati amalga oshiriladi.

Mejumeok arae pyojeokchigi (Fist underneath target hitting)
- Lift both hands above heads, the gradually move down symmetrically, with both feet together.
- When both hands are shoulder level, left hand into a fist, then continue moving down until Hammer fist underneath target strike. (About 5 seconds).

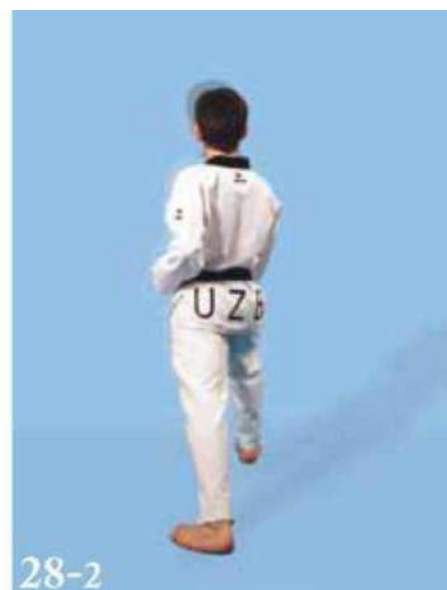
Bahoni pasaytirish holatlari Deduction Factors

Qo'l kafti bosma to'sig'i va qo'l tirsagi bilan yon urish. Batangson nullomakki va palkub yopchigi.
- Bosma to'siq vaqtida old turishdan tashqari holatga turganda.
- Bosma to'siq qo'l kafti bilan urish harakati orqali bo'lganda.
- Qo'l kafti bosma to'siq bilan nishonga urish o'zro mos kelmaganda.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Batanagson nullo makki oreunpalkup yopchigi (Palm hand pressing block)
- Perform any other stance except Apseogi when performs press down block.
- When performing pressing block, strike out with palm hand.
- A palm pressing blocking and elbow side strike is not continues.
- Any movements other than shown above will be deduction points.

Bolg'a musht pastki nishon urish. Mejumeok arae pyojeok chigi.
- Oyoqni sekin tortganda.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Mejumeok arae pyojeokchigi (Fist underneath target hitting)
- Slow movement of the foot.
- Any movements other than shown above will be deduction



Na taraf o'ng oyoq qadam tashlab o'ng-old bukish, oreun apkubi va oreunhan-sonnal mokchigi va oreunhansonnal araemakki

"Na" direction, right foot put forth, oreun apkubi, oreun hanssonal mokchigi followed by oreun hanssonal araemakki (28-1, 28-2 and their lateral views)

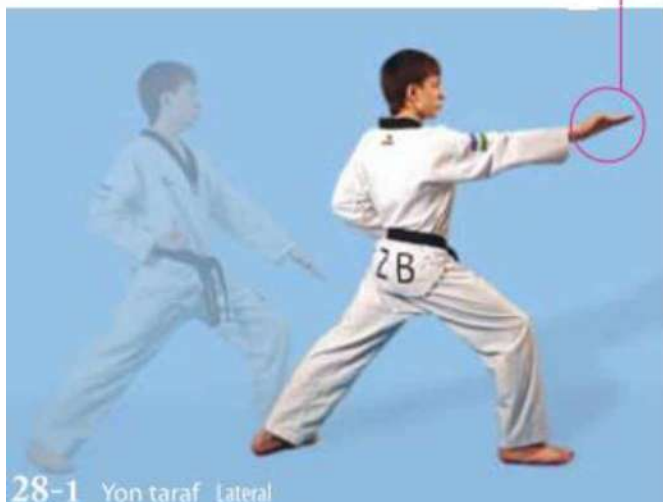


Ga tarafga gavdani chap tarafga aylantirib wenhansonnal bakkatchigi (maqsad ensaga urish), Na tarafga qarab turib chap oyoq bir qadam tashlab, wen apkubi va wenhansonnal araemakki.

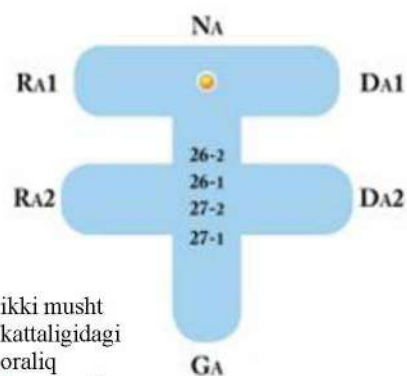
from "Ga", the body turned leftward, wen hanssonal bakkatchigi (target is the nape), looking toward "Na", left foot put forth, wen apkubi followed by wen hanssonal araemakki (27-1 and 27-2 and their lateral views)



qayrilgan qo'l uchi bilan qarama-qarshi
odamning bo'yniga uriladi
Strike the opponent's neck with the
Solar (with upward palm)



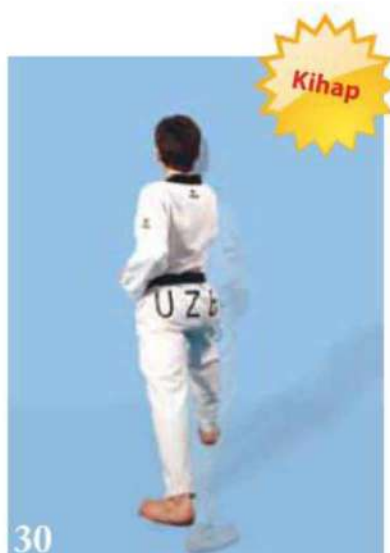
gavda tekis
ushlanadi
Make your
upper body
upright



ikki musht
kattaligidagi
oralig
the gap of
two upright
fists

qo'l yon qismi bilan qarama-qarshi
odamning bo'yniga uriladi

Strike the opponent's neck with the Sonnal
(with downward palm)



Na taraf o'ng oyoq bir qadam tashlab, oreun aokubi va oreun khaljaebi

"Na" direction, right foot put forth, oreun- apkubi, oreun khaljaebi (utterance of "Kihap") (30 and lateral view)

tirsaklar ko'tarilib
ketmasligi kerak
Be careful of the elbows
to be raised



"Na"ning holatidan o'ng oyoq o'z joyida gavdani chap tarafga aylantirib chap oyoqni tortib "Ga" tarafga qarab asosiy turish holati

Baro. "Na" position, right foot remaining, the body turned leftward, drawing the left foot and looking toward "Ga", returns to tongmilgi junbiseogi



Na taraf chap oyoq bir qadam tashlab, wen apkubi va wenhansonnal mokchigi. Wen hansonnal araemakki

"Na" direction, left foot put forth, wen apkubi, wen hansonnal mokchigi followed by wen hansonnal araemakki (29-1, 29-2 and their views lateral views)



Harakat qoidasi Movement

Qo'l yon qismi bilan bo'yinga urish va qo'l yon qismi bilan pastki to'siq. Sonnal mokchigi va hansonnal araemakki.

- Ikki qo'l albatta kesishishi kerak. (qo'l yon qismi bo'yin balandligida, harakat ohiri tana markaz chizig'ida).

Sonnal mokchigi hansonnal araemakki. (Hand blade neck hitting, one hand blade underneath blocking)

- Both hand should be cross other (The height of hand blade should be the neck. End point: The height of end point is a philtrum).

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi bilan bo'yinga urish va qo'l yon qismi bilan pastki to'siq. Sonnal mokchigi va hansonnal araemakki.

- Bir qo'l bilan harakat qilganda.

- Qo'l yon qismi balandligi maqsaddan tashqariga chiqib ketganda.

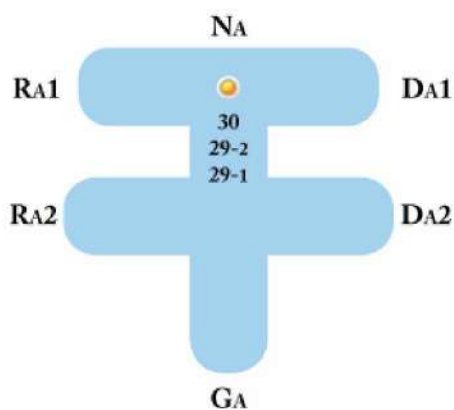
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Sonnal mokchigi hansonnal araemakki. (Hand blade neck hitting, one hand blade underneath blocking)

- Act with a single hand.

- The height Of the hand blade perform higher than neck or out of the target.

- Any movements other than shown above will be deduction point



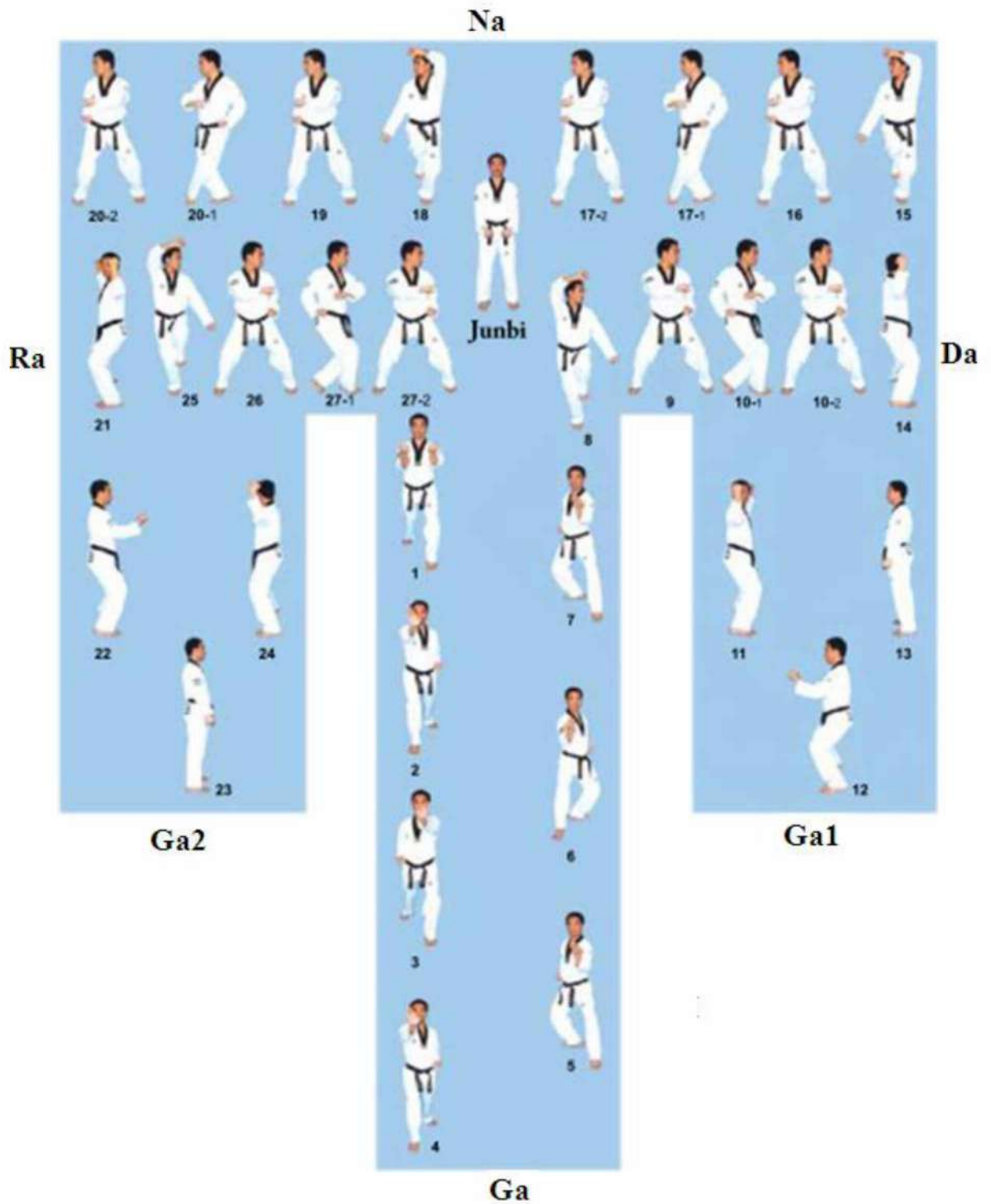


SAVOLLAR:

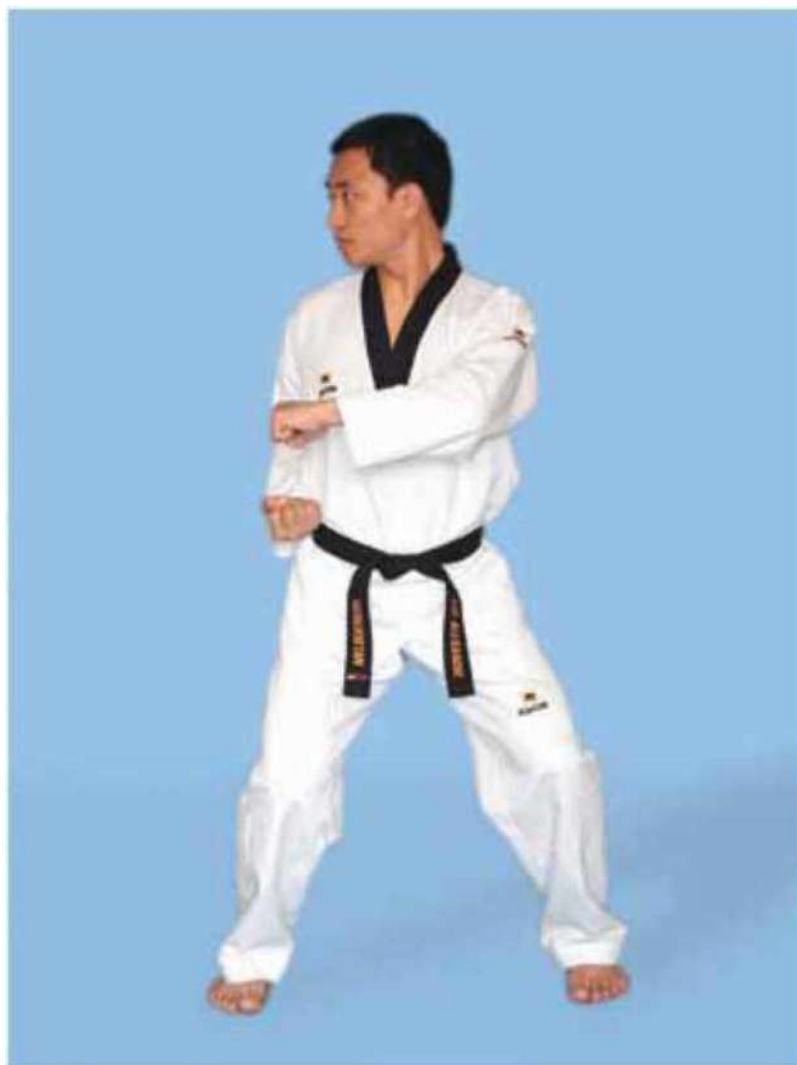
1. Koryo poomseda jami nechta harakatlar mavjud?
2. Koryo poomseni nechinchi dan sohiblari bajarishadi?
3. Koryo poomseda asosiy holat turish qanday nomlanadi?
4. Koryo poomseda qanday oyoq zarbalari bor?
5. Aylanish soni qancha?
6. Bu poomseda asosiy turish holati nimani anglatadi?
7. 26 chi holatda qo'l qanday holatda bo'ladi?
8. Poomseni chiroyli bajarish uchun qo'yiladigan asosiy talablar?
9. Koryo poomseda kihap nechinchi harakatda amalga oshiraldi?
10. 18-2 chi va 23-2 holatlarda qo'l tananing qaysi qismida va qanday joylashadi?



Pumse Keumgang chizig'i The Poomsae Line of Keumgang



PUMSE KEUMGANG



Keumgang poomseda ko'rishimiz mumkin bo'lgan yangi harakatlar batangson teokchigi, hansonnal momtong anmakki, Keumgangmakki, santeulmakki, kheundoltzeogi, hakdariseogi va boshqalar. Harakatlar qora belbog' sohibiga mos ravishda kuchli va yaxshi muvozanat saqlangan holatda bo'lishi kerak.

New techniques introduced in this poomsae are batangson teokchigi. hansonnal momlong anmakki, Keumgangmakki, santeulmakki. Kheun doltzeogi (large hinge), etc.. and the hakdariseogi. The poomsae line symbolizes a mountain displayed by the Chinese ter. The movements should be powerful and well-balanced so as to befit black-belter's dignity.



Keumgang Pumsesini qisqacha tushuntirish The Synoptic Table of Poomsae Keumgang

Ketma- ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Ga	Ga	Ven apkubi	Oldinga qadam Put forth foot	Anpalmok momtong hechomakki (qo'l bilan gavda tosig'i) (inner wrist trunk push blocking)
2	Ga	Ga	Oreun apkubi	Oldinga qadam Put forth foot	Oreun batangson teokchigi (o'ng kaft bilan jag'ga zarba) (right palm hand jaw hitting)
3	Ga	Ga	Ven apkubi	Oldinga qadam Put forth foot	Ven batangson teokchigi (chap kaft bilan jag'ga zarba) (left palm hand jaw hitting)
4	Ga	Ga	Oreun apkubi	Oldinga qadam Put forth foot	Oreun hansonnal momtongmakki (o'ng qo'l bilan gavda tosig'i) (right palm hand jaw hitting)
5	Ga	Na	Oreun dvitkubi	Oyoqni torib, qadam foot retrieved, step	Ven hansonnal momtongmakki (chap qo'l bilan gavda tosig'i) (left one hand blade trunk blocking)
6	Ga	Na	Ven dvitkubi	Oyoqni torib, qadam foot retrieved, step	Oreun hansonnal momtongmakki (o'ng qo'l bilan gavda tosig'i) (right one hand blade trunk blocking)
7	Ga	Na	Oreun dvitkubi	Oyoqni torib, qadam foot retrieved, step	Ven hansonnal momtongmakki (chap qo'l bilan gavda tosig'i) (left one hand blade trunk blocking)
8	Da	Na	Oreun hakdari	Chap oyoqni ko'tarish L.F pulled up	Keumgangmakki (olmos tosig'i) (diamond blocking)
9	Da	Da	Juchumse ogi	Chap oyoq orqaga qadam L.F step down	Kheun doltzeogi (bigger hinge)
10	Da1	Da	Juchumse ogi	Gavda chap tarafga aylangan, o'ng oyoqda qadam keyin chap oyoqda (360° aylanish) Body turned leftward, R.F moves to step, then L.F follows(turn 360deg)	Kheun doltzeogi (bigger hinge)
11	Ga1	Ga1	Juchumse ogi	O'ng oyoqni ko'tarib, tushirib kuchli zarba R.F lifted, downward pounding	Santeulmakki "kihap" (katta ochiq tosiq) (wide open blocking)
12	Ra	Ga1	Juchumse ogi	Gavda o'ng tomonga aylanadi, chap oyoqda qadam(180° aylanish) Body turned rightward, L.F moved to step (180 degrees turn)	Anpalmok momtong hechomakki (qo'l bilan gavda tosig'i) (inner wrist trunk push blocking)
13	Ra	Ga1	Naranhise ogi	Chap oyoqni ozgina ko'tarib, gavgani ko'tarish L.F slightly pulled, raising body	Arae hechomakki (pastki bosish tosig'i) (underneath push blocking)
14	Da	Da	Juchumse ogi	Gavda o'ng tomonga aylanadi, chap oyoqni ko'tarib, tushirib kuchli zarba body turned rightward, L.F lifted, downward pounding (turn 180 degrees)	Santeulmakki (katta ochiq tosiq) (wide open blocking)



15	Ra	Da	Ven hakdarise ogi	Gavda o'ng tomonga aylanib, o'ng oyoqni ko'tarish Body turned rightward, R.F pulled	Keumgangmakki (olmos tosig'i) (diamond blocking)
16	Ra	Na	Juchumse ogi	O'ng oyoqda orqaga qadam	Kheun doltzeogi (bigger hinge)
17	Ra	Na	Juchumse ogi	Gavda o'ng tomonga aylanib, chap oyoqda qadam keyin o'ng oyoqda (360° aylanish) Body turns rightward, L.F changes step, R.F follows (turn 360 degrees)	Kheun doltzeogi (bigger hinge)
18	Ra	Na	Ven hakdarise ogi	O'ng oyoqni tepaga ko'tarish R.F lifted up	Keumgangmakki (olmos tosig'i) (diamond blocking)
19	Ra	Ra	Juchumse ogi	O'ng oyoq orqaga qadam R.F steps down	Kheun doltzeogi (bigger hinge)
20	Ra2	Na	Juchumse ogi	Gavda o'ng tarafga aylangan, chap oyoqda qadam keyin o'ng oyoqda (360° aylanish) Body turns rightward, L.F changes step, R.F follows (turn 360 degrees)	Kheun doltzeogi (bigger hinge)
21	Ga2	Ga2	Juchumse ogi	Chap oyoqni ko'tarib, tushirib kuchli zarba L.F lifted, pounding down	Santeulmakki "kihap" (katta ochiq tosiq) (wide open blocking)
22	Da	Ga2	Juchumse ogi	Gavda chap tarafga aylanib, o'ng oyoqda qadam (180° aylanish) Body turns left, R.F lifted, pounding down (turn 180 degrees)	Anpalmok momtong hechomakki (qo'l bilan gavda tosig'i) (inner wrist trunk push blocking)
23	Da	Ga2	Naranhise ogi	O'ng oyoqni sal tortib, gavadani ko'tarish R.F pulled, raising body	Arae hechomakki (paski bosish tosig'i) (underneath push blocking)
24	Ra	Ra	Juchumse ogi	Gavda chapga aylanadi, o'ng oyoqni ko'tarib tushirib kuchli zarba (180° aylanish) Body turns left, R.F lifted, pounding down (turn 180 degrees)	Santeulmakki (katta ochiq tosiq) (wide open blocking)
25	Na	Ra	Oreun hakdarise ogi	Gavda chap tomonga aylanadi, chap oyoq ko'tariladi Body turns left, L.F lifted	Keumgangmakki (olmos tosig'i) (diamond blocking)
26	Na	Na	Juchumse ogi	Chap oyoqda orqaga qadam L.F steps down	Kheun doltzeogi (bigger hinge)
27	Da	Na	Juchumse ogi	Gavda chapga aylanib, o'ng va chap oyoq qadam (360° ga aylanish) Body turns left, R.F changes step, L.F follows (turn 360 degrees)	Kheun doltzeogi (bigger hinge)
Baro	Ga	Na	Naranhise ogi	Chap oyoqni tortib, aylanish L.F pulled	Kibon junbiseogi (asosiy holat) (basic ready stance)



Pumse Keumgang



Junbi

Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

From "Na" position, looking toward "Ga" kibon jubiseogi

Harakat qoidasi Movement

Ichki bilak gavda yoyiq to'sig'i. Anpalmok momtong hechomakki.
- Harakat boshi, ikki qo'l ko'krak yonida kesishib yoyiq to'siqq qo'yiladi.
- Harakat oxiri. Yelka balandligida, yelka kengligida.

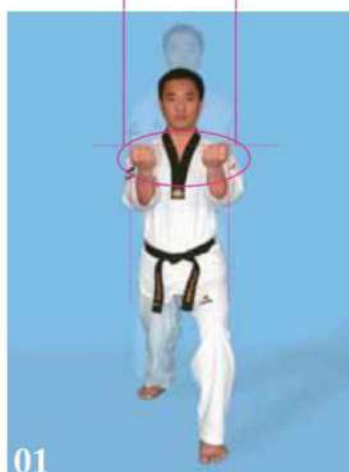
Anpalmok momotng hechomakki (Inner wrist trunk push blocking)
- Start point: Crossover of inner wrist in front of chest perform the body cleaving block.
- End point: The height should be the shoulder height. The width should be the shoulder width.

Bahoni pasaytirish holatlari Deduction Factors

Ichki bilak gavda yoyiq to'sig'i. Anpalmok momtong hechomakki.
- Ichki bilak gavda yoyiq to'sig'i. Anpalmok momtong hechomakki.

Anpalmok momotng hechomakki (Inner wrist trunk push blocking)
- Same as Koryo poomsae.

musht yelka balandligida
The fist at the height of shoulder

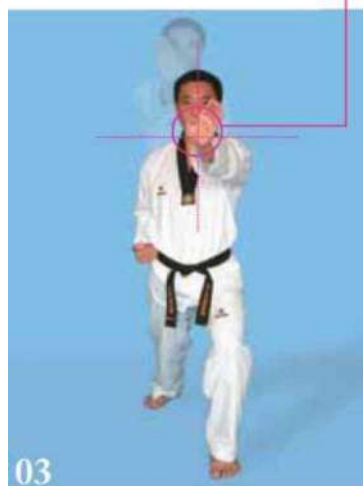


01

Ga tarafga chap oyoq oldinga bir qadam tashlab, wen apkubi va anpalmok momtong hecho makki

"Ga" direction, left foot put forth, wen apkubi, anpalmok momotng hechomakki

musht yelka balandligida
The fist at the height of shoulder



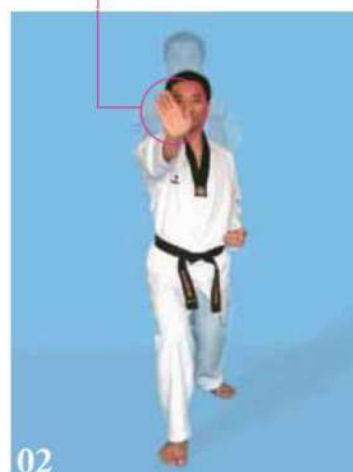
03

Ga taraf chap oyoq oldinga bir qadam tashlab, wen apkubi va wenbatangson teokchigi

"Ga" direction, left foot put forth, wen apkubi, wen batangsonmakki

yelka chizig'idan chiqib ketmasligi kerak

It should not be distracted for the shoulder lines



02

Ga tarafga o'ng oyoq bir qadam tashlab, oreun apkubi va oreun batangson teokchigi

"Ga" direction, right foot put forth, oreun apkubi, oreun batangson teokchigi



04

Ga tarafga o'ng oyoq oldinga bir qadam tashlab, oreun apkubi va oreun batangson teokchigi

"Ga" direction, right foot put forth, oreun apkubi, oreun batangson teokchigi

Barmoqlarni 45°ga bukib, qo'lni dahan balandligida ko'tarilgan

Make the fingers tip twist 45 degrees and raise the hand to the height of chin.

Harakat qoidasi Movement

Qo'l yon qismi bilan jag'ga urish.

Batang son teokchigi.

- Harakat boshi tos yonidan boshlanadi.

- Harakat oxiri qo'l kaftining balandligi jag' balandligida. Qo'l uchi 45° ga aylanadi. (qo'l kafti tana markaz chizig'ida bo'lishi kerak).

Batangson teokchigi (Palm hand jaw hitting)

- Start point: Janggolrung (waist).

- End point: The height of a palm hand is the chin, fingertip hand twist 45 degree.

Qo'l yon qismi bilan gavda to'sig'i.

Hansonnal momtong makki.

- Qo'l yon qismi bilan gavda to'siqda qo'l va oyoq bir vertikal chizig' ostida bo'lishi kerak. (qo'l yon qismi bilan to'siq balandligi yelka chizig'ida bo'lishi kerak).

- To'siq qo'yadigan qo'l bilan qadam bosadigan oyoq harakatlari bir vaqtda amalga oshiriladi.

Hansonnal momotng makki (One hand blade trunk blocking)

- The single hand blade trunk block should be vertical line with hand and foot (the height of the single hand blade block should be shoulder).

- Hand block and touching foot should be moved at the same time.

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi bilan jag'ga urish. Batang son teokchigi.

- Bundan tashqari harakat qoidasiga zid keladigan har qanday harakat.

Batangson teokchigi (Palm hand jaw hitting)

- Any movements other than shown above will be deduction points.

Qo'l yon qismi bilan gavda to'sig'i.

Hansonnal momtong makki.

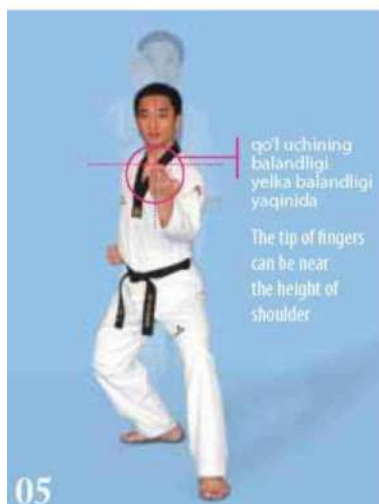
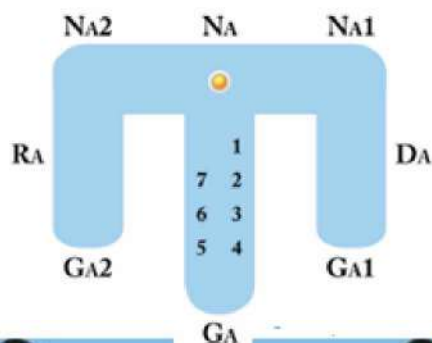
- To'siq gavda markazi chizig'i tashqarisida to'xtaganda.

- Bundan tashqari harakat qoidasiga zid keladigan har qanday harakat.

Hansonnal momotng makki (One hand blade trunk blocking)

- Blocking hand stay outside from the center of body line.

- Any movements other than shown above will be deduction points.



Na taraf o'ng oyoq orqaga tortilib qadam bosib, oreun dwitkubi, hansonnal momtongmakki - ko'z Ga tarafga

"Na" direction, right foot retrieved backward, oreun dwitkubi, hansonnal momtongmakki (eyes toward "Ga")



Na tarafga chap oyoq orqaga tortilib qadam bosib, wen dwitkubi, hansonnal momotngmakki - ko'z Ga tarafga

"Na" direction, left foot retrieved backward, wen dwitkubi, hansonnal momotngmakki (eyes toward "Ga")



Na tarafga o'ng oyoq orqaga tortib qadam bosib, oreun dwitkubi, hansonnal momotngmakki - ko'z Ga tarafga

"Na" direction, right foot retrieved backward, oreun dwitkubi, hansonnal momotngmakki (eyes toward "Ga")



oyoq yon qismini, tayanch oyoqning tizza ichki qismiga tekkaziladi

Lift your front foot, and then attach its foot blade to the inner side of knee of the other leg's



08

Da taraf o'ng oyoq "Na"ning holati o'z joyida, oreun hakardiseogi va keumgangmakki.

Bu harakat butun tananing kuchini ishlatgan holatda asta sekin bajarilishi kerak.

"Da" direction, right foot remaining "Na" position, left foot pulled banding the knee, oreun hakdariseogi, keumgangmakki.

This action must conducted slowly with concentration of the full body strength (for about 10 seconds)



09

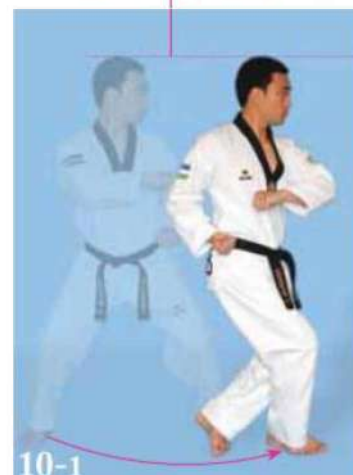
Da tarafga chap oyoq bilan qadam qo'yib, juchum seogi va kheun doltzeogi

"Da" direction, left foot put forth, juchumseogi, kheun doltzeogi (large hinge)

Tez aylaniladi, lekin sakrash mumkin emas

Turn quick, but do not jump

Balandlikni saqlash
Maintain the height



10-1

Da tarafga gavgdani chap tarafga aylantirib o'ng oyoqni Da chiziqqa o'tkazib qadam bosib, davomidan chap oyoqni yana bir marta Da chiziqqa o'tkazib qadam bosib (badan 360°ga aylanadi) -ko'z Da taraf- / bir oyoq kengligi. / tez aylanib, sakralmaydi.

10-1, "Da" direction, the body turned leftward, right foot moved on the "Da" line and continuously left foot moved on the "Da" line (the body turning 360 degrees), (eyes toward "Da") (10-1 and 10-2)

Qo'shimcha tushuntirish.

Tana aylana turib o'tganda bir oyoq kengligidagi balandlik o'zgarishligi kerak va o'ng oyoq, chap oyoq qadam qo'yadigan kenglik ham, juchum seogi holati kengligida ham o'zgarish bo'lishi mumkin emas

An additional explanation of action. When the body is moved to turn, the height should be maintained equal and the breadth between the two feet should not be altered

Harakat qoidasi Movement

Laylak turish. Hakardi seogi.

- Tayanch oyoq laylak holati balandligida.
- Qarama qarshi oyoq yon qismi, tizzaga tekkiziladi. (tizzani keng ochish mumkin emas, tizzaga tekkiziladigan oyoqni, tizza ichki qismiga tekkizish kerak).

Hakdariseogi (Cross stance)

- The height of the Crain stance should be same as the riding stance.
- The reverse foot blade raise to the inner part of knee. (Do not open the knee, the closing of the knee should be towards the inside of the knee).

Brilliant to'siq. Keumgangmakki.

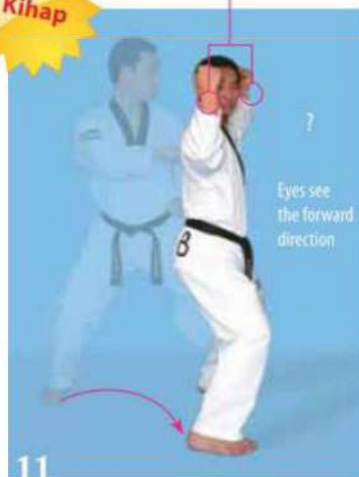
- Harakat boshi: pastki to'siq yelka yonida, yuz to'sig'i tos balandligida. -pastki to'siq va yuz to'siqilarini asta sekin, bir vaqtda kesishadi. (8 sekund atrofida).
- Ko'zlar: qo'l harakat yo'nalishi bo'ylab.

Keumgangmakki (Diamond blocking)

- Start point: Underneath block: in front of the shoulder Face block: Janggonrung height.
- Cross-out slowly with the face block and the underneath block at the same time. (About 8 seconds)
- Direction of look: Same as the hand movements.



10-2
Juchumseogi va kheun doltzeogi
juchumseogi, kheun doltzeogi

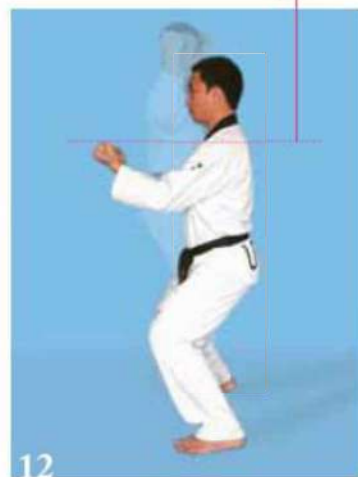


11
Ga 1 tarafga o'ng oyoq chap oyoqdan oldinga o'tib Ga 1 chiziqga qo'yadi, juchum seogi

"Ga" (1) direction, right foot lifted up on the axis of the left foot, pounding down on the "Ga" (1), line, juchumseogi, santeulmakki (utterance of "Kihap") (eyes toward "Ga"(1))

Ikki tirsak lab
balandligida
Both wrist are
located on the line

yelka chizig'ida
pylashgan
Set the shoulder line



12
Ga 1 tarafga o'ng oyoq o'q bo'ylab tanani o'ng tarafga aylantirib chap oyoqni ko'tarib qadam bosib, juchum seogi va anpalmok momtong hecho makki - ko'z Ra tarafga

12, "Ga" (1) direction, on the axis of the right foot the body is turned rightward, left foot moved to make a juchumseogi, anpalmok momtong hecho makki (eyes toward "Ra")

Bahoni pasaytirish holatlari Deduction Factors

Laylak turish. Hakardi seogi.

- Turishda tizzalar yozilgan holatda.
- Qarama qarshi oyoq tayanch oyoq tizzasigiga yopishib turmagan holatda.
- Laylak holatini ataylab sekin amalga oshirish.
- Bundan tashqari harakat qoidasi zid har qanday harakat.

Hakdariseogi (Cross stance)

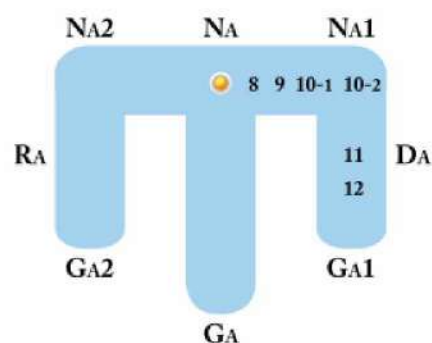
- Keep knee straight for Crane stance.
- The reverse foot of the Crane stance must not touch the opposite leg.
- The reverse foot of the Crane stance moved slowly deliberately.
- Any movements other than shown above will be deduction points.

Brilliant to'siq. Keumgangmakki.

- Brilliant to'siqni tez bajarganda.
- Brilliant to'siq tana yon chiziqlaridan tashqariga chiqib ketganda.
- Brilliant to'siqni amalga oshirganda gavdaning teppa qismi qayrilganda.

Keumgangmakki (Diamond blocking)

- The Diamond block perform fast.
- The performance of the Diamond block should be out of target.
- Bend the body when the diamond block is performed.
- Any movements other than shown above will be deduction points.





Harakat qoidasi Movement

Katta sirtmoq. Kheun doltzeogi
- Balandligi: byongchi va ko'krak o'rtasida.
- Tana oxirgi chizig'iga moslantiriladi.

Kheun doltzeogi (Bigger hinge)
- Height: Middle part of the solar plexus and the chest.
- The front part of fists is located the end of the chest.

Aylana katta sirtmoq.
Kheun doltzeogi.
- Chavandoz holatida tayanch nuqtasi balandligini o'zgartirmasdan, sekin asta aylaniladi. (bir oyoq kengligida aylanishi kerak).

Turn kheun dotzeogi (Turn bigger hinges)
- The height of the riding stance is always same at the movement of turning and move prompt. (Turn with the one - foot distance).

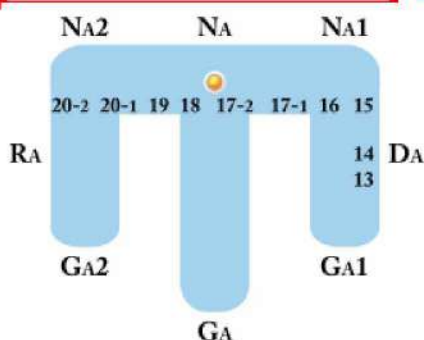
Bahoni pasaytirish holatlari Deduction Factors

Katta sirtmoq. Kheun doltzeogi.
- Silkitib qo'l harakatini amalaga oshirganda.

Kheun doltzeogi (Bigger hinge)
- Movement of the arms is a swing.

Aylana katta sirtmoq.
Kheun doltzeogi.
- Oyoqni qaytarib qo'yganda oyoq chiziqdan tashqariga chiqib ketganda.

Turn kheun dotzeogi (Turn bigger hinges)
- The movement of foot is out of the line.



Ra tarafga o'ng oyoq bilan qadam tashlab, juchum seogi va kheun doltzeogi

"Ra" direction, right foot put forth juchumseogi, kheun doltzeogi

ko'z harakat bo'ylab
Eyes see the toward



Na holatidan chap oyoq o'z joyida, wenhakardi seogi va keumgangmakki - ko'z Ra tarafga

From "Na" position, left foot remaining, right foot pulled up to make a wen hakdariseogi, keungmakki (eyes toward "Ra")



Ra taraf tana o'ng tarafga aylanib chap oyoq, o'ng oyoq davomidan ko'tarib qadam bosib (360°) juchum seogi va kheun doltzeogi - ko'z Ra tarafga

"Ra" direction, the body turned rightward, moving the left and the right foot in succession (turning 360 degrees), jchumseogi, kheun doltzeogi (eyes toward "Ra")



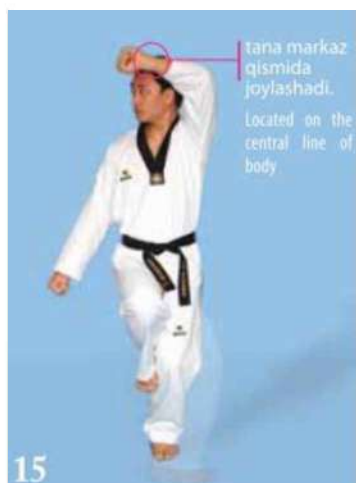
Ra taraf tana o'ng tarafga aylanib chap oyoq, o'ng oyoq davomidan ko'tarib qadam bosib (360°) juchum seogi va kheun doltzeogi - ko'z Ra tarafga

"Ra" direction, the body turned rightward, moving the left and the right foot in succession (turning 360 degrees), jchumseogi, kheun doltzeogi (eyes toward "Ra")



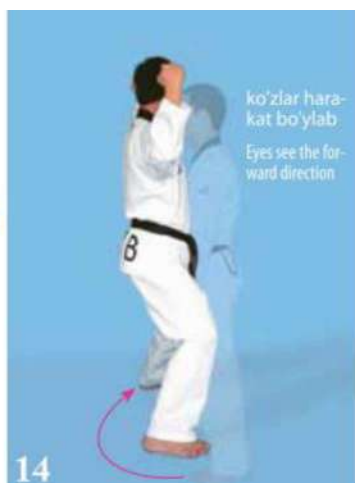
Na taraf o'ng oyoqni tushirib qadam bosib, juchum seogi va kheundoltzeogi - ko'z Ra tarafga

"Na" direction, right foot lowered down, juchumseogi, kheun doltzeogi (eyes toward "Ra")



Na 1 holatidan chap oyoq tayanch, tana o'ng tarafga aylanib - wen hakardiseogi va keumgang makki, sekin kuch berib harakat bajariladi

"Na"(1) position, on the axis of the left foot the body turns rightward, right foot pulled up to make a wen hakdariseogi, keumgangmakki (eyes toward "Ra" <slowly and with force>)



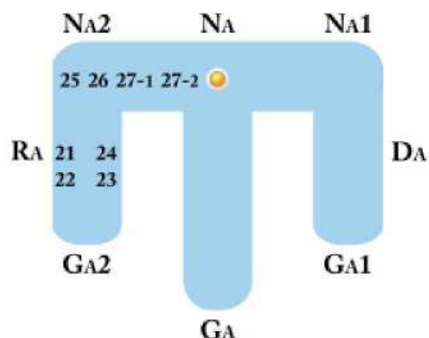
Da taraf o'ng oyoq o'q bo'ylab tanani o'ng tarafga aylantirib chap oyoqni ko'tarib Da holatida oyoqni tushirib, juchum seogi va santeulmakki

"Da" direction, on the axis of the right foot the body is turned rightward, left foot pounding on "Da" position, juchumsogi, santeulmakki (eyes toward "Na"(1))



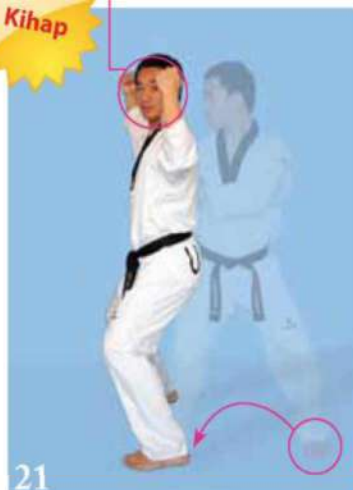
Ga 1 taraf o'ng oyoq o'z joyida, chap oyoqni bir oyoq kengligida tortib, naranhi seogi va arae hechomakki (sekin) - ko'z Ra tarafga

"Ga"(1) direction, right foot remaining, left foot pulled at one step length, arae hechomakki (slowly for about 5 second)



to'siq qo'ygan qo'l tirsagining og'ish burchagi haddan tashqari keng yoki qisqa bo'lmasligi kerak

Blocking elbow's angle should not be too wide nor arrow



Ga 2 taraf o'ng oyoq tayanch, chap oyoq aylanib, tushib, juchum seogi va santeulmakki -kihap- ko'z Ga 2 tarafga

"Ga" (2) direction, on the axis of the right foot, is lifted to pound down to make a juchumseogi, santeulmakki, utterance of "Kihap" (eyes toward "Ga"(2))



Ga 2 taraf tana chap tarafga ayla-nib chap oyoq tayanch o'ng oyoq-ni Ga 2 chiziqqa ko'tarib o'tkazib, juchum seogi va anpalmok momtong hechomakki - ko'z Da tarafga

"Ga" (2), direction, the body turned leftward, on the axis of the left foot the right foot is moved on "Ga"(2) line, juchumseogi, anpalmok momtong hechomakki (eyes toward "Da")

Bahoni pasaytirish holatlari Deduction Factors

Keng ochiq to'siq. Santeulmakki.
- Ikki musht bosh tepasi va jag' pastiga chiqib ketgan holatda.
- To'siq qo'yadigan qo'l tirsagining og'ish burchagi haddan tashqari kengayib yoki qisqarib ketgan holatlarda.

Santeulmakki (wide open blocking)
- Both fists keep over the head height or lower than the chin.
- Angle of blocking arms is too much open or small.

Pastki yoyiq to'sig'i.
Arae hechomakki.
- Taeguk 6 jang holati bilan bir hil.

Arae hechomakki (Underneath punch blocking)
- Same as Taeguk 6 Jang.

Harakat qoidasi Movement

Keng ochiq to'siq. Santeulmakki.
- Ikki qo'l bilagi lab balandligida joylashadi.
- Ko'z harakati bo'ylab.

Santeulmakki (Wide open blocking)
- The height of the both wrist should not be the philtrum.
- The direction of eye should be toward next movement.

pastki yoyiq to'sig'i. Arae hechomakki
- Taeguk 6 jang holati bilan bir hil.

Arae hechomakki (Underneath punch blocking)
- Same as Taeguk 6 Jang.



Ga 2 taraf chap oyoq o'z joyida o'ng oyoq bir qadam kenglikda tortilib, naranhi seogi va arae hechomakki - ko'z Da tarafga

"Ga"(2) direction, left foot remaining, right foot pulled a step to make a naranhseogi, arae hechomakki, eyes toward "Da"

Musht tanadan orqaga o'tib
ketmasligi kerak
The fist should not go behind the
side line of body



Ra taraf chap oyoq o'q bo'ylab tana
chap tarafga aylanib, o'ng oyoqni
ko'tarib Ra holatiga qo'yib, juchum
seogi va santeulmakki - ko'z Na 2
tarafga

"Ra" direction, on the axis of the
left foot, the body turned leftward,
right foot lifted to pound down on
"Ra" position, juchunseogi,
santeulmakki, eyes toward "Na" (2)



Na 2 holatidan o'ng oyoq tayanch,
tana chap tarafga aylanib chap
oyoqni tortib ko'tarib, oreun
hakardiseogi va keumgangmakki -
ko'z Da tarafga

From "Na" (2) position, on the axis
of the right foot, the body turned
toward the left side, left foot pulled
up to make an oreun hakdari seogi,
keumgangmakki, eyes toward "Da"



Na taraf chap oyoqni qo'yib qadam
bosib, juchum seogi va kheun
doltzeogi - ko'z Da tarafga

"Na" direction, left foot put down,
juchimseogi, kheun doltzeogi, eyes
toward "Da"



Na taraf, tanani chap tarafga aylantirib o'ng oyoqni davomidan ko'tarib qadam
bosib (360° aylanish) Na holatidan, juchumseogi va kheun doltzeogi - ko'z Da
tarafga

"Na" direction, the body turned leftward, left foot following to move (360
degrees), at "Na" position, juchumseogi, kheun doltzeogi, eyes toward "Ga"



ko'z harakat bo'ylab
eyes see the forward direction



"Na"ning holatidan o'ng oyoq o'z
joyida chap oyoqni tortib Ga
tarafga qarab asosiy tayyorlanish
holati

Baro: At "Na" position, right foot
remaining, left foot pulled, looking
toward "Ga" returning to kibon
junbi seogi



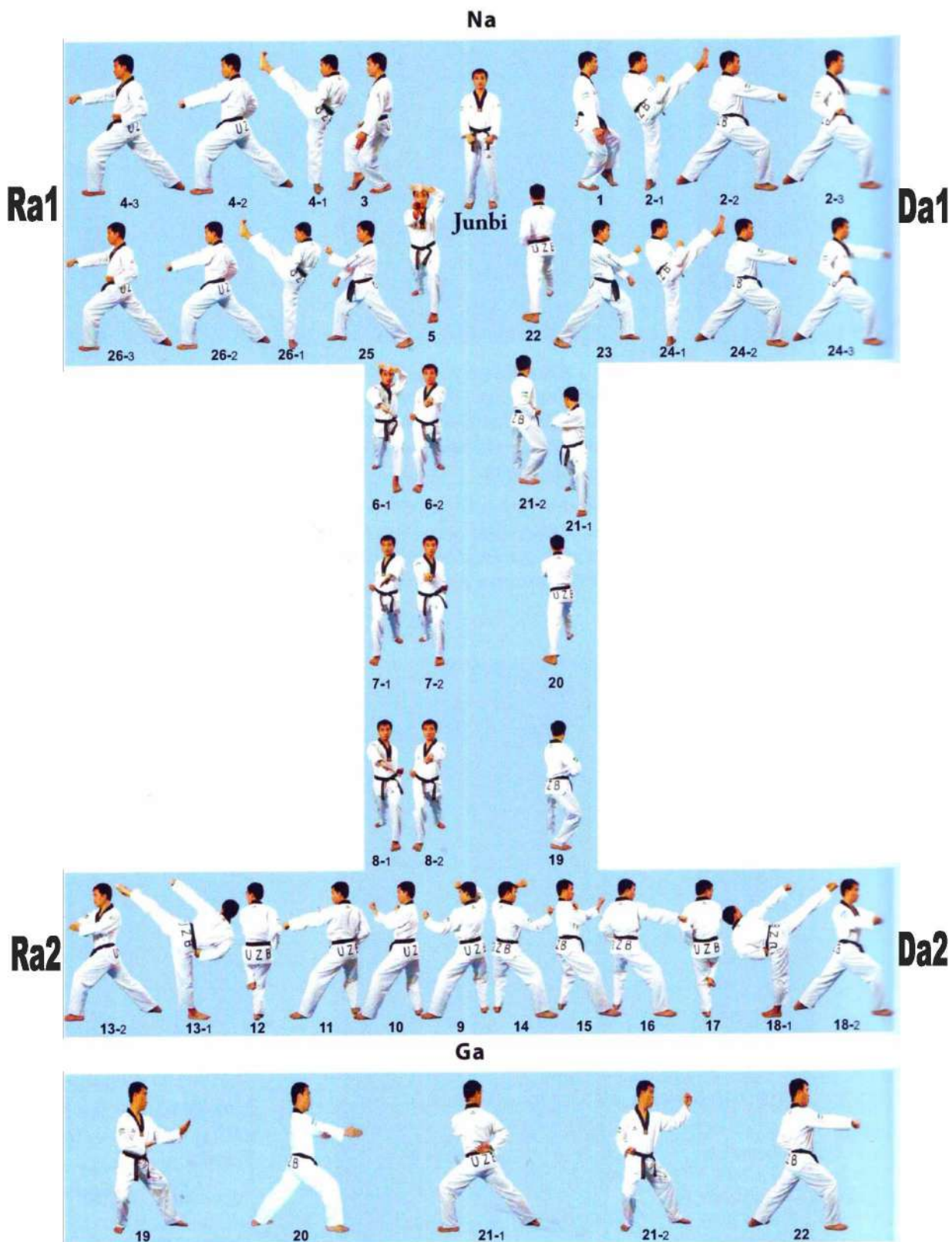
SAVOLLAR:

1. Keumgang Poomseda jami nechta harakat mavjud?
2. Yangi harakatlar soni qancha va qanday nomlanadi?
3. Kihap nechinchi harakatda va nechki marta amalga oshiriladi?
4. 2, 3, 4 chi harakatlarda zarba qo'lning qaysi qismi bilan bajariladi?
5. 8chi harakatni bajarishda chap oyoq tayanch oyoqning qaysi qismida joylashgan?
6. 8 chi harakatni davomiyligi?
7. 12chi holatdan 13 holatga va 22 chi holatdan 23 chi holatga o'tish qanday amalga oshiriladi?
8. 11, 14, 21, 24 chi harakatlarda qo'llar holati tananing qaysi qismida joylashishi kerak?
9. 11, 14, 21, 24 chi harakatlarda nigoh qaysi tamonga qaratilishi lozim?
10. Keumgang Poomseda aylanishlar qanday tezlikda bajariladi?

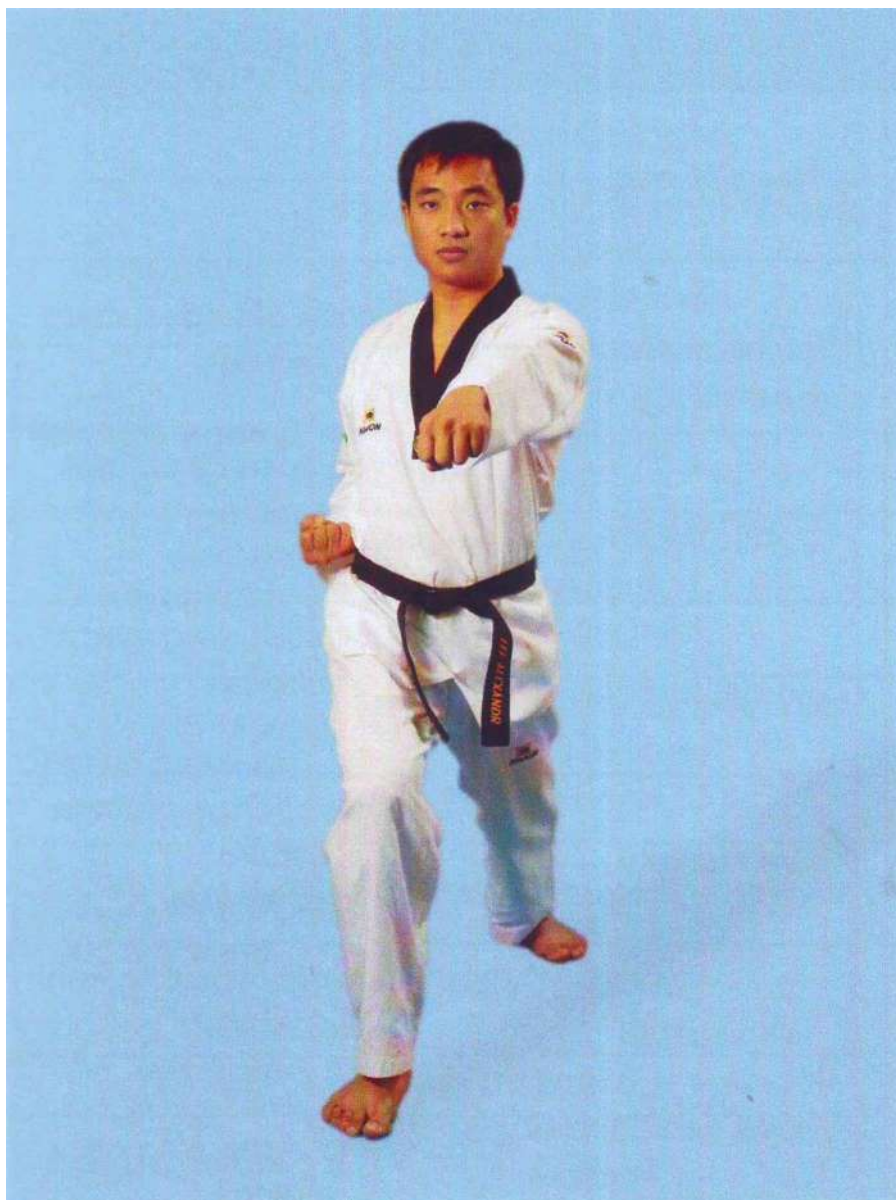


Pumse Taebaek chizig'i

The Poomsae Line of Taebaek



PUMSE TAEBAEK



Taebaek poomseda ko'rishimiz mumkin bo'lgan yangi harakatlar, bular sonnal araehechomakki, sonnal opeojapki (ushlab olish), japhin sonmokppaegi (ushlab olingan qo'lniyechish), Keumgang momtong-makki, doltzeogi va boshqalar. Momtongmakki va chigi kabi poomse harakatlaridan tashkil topgan bu poomse osmon va Yer o'rtasida to'g'ri turgan odamni ifodalaydi.

New techniques introduced in this poomsae are sonnal arae hechomakki, sonnal opeojapki (grabbing), japhin sonmokppaegi (pulling out the caught wrist), Keumgang momtong-makki (dolueogif hinge), etc. The line of poomsae is like a Chinese letter, which symbolizes the bridge between the Heaven and the earth, signifying human beings founded a nation by the Heaven's order. The poomsae movements are largely composed of momtongmakki and chigi.



Taebaek Pumsesini qisqacha tushuntirish

The Synoptic Table of Taebaek Poomsae

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da1	Da1	Ven beomseogi	Chap oyoqda oldinga qadam L.F put forth	Sonnal arae hechomakki (qo'l bilan pastki to'siq) (hand blade underneath push blocking)
2	Da1	Da1	Oreun apkubi	O'ng oyoq apchagi oldinga qadam R.F apchagi, forth	Momtong dubeonjireug (gavdaga ikki zarba) (trunk double punch)
3	Ra1	Ra1	Ven beomseogi	Orqaga aylanish, o'ng oyoqni ko'tarish Turn around, R.F forth	Sonnal arae hechomakki (qo'l bilan pastki to'siq) (hand blade underneath push blocking)
4	Ra1	Ra1	Ven apkubi	Chap oyoq apchagi oldinga qadam L.F apchagi, forth	Momtong dubeonjireug (gavdaga ikki zarba) (trunk double punch)
5	Ga	Ga	Ven apkubi	Aylanish, chap oyoq qadamni almashirish Turn, L.F change step	Jebi poom mokchigi (qaldir'och tomoqqa zarba) (swallow neck hitting)
6	Ga	Ga	Oreun apkubi	O'ng qo'lda zarba, o'ng oyoq oldinga R. wrist pushed out, R.F put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
7	Ga	Ga	Ven apkubi	Chap qo'lda zarba, chap oyoq oldinga L. wrist pushed out, L.F put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
8	Ga	Ga	Oreun apkubi	O'ng qo'lda zarba, o'ng oyoq oldinga R. wrist pushed out, R.F put forth	Momtong barojireugi "kihip" (gavdaga to'g'ri zarba) (trunk right punch)
9	Ra2	Ra2	Oreun advitkubi	Aylanish, chap oyoq qadamni almashirish Turn, L.F change step	Keumgangmakki (olmos to'sig'i) (diamond trunk blocking)
10	Ra2	Ra2	Oreun advitkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Dangyo teokjireugi (jag'ga zarba) (pull jaw hitting)
11	Ra2	Ra2	Oreun dvitkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Momtongjireugi (gavdaga zarba) (trunk punch)
12	Ra2	Ra2	Oreun hakdarise ogi	Chap oyoqni ko'tarish L.F lifted up	Jageun doltzeogi (kichik doltzeogi) (smaller hinge)
13	Ra2	Ra2	Ven apkubi	Chap oyoq yopchagi, oldinga qadam L.F yopchagi	Palkup pyojeokchigi (tizza bilan zarba) (elbow target hitting)
14	Da2	Da2	Ven dvitkubi	Chap oyoqda modumpal, o'ng oyoq oldinga L.F pulled to modumbal, R.F put forth	Keumgang momtong-makki (gavda olmos to'sig'i) (diamond trunk blocking)



15	Da2	Da2	Ven dvitkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Dangyo teokjireugi (jag'ga zarba) (pull jaw hitting)
16	Da2	Da2	Ven dvitkubi	Ikki oyoq o'z joyida, o'sha holatda turish Same position, stance	Momtongjireugi (gavdaga zarba) (trunk punch)
17	Da2	Ga	Ven haktariseo gi	O'ng oyoqni tepaga ko'tarish R.f lifted up	Jageun doltzeogi (kichik doltzeogi) (smaller hinge)
18	Da2	Da2	Oreun apkubi	O'ng oyoqni apchagi, oldinga qadam R.F yopchagi, forth	Palkup pyojeokchigi (tizza bilan zarba) (elbow target hitting)
19	Na	Ga	Oreun dvitkubi	O'ng oyoqda modumpal, chap oyoq oldinga R.F pulled to modumball, L.F put forth	Sonnal makki (qo'l bilan to'siq) (hand blade trunk blocking)
20	Na	Na	Juchumse ogi	Chap qo'l nullomakki, o'ng oyoq oldinga L.F hand nullomakki, R.F put forth	Pyonsonkkeutsewo-tzireugi (qo'l barmoqlari old qismini yig'ib zarba berish) (flat fingertips, straight thrust)
21	Na	Na	Oreun dvitkubi	Gavda chap tarafga aylanadi, pastroq cho'kib, chap oyoq oldinga Body turns left, slips downward, L.F forth	Deungjumeok bakkat chigi (mushtning tashqi qismi bilan zarba) (backfist outer hitting)
22	Na	Na	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Momtong bandejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
23	Da1	Da1	Ven apkubi	Aylanish, chap oyoq qadam Turn, L.F change step	Kavimakki (qaychi to'sig'i) (scissors blocking)
24	Da1	Da1	Oreun apkubi	O'ng oyoq apchigi, oldinga qadam R.F apchagi, forth	Momtong dubeonjireug (gavdaga ikki zarba) (trunk double punch)
25	Ra1	Ra1	Oreun apkubi	Orqaga aylanish o'ng oyoqda qadam Turn around, R.F change step	Kavimakki (qaychi to'sig'i) (scissors blocking)
26	Ra1	Ra1	Ven apkubi	Chap oyoq apchigi, oldinga qadam L.F apchagi, forth	Momtong dubeonjireug (gavdaga ikki zarba) (Trunk double punch)
Baro	Ga	Na	Naranhise ogi	Chap oyoqni tortib, aylanish L.F pulled	Kibon jumbiseogi (asosiy holat) (basic ready stance)



Pumse Taebaek

ikki musht oralig'idagi masofa

The hand blade and the side of your thigh should be located on the same line. Its gap is the length of the upright two fists



Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

From "Na" position, looking "Ga", kibon junbiseogi



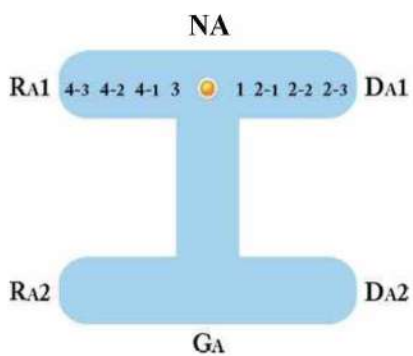
Da 1 tarafga wen beomseogi va sonnal arae hechomakki

The body turned toward "Da" (1). Wen beomseogi, sonnal arae hechomakki



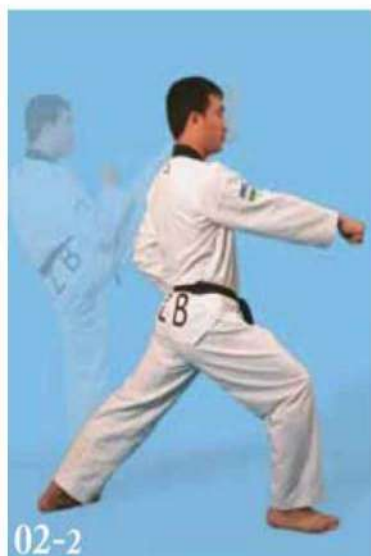
Da 1 taraf o'ng oyoq apchagi, qadam tashlab, (tez) oreun apkubi va momtong dubeonjireugi

"Da" (1), direction, right foot apchagi, oreun apkubi, momtong dubeonjireugi (2-1, 2-2 and 2-3)



byongchi balandligida

The height of chest pit



Harakat qoidasi Movement

Qo'l yon qismi bilan pastki yoyiq to'siq. Sonnal arae hechomakki.

- Yo'lbars holati va qo'l yon qismi bilan pastki yoyiq to'siq.
- Qo'lning joylashuvi tananing ichki qismida.

Sonnal arae hechomakki

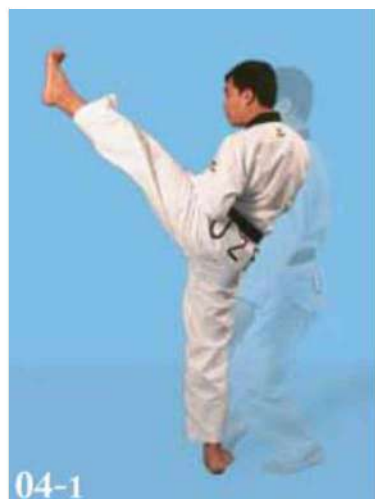
(Hand blade underneath push blocking)

- The tiger stance and the hand blade underneath cleaving block.

- The hand shape and the position: Inner part of the body.

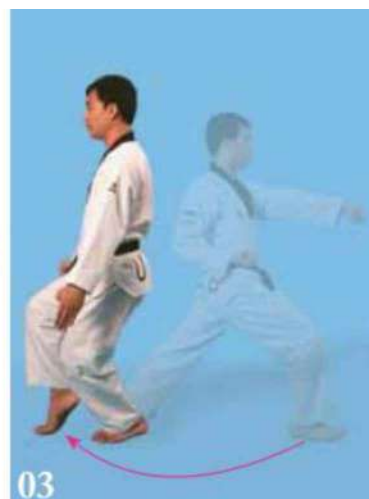
yoyiq to'siqni amalga oshirish vaqtida ikki qo'l kesishgan paytda chiqqan oyoq bilan bir tarafda bo'lgan qo'l tashqarida joylasha turib boshlanadi.

As the two hands cross during the push blocking, the front foot and the hand in the same side starts outside



Ra 1 tarafga chap oyoq apchagi, qadam bosib, (tez) wen apkubi va momtong dubeonjireugi

"Ra" (1) direction, left foot apchagi, wen apkubi momtong dubeon jireugi (4-1, 4-2, and 4-3)



Ra 1 tarafga o'ng oyoqni ko'tarib orqaga aylanib, oreun beomseogi va sonnal arae hechomakki

"Ra"(1) direction, right foot moved to turn around, oreun beomseogi, sonnal arae hechomakki

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi bilan pastki yoyiq to'siq. Sonnal arae hechomakki.

- Ikki qo'l yon qismlari pastki yoyiq to'siq qo'yadigan qo'l tashqariga chiqib ketganda.
- Bilak, tirsaklar qayrilgan holatda.
- Qo'l va oyoqlar bir vaqtda harakatlanmaganda.

Sonnal arae hechomakki

(Hand blade underneath push blocking)

- Out Of focus when performing both hand blade underneath cleaving block.

- Bend the wrist and the elbow.
- Without same time move foot and hand.



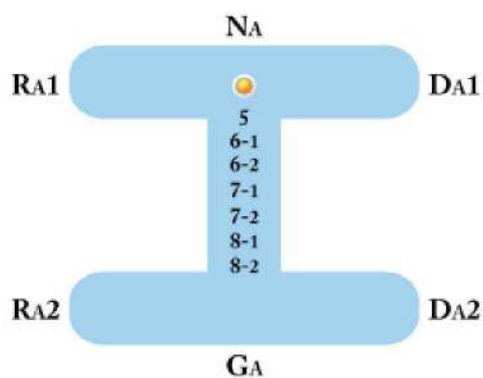
Ga taraf chap oyoqni ko'tarib aylanib, wen apkubi va jebi poommokchigi

"Ga" direction, left foot moved to turn, wen apkubi, jebi poom mokchigi



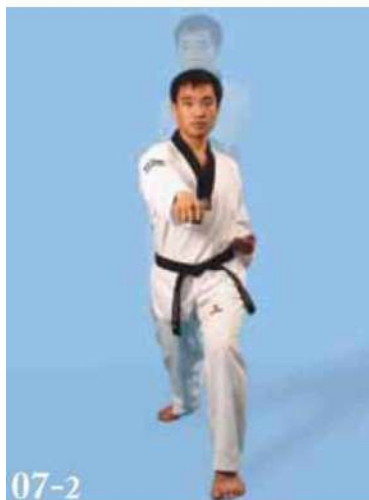
Ga taraf o'ng qo'l bilagini ichkariga tortib qarama qarshi odamning bilakini ushlab tortib, o'ng oyoq oldinga bir qadam bosib, oreun apkubi va momtong baro jireugi

"Ga" direction, right hand wrist twisted outward from inside to grab and pull the opponent's wrist, right foot put forth, oreun apkubi, momotng barojireugi (6-1 nad 6-2)





07-1



07-2

Ga taraf chap qo'l bilakini ichkariga tortib qarama qarshi odamning bilagini ushlab tortib chap oyoq bir qadam tashlab, wen apkubi va momtong barojireugi

"Ga" direction, left wrist twisted outward from inside to grab and pull the opponent, left foot put forth to deliver momtong barojireugi (7-1 and 7-2)

Harakat qoidasi

Movement

Mushtni yig'ib gavgdaga to'g'ri zarba

- Yig'ilgan mushtni o'sha holda saqlab, gavgdaga to'g'ri zarba davom ettiriladi.

Wrist twist out of the position and trunk right punch.

- The wrist twisted out of the position and continue trunk right punch.



08-1



08-2

Bahoni pasaytirish holatlari

Deduction Factors

Mushtni yig'ib gavgdaga to'g'ri zarba

- Mushtni yig'ib orqaga qaytish harakati sekin amalga oshirilganda

- Mushtni yig'ib orqaga qaytarishda faqat musht harakatlatirilganda

Wrist twist out of the position and trunk right punch.

- Slow movement of the wrist twisted out of the position.

- Act only use the wrist when performing wrist out of the position.

Ga taraf o'ng qo'l ichkariga qayrilib aylanib, qarama qarshi odamni bilagidan ushlab tortib o'ng oyoq bir qadam tashlab o'ng old bukish, odatiy badan urishi -kihap- oreun apkubi va momtong baro jireugi

"Ga" direction, right wrist twisted outward from inside to grab and pull the opponent, right foot put forth to deliver momotng barojireugi, utterance of "Kihap" (8-1 and 8-2)



Harakat qoidasi Movement

Orqa bukish gavda urishi,
Dwitkubi va Momtong jireugi.

- Harakat tosdan boshlanadi
- Harakat byongchi tugaydi.

Momtong jireugi

(Trunk punch)

- Start point: Waist.
- End point: Solar plexus.

Bahoni pasaytirish holatlari Deduction Factors

Orqa bukish gavda urishi,
Dwitkubi va Momtong jireugi.

- Uradigan mushtni belga tortmas
- Dan shu zahoti urigan holatda.

Momtong jireugi (Trunk punch)

- Not punching from the waist of the left arm, without pulling the right punch.

ikki tizza kengayib
ketmasligiga ahamiyat

Both laps should not be
distracted into outer sides



12

byongchi balandligida, tos
yonidan boshlanib urishni
amalga oshirish kerak

The height of chest pit
You start from the waist and
deliver trunk punch



11

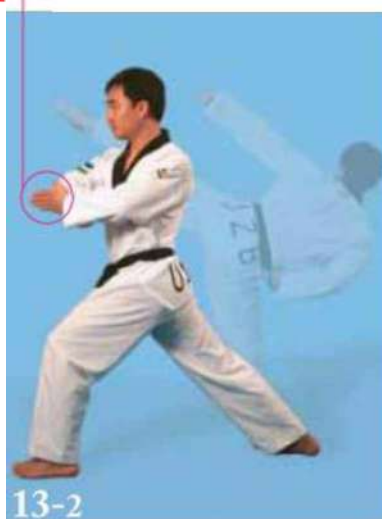
Ra 2 tarafga oreun hakardi seogi va
jageun doltzeogi

"Ra" (2) direction, left foot lifted up,
oreun hakdariseogi, jageun doltzeogi
(small hinge)

Ra 2 tarafga ikki oyoq o'z joyida,
oreun dwitkubi va momtong jireugi

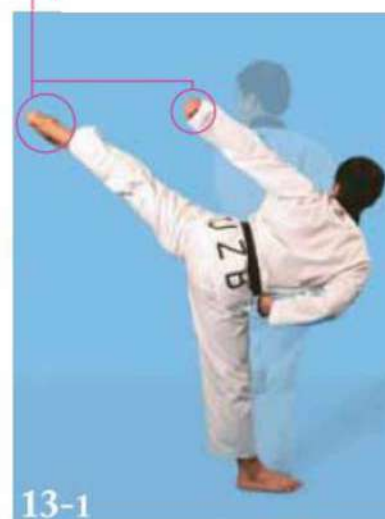
"Ra" (2) direction, two feet
remaining, oreun dwitkubi (the same
stance) momtongjireugi

byongchi balandligida belni
aylantirib tirsak nishon urishni
amalaga oshiradi



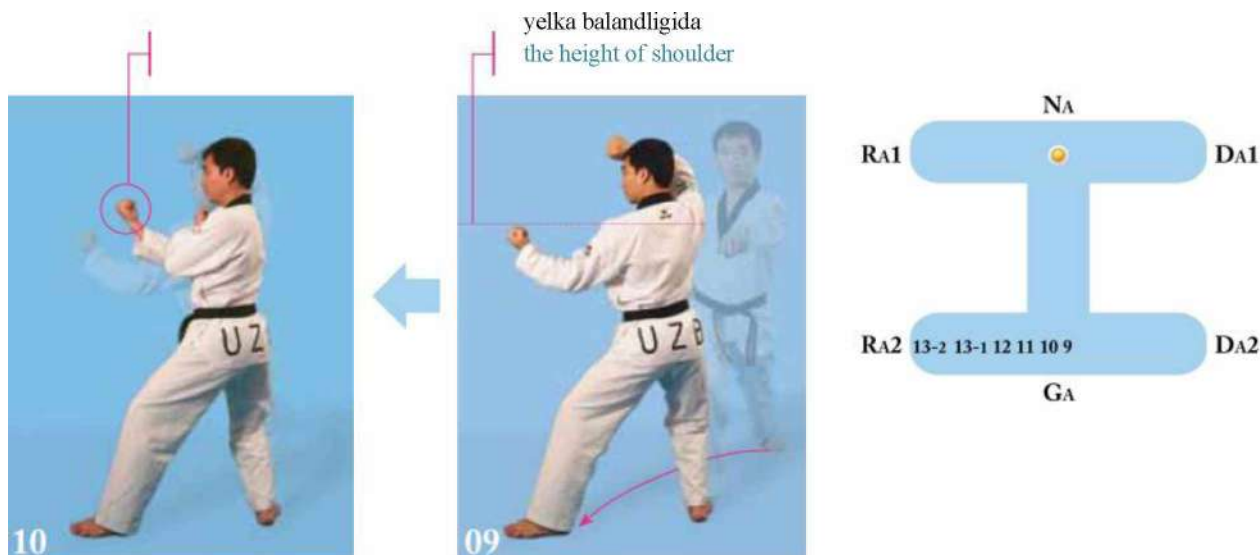
13-2

yopchagi bilan bir vaqtda
bolg'a mushtum ko'rinishida
tashqi urish



13-1

Ra 2 chap oyoq bilan yopchagi va shu bilan birga mejumeok bakaktchigi, qadam bosib,
wen apkubi va palkub pyojeokchigi



Ra 2 tarafga ikki oyoq o'z joyida, oreun dwitkubi va dangkyo tok jireugi

"Ra" (2), direction, two feet remaining, oreun dwitkubi (in same stance), dankyo teokjireugi

Ra 2 tarafga chap oyoqni ko'tarib aylanib, oreun dwitkubi va keumgang momtong makki

"Ra" (2) direction, left foot moved to turn, oreun dwitkubi Keumgang momtongmakki

Harakat qoidasi Movement

Keng ochiq to'siq.
Keumgang momtong makki.
- Yuz to'sig'i bilan ichki bilak gavda tashqi to'siq harakatlari bir vaqtda amalga oshirilishi kerak.

Keumgang momotng makki (wide open trunk blocking)
- The face block and inner wrist outer block should be performed simultaneously.

Tortib jag' urish.
Dangkyo teokjireugi.
- Harakat boshi ko'krak balandligida. Harakat oxiri jag' balandligida (tortiladigan qo'l yelka balandligida tortiladi).

Dangkyo teokjireugi.
- Start point: chest height.
- End Point: chin height (The height of pulling hand is the shoulder level).

Bahoni pasaytirish holatlari Deduction Factors

Keng ochiq to'siq.
Keumgang momtong makki.
- Ikki musht byongchi chizig'iga kirmagan holatda.

Keumgang momotng makki (wide open trunk blocking)
- Without crossing of both arms at solar plexus.

Tortib jag' urish.
Dangkyo teokjireugi.
- Tortiladigan qo'lni uradigan qo'lning tirsagiga yopishtirganda.

Dangkyo teokjireugi
- When pulling back the left arm rest on top of the elbow of the right arm.



tizzalar yozilmaslikka ahamiyat
Do not get the knees straight



Da 2 tarafga qarab ikki musht chap belga (wen hori) kichik sirtmoq (jageun doltzeogi) holatida chap oyoqni tortib yig'ilgan oyoq holatida o'ng oyoq qadam tashlab, wen dwitkubi va keumgang momtong makki

Looking toward "Da" (2), two fists put on the left side of the waist forming a jageun doltzeogi (small hinge). Left foot pulled to make modeumbal moaseogi, at the moment of taking the stance the right foot is put forth to make a wen dwitkubi, keumgang momotngmakki

Harakat qoidasi Movement

Yopchagi, Palkup pyocheokchigi (Yon tarafga zarba, tirsak bilan zarba)
- Yon tarafga zarba va o'ng musht zarbasi BIR vaqtda amalga oshiriladi
- Tirsak qafasi beriladigan zarba ko'krak va ko'krak qafasi markazi o'rtasiga yo'naltiriladi (ryocheok)
- Chigi zarbasini amalga oshirilganda bel aylanadi)

Yopchagi, palkup pyojeokchigi (Side kick, Elbow target hitting)
- Perform side kick and right hammer fist strike at the same time.
- Elbow target strike should be aimed between the solar plexus and the chest. (When When doing pyojeokchigi, twist your waist).

Bahoni pasaytirish holatlari Deduction Factors

Yopchagi, palkup pyocheokchigi (Yon tarafga zarba, tirsak bilan zarba)
- Zarba o'miga musht zarbasi berilsa
- Tirsak oldinga va orqaga tortilsa.

Yopchagi, palkup pyojeokchigi (Side kick, Elbow target hitting)
- Instead of a strike, punching with the hammer fist.
- Pulling in the target in front and then striking with the elbow.



Da 2 tarafga ikki oyoq o'z joyida, wen dwitkubi va dangkyo teojireugi

"Da" (2) direction, two feet remaining, wen dwitkubi (the same stance) dangkyo teokjireugi



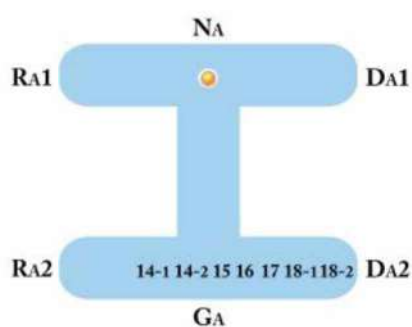
Da 2 tarafga ikki oyoq o'z joyida, wen dwit kubi va momtong jireugi

"Da" (2) direction, two feet remaining, wen dwitkubi (the same stance) momotngjireugi



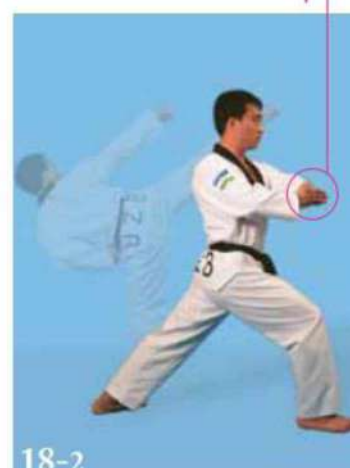
Da 2 tarafga o'ng oyoqni tortib ko'tarib, wenhakdari seogi va jageun doltzeogi

"Da" (2) direction, right foot lifted up, wen hakdariseogi, jageun doltzeogi



kaftga tirsak bilan nishonga urish qilinadi

Exercise the target strike at the palm



Da 2 tarafga, oreunbal yopchagi va mejumeok bakkatchigi. Oreun apkubi va palkub pyojeokmakki

"Da" (2) direction, right fist mejumeok bakkatchigi and right foot yopchagi simultaneously and on the ground, oreun apkubi, palkup pyojeokchigi. (18-1 and 18-2)



Harakat qoidasi Movement

Bosma to'siq, ochiq qo'l uchi bilan vertikal urish. Nullomakki va Pyonsonkkeut sewotzireugi.

- Bosma to'siq va ochiq qo'l uchi bilan vertikal urish BIR vaqtda amalga oshiriladi. (ochiq qo'l uchi byongchi darajasida).

Nullomakki, Pyonsonkkeut sewotzireugi (Downward Block, Flat fingertips straight thrust)

- From the waist, downward block and flat fingertip thrust at the same time. (height of the fingertip thrust must be level with the solar plexus).

Bahoni pasaytirish holatlari Deduction Factors

Bosma to'siq, ochiq qo'l uchi bilan vertikal urish. Nullomakki va Pyonsonkkeut sewotzireugi.

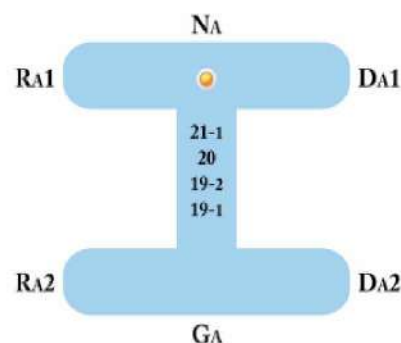
- Ikki harakatni bo'lib bajarganda.

- Ochiq qo'l uchi ko'krak yonidan urganda.

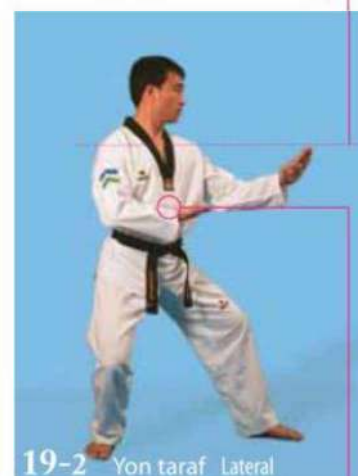
Nullomakki, Pyonsonkkeut sewotzireugi. (Downward Block, Flat fingertips straight thrust)

- Downward block and flat fingertip thrust are performed individually.

- Flat fingertip thrust is performed above the waist line.



qo'l uchi yelka balandligida



"Na"ga qarab "Ga"ning holatidan chap oyoq o'z joyida o'ng oyoqni tortib yig'ib "Na" tarafga chap oyoq qadam qo'yib, oreun dwitkubi va sonnalmakki

Looking toward "Na", from the "Ga" position, left foot remaining, the right foot is pulled to a modumbal to make a moaseogi, at the very moment the left foot put forth toward "Na", oreun dwitkubi, sonnalmakki (19 and lateral view)

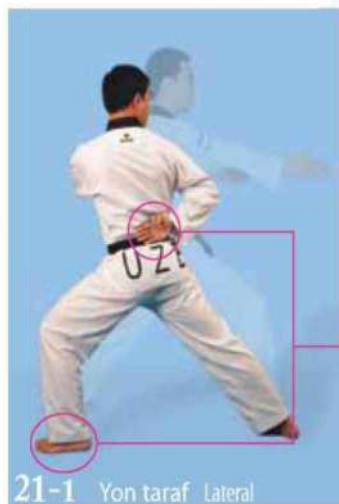
bilak byongchi yonida (yopishmagan holda)

The elbow is in front of the solar plexus (Do not attach)



bilakni pastka olganda oyoq suriladi

Draw the wrist downwards and move the left foot



Ga tarafga tanani aylantirib (chap-old bukish-wen apkubi) o'ng qo'lni pastga olish (ko'z Na taraf), tanani chap tarafga aylantirib chap oyoq "Na" chizig'iga qadam bosib, oreun dwitkubi va deungjumeok bakkatchigi. (ikkala harakat ham tez bajariladi)

Turning the body toward "Ga" direction (eyes toward "Na" direction) makes a wen apkubi and right hand drawn downward, the body turned leftward, left foot moved on "Na" line and on the ground, oreun dwitkubi, deunjumeok



byong
chi
baland
ligi

the
height
of the
solar
plexus

Na taraf o'ng oyoq qadam tashlab chap qo'l nullomakki qilib, oreun apkubi va pyonsonkkeut sewotzireugi

"Na" direction, right foot put forth, left hand nullomakki, and an oreun apkubi pyonsonkkeut

Harakat qoidasi Movement

Bilakni pastga tortish.

- Bilak rastka tortilgan bir vaqtda oyoq suriladi. (ko'z o'zgarmaydi).

Hand downward twist out

- The left foot must move when hand downward twist out is performed (eye direction is the same).

Musht tashqi qismi bilan yuz tashqi urish. Olgul bakkatchigi.

- Musht tashqi qismi bilan yuzga urish ikki qo'lni tutashtirgan holatda amalga oshiriladi. (ichki yelka chizig'idan boshlanadi).

Olgul bakkat chigi (Outward Face back Fist Strike)

- The left arm should cross with the right arm. (Start in front of the

Bahoni pasaytirish holatlari Deduction Factors

Bilakni pastga tortish.

- Oyoqni surmasdan o'z joyida bilakni pastga tortganda.

- Bilakni tortganda ko'z yo'nalishini o'ynatgan holatda.

Hand downward twist out

- The left foot is not moved from the position when hand downward twist out is performed.

- The eye contact is moved away from the target.

Musht tashqi qismi bilan yuz tashqi urish. Olgul bakkatchigi.

- Uradigan qo'l tortiladigan qo'lning tashqarisidan tortilganda.

- Yonga uradigan holatda qo'l tirsagi teraga harakatlanganda.

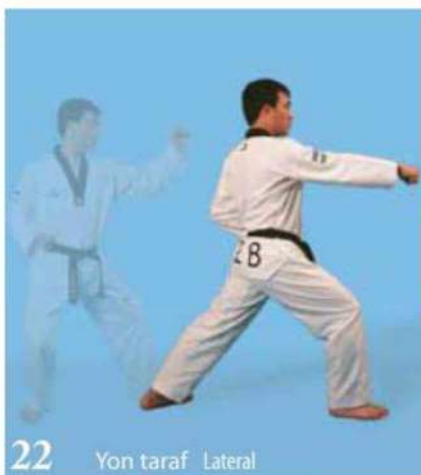
Olgul bakkat chigi (Outward Face back Fist Strike)

- Attacking arm coming outside of the pulling arm

- Moving the elbow up and down during the process of striking sideways.

Ichki bilak tashqi to'siq tugashi gavda tashqi chizig'i tashqarisiga chiqib ketmasligi kerak qaychi to'sig'i vaqtida mushtning balandligi yelka chizig'ida

The outer line of Anpalmok - bakkatmakki should not be distracted from the outer line of the body. In the Kawimakki, the fist is positioned at the height of shoulder

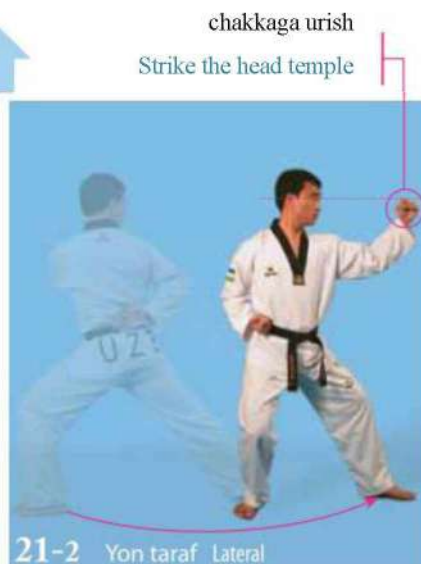


Na tarafga o'ng oyoq qadam tashlab, oreun apkubi va momtong bandae jireugi - kihap -

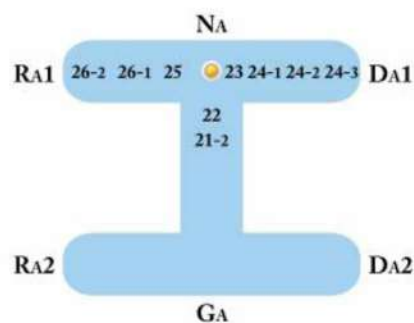
"Na" direction, right foot put forth, oreun apkubi, momtong bandaejireugi, utterance of "Ki-hap" (22 and lateral view)

Da 1 tarafga chap oyoqni ko'tarib aylanib, wen apkubi va kawimakki

"Da" (1) direction, left foot moved to turn, wenapkubi, kawimakki



chakkaga urish
Strike the head temple



Musht ustki qismi bilan tashqi urish deungjumeok bakkatchigi tirsakni ozgina qayirgan holatda chakkaga uriladi

In delivering deungjumeok bakkatchigi, the elbow is slightly bent and the breast is opened so that the deungjumeok strike the head temple



Da 1 tarafga o'ng oyoq apchagi qadam qo'yib, oreun apkubi va dubeon jireugi

"Da" (1) direction, right foot apchagi and on the ground, oreun apkubi, dubeonjireugi. (24-1, 24-2 and 24-3)

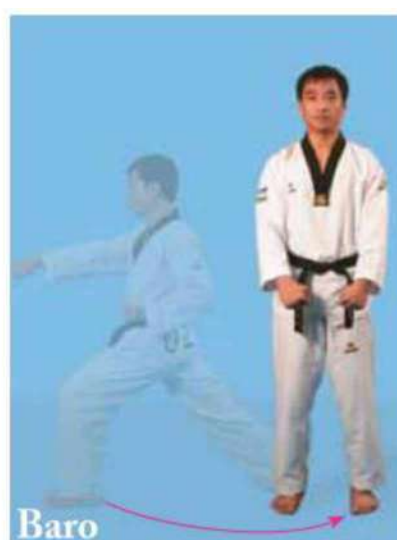


Ra 1 tarafga chap oyoq apchagi qadam qo'yib, wen apkubi va momtong dubeon jireugi

"Ra" (1) direction, left foot apchagi and on the ground, wen apkubi, momtong dubeon jireugi. (26-1, 26-2 and 26-3)

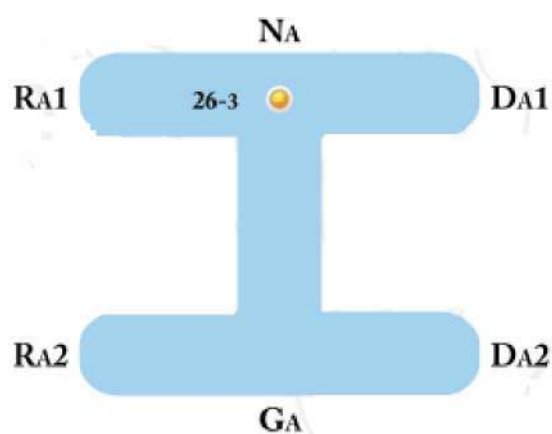
Ra 1 tarafga o'ng oyoqni ko'tarib orqaga aylantirib, oreun apkubi va kawimakki

"Ra" (1) direction, right foot moved to turn around, oreun apkubi, kawimakki



"Na"ning holatidan o'ng oyoq o'z joyida
"Ga"ga qarab chap oyoqni tortib asosiy turish

Baro: At "Na" position, right foot at is place,
looking toward "Ga", left foot pulled to return
to kibon junbiseogi





SAVOLLAR:

1. Taebaek Poomseda 1chi harakatni amalga oshirish davomida qaysi qo'l oldinda turishi lozim?
2. 1 chi harakat tugatilganda qo'llar qanday holatda turadi?
3. Taebaek Poomseda qanday yangi harakatlari mavjud?
4. 6-1 chi holatdan 6-2 chi holatga o'tish qanday tezlikda bajariladi?
5. 6-1 chi holatdan 6-2 chi holatga o'tishda qollar qanday harakatlanishi kerak?
6. 10 chi va 15 harakatlarda qo'llar qanday joylashgan bo'ladi?
7. 12 chi holatda chap oyoq tayanch oyoqning qaysi qismida joylashishi kerak?
8. 18-2 chi holatda qo'l bilan beriladigan zarba qanday ataladi?
9. 20chi holatdan 21-1 chi holatga o'tishda qo'l harakatlarining asosiy maqsadi?
10. 25 chi holatda qo'l harakatlari qanday nomlanadi?

PUMSE PYONGVON



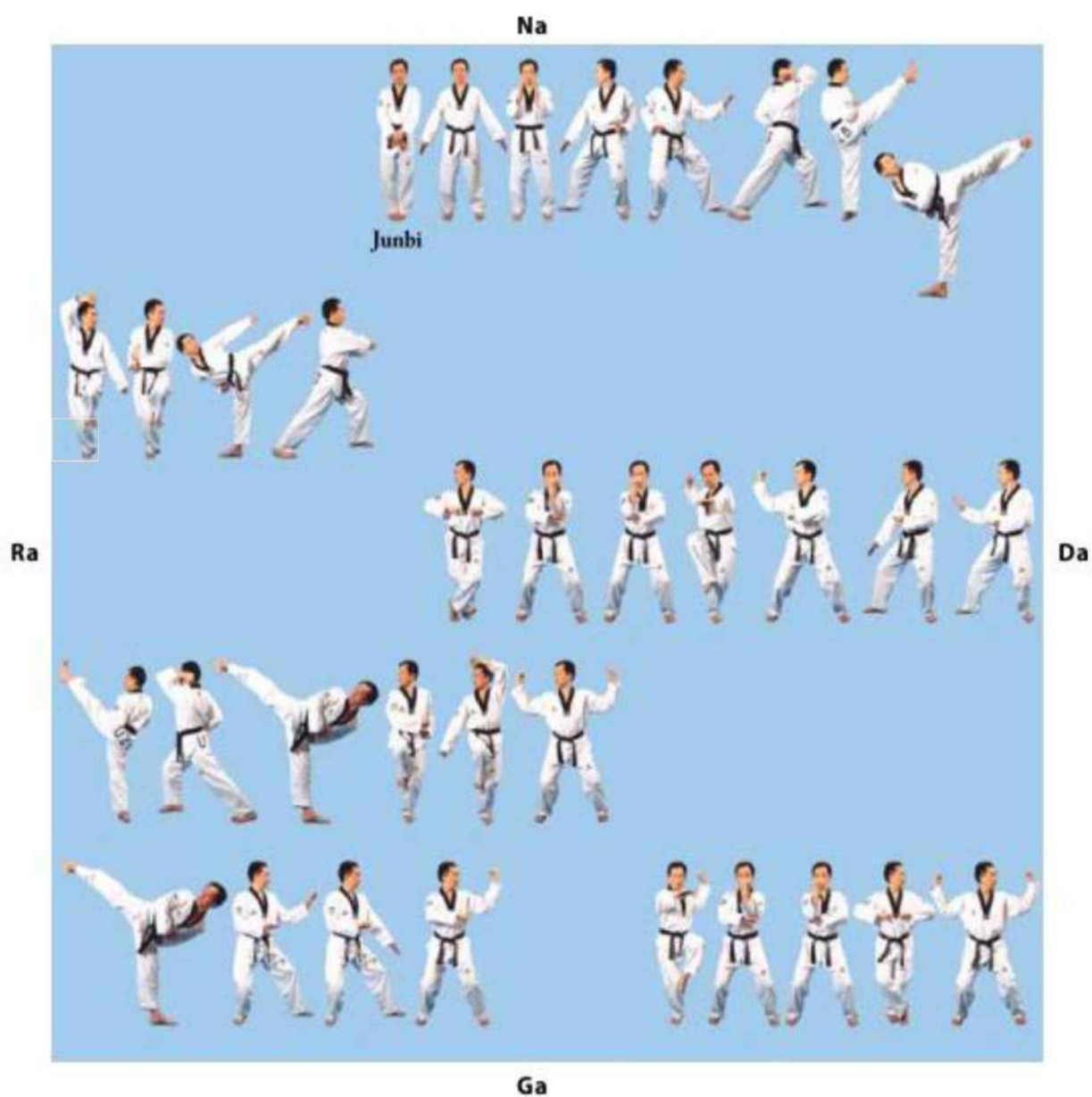
Pyongvon poomseda mavjudyangi harakatlar: palkup ollyochigi, olgul kodureo yopmakki, dangyo teokchigi, meongyechigi, hechosanteulmakki va boshqalar. Bu poomseda tayyorgarlik holati moaseogi venkyopson (chap qo'l ustida qollarni birlashtirish) bo'lib, u cho'kkan holatda kuchni bir joyga to'plash, ya'ni bu tanaga kuch to'plashdir. Poomse chizig'i tekislikning boshlang'ich holati va uning o'zgarishini anglatadi.

The new techniques introduced in this poomsae are palkup ollyochigi, olgul kodureo yopmakki, dangkyo teokchigi, nieongyechigi, hechosanteulmakki, etc. The junbiseogi is the moaseogi wenkyopson (left overlapping hands), which requires concentration of force in the lower abdomen, the source of body strength, as the land is the begining and source of human life. The line of poomsae means the origin and transformation of the plain.



Pumse Pyongwon chizig'i

The Line of Poomsae Pyongwon



Pyongyang Pumsesini qisqacha tushuntirish The Synoptic Table of Poomsae Pyongwon

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Moaseogi	Chap oyoq oldinga L.F put forth	Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)
1	Ga	Da	Naranhiseogi	Chap oyoqda oldinga qadam L.F put forth	Sonnal arae hechomakki (qo'l bilan pastki to'siq) (hand blade push blocking)
2	Ga	Da	Naranhiseogi	Ikki oyoq o'sha holatda Same position, stance	Tongmilgi (itarmoq) (tube pushing)
3	Ra	Ra	Ven dvitkubi	O'ng oyoq oldinga R.F put forth	Hansonnal arae makki (bir qo'l bilan pastki to'siq) (one hand blade underneath blocking)
4	Da	Ra	Oreun dvitkubi	Ikki oyoq o'sha holatda qoladi, yo'nalishni o'zgartirish Same posit., stance; turn direction	Hansonnal montong bakkatmakki (bir qo'l bilan gavda tashqi qismi to'sig'i) (one hand blade trunk outer blocking)
5	Da	Da	Ven apkubi	Chap oyoqni ozgina oldinga chiqarish L.F slightly pushed to step forward	Oreunpalkup ollyochigi (o'ng tizzani ko'tarib tepish) (right elbow lift up hitting)
6	Da	Da	Ven dvitkubi	O'ng oyoq apchagi, oldinga qadam, chap oyoq yopchagi, pastroq tushib, "Da'holatiga" R.F apchagi, forth; L.F yopchagi, turning body, steps down on "Da"	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
7	Ra	Ra	Ven dvitkubi	Ikki oyoq o'sha holatda Same posit., stance	Sonnal arae makki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
8	Ga	Na	Juchumseogi	O'z holatida qolish Same position	Kodureo olgumakki (yuz to'sig'i) (cutter wrist face blocking)
9	Ga	Da	Juchumseogi	O'ng oyoqni ko'tarib zarba R.F lifted, pounds down and stamps	Oreundeungjumeok dangkyoteokchigi "kihap" (o'ng qo'l musht bilan jag'ga zarba) (right back fist pull jaw hitting)
10	Ra	Na	Ven apkkoasegi	Chap oyoq qadamni o'zgartirish L.F changes step	Meongyechigi (kuch bilan zarba) (voke hitting)
11	Ra	Ra	Juchumseogi	O'ng oyoq qadamni o'zgartirish R.F chages step	Hecho santeulmakki (blok holati) (push mountain blocking)
12	Ra	Na	Ven haktariseogi	O'ng oyoqni ko'tarish R.F lifted up	Keumkang makki (olmos to'sig'i) (diamond blocking)
13	Ra	Ra	Oreun apkubi	O'ng oyoq yopchagi, oldinga qadam R.F yopchagi, forth	Venpalkup ollyochigi (o'ng tizzani ko'tarib tepish) (left elbow lift up hitting)
14	Ra	Ra	Oreun dvitkubi	Chap oyoq apchagi, oldinga qadam, o'ng oyoq yopchagi, pastroq tushib, "Ra" holatiga L.F apchagi&forth, R.F yopchagi (body turning) put on "Ra"	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
15	Da	Na	Oreun dvitkubi	Ikki oyoq o'sha holatda Same posit., stance	Sonnal arae makki (qo'l bilan pastki to'siq) (hand blade trunk blocking)
16	Da	Na	Juchumseogi	O'z holatida qolish Same position	Kodureo olgumakki (yuz to'sig'i) (assist wrist face blocking)
17	Ga	Na	Juchumseogi	O'ng oyoqni ko'tarib zarba R.F lifted, pounds down and stamps	vendeungjumeok dangkyoteokchigi "kihap" (chap qo'l musht bilan jag'ga zarba) (left back fist pull jaw hitting)
18	Da	Na	Oreun apkkoaseogi	O'ng oyoq qadamni o'zgartirish R.F changes step	Meongyechigi (kuch bilan zarba) (voke hitting)
19	Da	Na	Juchumseogi	Chap oyoq qadamni o'zgartirish L.F changes step	Hecho santeulmakki (blok holati) (push mountain blocking)
20	Da	Na	Oreun haktariseogi	Chap oyoqni ko'tarish L.F lifted up	Keumkang makki (olmos to'sig'i) (diamond blocking)
21	Da	Na	Ven apkubi	Chap oyoq yopchagi, oldinga qadam L.F yopchagi, steps down	Oreunpalkup ollyochigi (o'ng tizzani ko'tarib tepish) (right elbowtarget hitting)
Baro	Ga	Na	moaseogi	Chap oyoqni tortish L.F pulled in	Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)



Pumse Pyongvon

ikki musht oralig'i

The distance of the two upright fists



Junbi

Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

At "Na" position, looking toward "Ga" moaseogi kyopson junbiseogi



01

Ga tarafga chap oyoq bir oyoq kengligida kengayib, naranhi seogi va sonnal arae hechomakki. Sekin nafas olinadi.

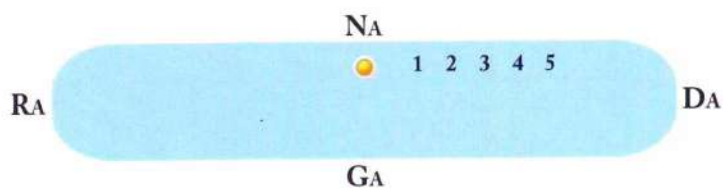
"Ga" direction, left foot opened a step wide to make naranhiseogi, sonnal arae hechomakki (breathing out slowly)

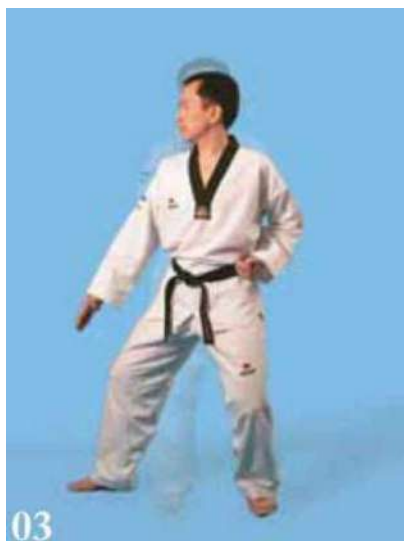


02

Ga tarafga ikki oyoq o'z joyida ikki qo'l qorin yonidan ko'krak oldiga ko'tarilib kaftlarni bir biriga yuzma-yuz, naranhi seogi va tongmilgi

"Ga" direction, two feet at their places, two hands gathering in front of chest keep the palm face to face with each other, naranhiseogi (the same stance), tongmilgi





Ra tarafga o'ng oyoq qadam bosib o'ng orqa bukish, bir qo'l yon qismi bilan pastki bloki. Wen dwitkubi va hanssonal araemakki

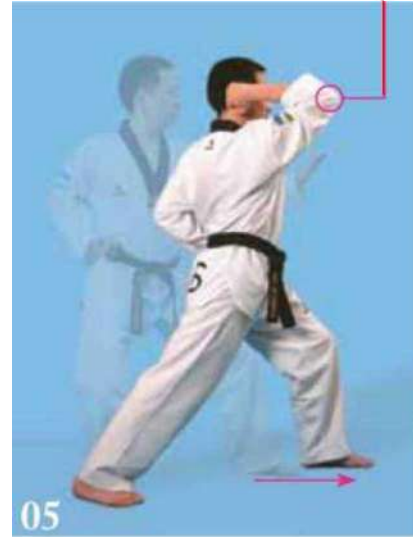
“Ra” direction, right foot put forth, wen dwitkubi, hanssonal araemakki



Da tarafga yo'nalishni o'zgartirib o'ng-orqa bukish, bir qo'l yon qismi bilan badan tashqi bloki. Oreun dwit kubi va hanssonal momtong bakkatmakki

Change of direction toward “Da” oreun dwitkubi, hanssonal momtong bakkatmakki

tirsak balandligi lab balandligida
The height of elbow is the same as the height of chin



Da tarafga chap oyoqni itarib chiqib, wen apkubi, oreunpalkup ollyochigi

“Da” direction, left foot slightly pushed towards, wen apkubi, oreunpalkup ollyochigi

Harakat qoidasi Movement

Tlrsak ko'tarib urish.
Palkup ollyochigi.
- Mushtninig ichki qismi quloq yonida joylashadi. (tirsak jag' Balandligida).

Palkup ollyochigi (Elbow lift up hitting)
- The fist should be positioned near of the ear. (the elbow is at the height of chin).

Bahoni pasaytirish holatlari Deduction Factors

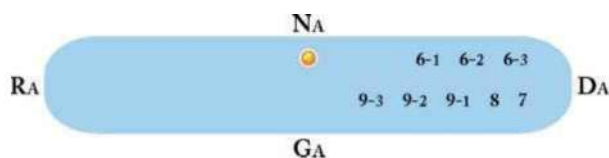
Tlrsak ko'tarib urish.
Palkup ollyochigi.
- Mllshtninig ustki qismi teppaga yo'naltirilganda.
- Tlrsak kko'tarilib ketganda.

Palkup ollyochigi. (Elbow lift up hitting)
- The back of the rst is facing upwawrds.
- The elbow is outside of the target.



Da tarafga o'ng oyoq apchagi, qadam qo'yib davomidan tanani aylantirib chap oyoq yopchagi Da holatida oyoqni qo'yib, wen dwitkubi va sonnalmakki -ko'z Ra tarafga tananing old qismi Ga tarafga

"Da" direction, right foot apchagi and the ground, successively left foot momdollyo yopchagi, landing at "Da" position, wen dwitkubi, sonnalmomtomgmakki, eyes toward "Ra" and the front of the body toward "Ga" (6-1, 6-2 and 6-3)



Ra tarafga ikki oyoq o'z joyida, wen dwitkubi va sonnalaeraemakki

"Ra" direction, two feet at their places, wen dwitkubi (the same stance), sonnalaeraemakki

Harakat qoidasi Movement

Qo'l yon qismi bilan pastki to'siq. Sonnal araemakki.

- Turish balandligini o'zgartirmasdan qo'l yon qismi bilan pastki to'siq asta sekin amalga oshiriladi. (qo'l yon qismi bilan pastki to'siq bosh tepasidan katta aylana qilib o'tadi).

Sonnalaeraemakki

(hand blade underneath blocking)
- Keep the same stance, the two hands from hand blade block should lift round to perform hand blade underneath swiftly. (make an exaggerated swing over the head).

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi bilan pastki to'siq. Sonnal araemakki.

- Harakatni ataylab sekin bajarganda.

- Qo'l yon qismi bilan pastki to'siq'i aylantirgan holda blok qo'ymasdan to'g'ri chiziq ostida to'siq qo'ygan holatda.

Sonnalaeraemakki

(Hand blade underneath blocking)

- The movements are performed slowly.

- The two hands from hand blade block and not lifted round, but individually moved.



Na chiziqdan o'ng oyoqni ko'tarib qo'yib juchum seogi va oreun deungjumeok dangkyo teokchigi -kihap- (ko'z Ga tarafga o'zgarib Ga yo'nalishga tortilib jag'ga urish amalga oshiriladi) davomidan juchum seogi holati almashmaydi va wen deungjumeok dangkyo teokchigi.

O'ng musht tepa qismi bilan tortib urish chap qo'l oldinga yozilib qarama qarshi odamni ushlab tortib o'ng musht tepa qismi old urishi bilan jag'ga uriladi.

On the "Na" line, right foot lifted up to pound down, juchumseogi, oreun deungjumeok dangjyo teokchigi, and "kihap" (changing eyes toward "Ga", dangkyo teokchigi toward "Ga"), successively juchumseogi (no change), wen deungjumeok, dangkyo teokchigi. Oreun deungjumeok dangkyo teokchigi is conducted in the way that stretching the left arm forward, one pulls the opponent and attack at the chon by oreun deungjumeok apchigi (9-1, 9-2 and 9-3)

Harakat qoidasi Movement

Momdollyo yopchagi sonnal makki (aylanib yonga urish va qo'l to'sig'i)
- oldinga zarba, aylanib yonga zarba va qo'l to'sig'i tez hamda davomli amalga oshirilishi kerak.

Momdollyo yopchagi sonnal makki (Turning side kick hand blade blocking)
- Front kick, turning side kick and hand blade blocking should be a fast speed and continuous.

Bahoni pasaytirish holatlari Deduction Factors

Momdollyo yopchagi sonnal makki (aylanib yonga urish va qo'l to'sig'i)
- Zarba va to'siqlar uyg'unligining yomonligi

Momdollyo yopchagi sonnal makki (Turning side kick hand blade blocking)
- No good connection of the kicks and blocks.

yuz yon to'sig'i kichik sirtmoqdan (jageun doltzeogi) boshlanadi

The olgul kodureo yopmakki starts with the smaller hinge

bilak lab balandligida
The elbow is the height of philtrum



Ra tarafga ikki oyoq o'z joyida, juchum seogi va olgul kodureo makki - ko'z Ra tarafga

"Ra" direction, two feet at their places, juchimseogi (change of stance), olgul kodureo yopmakki, eyes toward "Ra" as they are



chap oyoqni mustahkamlab o'ng oyoq yon qismini chap oyoq tizzasi ichki qismiga tekkiziladi

Fix the left foot on the bottom, raise the right foot blade, and attach it to the inner side of the left knee



12-2



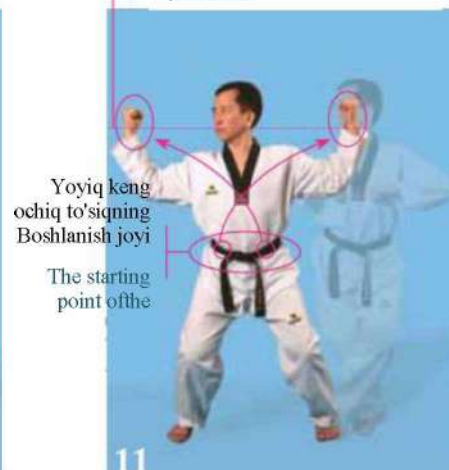
12-1

Ra tarafga chap oyoq o'z joyida o'ng oyoqni ko'tarib, wen hakdariseogi va keungangmakki, tez jageun doltzeogi

"Ra" direction, and left foot at its place, right foot lifted up, wen hakdariseogi, keungmakki and jageun (small) doltzeogi on the left side of the waist (12-1 and 12-2)

bilaklari lab balandligida

The wrist are the height of philtrum

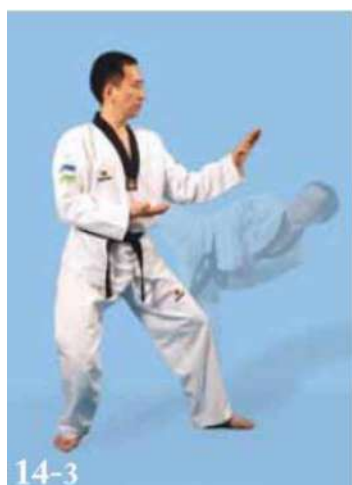


11

Yoyiq keng ochiq to'siqning Boshlanish joyi
The starting point of the

Ra tarafga chap oyoq o'z joyida o'ng oyoqni ko'tarib qadam bosib, juchum seogi va hecho santeulmakki - ko'z Ra tarafga

"Ra" direction, left foot at its place, right foot moved to make a juchumseogi, hecho santeulmakki, eyes toward "Ra"



14-3



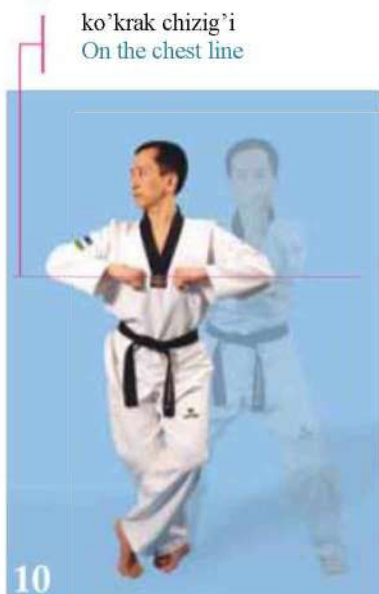
14-2



14-1

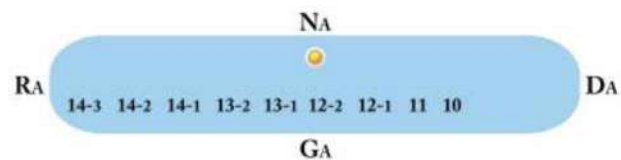
Ra tarafga chap oyoq apchagini bajarib qaytib qadam qo'yib davomidan tanani aylantirib o'ng oyoq apchagi "Ra"ning holatida oyoqni tushirib, oreun dwitkubi, sonnalmakki -ko'z Da tarafga

"Ra"direction, left foot apchagi and on the ground, successively the body turning the right foot yopchagi, landing at "Ra" position, oreun dwitkubi, sonnalmakki, eyes toward "Da" (14-1, 14-2 and 14-3)



Ra tarafga o'ng oyoq o'z joyida chap oyoqni ko'tarib, apkkoaseogi va meongychigi

"Ra" direction, right foot at its place, left foot moved to make apkkoaseogi, meongyechigi



Ra tarafga o'ng oyoq ypchagi qaytib qadam bosib, oreunbal apchagi, oreun apkubi va wenpalkub ollyochigi

13-1, "Ra" direction, right foot yopchagi and on the ground, oreun apkubi, wenpalkup ollyoch chigi (13-1 and 13-2)





yuz yordamchi yon to'sig'i
kichik sirt- moqdan
boshlanadi-jageun doltzeogi

Olgul kodureo yopmakki
starts with jaegen doltzeogi
(smaller hinge)



Na tarafga ikki oyoq o'z joyida,
oreun dwit kubi va sonnal arae
makki

"Na" direction two feet in their
places, oreun dwitkubi, sonnal
araemakki



Na tarafga ikki oyoq o'z joyida,
juchum seogi va olgul kodureo
yopmakki -ko'z Da tarafga

"Na" direction, two feet at their
places, juchumseogi (change of
stance), olgul kodureo yopmakki,
eyes toward "Da"

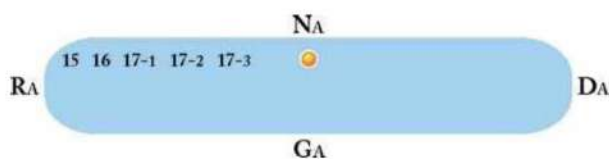
Harakat qoidasi Movement

Yordamchi yuz to'sig'i.
Kodureo olgulmakki.

- Yuz tashqi to'sig'i harakati yagona keng ochiq qo'l to'sig'l bilan bir xila. wesan teulmakki. (bilak lab balandligida).
- Yordamchi qo'l ko'krak balandligiga keladi.

Kodureo olgulyopmakki
(Assist wrist face side blocking)

- The movement of the face side block is the same as single hand wide open block. (The height of the waist is level with philtrum).
- The height of the assisting arm is level with the chest.



Bahoni pasaytirish holatlari Deduction Factors

Yordamchi yuz to'sig'i.
Kodureo olgulmakki.

- Musht bosh tepasidan tashqariga chiqib ketgan holatda.

Kodureo olgulyopmakki
(Assist wrist face side blocking)

- The height of the fist is over the head height.



Na chizig'idan chap oyoq ko'tarilib to'pillab, tushib juchum seogi, wen deungjumeok dangkyo teokchigi -kihap- (ko'z Ga tarafga almashib Ga tarafga tortib jag' urish) davomidan, Juchum seogi va oreun deungjumeok dangkyo teokchigi

On the "Na" line, left foot lifted up to pound down to make a juchumseogi, wen deungjumeok dangkyo teokchigi, utterance of "Kihap" (changing eyes toward "Ga" dangkyo teokchigi toward "Ga"), successively juchumseogi (no change), oreun deungjumeok dangkyo teokchigi (17-1, 17-2 and 17-3)

Harakat qoidasi Movement

Tortib jag' urish. Dangkyoteokchigi.
- Qarama-qarshi qo'l ochiq holatda yelka balandligida qilinadi.
- Musht tepa qismi bilan old urish- da qo'l yelka tepasidan boshlanib, musht ustki qismi bilan urish esa lab balandligida amalaga oshiriladi.

Dangkyoteokchigi (Pull jaw hitting)
- The opposite arm is extended straight forward and the shoulder height.
- Hit the pulling jaw strike from the shoulder to be level with the philtrum.

Bahoni pasaytirish holatlari Deduction Factors

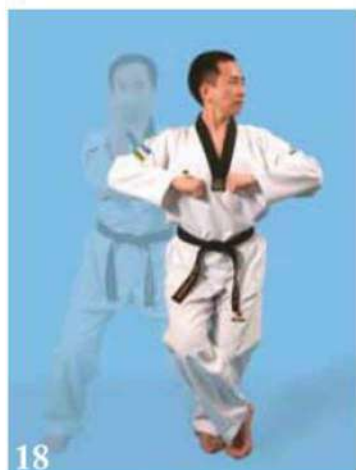
Tortib jag' urish. Dangkyoteokchigi.
- Ikkinchi musht ustki qismi bilan urish yelka tepasidan boshlanmay qo'l tiqdan boshlangan holatda.
- oyoqni ikki marta to'ppilatganda.

Dangkyoteokchigi (Pull jaw hitting)
- The second back fist strike starts from the armpit.
- Both feet makes a stomp.



ikki mushtning kafti qismi
yuzga yo'nalgan bo'lishi kerak

The inner sides of both fists
should be face your face



18



19



20-1

Na tarafga o'ng oyoqni ko'tarib
qo'yib, apkoaseogi va meong-
yechigi - ko'z Da tarafga

"Na" direction, right foot moved to
make an apkoaseogi,
meongyechigi, eyes toward "Da"

Na tarafga chap oyoq qadam
bosib, juchum seogi va hecho
santeulmakki

"Na" direction, left foot put
forth, juchumseogi, hecho
santeulmakki

Na tarafga o'ng oyoq o'z joyida chap
oyoqni tortib ko'tarib, oreunhakdari
seogi va keumgangmakki, jageun
doltzeogi

"Na" direction, right foot at is place,
left foot lifted up to make an oreun
hakdari, keumgangmakki

Harakat qoidasi Movement

Meongyechigi.

- Ko'tarib qadam qo'ygan oyoq muvozanatni ushlaydi.
- Ikki tizza qayriladi.
- Ikki tirsak ko'krak chizig'i bo'ylab bir chiziqla turadi.
- Musht ko'krakda joylashadi.

Myeongchigi (Yoke hitting)

- The movement of the foot should be control the balance of the body.
- Both of the knees should be bent.
- Both the elbows should be level of the chest.
- Both of the fist should be kept in front of the chest.

Laylak turish, brilliant to'sig'i.

Hakdari seogi va keumgang makki.

- Harakat tez amalga oshiriladi.

Hakdariseogi. Keumgangmakki (Diamond blocking)

- Acting fast.

Yoyiq keng ochiq to'sig'i. Hecho santeulmakki.

- To'siq holatida ikki qo'lning mushtumlari chakka balandligida joylashtirishga harkat qiling.
- Ikki mushtning kaft qismi yuz oldida bir biriga qarab turgan holata qo'yning.

Hecho santeulmakki (push mountain blocking)

- Front a blocking position, the two fists should be around the level of the temple.
- The bottom of two fists are to be on the side of the face.

Bahoni pasaytirish holatlari Deduction Factors

Meongyechigi.

- old oyoqning orqa qismi ko'tarilganda.
- old orqa oyoqlar yerga tekkanda.
- Tirsaklarni yelka chizig'idan tashqari chiqazib yuborganda yoki tashqariga chiqazib yuborganda.

Myeongchigi (Yoke hitting)

- The heel of the front foot is lifted.
- The heel of the rear foot is lifted.
- Both of the elbows are lifted or moved from the target position.

Laylak turish, brilliant to'sig'i.

Hakdari seogi va keumgang makki.

- Keumgang poomsedagi laylak turish, brilliant to'sig'i bilan bir xil.

Hakdariseogi. Keumgangmakki (Diamond blocking)

- Same as the Keumgang Poomsae crain Stance and Diamond block.

Yoyiq keng ochiq to'sig'i. Hecho santeulmakki.

- Keumgang poomsedagi keng ochiq to'siq bilan bir hil harakat qilganda.
- Mushtning ustki qismi urish holati harakatini bajarganda.

Hecho santeulmakki (push mountain blocking)

- Same as the Keumgang Poomsae cleaving Mountain block
- Acts like a back fist strike.



jageun doltzeogi on the right side of the waist



Bolg'asimon musht bilan tashqi zarba
The hammer fist outer striking



Na tarafga chap oyoq ypchagi vaqtida wen mejumeok bakkatchigi, oyoqni tushirib qadam bosib yopchagi, wen apkubi va oalkup pyojeokchigi

"Na" direction, wen mejumeok bakkatchigi and left foot yopchagi at the same time and on the ground, wen apkubi, palkup pyojeokchigi

Harakat qoidasi Movement

Yon tepish, tirsak bilan nishonga urish. Yopchagi va palkup pyojeokchigi.

- Yon tepsih bilan bir vaqtda bolg'a urish amalga oshiriladi.
- Tirsak bilan nishonga urish belni aylantirgan holda bajarish kerak va nishon byongchi balandligida joylashgan bo'ladi.

Yopchagi palkup pyojeokchigi (Side kick elbow target hitting)

- Side kick and the outside hammer fist strike is performed at the same time.
- The elbow target strike starts from the waist and ends in front of the sqar plexus height.

Bahoni pasaytirish holatlari Deduction Factors

Yon tepish, tirsak bilan nishonga urish. Yopchagi va palkup pyojeokchigi.

- Bolg'a musht urishning o'rniga oddiy urishni qilganda.
- Nishonni torta turib urganda.

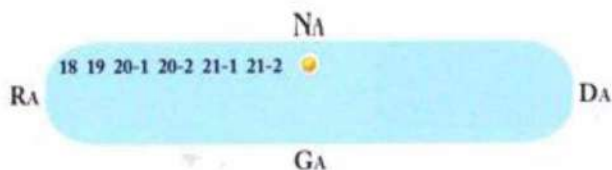
Yopchagi palkup pyojeokchigi (Side kick elbow target hitting)

- Instead of hammer fist strike, a punch is performed.
- Pulling in the target in front and then striking with the elbow.



"Na"ning holatidan o'ng oyoq o'z joyida "Ga" tarafga qarab chap oyoq yig'ilgan, oyoqlar yopiq holatida ikki qo'l ustma-ust, aosiy tayyorlanish holati

Baro: At "Na" position, right foot at is place, looking toward "Ga", left foot to mogumbal to make moaseogi returning to kyopson junbiseogi





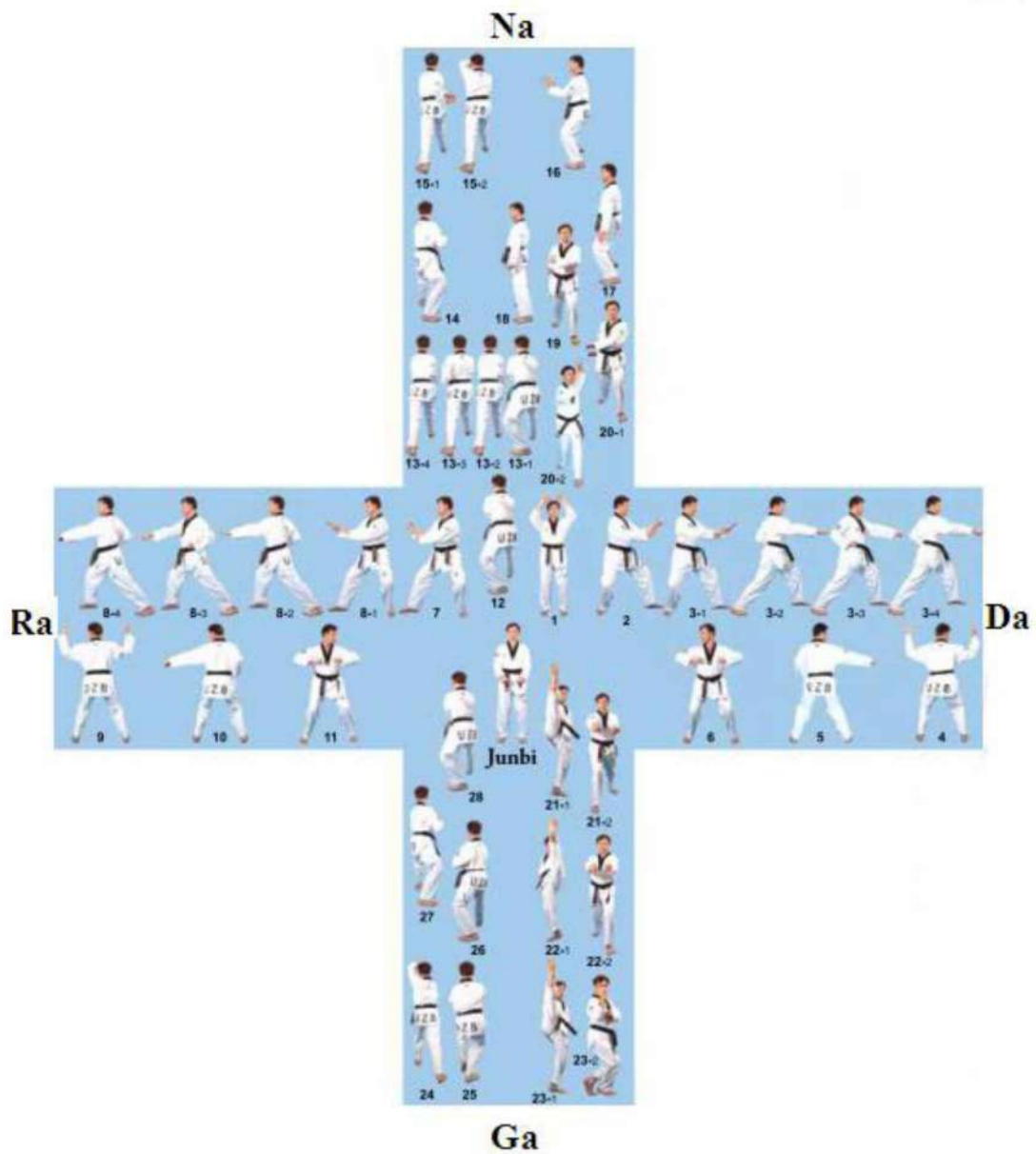
SAVOLLAR:

1. Pyongwon Poomseda jumbi holati qanday bajariladi?
2. Pyongwon Poomse qanysi tamondan boshlanadi?
3. 1 holatdan 2chi holatga o'tish davomiyligi qancha?
4. 5 holatda o'ng qolning tirsak bilan beriladigan zarba tananing qaysi qismiga amalga oshiriladi?
5. Pyongwon Poomseda nechi marta ap chagi va nechi marta yopchagi zarbalar amalga oshiriladi?
6. 9-1- harakatda oyoq qanday holatda bo'ladi?
7. 10 chi holatda turish qanday ataladi?
8. 11chi holatda qo'llar qanday balandlikda bo'lishi kerak?
9. 14-3 dan 15-holatga o'tishda qo'llar qanday harakatlanishi lozim?
10. 10 va 18 holatlarda qo'llar tananing qaysi qismida joylashishi kerak?

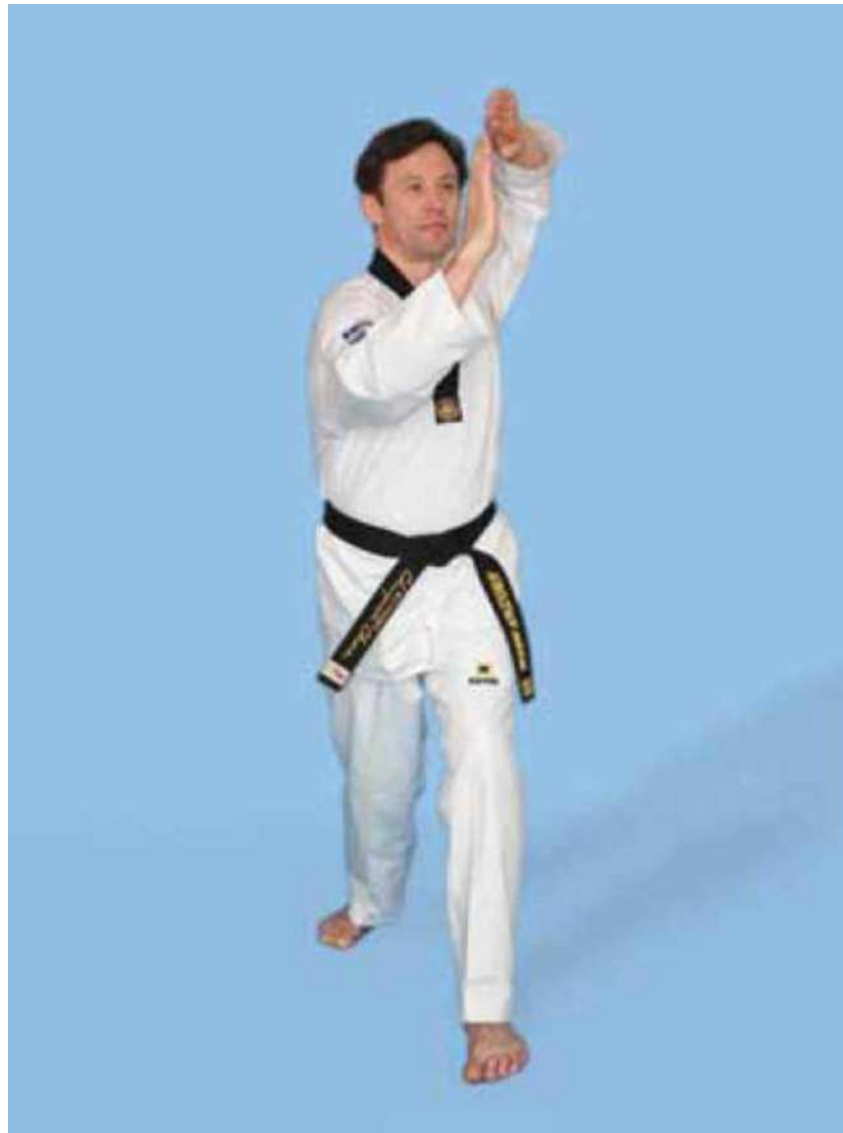


Pumse Sipjin chizig'i

The Poomsae Line of Sipjin



PUMSE SIPJIN



Sipjin poomsedagi yangi harakatlar: hvangso-makki, sonbadan kodureo makki, bavimilgi(toshni surish), sonnaldeung momtong hecho makki, kklyeolligi(ko'tarish), chetdarijireugi, sonnal otkreo araemakki, sonnaldeung momtongmakki.

The new techniques introduced in this poomsae are hwangso-makki. Sonbadak kodureo makki. bavimilgi (rock pushing). sonnaldeung momtong hechomakki. kklyeolligi (lifting up), chetdarijireugi (fork shape jireugi). sonnal otkreo araemakki. sonnaldeung momtongmakki, which counts 10. The Chinese letter meaning ten is form of the poomsae line, which signifies an infinite numbering of the decimal system and ceaseless development.

Sipjin Pumsesini qisqacha tushuntirish

The Synoptic Table of Poomsae Sipjin

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Ga	Na	Naranhise ogi	Ikki mushtni ko'tarish Two fist pulled up	Havangsomakki (buqa to'sig'i) (bull blocking)
2	Da	Da	Oreun dvitkubi	Ikki mushtni ochib, chap oyoq oldinga Two fists opened, L.F put forth	Sonbadak kodureo momtong bakkatmakki (qo'l bilan gavda tashqi to'sig'i) (palm hand assist trunk outer blocking)
3	Da	Da	Ven apkubi	Chap oyoq ozgina oldinga, oreun pyonson-kkeut opeotzireugi L.F slightly pushed forth, oreun pyonson-kkeut opeotzireugi	Momtong dubeonjireugi (gavda qismiga ikki zarba) (trunk double punch)
4	Da	Da	Juchumse ogi	O'ng oyoq oldinga (gavda oldinga "ma" yo'nalishi bo'yicha) R.F put forth (body toward "ma")	Hecho santeulmakki (bosish to'sig'i) (push mountain blocking)
5	Da	Da	Juchumse ogi	Chap appkoaseogi (oyoqlarni almashtirgan holda), O'ng oyoqqa almashtirish L.F appkoaseogi (by change of step), R.F changes step	Yopjireugi "kihap" (yon qismga zarba) (side punch)
6	Ra	Na	Juchumse ogi	Chap oyoq o'z joyida, o'ng oyoq oldinga (gavda "Ga" yo'nalishida) L.F remains, R.F put forth (body "Ga" dir.)	Meongyechigi (kuch bilan zarba) (yoke hitting)
7	Ra	Na	Ven dvitkubi	O'ng oyoq o'z joyida, chap oyoqni tortib modumbal, yana o'ng oyoqni oldinga R.F remains, L.F pulled to modumbal, instantly R.F forth	Sonbadak kodureo momtong bakkatmakki (qo'l bilan gavda tashqi to'sig'i) (palm -hand assit trunk outer blocking)
8	Ra	Ra	Oreun apkubi	O'ng oyoq ozgina oldinga, ven pyonson-kkeut opeotzireugi R.F slightly pushed forth wen pyonson kkeut opeotzireugi	Momtong dubeonjireugi (gavda qismiga ikki zarba) (trunk double punch)
9	Ra	Ra	Juchumse ogi	chap oyoq oldinga (gavda oldinga "ma" yo'nalishi bo'yicha) L.F forth (body "Ma" direction)	Hecho santeulmakki (bosish to'sig'i) (push mountain blocking)
10	Ra	Ra	Ven apkkoaseogi	O'ng appkoaseogi (oyoqlarni almashtirgan holda), chap oyoqqa almashtirish R.F apkkoaseogi (by change of step), L.F also changes step	Yopjireugi "kihap" (yon qismga zarba) (side punch)
11	Da	Ra	Juchumse ogi	O'ng oyoq o'z joyida, chap oyoq oldinga (gavda "Ga" yo'nalishida) R.F remains, L.F forth (body "Ga" dir.)	Meongyechigi (kuch bilan zarba) (yoke hitting)
12	Ma	Na	Ven haktariseogi	chap oyoq o'z joyida, o'ng oyoqni tortib modumbal, yana chap oyoqni oldinga L.F remains, turn and R.F changes step	Sonbadak kodureo momtong bakkatmakki (qo'l bilan gavda tashqi to'sig'i) (palm hand assist trunk outer blocking)
13	Ma	Ma	Oreun apkubi	O'ng oyoq ozgina oldinga, ven pyonson kkeut opeotzireugi R.F slightly pushed forth, wen pyonson kkeut opeotzireugi	Momtong dubeonjireugi (gavda qismiga ikki zarba) (trunk double punch)
14	Ma	Ma	Oreun dvitkubi	Chap oyoq oldinga L.F put forth	Sonnal araemakki (qo'l bilan pastki to'siq) (hand blade underneath blocking)

15	Ma	Ma	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Bavimilgi (tosh surish) (rock pushing)
16	Ra	Ma	Juchumse ogi	O'ng oyoq o'z joyida chap oyoq ozgina tortilgan R.F remains, L.F slightly pulled in	Sonnaldeung momtong hechomakki (orqa qo'l bilan gavda to'sig'i) (back hand blade trunk push blocking)
17	Ra	Ma	Juchumse ogi	Ikki oyoq o'z joyida Feet remain	Sonnal arae hechomakki (qo'l pastki bosish bloki) (hand blade underneath push blocking)
18	Ra	Ma	Juchumse ogi	Ikki oyoq o'z joyida Feet remain	Arae hechomakki (pastki bosish to'sig'i) (underneath push blocking)
19	Ga	Na	Ven apkubi	O'ng oyoq o'z joyida chap oyoq ozgina tortilgan R.F remains, L.F slightly pushed forth	Kklyeolligi (tepaga ko'tarilmoq) (lift up)
20	Ga	Na	Ven apkubi	Ikki oyoq o'z holatida, o'sha holatda turish Same posit, stance	Bavimilgi (toshni surish) (rock pushing)
21	Ga	Na	Oreun apkubi	O'ng oyoq apchagi, oldinga R.F apchagi forth	Chetdarijireugi (oyoqda zarba) (sieve-frame legs punch)
22	Ga	Ga	Ven apkubi	Chap oyoq apchagi, oldinga L.F apchagi, forth	Chetdarijireugi (oyoqda zarba) (sieve-frame legs punch)
23	Ga	Ga	Ven dvikkoase ogi	O'ng oyoq apchagi, oldinga R.F apchagi, forth	Deungjumeok olgul kodureo apchgi "kihap" (musht bilan yuz qismiga zarba) (back fist assist face hitting)
24	Ra	Na	Ven apkubi	O'ng oyoq o'z joyida, chap oyoq oldinga R.F remains, L.F forth	Bavimilgi (toshni surish) (rock pushing)
25	Na	Na	Ven beomseog i	O'ng oyoq o'z joyida chap oyoq ko'tarilgan R.F remains, L.F pulled in	Sonnal arae otkoreo makki (qo'l bilan kesuvchi pastki to'siq) (hand blade cross underneath blocking)
26	Na	Na	Ven dvitkubi	O'ng oyoq oldinga R.F put forth	Sonnaldeung momtongmakki (qo'l bilan gavda to'sig'i) (back hand blade trunk blocking)
27	Ga	Na	Oreun dvitkubi	Chap oyoq oldinga L.F put forth	Chetdarijireugi (oyoqda zarba) (sieve frame legs punch)
28	Ma	Ma	Ven dvitkubi	O'ng oyoq oldinga R.F put forth	Chetdarijireugi (oyoqda zarba) (sieve-frame legs punch)
Baro	Ga	Na	Naranhise ogi	Gavda chapga surilgan, o'ng oyoq ko'tarilgan Body turned leftward, R.F pulled in	Kibon junbiseogi (Asosiy holat) (basic ready stance)



Pumse Sipjin

Harakat qoidasi Movement

Buqa to'sig'i. Hwnagsomakki.

- Barakat boshi: qorindan Mushkning ustki qismi pastga yo'naltiriladi.
- Xarakat ohiri: ikki musht yuz to'sig'i balandligida, ikki musht orasi bir musht kattlaigidagi oraliq. (ko'z old tomonda).
- Qo'l mushtlari orasidagi oraliq bir qo'l kengligida.

Hwangsomakki (Bull blocking)

- Start point: Center of the abdomen, the back of the fists is facing downwards.
- End point: both of the fist are the same height of the face block, the distance of the two fist are a fist apart. (Direction of eve are straight)
- The distance of the fists when opened are one full open hand apart.

Bahoni pasaytirish holatlari Deduction Factors

Buqa to'sig'i. Hwnagsomakki.

- To'siq qo'yvotganda tirsak birinchi ko'tarilib ketganda.
- Kuchni ko'p bergan holda haddan tashqari harakat ko'rinishini bajarganda.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Hwangsomakki. (Bull blocking)

- When rising to block the elbows are lifted.
- Too much strength put into the blok.
- Any movements other than shown above will be deduction points.

bir musht oralg'i
The one fist distance



Junbi

Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

At "Na" position, looking toward "Ga" kibon iunbiseogi



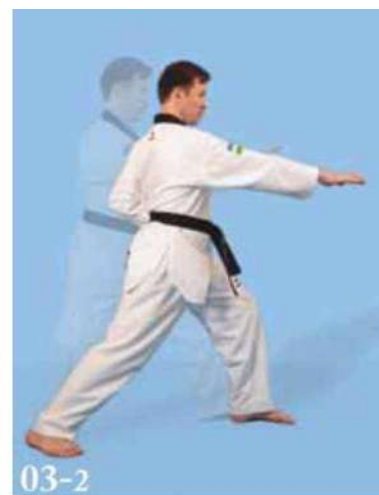
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Ga tarafga qarab turgan holatda ikki oyoq o'z joyida, naranhi seogi va hwangsomakki

Looking toward "Ga", two feet at their places, naranhiseogi, (the same stance) two fists raised up, hwangsommaki



03-1



03-2

Da tarafga chap mushtni yozib ichkariga aylantirgandan keyin wen apkubi va oreun pyonsonkkeut opentzireugi davomidan, momtong dubeon jireugi.

1. Mushtning barmoqlarini yozgan holda kuch berib sekin bajariladi.

2. Barmoqlarni hammasini yozganda bilak ichkariga aylanadi. Shu vaqtda o'ng qo'l, o'z holatida kuch berib turayotganligi uchun chap qo'l bilaki butunlay aylanganda qo'l ustki qismiga keladi.

3. Shunda chap qo'l ustiga o'ng qo'l kafti sal tekkazilib urish bajariladi.

4. Shunda ikkala oyoq o'ng oyoq o'z joyida chap oyoq (ochiq qo'l uchi bilan urishni bajaryotgan zahoti) old bukishga aylanadi. Apkubi.

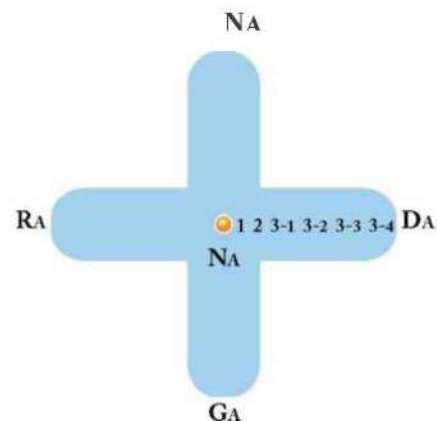
5. Ochiq qo'l uchi bilan urish ham ikki marta odatiy urish ham tez bajariladi.



"Ga" direction, two fists opened sideward to hold for an instance (eyes toward "Ga"), left foot put forth on "Da" line, oreun dwitkubi, sonbadak momtong kodureo bakkatmakki, (eyes toward "Da" direction)

1. the right hand palm reinforce the force of makki by pushing the left outer wrist.

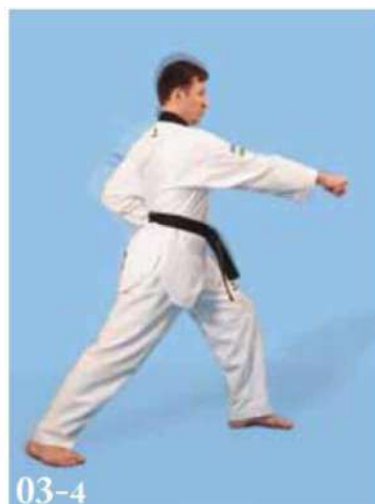
2. At the time of makki, the right hand's middle fingertip is laid on the left arm's end of outer wrist.



Ga tarafga hwnag somakkini bajargandan so'ng ikki musht ikki tarafga ochilib ozgina to'xtab (ko'z Ga tarafga), chap oyoq "Da" chiziqqa qadam oreun dwitkubi va sonbadak momtong kodureo bakkat makki - ko'z Da tarafga.

1. Chap tashqi bilagiga o'ng qo'l kaftini tekkaza itarib, kuch bergan holda to'siq qo'yiladi.

2. To'siq qo'yganda, o'ng qo'l markaziy barmoqning uchi chap qo'l tashqi bilagining tugash qismida joylashadi.



"Da" direction, left fist is opened twisting inward, wen apkubi, oreun pyonsonkkeut opentzireugi followed by mmtong dubeon jireugi. (3-1, 3-2, 3-3 and 3-4).

1. Opening of the fingers must be done slowly with concentrating of power.

2. When the fingers are almost opened, the wrist is twisted inward. At this moment, the right hand remains as it is with force concentrated and the wrist comes toward its hand - back after twisting.

3. At this moment, the right hand palm scrapes past the left hand - back after twisting.

4. At the time, the right foot at is place and the left foot (while thrusting with pyonsonkkeut changes into an apkubi)

5. Tzireugi and dubeon jireugi must be done swiftly.



bilak lab balandligida
The wrist at the height of
philtrum



Da tarafga tana chap tarafga aylanib o'ng oyoq qadam qo'yib chavandoz juchum seogi -tana old qismi Ma tarafga- hecho santeulmakki - ko'z Da tarafga

"Da" direction, the body turned leftward, right foot put forth, juchumseogi (the body front facing toward "Ma"), hecho santeulmakki, eyes directed toward "Da"



"Da" direction, left foot moved to make apkkoaseogi, continuing the right foot moved to make juchumseogi, yop jireugi, utterance of "Kihap"

a. When the body moves to make apkkoaseogi, the body is twisted rightward and the left hand stretching toward "Da" direction to grab the opponent. (stretching as if pressing and pulling back side punching.)

b. When the right foot continues to proceed, delivering yopjireugi, the left hand must be pulling the opponent.

Da tarafga chap oyoqni ko'tarib apkkoaseogi davomidan o'ng oyoqni ko'tarib qadam bosib juchumseogi va yopjireugi -kihap-

1. Chap oyoqni ko'tarib old xoch holatida tanani o'ng tarafga o'tkazib, chiqqanda yozilgan chap qo'l bilan qarma qarshi odam ushlanadi. (ushlab torta turib yon urish-yopjireugi)

2. o'ng oyoq faqat chiqib yon urishni bajaryotganda ushlangan chap qo'lni tortib bajariladi.

byongchi balandligi

the height of the solar plexus



Ra tarafga o'ng mushtum yozilib ichkariga aylanib, o'ng oyoqni oldinga itarib chiqib, oreun apkubi, wen pyonsonkkeut opeotzireugi va momtong dubeonjireugi

"Ra" direction, right fist opened and twisted inward, right foot slightly pushed forward to make oreun apkubi, wen pyonsonkkeut opeotzireugi followed by momtong dubeonjireugi (8-1, 8-2, 8-3, and 8-4)



Harakat qoidasi Movement

Qo'l kaft yordamida badan tashqi to'sig'i.
Sanbadak kodureo momtong bakkatmakki.
- Harakat Boshi: qo'l bilan yordamchi qo'l gavda balandugida. Harakat oxiri: ichki bilak gavda tashqi to'sig'i bilan bir xil. Yordam beradigan qo'l uchi bolg'a musht qo'lning bilagida joylashadi.

Sonbadak kodureo momtong bakkatmakki (Palm hand assisting trunk outer blocking)
- Start point: blocking arm and assisting hand the middle section high.
- End point: Same a inner forearm trunk block, assisting fingertip is located at the end of the hammer fist's outer wrist.

Ochiq qo'l uchi bilan urish. pyonson-kkeut opeotzireugi.
- Turish o'z joyida, musht sekin asta ochiladi.
- Yordamchi qo'l uchini bilak ustigacha ko'targandan so'ng holat old bukishga o'zgarayotgan paytda ochiq qo'l uchi bilan urish bajariladi.
(qo'l harakati shu vaqtda bajariladi).

Pyonson-kkeut opeotzireugi
- Stance is same position, open the hand slowly.
- Rotate slowly clockwise/anticlockwise both hand and a fingertip thrust same time change to Apkubi stance.

Bahoni pasaytirish holatlari Deduction Factors

Qo'l kafti yordamida gavda tashqi to'sig'i.
Sanbadak kodureo momtong bakkatmakki.
- Harakatni tez bajargan holatda.
- Yordamchi qo'l uchi, bolg'a musht uchi (bilak) dan tashqariga chiqib ketganda.
- Bundan tashqari harakat qoidasiga zid harakatlar.

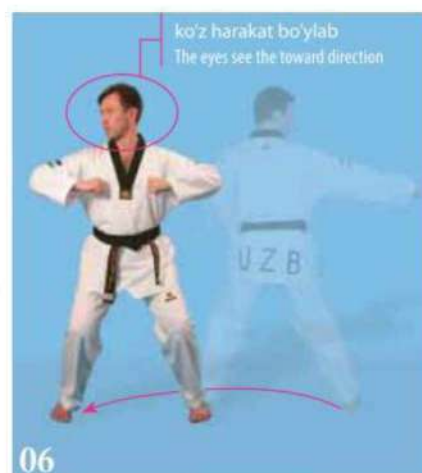
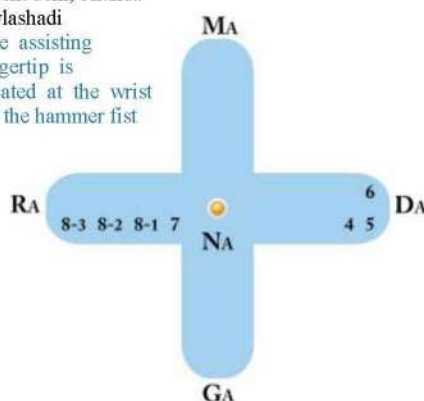
Sonbadak kodureo momtong bakkatmakki (Palm hand assisting trunk outer blocking)
- Act faster movement.
- Without touching a mgertip hand in wrist of hammer fist.
- Any movements other than shown above will be deduction points.

Ochiq qo'l uchi bilan urish. pyonson-kkeut opeotzireugi.
- Qo'l harakatini qo'llarni titratib bajarganda.
- old bukishni qilganda oyoqni torta turib ataylab harkat bajari- lishini sekin ko'rsatish.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Pyonson-kkeut opeotzireugi
- The movements of hand perform with slight tremble in order to act powerful movements with the hand.
- The foot drag into body slowly over exaggerated movements when perform apkubi stance.
- Any movements other than shown above will be deduction points.



yordam beradigan qo'l uchi bolg'a musht uchi, bilakda joylashadi
The assisting fingertip is located at the wrist of the hammer fist



ko'z harakat bo'ylab
The eyes see the toward direction

Ra tarafga o'ng oyoq o'z joyida chap oyoq yig'ilgan oyoq ko'rinishida moaseogini qilishi bilanoq davomidan o'ng oyoq Ra chizig'ga qadam qo'yib, wen dwitkubi va sonbadak momtong kodureo bakkatmakki

"Ra" direction, right foot at its place, left foot brought to modeumbal to make moaseogi, at the same time the right foot put forth on "Ra" line, wen dwitkubi, sonbadak momtong kodureo bakkatmakki

Ra tarafga tanani chap tarafga aylantirib chap oyoq o'z joyida, o'ng oyoqni ko'tarib qadam bosib, juchumseogi va meongyechigi -ko'z Ra tarafga

"Ra" direction, the body turned leftward, left foot at its place and right foot moved to make juchumseogi, then meongyechigi, eyes toward "Ra"



10

Ra tarafga o'ng oyoq apkoaseogi davomidan chap oyoq Ra chizig'iga o'tib qadam bosib, juchumseogi va momtong yopjireugi -kihap-

"Ra" direction, right foot aploaseogi, successively left foot moved to be put on "Ra" line, the body moved to make juchumseogi, momtong yopjireugi, utterance of "Kihap"



09

Ra tarafga chap oyoq bir qadam qo'yib, juchum seogi va hecho santeulmakki

"Ra" direction, left foot put forth, juchimseogi, hecho santeulmakki



08-4

Harakat qoidasi Movement

Yoyiq keng ochiq to'siq.
Hecho santeulmakki.

- pyongwon pumse yoyiq keng ochiq to'siq harakti bilan bir xil.

Cleaving Mountain Blocking

- Same as Pyongwon Poomsae Push Mountain block,

Holatni o'zgartirib qadam bosib yon urish.

- Holatni o'zgartirib qadam bosganda bir qadam kengligida old o'q bo'ylab bajariladi.
- Qarama-qarshi qo'l harakat bo'ylab yengil yozilib tortilib yonga uriladi.

Cross over the step, Side punch

- Perform one foot width when cross over the step,
- Opening Of the other hand while grabbing pull, and punch to the side,

Bahoni pasaytirish holatlari Deduction Factors

Yoyiq keng ochiq to'siq.
Hecho santeulmakki.

- Keumgang pumse yoyiq keng ochiq to'siq harakti bilan bir hil.

Cleaving Mountain Blocking

- Same as Keumgang Poosae Cleaving mountain block,

Holatni o'zgartirib qadam bosib yon urish.

- Qo'lni ochmasdan urganda.
- Oyoqlar yig'ilgan holatdan qadam qo'yish.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Cross over the step, Side punch

- Punch without opening the hand.
- Move aside with feet together.
- Any movements other than shown above will be deduction pints,

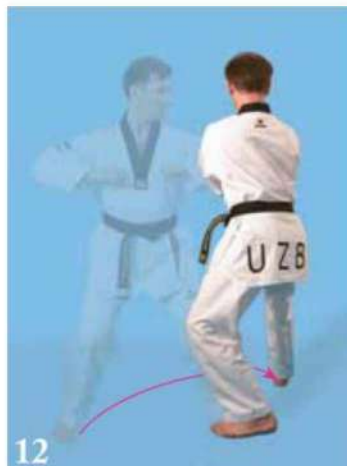


ko'z harakat bo'ylab
The eyes see the
forward direction



Da tarafga o'ng oyoq o'z joyida chap oyoq oldinga o'tib aylanib, juchumseogi va meongyechigi

"Da" direction, right foot at its place, left foot moved to turn toward the front, juchumseogi, meongyechigi



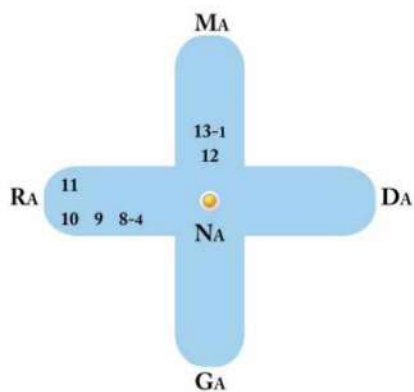
Ma tarafga chap oyoq o'z jo-yida o'ng oyoqni ko'tarib aylanib, wen dwitkubi va sonbadak momtong kodureo bakkatmakki

"Ma" direction, left foot at its place, right foot moved to turn, wen dwitkubi, sonbadak momtong kodureo bakkatmakki

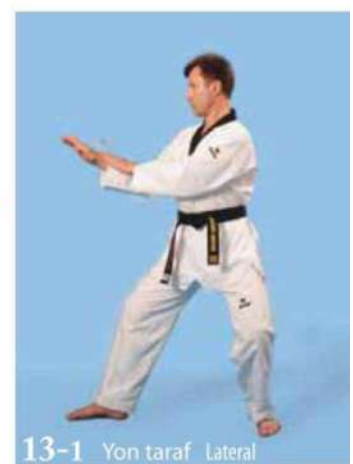


Ma tarafga o'ng musht sekin cho'zilib ichkariga aylanib, o'ng oyoqni oldinga itarib chiqib, oreun apkubi, wenpyonsonkkeut opeotzireugi, momtong dubeon jireugi

"Ma" direction, right twist opening slowly and twisted inward, right foot slightly pushed toward, oreun apkubi, wenpyonsonkkeut opeotzireugi followed by momtong dubeon jireugi (13-1, 13-2, 13-3 and 13-4)



12 Yon taraf Lateral



13-1 Yon taraf Lateral



13-2

Wen apkubi va pyonsonkkeut
opetotzireugi
Oreun akubi, wen pyonsonkkut
opeotzireugi

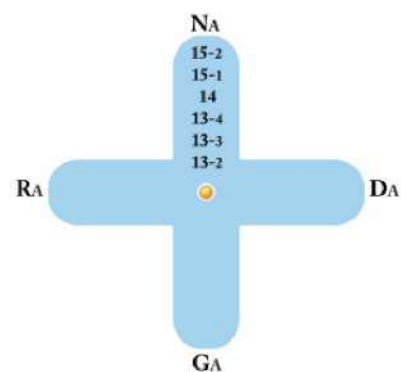


13-3

Momtong dubeon jireugi
Momtong dubeonjireugi



13-4



13-2 Yon taraf Lateral



13-3 Yon taraf Lateral



13-4 Yon taraf Lateral



14



15-1



15-2

Ma tarafga chap oyoq qadam qo'yib, oreun dwitkubi va sonnal araemakki

"Ma" direction left foot put forth, oreun dwitkubi, sonnal araemakki

Ma taraf o'ng oyoq oldinga qadam qo'yib, oreun apkubi va bawimilgi. O'ng oyoqni ko'trib, birgalashib ikki qo'l o'ng tomonga beliga kelib beldan boshlab ikki qo'l kaftini keng ochib tananing butun kuchini berib asta sekin oldinga itariladi. Qo'l peshona balandligida, ikki qo'l orasida peshona oldinga qarab turgan ko'rinishda bo'lishi kerak.

"Ma" direction, right foot put forth, oreun apkubi, bawimilgi.

In the course of moving the right foot, two hands are put on the right side of the waist from waist. Two palms are opened (each thumb's tip and each first finger's tip get closer) and slowly pushed forward, ending in holding the hands the level of forehead, forehead looking through the cavity formed by the thumbs and fingers (16-1 and 16-2)

bilak byongchi
chizig'ida

the wrist at the height
of the pit of chest



14 Yon taraf Lateral

ikki musht kattaligidagi
oraliq

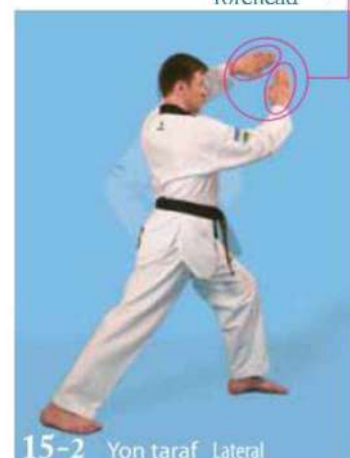
the distance of two
upright fists

ikki qo'l peshona yonida joylashadi

Both hands are in front of the
forehead



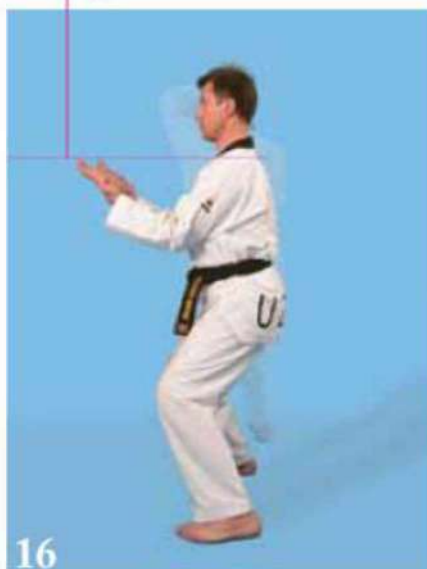
15-1 Yon taraf Lateral



15-2 Yon taraf Lateral



qo'l uchi yelka balandligida
The fingers' tip is in the shoulder line



Ma chiziq chap oyoq o'z joyida, o'ng oyoqni tortib, juchum seogi va sonnaldeung momtong hechomakki

On "Ma" line, left foot at its place, right foot drawn to make a juchumseogi, sonnaldeung momtong hechomakki, eyes toward "Ra"

Ma chiziq ikki oyoq o'z joyida, juchum saeogi va sonnal arae- hechomakki

On "Ma" line, two legs at their places, juchumseogi (the same stance), sonnal arae hechomakki

qo'l uchi yelka balandligida
The fingers' tip is in the shoulder

sonnaldeung momtong hechomakki gavda yon chizig'idan tashqariga chiqib ketmasligi kerak

The width of Sonnaldeung momtong hechomakki should not bigger than shoulder



16 Old tomon Front



17 Old tomon Front



Ma chiziq ikki oyoq o'z joyida tizzani sekin yozib arae hechomakki -ko'z Ra tarafga

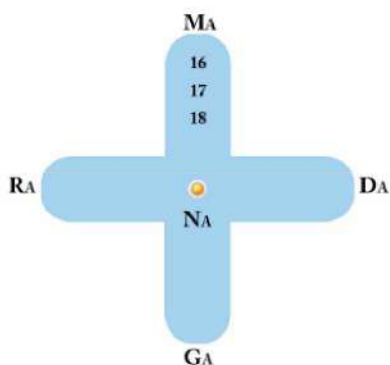
(17), (18) asta sekin bajarilishi kerak.

1. sonnal arae hechomakki, sonnaldeung momtong hecho makkidan, ko'krak yonida ikki qo'lni o'zaro kesishtirib pastki yoyiq to'sig'i sekin bajariladi.
2. sonnal arae hecho makki butunlay bajarilganda ikki mushkning har biri kuch bilan sekin ushlanadi.
3. ikki mushkning butunlay ushlaganda ikki tizzani yozib sekin ko'tariladi.

On "Ma" line, two legs at their places, two knees are stretched to rise up slowly, arae hechomakki eyes remaining toward "Ra"

17, and 18, must be performed slowly in succession.

1. In executing a sonnal arae hechomakki, arae hechomakki is carried out slowly by crossing two hands before the chest from the sonnaldeung momtong hechomakki,
2. When sonnal arae hechomakki is almost completed, two knees are stretched to rise up slowly.
3. When clenching the fist is near complete ion two knees are stretched to rise up slowly.



Harakat qoidasi Movement

Qo'l yon qismi usti bilan gavda yoyiq to'sig'i. Sonnaldeung momtong hechomakki.

- Ichki bilak badan yoyiq to'sig'ida qo'lni ochgan holatda. (qo'l uchi yelka balandligida).

Sonnaldeung momtong hechomakki (Back hand blade trunk push blocking)

- The hand should be opened for inner forearm trunk cleaving block. (the height of fingertip is the shoulder).

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi usti bilan gavda yoyiq to'sig'i. Sonnaldeung momtong hechomakki.

- Qo'l uchi yelka kengligidan chiqib ketganda.
- Bundan tashqari harakat qoidasiga zid har qanday harakat.

Sonnaldeung momtong hechomakki (Back hand blade trunk push blocking)

- Width is bigger than the shoulder.
- Any movements other than shown above will be deduction points.



gavda bilan bilak orasida bir musht keglík

The distance between the body and elbow is the one fist-width



19

Ga tarafga chap oyoqni itarib oldinga qadam bosib, wen ap- kubi va kkleyolligi

"Ga" direction, left foot put forth, wen apkubi, pulling up (swiftly)



20-1

Ga tarafga ikki oyoq o'z joyida, wen apkubi va bawimilgi

"Ga" direction, two feet at their places, wen apkubi, bawimilgi (20-1 and 20-2)

teppa bilak peshona balandligida, pastki bilak ko'z balandligida

The upper wrist is at the height of forehead and the lower wrist is at the height of eyes



20-2

Harakat qoidasi Movement

Tortib ko'tarish. Kkleyolligi.

- Pastkl to'siqdan old bukishga holatni o'zgartirgan vaqtda tortib ko'tariladi. (musht usti oldinga yo'nalgan bo'lib gavda va bilak orasida bir musht kenglik).

Kklyeolligi (Lift up)

- Move of lifting up perform when it change from underneath cleaving block to apkubi stance. (Back fist faces the forward, keep a fist length between the arm and trunk).

Devor itarish. Bawimilgi.

- Harakat boshi: teppa qo'l qarama qarshi to'sda joylashgan bo'lib qo'l kaftini oldinga yo'naltirilgan bo'lishi uchun pastki qo'l teppa qo'l pastida joylashadi. (qo'l kafti 45° oldinda).

- Harakat oxiri: tanani aylantirib ikki qo'lni diagonal yo'nalishiga, yuz teppasigacha itarib ko'tarib tepa qo'l bilak peshona va pastki qo'l bilagi ko'z balandligida bajariladi.

Bawimilgi (Rock pushing)

- start point: higher part of hand is located opposite side of Janggolrung (Waist) and facing the palm hand (All part of the palm hand) lower part of hand is located a little lower than the other and facing the palm hand.

- End point: Twist the body direction to the opposite angle and push up to the forehead.

The height of low part of hands is located eye.

Bahoni pasaytirish holatlari Deduction Factors

Tortib ko'tarish. Kkleyolligi.

- Tortib ko'tariladigan qo'l mushti tana orqasidan boshlangan holatda.
- Oyoqni do'pillatganda.
- Bundan tashqari harakat qoidasiga zid haraktlar.

Kklyeolligi (Lift up)

- Act as a fist of lifting up starts at the behind of the body.
- Act as stomping foot.
- Any movements other than shown above will be deduction points.

Devor itarish. Bawimilgi.

- Itarganda bel qayrilgan holatda.
- Qo'l bilan aylantirib itarganda.
- Turish va itarish bir vaqtda bajarilganda.
- Bundan tashqari harakat qoidasiga zid haraktlar.

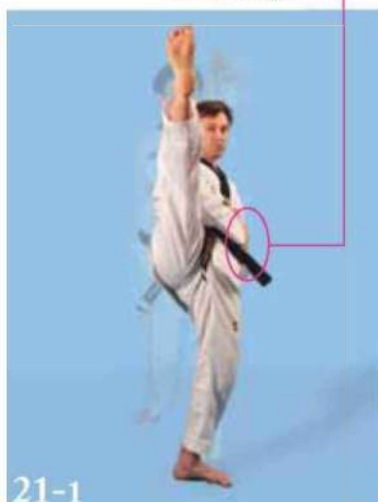
Bawimilgi (Rock pushing)

- Bend of the waist when it push.
- Turning the arm and push.
- stance and push perform at the same time.
- Any movements other than shown above will be deduction points.



kichik sirtmoq-jageun
dolzeogi

smaller hinge



21-1

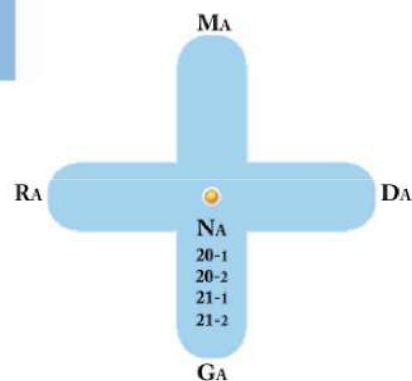
Ga tarafga o'ng oyoq apchagi qadam
bosib, oreun apkubi va chetdarijireugi

"Ga" direction, right foot apchagi and
put on the ground, oreun apkubi,
chetdarijireugi (21-1 and 21-2)



21-2

ikki musht oralig'idagi masofa
the two fist gap



Harakat qoidasi Movement

Chetdarijireugi.

- Old bukish: ikki qo'l tirsagini yozib ikki musht bir xil balandlikda ikki musht kengligi oralig'ida. Orqa mushtning joylashuvi qarama- qarshi qo'l bilagida joylashadi.
- Orqa bukish: old bukish bilan bir hil. Orqa mushtning joylashuvi qarama qarshi qo'l tirsagida joylashib tirsak ozgina qayriladi. (ikki qo'lning joylashuvi byongchi chizig'ida).

Chetdarijireugi (Sieve-frame legs punch)

- Apkubi: The two fists punch the opponent's trunk equally. Two arms shaping the form are horizontally and width is the two - fist length. The elbow stretched straight.
- Dwitkubi: Same as Apkubi stance. Position of other fist keep the middle part of the other hand and a little bend the elbow.

Apchagi Chatdarijireugi.

- Ushlab tortgan zahoti (kichik sortmoq-jgeun doltzeogi) old tepish bajariladi. Apchagi.

Apchagi chetdarijireugi (Sieve - frame legs punch)

- Kick and pull at the same time (smaller hinge).

Bahoni pasaytirish holatlari Deduction Factors

Chetdarijireugi.

- Ikki musht balandligi va orasidagi masofasi har xil bo'lganda.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Chetdarijireugi (Sieve-frame legs punch)

- Act as a different of Height and Width.
- Any movements other than shown above will be deduction ppoints.

Apchagi chatdarijireugi.

- Qo'lni tortgandan so'ng urganda.
- Tepadigan oyoq tarafga kichik sirtmoqni qilganda. Jageun doltzeogi.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Apchagi chetdarijireugi (Sieve - frame legs punch)

- Act as separate movements of kick and hand, kick after the hand pull.
- Act the smaller hinge width the kick.
- Any movements other than shown above will be deduction points.



o'ng mushtning oxiri chap mushtning bilak chizig'ida

The tip of right fist is on the line of the wrist of left fist



22-1



22-2

Ga tarafga chap oyoq apchagi qadam tashlab, wen apkubi va chetdarijireugi

"Ga" direction, left foot apchagi and put on the groun, wen apkubi, chetdarijireugi (22-1 and 22-2)

Harakat qoidasi Movement

Yordamchi musht ustki qismi bilan old urish, oyoqni qo'yish.

Kodureo deung jumeok apchigi.

- Musht ustki qismi bilan old urish (lab balandligida).
- Yordamchi qo'lining bilagi byongchi (musht usti pastki taraf).
- Oyoq do'ppilash va oyoqni ko'tarib qadam bosish harakatlari ketma-ket bajariladi (oyoq yon qismi 45° yo'naltirilgan).

Assist back fist front strike and stomping with feet.

- Back fist front strike (Height: philtrum).
- Assisting hand of the waist is next to the solar plexus (fist faces downwards).
- stomp and back foot are in a continuous motion. (Foot blade faces forward).



23-1



23-2

Ga tarafga o'ng oyoq apchagini qilib oyoqni qaytib joyiga qo'yib, wendwit kkoaseogi va deungjumeok olgul kodureo apchigi -kihap-

"Ga" direction, right foot apchagi and pounding on the ground, wen dwikkoaseogi, deungjumeok olgul kodureo apchigi, utterance of "kihap" (23-1 nad 23-2)

Bahoni pasaytirish holatlari Deduction Factors

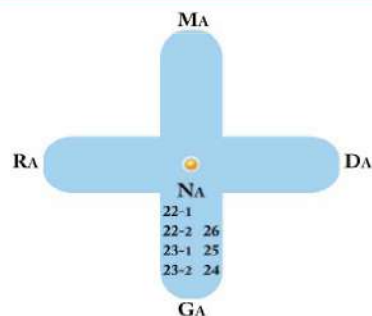
Yordamchi musht ustki qismi bilan old urish, oyoqni qo'yish.

Kodureo deung jumeok apchigi.

- Yordamchi qo'l musht ustki qismi tepaga yo'nalgan holatda.
- Ikki oyoq bir vaqtda ko'tarilganda.
- Musht ustki qismi labda o'tib ketganda.
- Bundan tashqari harakat qoidasiga zid harakatlar.

Assist back fist front strike and stomping with feet.

- Fist next to solar plexus is facing upwards.
- stomp is in a form of a jump.
- Back fist front strike is out of the philtrum target.
- Any movements other than shown above will be deduction pints.





kesishgan qo'l pastki to'siq vaqtida chiqqan oyoq tarafdagi qo'l pastda joylashadi

In the hand blade cross underneath blocking, the front hand toward the foot is located underneath



Na tarafga tana chap tarafga aylanib chap oyoq qadam bosib, wen apkubi va bawimilgi

"Na" direction, the body turned leftward, left foot put forth, wen apkubi, bawimilgi



Na tarafga o'ng oyoq o'z joyida chap oyoq orqaga tortilib, wen beamseogi va sonnal otkoreo araemakki

"Na" direction, right foot at its place, left foot pulled back, wen beamseogi, sonnal otkoreo araemakki.

24 and 25 must be conducted swiftly.

kesishgan qo'l pastki to'siqning boshlanish nuqtasi, the starting point of the hand blade cross underneath blocking



Na tarafga o'ng oyoq qadam bosib, wen dwitkubi va sonnal deung momtongmakki

"Na" direction, right foot put forth, wen dwitkubi, sonnaldeung momtongmakki (26 and lateral view)

Harakat qoidasi Movement

Qo'l yon qismi kesishgan pastki to'siq. Sonnal otkoreo araemakki.

- Ikki qo'l to'siq yonidan boshlanadi.
Sonnal otkoreo araemakki

(Hand Blade Cross underneath blocking)

- Both hands start from the waist.

Bahoni pasaytirish holatlari Deduction Factors

Qo'l yon qismi kesishgan pastki to'siq. Sonnal otkoreo araemakki.

- Ikki qo'l tana markazidan boshlanganda.

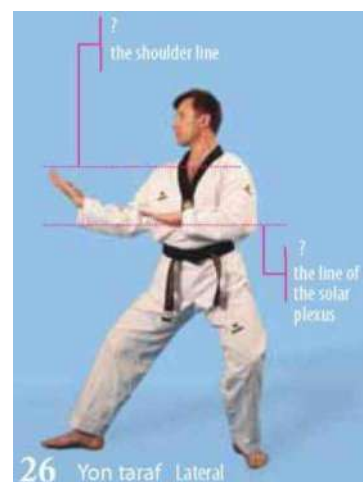
- Kesishgan qo'l joylashuvi almashib qolganda.

Sonnalotkoreoaraemakki

(Hand Blade Cross underneath blocking)

- Both hands start from the middle of the body.

- Blocking hand is in front of the assisting low block.



26 Yon taraf Lateral



"Ma" yo'nalishida o'ng oyoqni oldinga chiqarib, ven dwitkubi, chetdarijireugi.

"Ma" direction, right foot put forth, wen dwitkubi, chetdariireugi



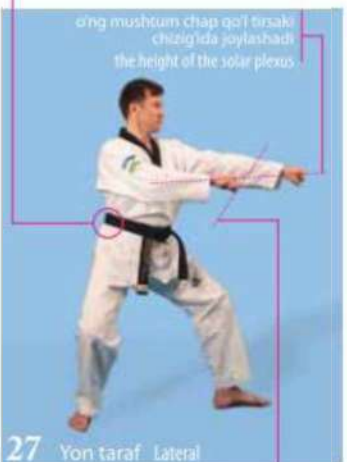
"Na" holatidagi chap oyoqni o'z joyida qoldirib tanani chap tarafga aylantirib o'ng oyoqni torta turib "Ga " tarafga qarab asosiy turish holati

Baro: left foot at its place at "Na" position, the body turned leftward, right foot pulled back, looking toward "Ga" kibon junbiseogi



Na taraf chap oyoq qadam tashlab, oreun dwitkubi va chetdarijireugi

"Na" direction, left foot put forth, oreun dwitkubi, chetdariireugi

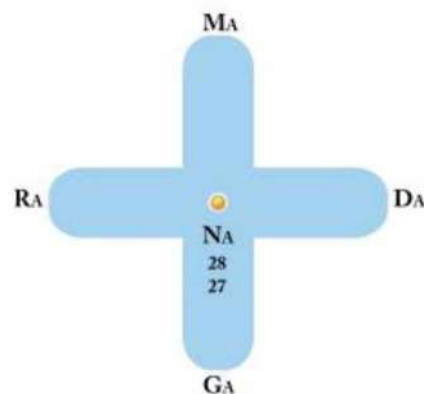


kichik sirtmoq-jageun doltzeogi chetdarini uradi

At the smaller hinge, start chetdarijireugi

o'ng mushum chap qo'l firsaki chizig'ida joylashadi
the height of the solar plexus

byongchi balandligida
Make our right fist is located on the line of the left elbow





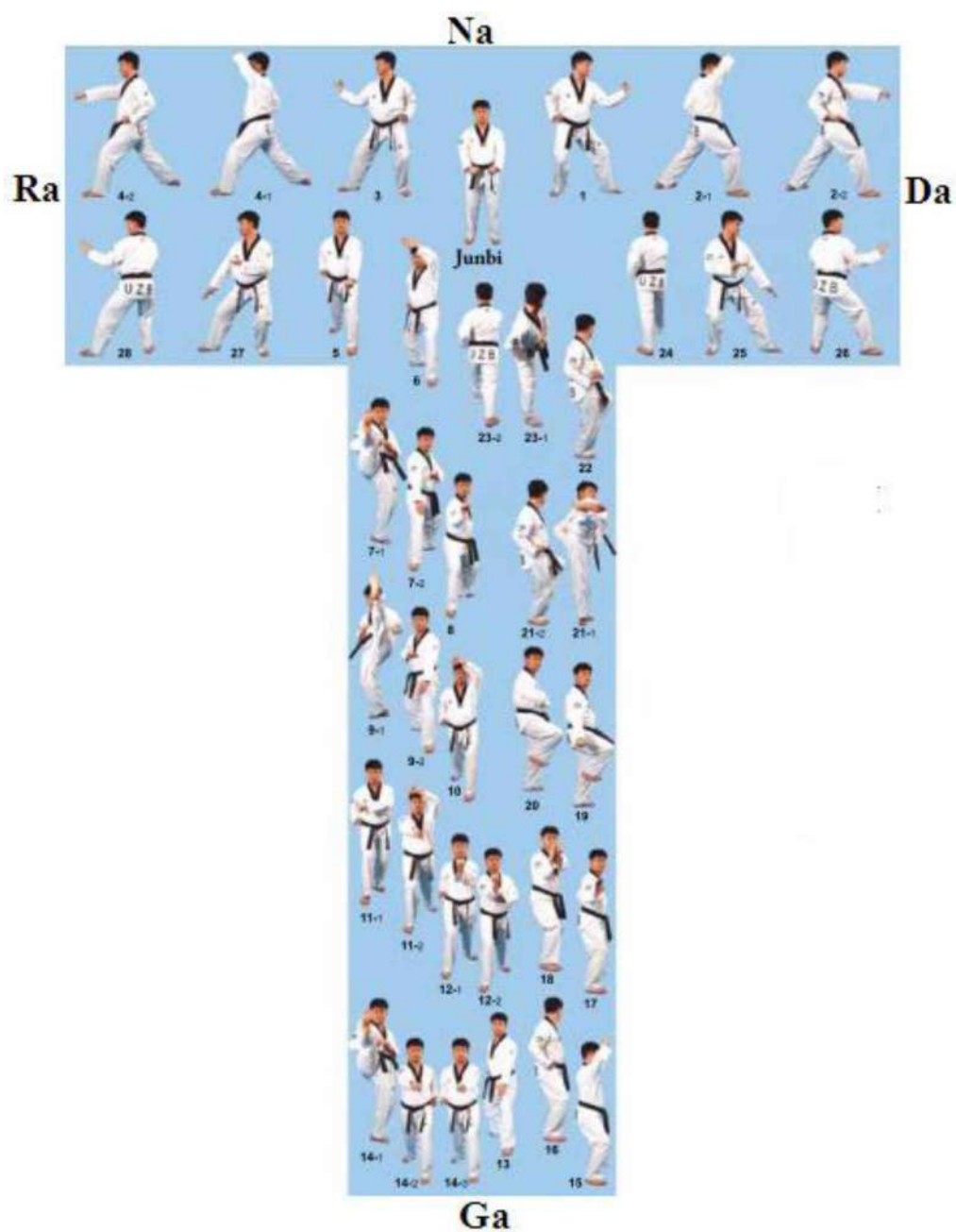
O'zbekiston Taekwondo terma jamoasining Jahon Taekwondo birlashmasiga tashrifi va Federatsiya Prezidenti Cho Jong Von

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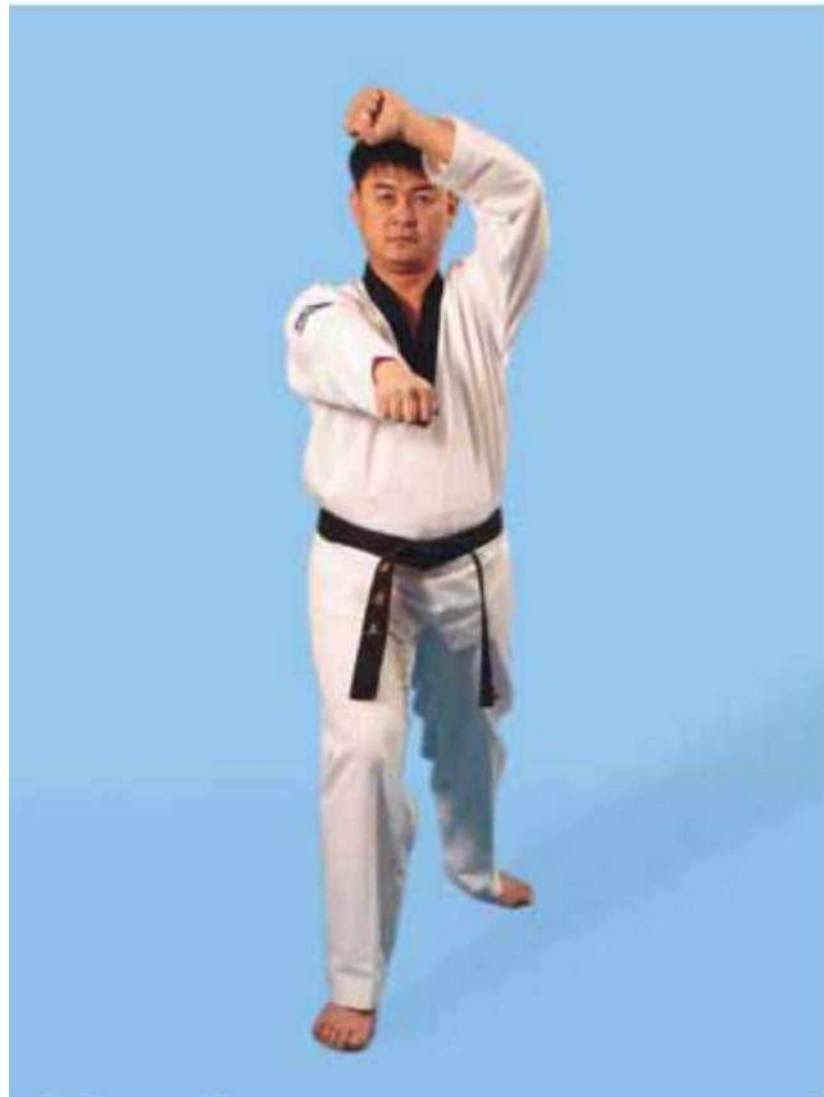
1. Sipjin Poomseda dastlabki harakat qanday boshlanadi?
2. Sipjin Poomseda qanday yangi harakatlar mavjud?
3. 1chi holatda mushtlar oralig'i qancha bo'lishi kerak?
4. 2 chi holatdan 3-2chi holatga o'tishda harakat davomiyligi?
5. Sipjin Poomseda nechi marta kihap qilinadi?
6. Bavimilgi qo'l harakati qanday ma'noni bildiradi?
7. 11 chi holatda nigoh qaysi tamonga qaratiladi?
8. 21-2, 22-2 holatlarda qo'l bilan beriladigan zarba oralig'i qancha bo'ladi?
9. 23-2 holatda oyoqlar necha gradusda joylashgan bo'ladi?
10. Sipjin Poomseda oxirgi harakat qanday amalga oshiriladi?

Pumse Jitae chizig'i

The Poomsae Line of Jitae



PUMSE JITAE



Jitae poomsedagi yangi harakatlar quyidagilar: hanssonal olgul-makki, keumgang momtong-jireugi, anpalmok kodureo makki va mejumeok yop pyojeok-chigi. Bu poomse chizig'i yerda tik turgan odamning osmonga intilishini ifodalaydi.

The new techniques introduced in this poomsae are hanssonal olgul-makki, keumgang momtong-jireugi, anpalmok kodureo, makki mejumeok yop pyojeokchigi only, and the poomsae line signifies a man standing on the earth to spring up toward heaven.

Jitae Pumsesini qisqacha tushuntirish

The Synoptic Table of Poomsae Jitae

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Naranhise ogi		Kibon junbiseogi (asosiy holat) (basic ready stance)
1	Da	Da	Oreun apkubi	Chap oyoq oldinga L.F put forth	Anpalmok momtong bakkat makki (gavda tashqi to'sig'i) (trunk side blocking)
2	Da	Da	Oreun apkubi	O'ng oyoq oldinga, yuz to'sig'i R.F put forth, olgulmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
3	Ra	Ra	Ven dvitkubi	O'ng oyoqqa almashtirib, orqaga aylanish R.F changes step, turn around	Anpalmok momtong bakkat makki (gavda tashqi to'sig'i) (trunk side blocking)
4	Ra	Ra	Ven apkubi	Chap oyoq oldinga, yuz to'sig'i L.F forth, olgulmakki	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
5	Ga	Ga	Ven apkubi	Chap oyoqda aylanish L.F changes step, turn	Arae makki (pastki to'siq) (underneath blocking)
6	Ga	Ga	Oreun dvitkubi	Chap oyoq ozgina ichkariga tortilgan L.F slightly pulled in	Venhansonnal olgulmakki (chap qo'l bilan yuz to'sig'i) (left one hand blade face blocking)
7	Ga	Ga	Ven dvitkubi	O'ng oyoq apchagi, oldinga R.F apchagi, forth	Sonnal arae makki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
8	Da	Ga	Ven dvitkubi	O'sha holatda turish Same position, forth	Momtong bakkatmakki (gavda tashqi to'sig'i) (trunk outer blocking)
9	Ga	Ga	Oreun dvitkubi	Chap oyoq apchagi, oldinga L.F apchagi, forth	Sonnal arae makki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
10	Ga	Ga	Ven apkubi	Chap oyoq ozgina oldinga L.F pushed slightly forth	Olgulmakki (yuz to'sig'i) (face blocking)
11	Ga	Ga	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Keumkang apjireugi (olmos old zarbasi) (diamond trunk punch)
12	Ga	Ga	Oreun apkubi	O'sha holatda tuish, gavda ichki to'sig'i Same posit, stance, momtong anmakki	Momtonganmakki (gavda ichki to'sig'i) (trunk blocking)
13	Ga	Na	Oreun dvitkubi	O'ng oyoqni orqaga tortib qadam R.F retrieved to step	Ven hanssonal arae makki (chap qo'lda pastki to'siq) (left one hand blade underneath blocking)
14	Ga	Na	Ven apkubi	O'ng oyoq apchagi, orqaga qaytish R.F apchagi, retrieved to step down	Momtong dubeonjireugi (gavdaga ikki zarba) (trunk double punch)



15	Da	Na	Juchumse ogi	Chap oyoq orqaga L.F retrieved to step	Hvangsomakki (buqa to'sig'i) (bull blocking)
16	Na	Na	Juchumse ogi	Ikki oyoq o'sha holatda Same position and stance	Venpalmok arae yopmakki (chap tirsak bilan yon taraf to'sig'i) (left wrist underneath side blocking)
17	Ga	Na	Juchumse ogi	O'sha holatda turish Same stance	Oreun hanssonal momtong yop- makki (o'ng qo'lda gavda yon taraf to'sig'i) (right one hand blade trunk blocking)
18	Ga	Na	Juchumse ogi	O'sha holatda turish Same stance	Ven mejumeok pyojeokjireugi "kihap" (chap musht bilan zarba) (left hammer fist target hitting)
19	Ga	Na	Ven hakdarise ogi	Chap oyoq o'z holatida, o'ng oyoq ichkariga tortilgan L.F remains, R.F pulled in	Arae yopmakki (pastki yon taraf to'sig'i) (underneath side blocking)
20	Ga	Na	Ven hakdarise ogi	O'sha holatda turish, Chapdan Same stance, left wrist	Jageun dolzeogi (smaller hinge)
21	Na	Na	Oreun hakdari	O'ng oyoq apchagi, chap oyoqda orqaga R.F apchagi, steps down on L.F position	Vwnpalmok arae yopmakki (chap tirsak bilan yon taraf to'sig'i) (left wrist underneath side blocking)
22	Na	Na	Oreun hakdari	O'sha holatda turish, chapdan Same stance, right waist	Jageun dolzeogi (smaller hinge)
23	Na	Na	Ven apkubi	Chap oyoq yopchagi va oldinga L.F yopchagi, and forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
24	Na	Na	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Momtong badejireugi "kihap" (gavdaga qarama-qarshi zarba) (trunk opposite punch)
25	Da	Ra	Oreun dvitkubi	Chap oyoqda aylanish L.F moves to turn	Sonnal arae makki (qo'l pastki to'sig'i) (hand blade underneath blocking)
26	Na	Na	Ven dvitkubi	O'ng oyoq oldinga R.F put forth	Sonnal makki (qo'l bilan to'siq) (hand blade trunk blocking)
27	Ra	Ra	Ven dvitkubi	O'ng oyoqda aylanish R.F moves to turn	Sonnal arae makki (qo'l bilan pastki to'siq) (Hand blade underneath blocking)
28	Ra	Ra	Oreun dvitkubi	Chap oyoq oldinga L.F steps down	Sonnal makki (qo'l bilan to'siq) (hand blade trunk blocking)
Baro	Ga	Na	Naranhise ogi	O'ng oyoq o'z joyida, chap oyoqda aylanish R.F remains, L.F moves to turn	Kibon junbiseogi (asosiy holat) (basic ready stance)



Pumse Jitae

Harakat qoidasi Movement

Yuz to'sig'i, odatiy gavda urishi. Olgul makki, momtong baro jireugi.

- Yuz To'siG'i bilan odatiy badan urish sekin (8 sekund atrofida) kuch berib bajarib, ikki qo'l bir vaqtda tugashi kerak.

Olgulmakki (Face blocking)

Momtong barojireugi (Trunk right punch)

- Face block and trunk right punch are moved slowly and punch is ended at the same time. (About 8 seconds).



Junbi

Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

At "Na" position, looking forward "Ga" kibon junbiseogi

yelka balandligi at
the height of the shoulder



01

Da tarafga chap oyoq qadam bosib, oreun dwitkubi va anpalmok momtong bakkatmakki

"Da" direction, left foot put forth, oreun dwitkubi, anpalmok momtong bakkatmakki

Bahoni pasaytirish holatlari Deduction Factors

Yuz to'sig'i, odatiy gavda urishi. Olgul makki, momtong baro jireugi.

- Turish bilana qo'l harakatini bir vaqtda bajarganda.

- sekin bajara turib ohirgi qismi uzilib urilganda.

Olgulmakki (Face blocking)

Momtong barojireugi (Trunk right punch)

- Movement of the stance and punch is done at the same time.

- Start off slow and ending with a snap.



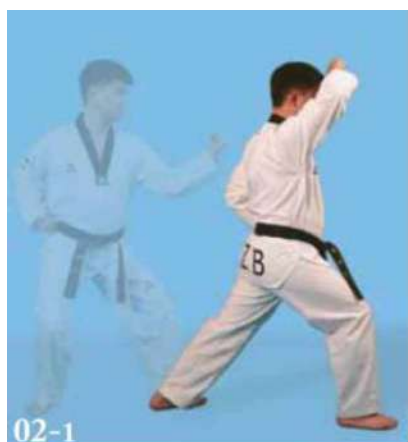
04-2



04-1

Ra tarafga chap oyoq qadam bosib, wen apkubi va olgul makki, momtong baro jireugi

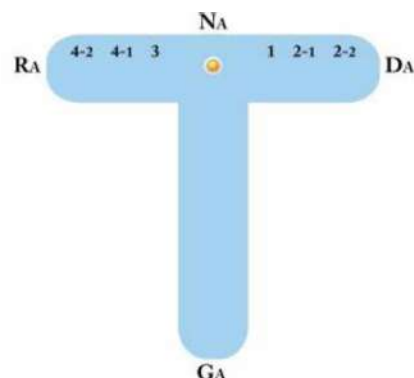
"Ra" direction, left foot put forth, wen apkubi, olgulmakki followed by momtong barojireugi



02-1



02-2



Da tarafga o'ng oyoq qadam bosib, apkubi va momtong barojireugi, momtong barojireugi.

o'ng oyoq qadam bosib o'ng old bukishni qilgandan so'ng yuz to'sig'ini sekin kuch berib bajarib davomidan gavda odatiy urishi ham kuch berib bajariladi (8 sekund atrofida) shunda o'ng mushtum qarama qarsi odamni ushlab tortadi

"Da" direction, right foot put forth, oreun apkubi, olgulmakki followed by momtong barojireugi.

The actions of putting forth the right foot and olgulmakki must be performed slowly with concentration of power, and the execution of momtong barojireugi is done the same way (about 8 seconds). At this moment, the right fist must act as if pulling the opponent (2-1 and 2-2)



03

Ra tarafga o'ng oyoqni ko'tarib qadam bosib, orqaga aylanib, wen dwitkubi va anpalmok momtong bakkatmakki

"Ra" direction, right foot moved to turn around, wen dwitkubi, anpalmok momtong bakkatmakki

Harakat qoidasi Movement

Passtki to'siq, bir qo'l yon qismi bilan yuz to'sig'i. Araemakki va hansonnal olgul makki.

- Pastki to'siqdan so'ng cha oyoqni orqaga tortib orqa bukish holatida chap qo'l yon qismi bilan yuz to'sig'i davomidan tez bajariladi.

Araemakki (Underneath blocking), Hansonnal olgulmakki (One hand blade face blocking)
- After low block bring back front foot of make back stance and then a fast hand blade face block.

Bahoni pasaytirish holatlari Deduction Factors

Passtki to'siq, bir qo'l yon qismi bilan yuz to'sig'i. Araemakki va hansonnal olgul makki.

- Bir qo'l yon qismi bilan yuz to'sig'i tutashtirmasdan blok qo'yganda. -- Harkat qoidasiga zid har qanday harakat.

Araemakki (Underneath blocking), Hansonnal olgulmakki (One hand blade face blocking)
- Single hand blade face block, a cross over is not performed.
- Any movements other than shown above will be deduction points.

bir qo'l yon qismi bilan yuz to'sig'i vaqtida
ikki qo'l tutashib to'siq qo'yiladi

When doing hanssonal olgulkakki, both
hands should be crossed over

chap oyoq tez ozgina tortiladi
Draw the left step a little and
quickly



Ga tarafga chap oyoqni ko'tarib
aylanib, wen apkubi va araemakki
"Ga" direction, left foot moved to
turn, wen apkubi, araemakki



Ga tarafga chap oyoq ozgina orqaga
tortilib qadam bosib, oreun dwitkubi
va wen hanssonal olgulkakki

"Ga" direction, left foot slightly
retrieved back, oreun dwitkubi, wen
hanssonal olgulkakki.
5 and 6 must be done swiftly as if
in one motion

Harakat qoidasi Movement

Old tepib qo'l yon qismi bilan pastki
to'siq. Gavda tashqi to'sig'i-yuz
to'sig'i. Apchagi, sonnal araemakki.
Momtong bakkatmakki va olgul
makki.

- Gavda tashqi to'sig'i (yuz to'sig'i)
sekin (8 sekund atrofida) kuch berib
bajarib, ikki qo'lining boshi va ohirini
bir vaqtda ko'krak yonida kesishishi
kerak.

Front kick, hand blade low block,
and trunk outside block-face block.
- Trunk outside forearm block is
performed slowly with force, both
arm has to cross in front of chest and
open at the same time.

Gavda ichki to'sig'i, yordamchi
gavda to'sig'i. Momtong anmakki va
kodureo momtong makki.

- Badan to'sig'idan keyin davomidan
yordamchi gavda to'sig'i bajarish
kerak, birin- chi to'siq qo'yadigan
qo'l yordamchi to'siq qo'ygan qo'lga
o'xshab ko'rinishi kerak.

Trunk inner block, assist trunk
block.

- After trunk inside block should

apchagi vaqtida ikki musht
ko'krak yonida



Ga tarafga apchagi qadam bosib, wen dwitkubi va sonnal araemakki

"Ga" direction, right foot apchagi, wen dwitkubi, sonnal araemakki (7-1
and 7-2)



Bahoni pasaytirish holatlari Deduction Factors

Old tepib qo'l yon qismi bilan pastki to'siq.
Gavda tashqi to'sig'i-yuz to'sig'i. Apchagi,
sonnal araemakki. Momtong bakkatmakki va
olgul makki.

- Gavda tashqi to'siq va yuz to'siqlari tez
bajarilganda.

Front kick, hand blade low block, and trunk
outside block-face block.

- Trunk outside forearm block and face block is
performed faster.

Gavda ichki to'sig'i, yordamchi gavda to'sig'i.
Momtong anmakki va kodureo momtong
makki.

- Ikki harakatni tez bajarmasdan ikkiga bo'lib
alohida bajarganda.

Trunk inner block, assist trunk block.

- Trunk inside block and assist trunk block are
performed as two separate movements.



Tirsak tananing chegara chizig'idan chiqib ketmasligi kerak.

The outer wrist should not go out of the body line



08

Ga tarafga ikki oyoq o'z joyida, wen dwitkubi va momtong bakkatmakki - sekin bajariladi.

Bu harakatni kuch ishlatgan holada asta sekin amalga oshirib chap qo'l bilak va o'ng qo'l bilagi ko'krak yonida o'zaro kesishadi.

"Ga" direction, two feet at their places wen dwitkubi (the same stance), momtong bakkatmakki (slowly).

This action must concentrate power and be performed slowly and the left wrist and the right wrist cross in front of the chest.

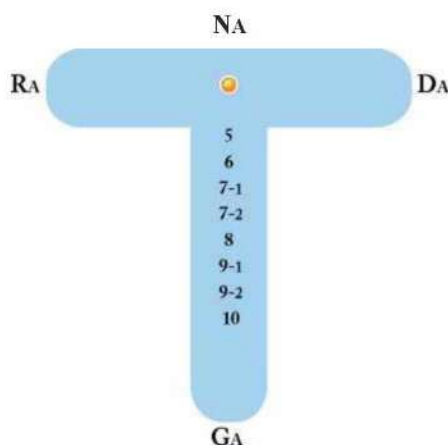


09-1



09-2

Ga tarafga chap oyoq apchagi qadam tashlab, oreun dwitkubi va sonnal araemakki "Ga" direction, left foot apchagi, oreun dwitkubi, sonnal araemakki (9-1 and 9-2)



yuz to'sig'i sekin bajariladi

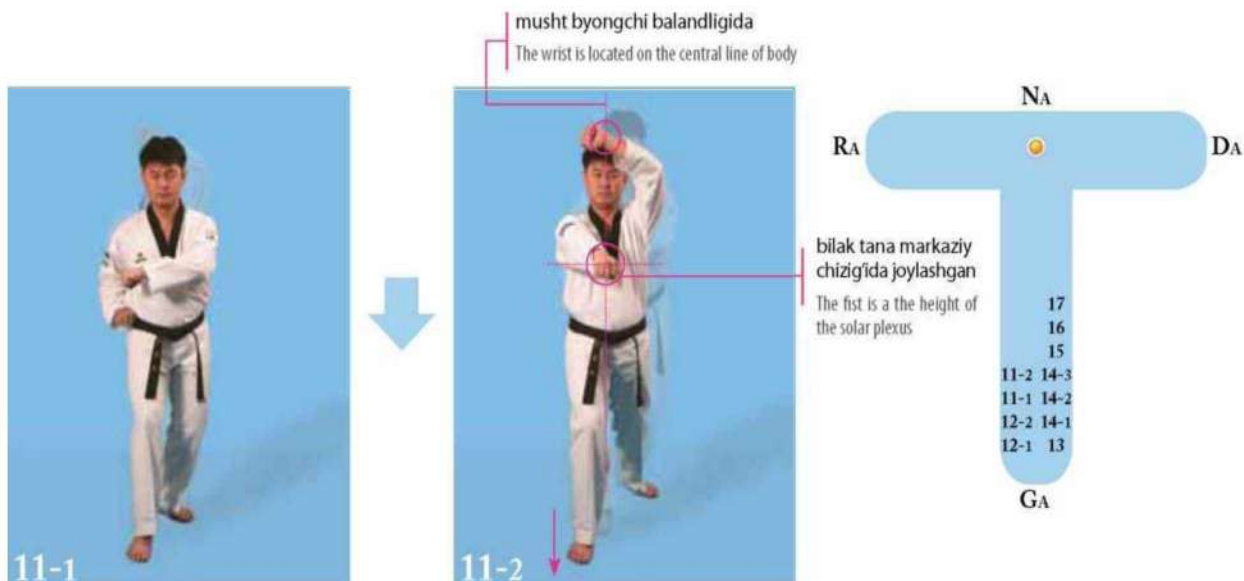
Deliver the face block slowly



10

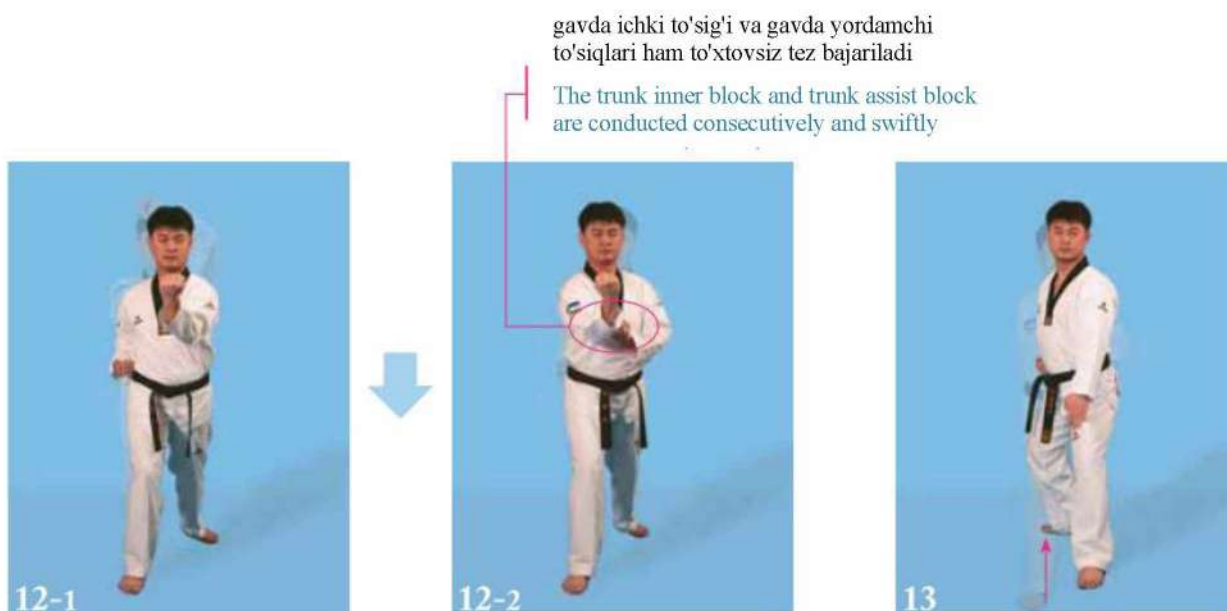
Ga tarafga chap oyoq oldinga itarib chiqib, wen apkubi va olgulmakki - sekin bajariladi

"Ga" direction, left foot slightly pushed forward, wen apkubi, olgulmakki (slowly)



Ga tarafga o'ng oyoq qadam bosib, oreun apkubi va keumgang apjireugi.
Brilliant old urish (10) dan chap qo'l bilak yuz to'sig'i qilgan qo'lni ozgina tushirib, yana ko'targan holda yuz to'sig'ini kuch bilan birga gavda urish bajariladi.

"Ga" direction, right foot put forth, oreun apkubi, keumgang apjireugi.
In performing keumgang apjireugi, the arm at the time of wenpalmok olgulmakki in 10 is lowered slightly and then lifted up to make an olgulmakki, simultaneously delivering a momtongjireugi.



Ga tarafga ikki oyoq o'z joyida oreun apkubi (o'zgarmaydi) momtong anmakki davomidan momtong kodureo makki tez bajariladi

"Ga" direction, two feet at their places, oreun apkubi (in the same stance), Momtong anmakki followed by momtong kodureo makki (consecutively and swiftly) 12-1 and 12-2)

Ga tarafga chap oyoq o'z joyida o'ng oyoq Na chizig'iga oldinga qadam bosib, oreun dwit kubi va wen hansonnal araemakki -ko'z Ga tarafga

"Ga" direction, left foot at its place, right foot retrieved to be put on "Na" line, oreun dwitkubi, wen hansonnal araemakki, eyes toward "Ga"



14-1



14-2



14-3

Ga tarafga o'ng oyoq apchagi, Na chizig'ga oyoqni orqaga qaytarib qadam qo'yib, wen apkubi va momtong dubeonjireugi

"Ga" direction, right foot apchagi and retrieved on "Na" line to make wen apkubi, momtong dubeonjireugi (14-1, 14-2 and 14-3)

buqa to'sig'ini qo'yganda
ikki mushtni qorindan
tez tortib ko'tarib to'siq
qo'yiladi

Get the two fists upward
quickly from the lower



15

ko'z Na taraf
The eyes see "Na" irection



16



17

Na tarafga chap oyoqni qaytarib
qo'yib juchum seogi (tana old qismi
Da taraf, ko'z Da taraf)
hwangsomakki

Left foot retrieved toward "Na"
juchumseogi (the body facing "Da"
direction, eyes looking "Da"
direction), hwangsomakki

Na tarafga ikki oyoq o'z joyida,
juchum seogi va wen palmok arae-
makki

"Na" direction, two feet at their
places, juchumseogi (in the same
stance), wenpalmok arae yopmakki

Ga tarafga ikki oyoq o'z joyida
yo'nalishni o'zgartirib juchum seogi
(o'zgarmaydi) oreun hansomnal
momtong yopmakki

"Ga" direction, two feet at their
places, change of direction and
juchumseogi (in the same stance),
oreun hansomnal momtong yopmakki



18

Ga tarafga ikki oyoq o'z joyida, juchun seogi va wen mejumeok-pyojeokchigi -kihap-

"Ga" direction, two feet at their places juchumseogi (in the same stance), wen mejumeok pyojeokshigi, utterance of "Kihap"



19

Ga tarafga chap oyoq o'z joyida o'ng oyoqni tortib ko'tarib, wen hakdar iseogi va arae yopmakki

"Ga" direction, left foot at its places, right foot pulled up to make a wen hakdariseogi, arae yopmakki



20

Ga tarafga turish o'zgarmaydi, ikki musht chap belga tortilib, wen hakdari seogi va jageun doltzeogi -ko'z Ga tarafga

"Ga" direction in the same stance, two fists pulled on the left side of the waist, wen hakdariseogi, jageun doltzeogi, eyes toward "Ga"



23-1

Na taraf chap oyoq yopchagini tepib qadam bosib, wen apkubi va momtong barojireugi

"Na" direction, left foot yopchagi, wen apkubi, momtong berojireugi. (23-1 and 23-2)



23-2



24

Na tarafga o'ng oyoq bilan qadam bosib, oreun apkubi va momtong bandae jireugi -kihap-

"Na" direction, right foot put forth oreun apkubi, momtong bandaejireugi, utterance of "Kihap"



ko'z Ga tarafdin Na tarafga almashadi
The eye line turns from "Ga" direction to
"Na" direction



Ga tarafga o'ng oyoq apchagi, oyoqni tortib ko'tarib, chap oyoq yo'nalishiga almashtirib qadam bosib, oreun hakdari seogi va wen palmok arae yopmakki.
O'ng oyoqni yerga qo'yib shu bilan birga chap oyoqni o'ng tizzaga tez tortib yopishtirib, pastki yon to'siq bajariladi. Bunda ko'z Ga tarafdin Na tarafga o'zgaradi. Harakat tez bajariladi.

"Ga" direction, oreun yopchagi and right foot pulled back to replace the position of the left foot, oreun hakdariseogi, wenpalmok arae yopmakki.
When the right foot replaces the position of the left foot, the latter must be made to jump up by pushing the ground. At the moment the eyes change direction from "Ga" to "Na" (actions swiftly) (21-1 and 21-2)

Na tarafga turish o'zgaraydi ikki musht o'ng belga tortilib, oreun hakdari seogi va jageun doltzeogi

"Na" direction, the same stance, two fists pulled to the right side of the waist, oreun hakdariseogi jageun doltzeogi

Harakat qoidasi Movement

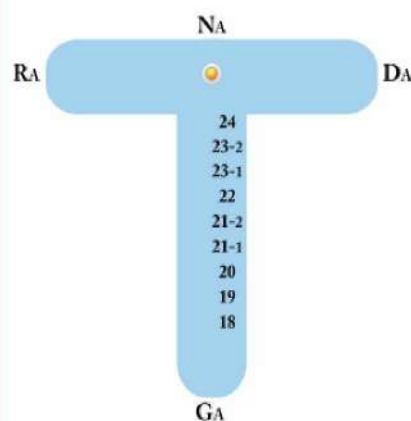
Pastki yon to'sig'i, kichik sirtmoq, yon tepish. Arae yopmakki, jageun doltzeogi, yopchagi.
- chap laylak turish, pastki yon to'sig'ini bajargandan so'ng ikki musht chap belga tortilib kichik sirtmoq, davomidan o'ng yon tepishni bajarib ozgina yengil oyoqni ko'tarib qadam bosib oyoqni o'zgartirib o'ng laylak turish holatida chap bilak pastki yon to'sig'i, kichik sirtmoq dan so'ng yon tepish.

Low side block, small hinge and side kick
- Left crain stance with low side block bring back both hands on the right waist (smaller hinge) and then side kick pull back while moving the foot lightly to change the leg and lift up the left leg and then leg a right crain stance with smaller hinge and perform a left side kick.

Bahoni pasaytirish holatlari Deduction Factors

Pastki yon to'sig'i, kichik sirtmoq, yon tepish. Arae yopmakki, jageun doltzeogi, yopchagi.
- Harakat o'zro ketma ketlikda bajarilmaganda.
- pastki to'sig'i qo'yadigan qo'l tashqaridan kelganda.
- o'ng oyoq qattiq yerga bosilganda. -Harakat qoidasiga zid har qanday harakat.

Low side block, small hinge and side kick
- All movements are not a continuous movement.
- When performing low block fist starting outside of body.
- There is a stomp when side kicks and switch to low block.
- Any movements other than shown above will be deduction points.





Da tarafga chap oyoqni ko'tarib aylanib, oreun dwitkubi va sonnal araemakki

"Da" direction, left foot moved to turn, oreun dwitkubi, sonnal araemakki



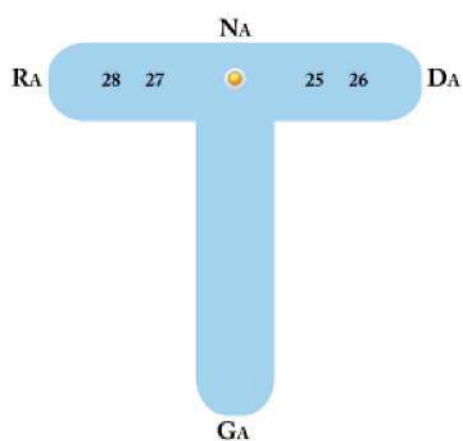
Da 1 tarafga o'ng oyoq qadam bosib, wen dwitkubi va sonnal araemakki

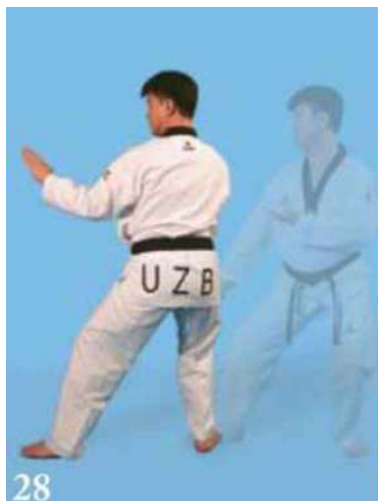
"Da" direction, right foot put forth, wen dwitkubi, sonnal momtong makki



Ra tarafga o'ng oyoq ko'tarib orqaga aylanib, wen dwitkubi va sonnal araemakki

"Ra" direction, right foot moved to turn around, wen dwitkubi, sonnal araemakki





Ra tarafga chap oyoq qadam bosib, oreun dwitkubi va son- nalmakki

"Ra" direction, left foot put forth, preun dwitkubi sonnal momtongmakki



"Na"ning holatidan o'ng oyoq o'z joyida tanani chap tarafga aylantirib chap oyoqni tortib ko'tarib "Ga" tarafga qarab asosiy tayyor- lanish holati

Baro: At "Na" position, right foot at its place, the body turned leftward pulling in the left foot, looking toward "Ga" kibon junbiseogi



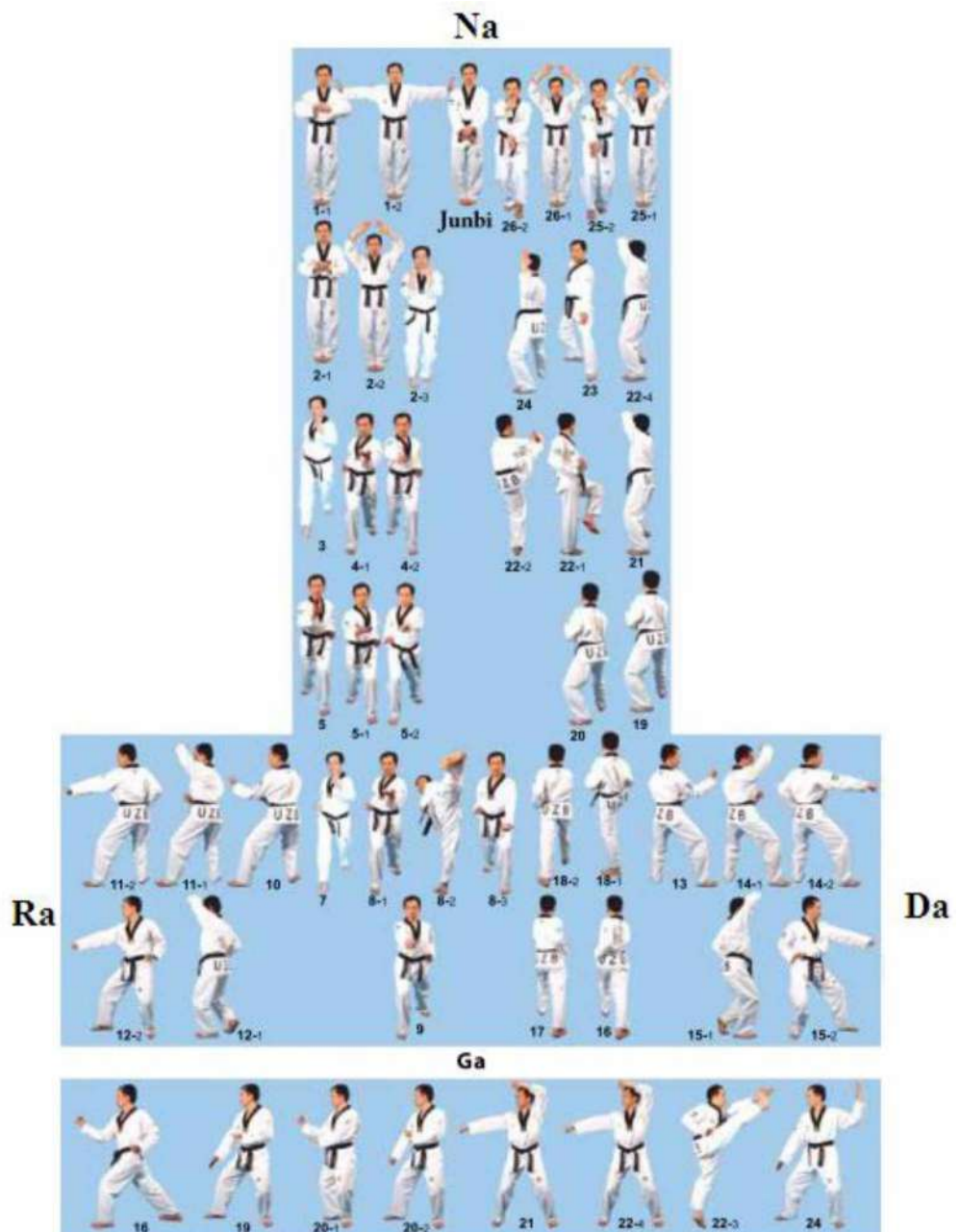
SAVOLLAR:

1. Jitae Poomseda 1chi qo'l harakati qanday nomlanadi?
2. Jitae Poomseda qanday yangi harakatlar amalga oshirilgan?
3. 2-1 va 2-2 holatlar qanday tezlikda amalga oshiriladi?
4. 5chi holatdan 6 chi holatga o'tish jarayonida oyoq holatlari qanday bo'lishi kerak?
5. Jitae Poomseda nechta oyoq zarbalari amalga oshiriladi?
6. 11-2 harakati qanday nomlanadi?
7. 11-2 holatida qo'llar qanday joylashgan?
8. 12-2 - holatdan 13 - holatga o'tishda oyoq harakatlari qanday bajariladi?
9. 15 chi holatda qo'l harakati qanday ataladi?
10. Jitae Poomsening oxirgi 4 ta haratlari qanday turishda bajariladi?

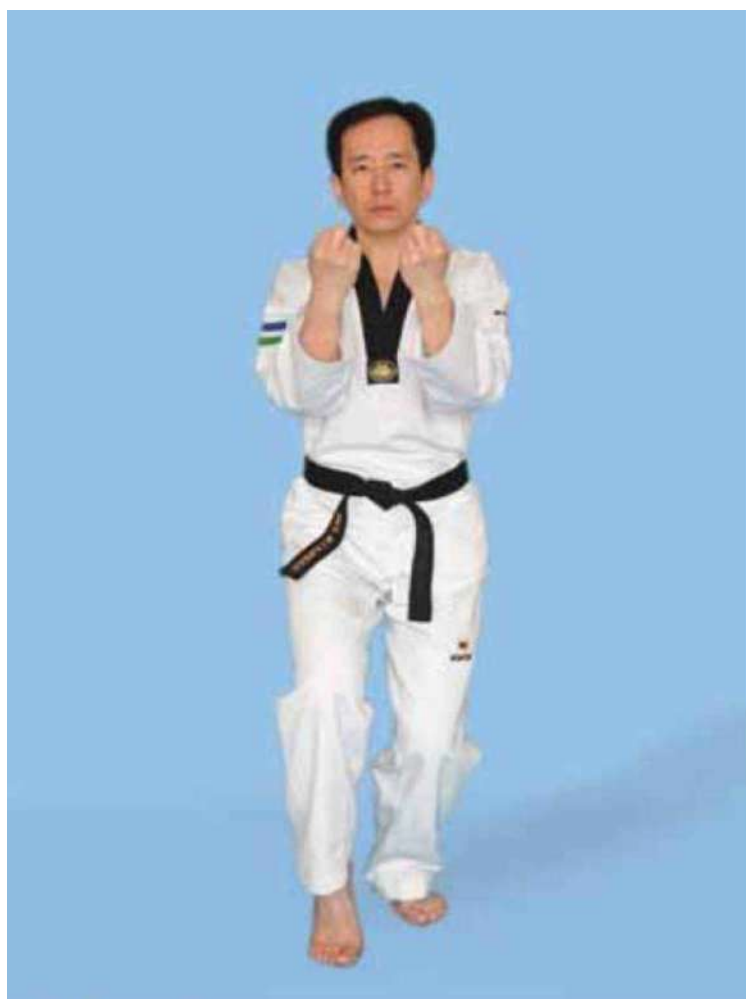


Pumse Chonkvon chizig'i

The Poomsae Line of Chonkwon



PUMSE CHONKVON



Chonkvon poomseda uchraydigan yangi harakatlar, bular: nalgae pyogi (qanotyoyish), sosumjumeok sosumchigi, hvidullomakki (tebranuvchi-makki), hvidullo jabadangkigi (tebranuvchi ushlab tortish), sonnaldeung vensanteul makki, keumgang yopjireugi, taesanmilgi va boshqalar hamda egilgan holda qadam bosish holati. Poomsedagi harakatlarning o'ziga xos jihati shundan iboratki harakatlarning hammasi keng va qo'l harakatlari ohista egilishlardan iborat.

The new techniques introduced in this poomsae are nalgae pyogi (wing opening), sosumjumeok sosumchigi (knuckle protruding fist springing chigi. hvidullomakki swinging-makki). hvidullo iabadangkigi (swing and drawing), sonnaldeung wesanteul makki, keumgang yopjireugi, taesan milgi etc., and a crouched walking manner. The characteristics of movements are large actions and arm actions forming gentle curves, thus symbolizing the greatness of Chonkwon thought. The poomsae line "T" symbolizes a man coming down from the heaven, submitting to the will of Heaven, being endowed power by the Heaven and worshipping the Heaven, which means the oneness between the Heaven and a human being.

Chonkvon Pumsesini qisqacha tushuntirish

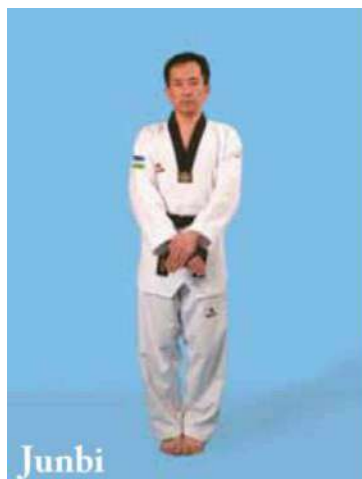
The Synoptic Table of Poomsae Chonkvon

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Moaseogi	Moaseogi	Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)
1	Ga	Na	Moaseogi	Turgan joyda ikki qo'lni ko'krakkacha ko'tarish Two hands lifted up in front of chest	Nalgaepyogi (qanot yoyish) (wing spreading)
2	Ga	Na	O'sha holatda turish	Ikki qo'ni keng ochish Swing two arms wide	Sosumjireugi (ko'tariluvchi zarba) (spring punch)
3	Ga	Na	Ven dvitkubi	O'ng oyoq oldinga R.F put forth	Hansonnal bitureomakki (bir qo'lda to'siq) (one hand blade twist blocking)
4	Ga	Ga	Ven apkubi	Chap qo'lda ushlab tortish va chap oyoq oldinga L. hand grabbing and pulling, L.F put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
5	Ga	Ga	Ven apkubi	Chap oyoqda aylanish Two feet at their places	Hansonnal bitureomakki (bir qo'lda to'siq) (one hand blade twist blocking)
6	Ga	Ga	Oreun apkubi	O'ng qo'lda ushlab tortish va o'ng oyoq oldinga R. hand grabbing and pulling R.F put forth	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
7	Ga	Ga	Oreun apkubi	O'ng oyoqda aylanish Two feet at their places	Hansonnal bitureomakki (bir qo'lda to'siq) (one hand blade twist blocking)
8	Ga	Ga	Ven apkubi	Chap oyoq yopchagi, kihap L.f yopchagi, steps down, "kihap"	Araemakki (pastki to'siq) (underneath blocking)
9	Ga	Ga	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Momtongjireugi (gavdaga zarba)
10	Ra	Ra	Oreun dvitkubi	Chap oyoq qadam, aylanish L.F changes step, turn	Anpalmok momtong kodureo bakkat-makki (qo'l bilan gavda tashqi to'sig'i) (inner wrist assist trunk outer blocking)
11	Ra	Ra	Oreun apkubi	Ikki oyoq o'z joyida, chap tirsakda zarba Feet same place, left wrist pushing away	Momtong yopjireugi (gavda yon qismi zarbasi) (trunk side punch)
12	Ra	Ra	Ven dvitkubi	O'ng oyoq oldinga, yana chap qo'lda zarba R.F put forth, left arm again pushing away	Momtongjireugi (gavdaga zarba) (trunk side punch)
13	Da	Da	Ven dvitkubi	O'ng oyoqda orqaga aylanish R.F mover turn around	Anpalmok momtong kodureo bakkat-makki (qo'l bilan gavda tashqi to'sig'i) (inner wrist assist trunk outer blocking)
14	Da	Da	Ven dvitkubi	O'sha holatda turish, o'ng qo'lda zarba Same stance, right arm turns to push away	Momtong yopjireugi (gavda yon qismiga zarba) (trunk side punch)

14	Da	Da	Ven dvitkubi	O'sha holatda turish, o'ng qo'lda zarba Same stance, right arm turns to push away	Momtong yopjireugi (gavda yon qismiga zarba) (trunk side punch)
15	Da	Da	Oreun dvitkubi	Chap oyoq oldinga o'ng qo'l bilan itarish L.F forth, right arm turns	Momtongjireugi (gavdaga zarba) (trunk side punch)
16	Na	Na	Ven dvitkubi	Chap oyoqda aylanish L.F moves to turn	Anpalmok momtong bitureomakki (tirsak bilan gavda to'sig'i) (inner trunk twist blocking)
17	Na	Na	Ven apkubi	O'sha holatda turish Same stance	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
18	Na	Na	Oreun apkubi	O'ng oyoq apchagi, oldinga R.F apchagi, forth	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
19	Na	Na	Ven dvitkubi	O'ng oyoq ozgina tortilgan R.F slightly pulled	Sonnal araemakki (qo'l bilan pastki to'siq) (hand blade underneath blocking)
20	Na	Na	Ven dvitkubi	Ikk oyoq ozgina tortilgan, oldinga chiqish Two feet slightly pushed forward	Araek kodureo makki (pastki to'siq) (underneath blocking)
21	Na	Na	Juchumse ogi	Ikk oyoq ozgina tortilgan, oldinga chiqish Two feet slightly pushed forward	Keumgang yopjireugi (yon tarafga olmos zarbasi) (diamond side punch)
22	Na	Na	Juchumse ogi	Sakrab 360' ga aylanib, pyojeokchagi Jumps turning 360dge., pyojeokchagi	Keumgang yopjireugi (yon tarafga olmos zarbasi) (diamond side punch)
23	Ga	Na	Oreun dvitkubi	Ikki oyoq o'z joyida, yo'nalishni o'zgartirish Feet remaining, change direction	Sonnal vesanteulmakki (bir qo'l bilan yon taraf ochiq to'sig'i) (hand blade mountain single hand side open blocking)
24	Na	Na	Ven dvitkubi	Ikki oyoq o'z joyida, yo'nalishni o'zgartirish Feet remaining, change direction	Sonnal vesanteulmakki (bir qo'l bilan yon taraf ochiq to'sig'i) (hand blade mountain single hand side open blocking)
25	Ga	Na	Oreun beomseog i	Yo'nalishni o'zgartirib, o'ng oyoq tortilgan, gavdani ko'tarish, moaseogi, keyin pasayish Change direction, R.F pulled, raising body, moaseogi, then lowering	Taesanmilgi (tog'ni surish) (mountain pushing)
26	Ga	Na	Ven beomseog i	O'ng oyoqni tortish, gavdani ko'tarish, moaseogi, keyin pasayish R.F pulled raising body, moaseogi, then lowering	Taesanmilgi (tog'ni surish) (mountain pushing)
Baro	Ga	Na	Moaseogi	Chap oyoqni tortib, gavdani ko'tarish L.F pulled, raising body	Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)



Pumse Chonkvon



Na holatidan Ga tarafga qarab turib asosiy tayyorlanish holati

Form "Na" position, one looks toward "Ga" moaseogi, kyopson junbiseogi



01-1



01-2

Na holatidan ikki oyoq o'z joyida, moaseogi va nalgepyogi.

Nalgepyogi qo'shimcha malumot.

(nalgepyogini kuchni bergan holda asta sekin amalga oshiriladi).

1. Ikki qo'l ko'krak oldiga ko'tariladi. - chuqur nafas olinadi.
2. Ikki qo'l ko'krak oldiga kelganda qo'lni orqaga aylantirib qo'l kaftini tashqa- riga qaratib, ikkiala qo'l o'z yo'nalishi bo'yicha itariladi.-nafas qo'yib yuboriladi.

At "Na" direction, two feet at their places, moaseogi, nalgaepyogi (1-1 and 1-2).

An additional explanation of Nalgaepyogi (Nalgaepyogi in powerful and swift actions)

1. Two hands raised to the front of the chest from the kyopson (overlapped hands) (inhales at this moment).
2. When two hands reach the front of the chest, wrist are turned backward, twisting the palms outward to left and right each (exhales).

Harakat qoidasi Movement

Kalit urish. Sosumjireugi.

- Mushtni tosdan, qo'lni teppa qismini tepaga qaratib, qo'lni uchini qayiltirgan holda uriladi.
- Yo'lbars holatiga qadam bosgan zahoti harakat amalga oshishi kerak.

Sosumjireugi (Spring punch)

- Place Sosum Jumeok (spring rst) one the waist, and punch with turned over fist by making the back of the hand face upward.
- Hand movement is done at the same time as the beomseogi.

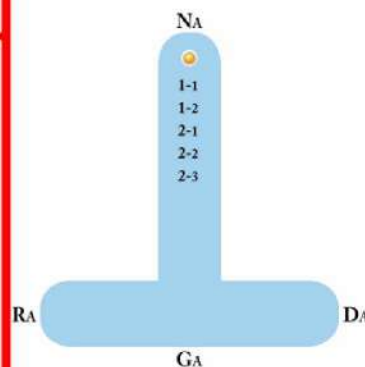
Bahoni pasaytirish holatlari Deduction Factors

Kalit urish. sosumjireugi.

- Musht teskari aylanmasdan urilganda.
- Orqa bukish yoki qo'l va oyoq bir biriga mos kelmaganda.

Sosumjireugi (Spring punch)

- Sosum jumeok is not turned over and punched.
- Performing the movement with dwitkubi or hand and feet are not done accordingly.





Na holatidan Ga tarafga qarab moaseogi, ikki qo'l tayyorlanish holati.

Harakatga qo'shimcha tushuncha.
(harakat tez amalga oshiriladi)

1. Ga tarafga yo'nalishni qaratib Na holatidan nalgepyogi qilgan ikki qo'l ayla- nani chizib, pastga tushirib qorin oldida ikki qo'lni yig'ib yana ko'krak oldiga qilib bosh tepasigacha ko'tarib ikki tarafga yoyiladi.
2. Qo'llarni yoygandan so'ng ikki qo'l yana aylanani chizib, toska mushtum te- pasini tepaga qaratgandan so'ng qorin oldida ikki musht yig'iladi, (shunda chap oyoq orqaga itarilib qadam bosadi), sosumjumeok holatida urish bajariladi.
3. Bu harakat nalgepyogini bajarayotganda old qismda bo'sh turgan odam ikki qo'lda bo'yinni ushlab boshga urayotgan zahoti hechomakki (yoyiq to'siq)ni qo'yib, kalit urishini (soseumjireugi) orqali qarama qarshi odamning jag' yoki egilgan yuziga zarba beriladi. Shu bilan birga harakat juda tez bajarilishi kerak.

"Ga" direction, left foot stepped back, oreun beomseogi, sosumjireugi. (2-1, 2-2, and 2-3)

Explanation of action.
(swift actions)

1. Two wing - opened arms at "Na" position draw a circle to drop down, converge into at the front of abdomen, than the arms raised up through the front of the chest to above the head and each pushed outward (2-1 and 2-2)
2. The two pushed - away arms draw a circle returning the fists to join in front of the abdomen (left foot withdrawing backward), making a sosumjumeok, delivers a chireugi. (2-3)
3. This action is performed when the opponent, taking advantage of the blind spot as a result of nalgeapyogi, attempts a head hitting by grabbing the collar with two hand. One makes a hechomakki fist and, withdrawing again uses sosumjureugi, to attack the opponent's under chin or bowed face. Therefore, actions must blitz-like.

tosda musht tepa qismi
tepaga bor- gandan so'ng
kalit mushtum holatida
uriladi

After the back of fist facing
upward near the waist,
deliver the turn over punch
with the spring fast

Harakat qoidasi Movement

Qanot yozish, qo'l yon qismi bilan yuz yoyiq to'sig'i. Nalgepyogi va sonnal olgul hechomakki.
- Qo'l yon qismi bilan yuz yoyiq to'siq katta aylanani chizgan holda bajariladi.

Nalgeapyogi, Sonnal Olgul Hechomakki (Wing spreading, Two hands cleaving block)
- Da Olgul sonnal Hechomakki (Knife hand face cleaving block in big circular motion).

Bahoni pasaytirish holatlari Deduction Factors

Qanot yozish, qo'l yon qismi bilan yuz yoyiq to'sig'i. Nalgepyogi va sonnal olgul hechomakki.
- Yoyiq to'siqni qo'yganda qo'lni aylantirmagan holatda.

Nalgeapyogi, Sonnal Olgul Hechomakki (Wing spreading, Two hands cleaving block)
- Arms are not turned in Hechomakki.



03

Ga taraf o'ng oyoq oldinga qadam qo'yib, oreun apkubi va hansonnal bitureomakki

"Ga" direction, right foot put forth, oreun apkubi, hansonnal bitureomakki



04-1

Ga taraf chap oyoq oldinga bir qadam tashlab chap qo'l yopib ushlab tortib, Wen apkubi va momtong baro jireugi.

Qo'l yon qismi bilan to'siq qo'ygan qo'l bilakini tashqariga aylantirib, qarama-qarshi odamning bilagini ushlab tortib tashqari qismini aylantirib belga torta turib o'ng musht bilan odatiy urish bajariladi. Bunda ozgina kuch berilib harakat bajariladi.

"Ga" direction, left foot put forth, left hand catching and pulling, makes a wen apkubi momtong baro-jireugi.

The wrist of the hand used on sonnal-makki is twisted inward, putting the thumb downward, encircle the opponent's wrist to seize and twists it downward, and pulling to the waist, at the moment one delivers a right fist jireugi. the action must be slow and powerful (4-1 and 4-2)



04-2

Harakat qoidasi Movement

Bir qo'l yon qismi bilan aylana to'sig'i, odatiy gavda urish. Hansonnal bitureomakki, momtong baro jireugi.

- Old bukish holatida belni aylantirib qo'l yon qismi bada tashqi to'sig'i. -Tortib urganda sekin (8 sekund atrofida) kuch berilib uriladi.

Hansonnal bitureo makki (Single Knife hand twist blocking), Momtong barojireugi (Regular body punch)

- Do knife hand outside body block by twisting the waist in Apkubi.
- when pulling and punching, punch slowly with strength. (About 8 second).

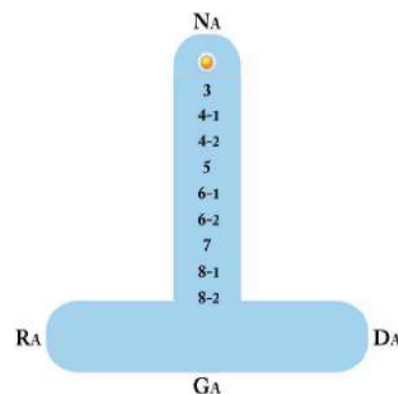
Bahoni pasaytirish holatlari Deduction Factors

Bir qo'l yon qismi bilan aylana to'sig'i, odatiy gavda urish. Hansonnal bitureomakki, momtong baro jireugi.

- Orqa oyoq ning orqa tizzasi ko'tarilib ketsa yoki oyoq uchi aylana bo'lgan holatda.
- Tortib urganda harakatni tez bajarganda.

Hansonnal bitureo makki (Single Knife hand twist blocking), Momtong barojireugi (Regular body punch)

- Heel of the back lag is up or front foot isturned.
- Punching fast when pulling and punching.





05

Ga taraf ikki oyoq o'z joyida, wen apkubi va hanssonnal bitureomakki

"Ga" direction, two feet at their places, wen apkubi (opposite of (3), hanssonnal bitureomakki



06-1

Ga taraf o'ng oyoq qadam tashlab o'ng qo'l yopib ushlab tortib, oreun apkubi va momotng barojireugi

"Ga" direction, right foot put forth, right hand pulled back as it winds and clenches, oreun apkubi, momotng barojireugi (6-1 and 6-2)



06-2



07

Ga taraf ikki oyoq o'z joyida, oreun apkubi va hanssonnal bitureomakki

"Ga" direction, two feet at their places, oreun apkubi, hanssonnal bitureomakki



08-1

Ga taraf chap oyoq yopchagi -kihap- qadam bosib, wen apkubi va araemakki

"Ga" direction, left foot yopchagi, utterance of "Kihap", wen apkubi, araemakki (8-1, 8-2 and 8-3)



08-2

Kihap



Ga taraf o'ng oyoq qadam bosib, oreun apkubi va momtong bandaejireugi

"Ga" direction, right foot put forth, oreun apkubi, momtong bandaejireugi

Qo'shimcha tushuntirish.

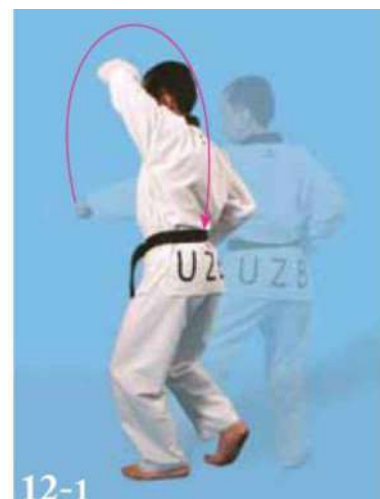
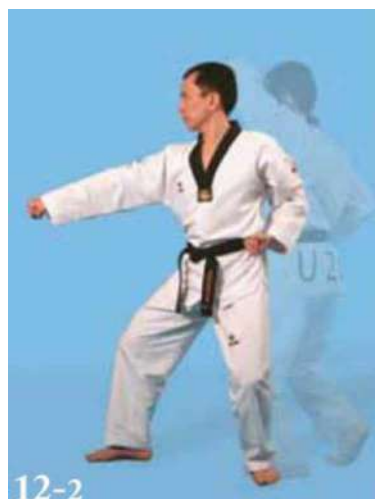
1. Qarama qarshi odamga chap mushtum bilan gavda urishini qilgan zahoti qarama qarshi odam ham menga mushtum urishi bilan javobini, men chap qo'l tirsagini qayitirib bilakni tortib ilintirib to'siq qo'yib, davomidan bosh tepasidan aylanani chizib, qarama qarshi odamning bilagini ushlab tortaman. (11) (12) xarakatlar bog'liqlikni ko'rsatgan holda ketma ket bajarilishi kerak.

An additional explanation of (12)

1. At the moment of delivering a momtongjireugi with the left fist against the opponent the latter also responds with a jumeokjireugi, then one bends the left elbow and pulls the wrist to make a makki by hanging on.

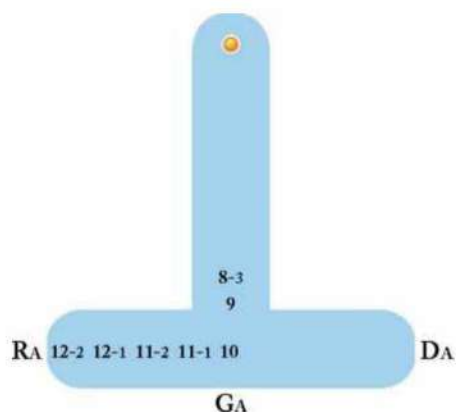
2. Then drawing a circle over the head, slips the wrist off and this time catches and pulls the opponent's wrist.

Action of 11 and 12 must be performed in connected movements.



Ra tarafga chap qo'l bilan ushlab tortib o'ng oyoq qadam bosib, wen dwitkubi va momtong jireugi

"Ra" direction, left wrist slipped outward catches and pulls (the opponent), right foot put forth, wen dwitkubi, momtong jireugi (12-1 and 12-2)



Qo'shimcha tushuntirish.

Qarama qarshi odamning bilagi mening chap bilagimga ilinib turganda, men chap bilagimni boshimga ko'tarib aylan chizaman. Davomidan mushtni belga tortib urishni bajaraman.

An additional explanation of (11).

When the left wrist is blocked by the opponent's wrist which is hanging on.

One lifts the left wrist over the head, pushing it outward to draw a circle.

Then draws it to the waist and delivers a jireugi.

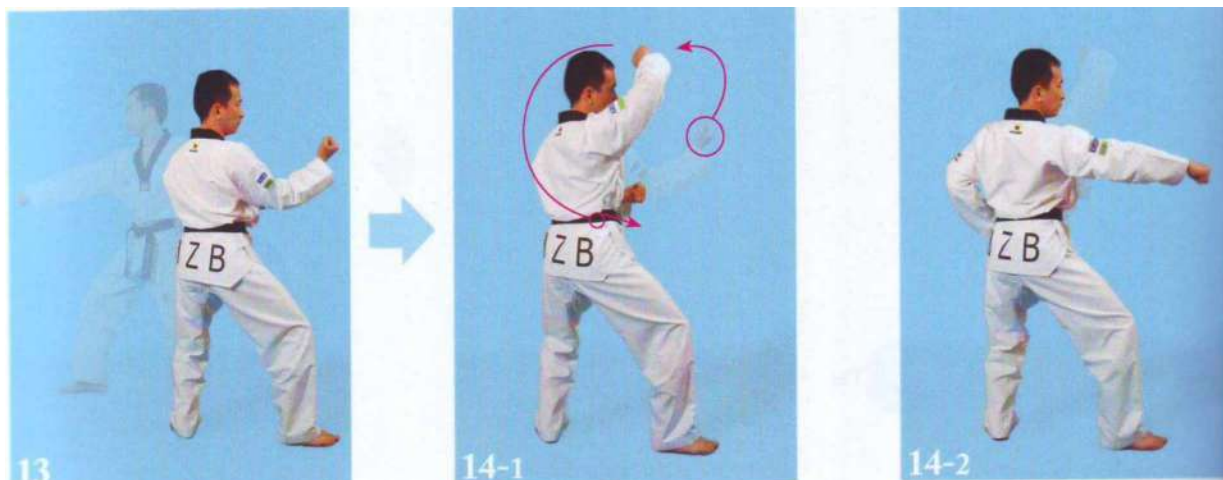


Ra tarafga ikki oyoq o'z joyida, chap bilak orqaga tortilib, oreun dwitkubi va momtong jireugi

"Ra" direction, two feet at their places, left wrist pushing away, oreun dwitkubi (the same stance), momtong jireugi (11-1 and 11-2)

Ra taraf chap oyoqni ko'tarib aylanib, oreun dwitkubi va anpalmok momtong kodureo bakkatmakki (bunda o'ng qo'l ustki qismi pastga yo'naltirilgan bo'ladi)

"Ra" direction, left foot moved to turn, oreun dwitkubi, anpalmok momtong koferuo bakkatmakki. (The back of the right fist faces downward)



Da taraf o'ng oyoqni ko'tarib orqaga aylantirib, wen dwitkubi, anpalmok momtong kodureo bakkatmakki (bunda chap qo'l ustki qismi pastga yo'naltiriladi)

"Da" direction, right foot moved to turn around, wen dwitkubi, anpalmok momtong kodureo bakkatmakki

Da taraf ikki oyoq o'z joyida wen dwitkubi o'ng bilakni tashqariga tortib davomidan chap-orqa momtong jireugi

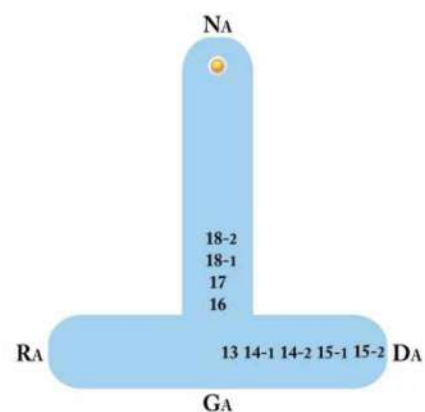
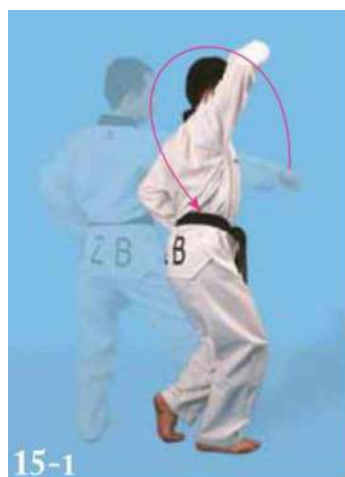
"Da" direction, two feet at their places, right wrist pushing out, wen dwitkubi (the same sance), momtong kireugi (14-1 and 14-2)

belni aylantirib to'siq qo'yiladi
Twist the waist and block



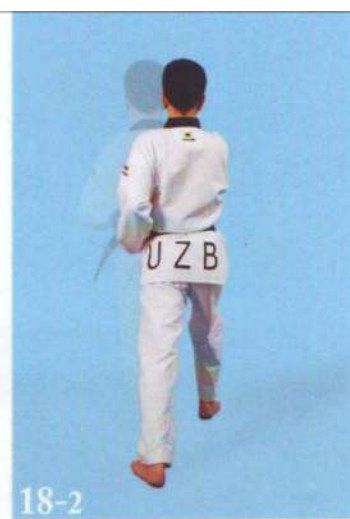
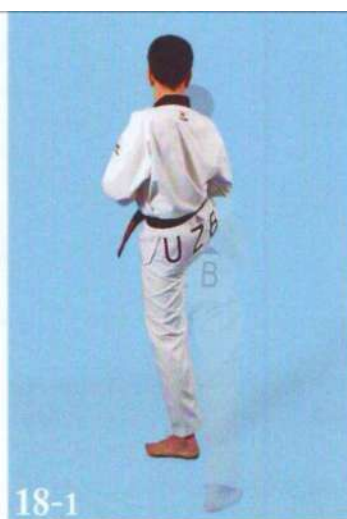
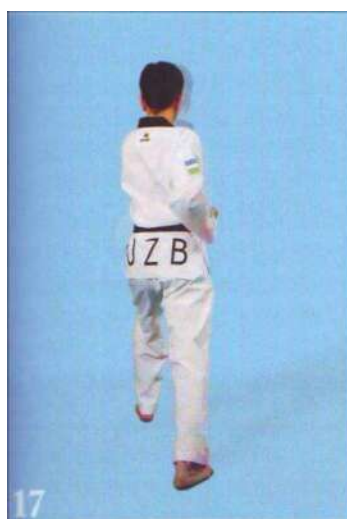
Na taraf chap oyoqni ko'tarib aylantirib, wen apkubi va anpalmok momtong bitureomakki

"Na" direction, left foot moved to turn, wen apkubi, anpalmok momtong bitureomakki (16 and lateral view)



Da taraf o'ng bilak baland aylanib tashqariga tortilib, chap oyoq qadam bosib, oreun dwitkubi va momtong jireugi

"Da" direction, right wrist laid down, turned, pushed out, then it catches and pulls (the opponent), left foot put forth, oreun dwitkubi momtongjireugi (15-1 and 15-2)



Na taraf ikki oyoq o'z joyida, wen apkubi va momtong bandaejireugi

"Na" direction, two feet at their places wen apkubi (the same stance), momotng bandajireugi

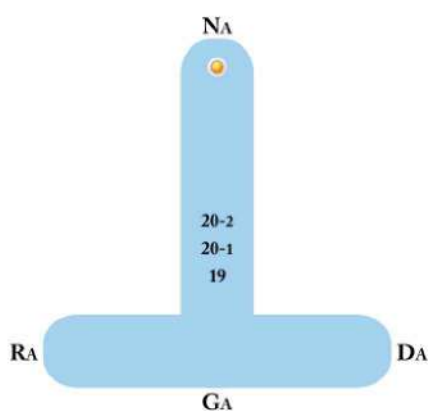
Na taraf o'ng oyoq apchagi qadam tashlab, oreun apkubi, momtong bandaejireugi

"Na" direction, right foot apchagi and steps forth, oreun apkubi, momtong bandaejireugi. (18-1 and 18-2)



"Na taraf o'ng oyoqni ozgina tortib, wen dwitkubi va sonnal araemakki

"Na" direction, right foot slightly pulled, wen dwitkubi, sonnal araemakki (19 and lateral view)



Harakat qoidasi Movement

Qlsqa sirpanchiq oyoq.
Jajeunbal.
- Old oyoqni yarim qadam
oldinga itarib qadam bosib,
shu zahoti orqa oyoq tortiladi.

Jajeunbal (short sliding step)
- Step forward by moving the
right foot half forward and
with drawing back foot at the
same time.

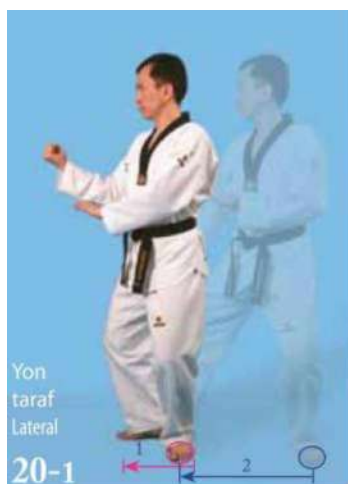
Bahoni pasaytirish holatlari Deduction Factors

Qlsqa sirpanchiq oyoq.
Jajeunbal.

- Orqa oyoqni birinchi
haraktlanti-rish kerak.

Jajeunbal (short sliding step)

- Stepping by moving the rare
foot before the front foot.



Na taraf sirpanchiq oyoq holatida tanani holatini o'zgartirib, oreun anpalmok bakkatmakki, arae kodureomakki

"Na" direction, the body moved by trotting, wen dwitkubi, oreun anpalmok bakkatmakki followed by arae kodureomakki

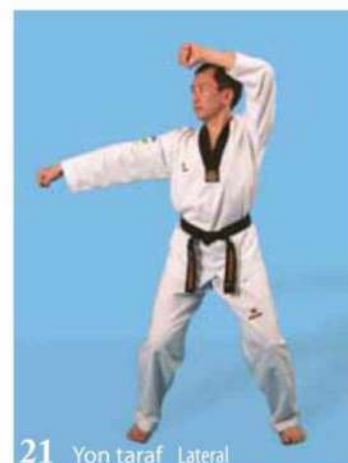
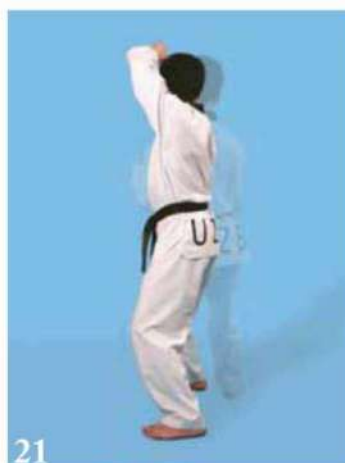
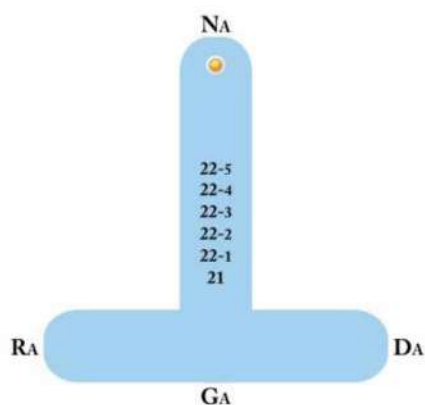
Qo'shimcha tushuncha 20

1. Jajeunbal (silpanchiq oyoq): chap orqa bukish holatida birinchi chap oyoqqa tayanchni berib. (1) o'ng oyoqni oldinga itargan vaqtda (2) chap oyoqni tortib (3) o'ng oyoq yana bir bor oldinga chiqib tanani joyini o'zgartiradi. (oyoq orasidagi masofani qisqa qilib tez tez harakatlangan holatda chumchuq yurishiga o'xshab harakatlanadi).
2. Birinchi qadamni qo'yganda o'ng ichki bilak gavda to'sig'i qilinadi. Bunda chap qo'l kafti ko'tarilayotgan bilakni uradi (1 rasm)
3. Ikkinchi qadamni qo'yganda o'ng bilakni yana bir bor tushirib pastki to'siq qo'yiladi. Bunda chap qo'l kafti o'ng qo'l bilagini ura turib mushtni ushlaydi (2 rasm)
4. harakatlarni tez bajarish kerak.

An additional explanation of 20

1. Jajeunbal (trotting foot); When in a stance of dwitkubi, the weight is supported by the left foot, 1) the right foot half a step forward, and as soon as the right foot steps down. 2) the left foot follows and then 3) the right foot moves forward again to be followed equally by the left foot, thus making the body move toward. (When the pace is smaller, moving is faster like a sparrow.)
2. At the first half-step move, an oreun anpalmok momtongmakki is performed. At that moment, the left hand palm (the base of four fingers) hits the rising wrist.
3. At the second half-step move, the right wrist is lowered to perform an araemakki. At that moment, the left hand palm hits the right wrist and clenches the fist;
4. All above actions must be continued speedily and instantly. (20 and lateral view).





Na taraf silpanchiq oyoq ozgina qadam bosib, juchum seogi va keumgang yopjireugi. Keumgang yopjireugi vaqtida kichik sirtmoqdan boshlanadi (jageun doltzeugi)

"Na" direction, slipping foot slightly put forth, juchumseogi, keumgang yopjireugi (21 and lateral view). Start the Diamond Side Punch at the smaller hinge.

Harakat qoidasi Movement

Orqa nishon tepish, brilliant urish. Twio Pyojeokchago Keumgang yopjireugi.
-Tanani sakkrab 360° aylantirib nishonga tepiladi. (nishonga tepishdan oldin chap oyoq yerga tekkizilishi mumkin emas).

Twio Pyojeokchago Keumgang yopjireugi
- Jump and turn the body about 360° and kick the target. (Left foot should not land on the ground before kicking the target.)

Bahoni pasaytirish holatlari Deduction Factors

Orqa nishon tepish, brilliant urish. Twio Pyojeokchago Keumgang yopjireugi.
-Tana havoda bo'lganda nishonga ura olmaslik.

Twio Pyojeokchago Keumgang yopjireugi
- Not kicking the target while body is in the air.



22-1



22-2



22-3 Yon taraf Lateral

Na tarafga sakrab chap tarafga aylanib pyojeokchagi, qadam bosib, juchum seogi va keumgang yopjireugi

"Na" direction, the body pushed up in the air turning leftward, pyojeokchagi, stepping down, juchumseogi keumgang yopjireugi. (22-1, 22-2, 22-3, 22-4.)

bilak tana markaziy chizig'ida joylashadi
The wrist is in central line of body



22-4



22-4 Yon taraf Lateral

Qo'shimcha tushuntirish

1. sakrab tepishda birinchi tana og'irligini chap oyoqqa tashlab, yerdan sakraladi.
2. bunda tanani chap tarafga aylantirib havoda 360° aylaniladi.
3. tanani havoda ushlab turgan paytda chap oyoqni yerga tek- kizishdan oldin chap qo'l kaftini o'ng oyoq bilan aylana tepiladi. Dollyochagi.
4. bunda nishonga tepishdan oldin chap oyoq yerga tegishi mumkin emas.

An additional explanation. 22

1. Pyojeokchagi in the air is conducted by moving the weight on the right foot which will push up the body
 2. At this moment, the body turns about 360 degrees in the air in case of leftward move.
 3. In the course of turning in the air, the left foot drops down, but before it steps down on the ground the right foot sole must make a turning kick on the left hand palm.
- The left foot should not fall down before the pyojeokchagi performed.



Ga tarafga ikki oyoq o'z joyida Na tarafdan Ga tarafga o'zgartirib, to'g'riga qarab, oreun dwitkubi va sonnal wesantwulmakki

"Ga" direction, two feet at their places, eyes changed from "Na" to "Ga" direction, oreun dwitkubi, sonnal wesanteulmakki



"Na" yo'nalishida, ikki oyoq o'z joyida, ko'z yo'nalishi "Ga"dan "Na" yo'nalishiga o'zgaradi, ven dwitkubi, sonnal wesanteulmakki (24 yon tarafdan ko'rinishi)

"Ga" direction, two feet at their places eyes changed from "Ga" to "Na" direction, wen dwitkubi, sonnal wesanteulmakki. (24 and lateral view)



Qo'shimcha tushuntirish.

1. Na taraf chap orqa bukishni Ga tarafga almashtirib o'ng-orqa bukishga almashtiriladi. Wen dwitkubi-oreun dwit kubi.
2. brilliant yon urishda chap qo'l bilan birga o'ng qo'lni tortib ko'krak yonida tutashtiriladi. Keumgangjireugi.
3. o'ng oyoq yuz qo'l yon qismi bilan tashqi to'siq. Olgul sonnal bakkat makki. Chap qo'l bir qo'l yon qismi bilan pastki to'siqni bir vaqtda bajaradi. Hansonnal araemakki.

An additional explanation of 23

1. Wen dwitkubi in "Na" direction is changed to "Ga" direction, making an oreun dwitkubi.
2. In keumgang yopjireugi, left arm and right arm are pulled to cross in front of the chest
3. Right arm makes olgul sonal bakkatmakki and left arm hansonnal araemakki simultaneously.

Harakat qoidasi Movement

Tog' itarish. Taesanmilgi.

- Yo'lbars holatida turib qo'l kafti bilan, chiqqan oyoq tarafdagi qo'l pastga, orqa oyoq tarafdagi qo'lni teppaga qilib, ko'krak yonida lab va qorin tarafan sekin itariladi. (5 sekund atrofida).

Taesanmilgi (Mountain pushing)

- Stand in Beomseogi, place hand on the same side of the front foot on the bottom and the other hand on the top in batangson (palm hand), Push the hand from the chest to the philtrum and low stomach slowly. (About 5 second)

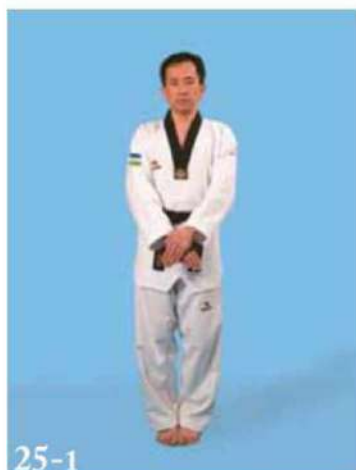
Bahoni pasaytirish holatlari Deduction Factors

Tog' itarish. Taesanmilgi.

- Orqa bukish holatida turish yoki itariladigan qo'l kafti beldan boshlanganda qo'lning joylashuvi almashib harakat qilganda.

Taesanmilgi. (Mountain pushing)

- Standing in Dwitkubi, pushing hand starts from the waist or hands are positioned oppositely.



25-1



25-2

Ga taraf o'ng oyoqni "Na" ga joylashtirib chap oyoqni tortib moaseogini baja- rib, o'ng oyoq oldinga qadam bosib, oreun beomseogi va taesanmilgi

"Ga" direction, right foot at "Na" position, left foot pulled to make a modeumbal and moaseogi, then right foot put forth, oreun beomseogi, taesanmilgi

tepa qo'lining tirsagi tekis yoziladi, pastki qo'l tirsagini ozgina qayiltiradi. The upper elbow should be straightened. The lower elbow should be bended a little



25-3

chiqqan oyoq tarafdagi qo'l pastga tushadi

The hand in the same side of front foot is falling down

Qo'shimcha tushuntirish

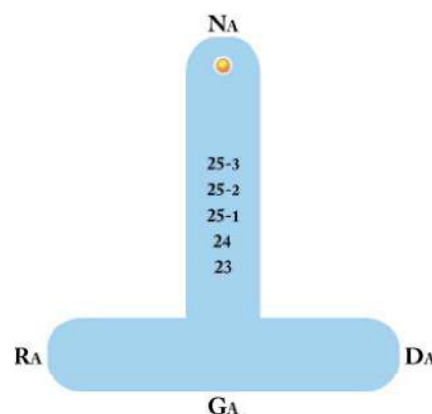
1. Na tarafdin tanani chap tarafga aylantirib chap oyoqni tortib turib yopiq holat bajariladi. Moaseogi.
2. bunda ikki qo'l qorin oldidan, ikki qo'l yig'ilib ikkala qo'lni bosh tepasiga ko'tarib, aylana chizib tushadi.
3. ikki qo'l gavda balandligida tirsakni qayiltirib byongchi yonida yi'gilib bilakni tashqariga qayiltirib
4. o'ng qo'l pastga, chap qo'lni tepaga qilib ikki kaftni yaqin qilib,
5. o'ng oyoqni oldinga itarib qo'yib, o'ng yo'lbars holatini qilayotgan vaqtda kaftni pastga, tepaga ochib tirsakni yozib oldinga itariladi -kuch bilan sekin bajariladi-
6. bunda tepadagi chap qo'l kafti lab balandligida, pastki o'ng qo'l kafti pastki qorin balandligida bo'ladi.

An additional explanation of 23

The body turned leftward from "Na" direction, pulling the left foot one rises to make a moaseogi.

At the moment, two hands join in front of the abdomen in the shape of overlapped hands to be subsequently raised to the chest the face and over the head, then lowered outwardly to make a circle. Right foot put forth to make an oreun beomseogi, in the course of which two batangson (palm hands) open up and down, the elbows stretch out, and are pushed forward (powerfully and slowly);

At this moment, the left batangson (upper side) placed at the philtrum level and right batangson kept at the level of the abdomen. (25-1, 25-2 and 25-3)



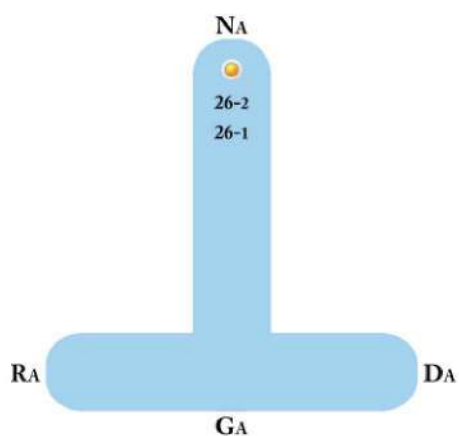


ko'krak yonidan lab va qorin tarafga itariladi
Push the hand from the front of chest to the
philtrum and lower stomach



Ga tarafga o'ng oyoqni yana tortib moaseogini bajarib tanani ko'tarib ikki qo'l bilan aylanani chizib chap oyoqni oldinga surib, wen bwomseogi va taesanmilgi

"Ga" direction, right foot pulled back again to make modeumbal and moaseogi, the body raised while two arms make circle, then the left foot put forth, wen beomseogi, taesanmilgi



Chap oyoqni tortib yopiq holatda bajarib "Ga" tarafga qarab moaseogi va kyopseon junbiseogi.

Baro: Pulling the left foot to modeumbal and moaseogi, looking toward "Ga", moaseogi and kyopson junbiseogi



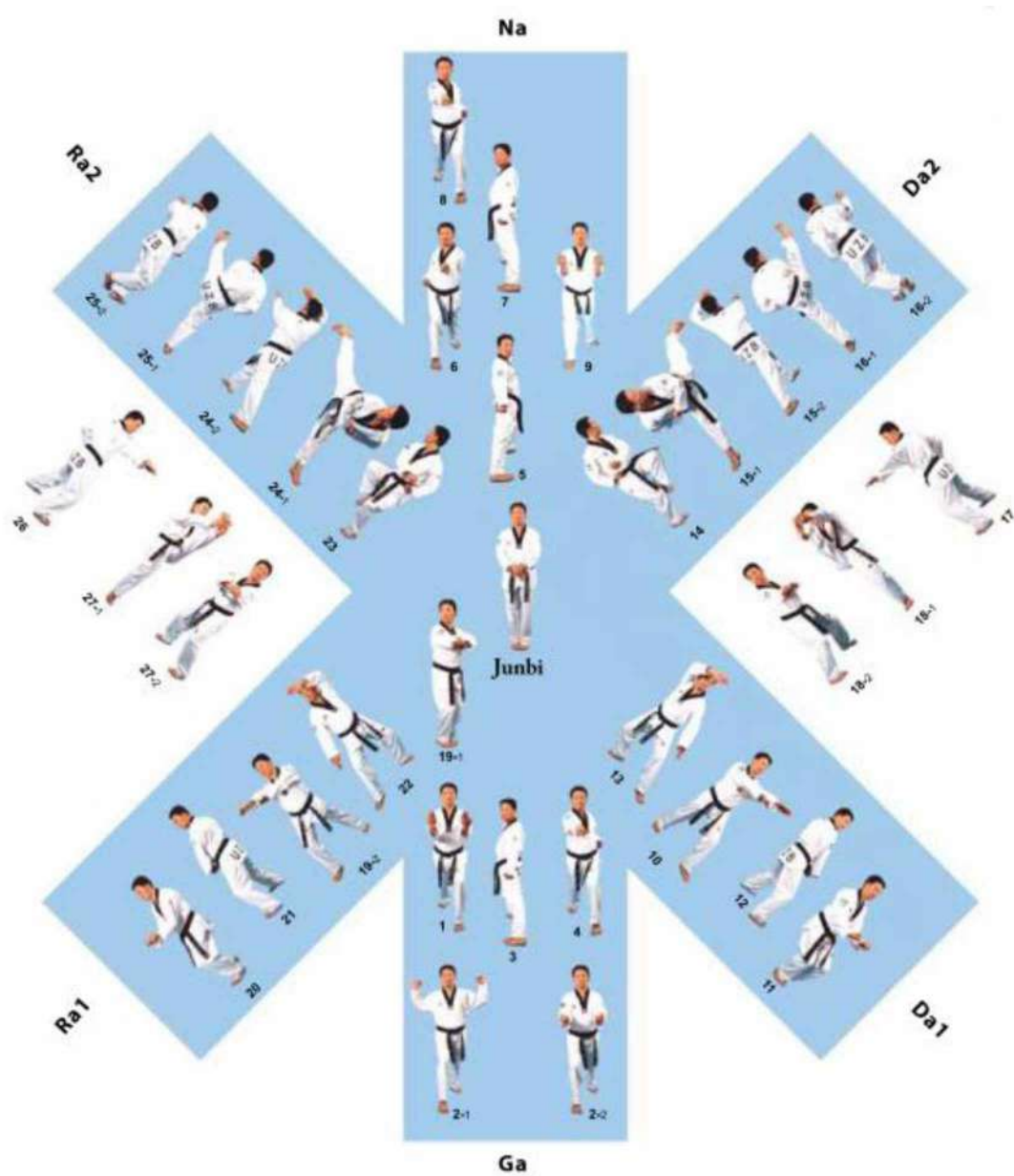
SAVOLLAR:

1. Chonkvon Poomsedagi harakatlarning o'ziga xos jihatlari?
2. Chonkvon Poomseda yangi harakatlar nomi?
3. Chonkvon Poomseda Junbi holatida turish qanday ataladi?
4. 1-2 holatida qo'llar qanday balandlikda bo'lishi kerak?
5. 2-3 chi holatdagi qo'l zarbasi qanday nomlanadi?
6. 5-1 chi holatdan 5-2 chi holatga o'tish davomiyligi qancha bo'lishi kerak?
7. Kihap qaysi harakatda amalga oshiriladi?
8. Dvitkubi turishda oyoqlar orasida masofa qancha bo'lishi kerak?
9. 22 chi holatda oyoq bilan qanday zarba amalga oshiriladi?
10. 25-2 chi holatda 2 ta qo'l qanday balandliklarda joylashgan?



Pumse Hansu chizig'i

The Poomsae Line of Hansu



PUMSE HANSU



Hansu poomsedagi uchraydigan yangi harakatlar sonnaldeung momtong hecho-makki, mejumeok yangyopkuri chigi, kodureo khaljaebi, anpalmok arae pyojeok-makki, sonnal keumgang-makki va boshqalar va turish holati modumbal hisoblanadi. Barcha harakatlar suv kabi mayinlik bilan amalga oshirilishi lozim. Lekin harakatlar xuddi suv tomchilari katta ummonni yuzaga keltirgani kabi qat'iy davomiylik bilan amalga oshirilishi lozim.

The new techniques introduced in this poomsae are sonnaldeung momtong hecho-makki, mejumeokyangyopkuri (both flanks) chigi, kodureo khaljebi, anpalmok arae pyojeok-makki, sonnal keumgang-makki etc., and also modumbal as a stance. Actions should be practiced softly like water but continuously like a drop of water gathering to make the ocean. The poomsae line symbolizes the Chinese letter which means water.

Hansu Pumsesini qisqacha tushuntirish

The Synoptic Table of Poomsae Hansu

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Moaseogi		Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)
1	Ga	Ga	Ven apkubi	Chap oyoq oldinga L.F put forth	Sonnaldeung momtong hechomakki (qo'l bilan gavda to'sig'i) (back hand blade trunk push blocking)
2	Ga	Ga	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Dumejumeok yopkurichigi (ikki qo'l mushti bilan yon qismga zarba) (two hammer fist side hitting)
3	Ga	Na	Oreun apkubi	O'ng oyoq tortilgan, qadam R.F retrieved, step	Vesanteulmakki (bir qo'l bilan keng ochiq to'siq) (single hand wide open blocking)
4	Ga	Ga	Ven apkubi	Ikki oyoq o'z joyida yo'nalishni almashtirish Feet remaining, change of direction	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
5	Ga	Ma	Ven apkubi	Chap oyoq tortilgan, qadam L.F retrieved, step	Vesanteulmakki (bir qo'l bilan keng ochiq to'siq) (Single hand wide open blocking)
6	Ga	Na	Oreun apkubi	Ikki oyoq o'z joyida yo'nalishni almashtirish Feet remaining, change of direction	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
7	Ga	Ma	Oreun apkubi	O'ng oyoq tortilgan, qadam R.F retrieved, step	Vesanteulmakki (bir qo'l bilan keng ochiq to'siq) (single hand wide open blocking)
8	Ga	Na	Ven apkubi	Ikki oyoq o'z joyida yo'nalishni almashtirish Feet remaining, change of direction	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk right punch)
9	Ga	Na	Oreun apkubi	O'ng oyoq oldinga R.F put forth	Sonnaldeung momtong hechomakki (qo'l bilan gavda to'sig'i) (back hand blade trunk push blocking)
10	Dal	Dal	Ven apkubi	Chap oyoq oldinga L.F put forth	Khaljaebi (Ven agvison) (qo'l qayrilgan) (arc hand)
11	Dal	Dal	Oreun kyotdaris eogi	O'ng oyoq sakrab oldinga R.F jumps forward	Dujumeok jeochojireugi (ikki musht bilan to'g'ri itarish zarbasi) (two fist upward pushing away thrust)
12	Dal	Na	Juchumseogi	Chap oyoq orqaga tortilgan, orqaga qadam L.F Retrieved back, step down	Pyojeok araemakki (pastki to'siq holati) (target underneath blocking)
13	Dal	Na	Oreun dvitkubi	O'ng oyoq orqaga tortilgan, orqaga qadam R.F retrieved back, step down	Sonnal keumgangmakki (qo'l bilan olmos to'sig'i) (hand blade diamond blocking)
14	Da2	Na	Oreun hakdari	O'ng oyoq o'z holatida, chap oyoq ko'tarilgan R.F remaining, L.F lifted up	Jageun doltzeogi (smaller hinge)



15	Da2	Da2	Ven apkubi	Chap oyoq apchagi, oldinga qadam L.F yopchagi, forth	Jebi poom mokchigi (qaldirg'och pum bo'yinga zarba) (swallows poom neck hitting)
16	Da2	Da2	Dvitkkoas eogi	O'ng oyoq apchagi, oldinga qadam R.F apchagi, down	Deungjumeok apchigi "kihap" (musht bilan oldi tarafga zarba) (back fist front hitting)
17	Na	Na	Juchumse ogi	Chap oyoq torilgan, qadam L.F retrieved, step	Vensonnal yopchigi (chap qo'l bilan yon tarafga zarba) (left hand blade trunk side hitting)
18	Na	Na	Juchumse ogi	O'ng oyoq pyojeokchagi, orqaga R.F pyojeokchagi, stepn down	Oreun palkup pyjeokchigi (o'ng tirsak zarbasi) (right elbow target hitting)
19	Ra1	Ra1	Oreun apkubi	Chap oyoqni tortib modumbal, moaseogi, o'ng oyoq oldinga L.F pulled to modumbal, moaseogi, R.F forth	Oreunson kodureo khaljaebi (o'ng qo'l egish) (right hand arc hand)
20	Ra1	Ra1	Ven kyotdaris eogi	Chap oyoq sakrab oldinga L.F jumps to step forth	Dujumeok jeochojireugi (ikki musht bilan to'g'ri itarish zarbasi) (two fist upway pushing away thrust)
21	Ra1	Na	Juchumse ogi	O'ng oyoq orqaga tortilgan, orqaga qadam R.F retrieved back step	Pyojeok araemakki (pastki to'siq holati) (target underneath blocking)
22	Ra1	Na	Ven dvitkubi	Chap oyoq orqaga qadam L.F retrieved step	Sonnal keumgangmakki (qo'l bilan olmos to'sig'i) (hand blade diamond blocking)
23	Ra2	Na	Ven hakdarise ogi	O'ng oyoq ko'tarilgan R.F lifted up	Jageun doltzeogi (smaller hinge)
24	Ra2	Ra2	Oreun apkubi	O'ng oyoq yopchgi, qadam R.F yopchagi, step	Jebi poom sonnal mokchigi (qo'l bilan qaldirg'och pum bo'yinga zarba) (swallow poom hand bladeneck)
25	Ra2	Ra2	Dvikkoas eogi	Chap oyoq apchagi, oldinga qadam L.F apchagi, step	Deungjumeok olgul apchigi "kihap" (musht bilan yuz oldi tarafga zarba) (back fist face front hitting) - kihap-
26	Na	Na	Juchumse ogi	O'ng oyoq orqaga torilgan R.F retrieved back	Oreunsonnal yopchigi (O'ng qo'l bilan yon tarafga zarba) (one hand blade trunk side hitting)
27	Na	Na	Juchumse ogi	Chap oyoq pyojeokchagi, oldinga qadam L.F pyojeokchagi, step forth	Palkup pyjeokchigi (tirsak zarbasi) (elbow target hitting)
Baro	Ga	Na	Moaseogi	O'ng oyoq ichkariga tortilgan R.F pulled in	Qo'llar pastga tushgan holda tayyorlik holati (overlapped hands ready stance)



Pumse Hansu

Harakat qoidasi Movement

Ikki bolg'a musht, yonga urish.
Dumejumeok yopkuri chigi.
- Yoyiq to'siq qilgan ikkala qo'lni
yelka tepasiga ko'tarib bolg'a
mushtlarini bir biriga qaratib
yonga uriladi.

Dumejumeok yopkurichigi (two
hammer fist side strike)
- Pull both of the arms up after
hechomakki, making the hammer
fist each other then strike the flanks.

Bahoni pasaytirish holatlari Deduction Factors

Ikki bolg'a musht, yonga urish.
Dumejumeok yopkuri chigi.
- Ikki musht aylantirib urganda.
Dumejumeok yopkurichigi (two
hammer fist side strike)
- Fists are not struck turned
oyer.

"Ga" direction, right foot put
forth, oreun apkubi, dumejumeok
yopkurichigi.
1. Two arms in hechomakki are
slightly opened to make the fist
face each other at the moment of
delivering a chigi.
2. At the time of chigi, two
elbows are bent.
3. The target is the opponent's
ribs on both sides.

yoyiq to'siq vaqtida ikki qo'l tutashganda,
chiqqan oyoq tarafidagi qo'l tashqarida
joylashgan

In Hechomakki, when the two arms are
crossed, the hand in the same side of front
foot is placed outside



Na holatidan Ga tarafga qarab turib
moaseogi va kyopson junbi seogi

At "Na" position, looking toward "Ga"
moaseogi, kyopson junbi seogi

Ga taraf chap oyoq qadam bosib, wen
apkubi va sonnal deung momtong
hecho makki

"Ga" direction, left foot put forth, wen
apkubi, sonnaldeung momtong
hechomakki

ikki bolg'a musht yonga urish ikki qo'lni yelka tepasiga ko'tarib shu zahoti bolg'a
mushtlar bilan ikkala yon tomonga uriladi

In two hammer fist side strike, pull both arms up over the shoulder and strike the flanks
with the hammer fist at the same time



Ga tarafga o'ng oyoq bilan qadam bosib, wen apkubi va dumejumeok yopchigi.

1. yoyiq to'siq qo'ygan ikkala qo'lni ozgina ochib bolg'a qo'llari bir biriga
qaratib uriladi.

2. urishni bajarganda ikki tirsak qayriladi.

3. maqsad qarama qarshining ikki yoni.



Ga tarafga qarab o'ng oyoq Na holatiga qadam bosib, oreun apkubi va wesanteulmakki

Looking toward "Ga" direction, right foot retrieved to "Na" position, oreun apkubi, wesanteulmakki

Qo'shimcha tushuntirish 13

1. Ga taraf yoki old bukish Na tarafga qilib, tana og'irligi o'ng oyoqqa ko'p tushadi.
2. O'ng oyoq Na tarafga yuz ichki bilak tashqi to'sig'i. Chap qo'l Ga tarafga pastki to'siqni bajaradi. Olgul anpalmok bakkatmakki, araemakki.

An additional Explanation 13

1. Eyes toward "Ga" direction, but apkubi faces "Na" direction, laying the weight largely on the right foot.
2. Right arm performs olgul anpalmok bakkatmakki toward "Na" direction, and the left arm performs araemakki toward "Ga" direction.



Ga tarafga qarab ikki oyoq o'z joyida, wen apkubi va momtong baro jireugi.

1. O'ng oyoqqa tashlangan tana og'irligini chap oyoqqa o'tkazib odatiy urish amalga oshiriladi.
2. (3) (4) harakatlarning bog'lani- shini ko'rsak to'lqinga o'xshab ketadi.

Looking toward "Ga", two feet at their places, wen apkubi, momtong barojireugi.

- # 1. The weight moved from the right foot to the left foot at the time of jireugi.
2. The connection of 3 and 4 actions looks like a waving.



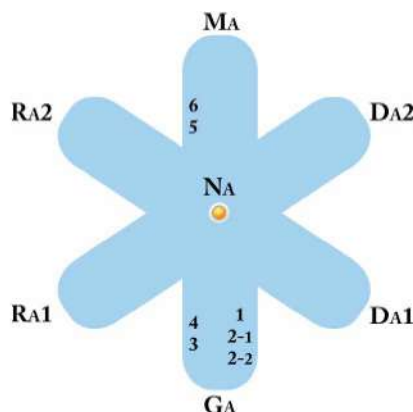
Ga tarafga qarab chap oyoq Ma chizig'ida orqaga qadam qo'yib, wen apkubi va wesanteulmakki

Looking toward "Ga", left foot retrieved back on "Ma" line, wen apkubi, wesanteulmakki



Ga tarafga ikki oyoq o'z joyida, oreun apkubi va momtong baro jireugi

"Ga" direction, two feet at their places. Oreun apkubi, momtong barojireugi





yoyiq to'siqda ikkala qo'l tutashganda chiqqan oyoq tarafidagi qo'l tashqarida joylashadi

In Hechomakki, when the two arms are crossed, the hand in the same side of front foot is placed outside



Ga tarafga qarab o'ng oyoq Ma chizig'ga qadam bosib, oreun apkubi va wesanteulmakki

Looking toward "Ga" right, foot retrieved back on "Ma" line, oreun apkubi, wesanteulmakki



Ga tarafga ikki oyoq o'z joyida, wen apkubi va momtong barojireugi

"Ga" direction, two feet as they are, wen apkubi, momtong barojireugi



Ga taraf o'ng oyoq oldinga chiqib (Na holatida), oreun apkubi va sonnal deung momtong hechomakki

"Ga" direction, right foot put forth (at "Na" position), oreun apkubi, sonnaldeung momtong hechomakki

Harakat qoidasi Movement

Yagona tog' to'sig'i. Odatiy gavda urish. Wesanteulmakki va barojireugi.

- Old bukishnimig holatida oyoq to'g'ri chiziq ostida, oyoq uchi dioaganal ko'rinishda bo'ladi, yagona tog' to'sig'ini qilgandan so'ng odatiy gavda urishi bajariladi.

Wesanteulmakko Momtong barojireugi

(Single Mountain Bblock Punch)

- Do wesanteulmakki with the tip of the feet placed diagonally in apkubi and follow with momtong barojireugi right away.

Bahoni pasaytirish holatlari Deduction Factors

Yagona tog' bloki. Odatiy gavda urish. wesanteulmakki va barojireugi.

- Yagona tog' to'sig'idan keyin, tez gavda urishi bajarilmaganda.

Wesanteulmakko Momtong barojireugi (Single Mountain Block Punch)

- Momtong Barojireugi is not done fast after Wesanteulmakki.



Da 1 tarafga qarab chap oyoq o'z joyida, o'ng oyoq Na holatida orqaga tortilib o'ng orqa bukish, qo'l yon qismi bilan brillian bloki oreun dwitkubi va sonnal keun- gangmakki -ko'z Da 1 tarafga

Looking toward "Da" (1), left foot as it is, right foot retrieved back at "Na" position, oreun dwitkubi, sonnal keumgangmakki, eyes toward. "Da" (1)

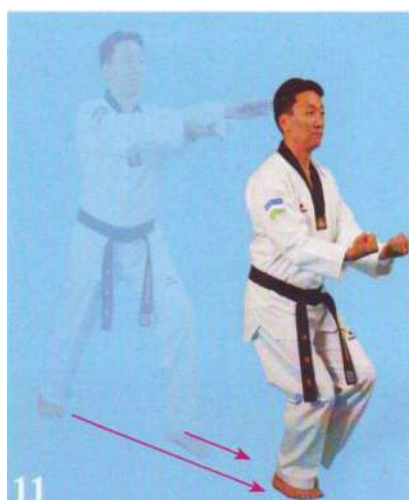
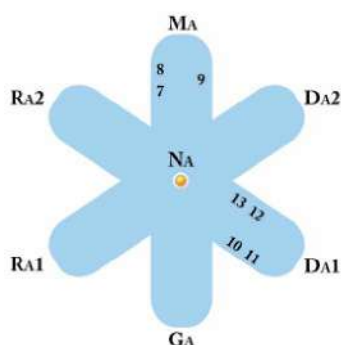


O'ng oyoq Na holatida, chap oyoq oldinga qadam qo'yib chap-old bukish (wen apkubi). Da 1 taraf wenagwison kodureo khaljaebi.

Chap oyoq Da 1 tarafga qadam qo'yganda o'ng qo'l kafti bilan bosma to'siqni qilib (batang son-nullomakki), torta turib wenagwison kodureo khaljaebi.

Right foot at "Na" position, left foot put forth, wen apkubi in "Da" (1) direction, wen agwison kodureo khaljaebi.

When the left foot steps down toward "Da" (1), oreun batangson performs a nullomakki and pulling the opponent, delivers a khaljaebi with wen agwison.



Da 1 tarafga o'n oyoq qadam bosib, oreun kyotdariseogi va dujumeok jeochu jireugi.
Dujumeok jeochu jireugi tos yonidan mushtum usti teppaga yo'nalgan holat- da boshlanadi.

Right foot jumps forward in "Da" (1) direction, oreun kyotdariseogi, dujumeok jeochu jireugi.

Dujumeok jeochu jireugi starts from janggolrung (waist) with the back of the fists facing upward.

Harakat qoidasi Movement

Kodureo khaljaebi.
- To'siq va khaljaebi bitta vaqtda bajariladi.

Kodureo khaljaebi.
- Block and Khaljaebi is done at the same time.

Bahoni pasaytirish holatlari Deduction Factors

Kodureo khaljaebi.
- Khaljaebi qo'lni batang qo'lga o'xshatib bajarganda.

Kodureo khaljaebi.
- Khaljaebi is done in form of Batangson (palm hand).



Da 1 tarafga qarab o'ng oyoq o'z joyida chap oyoq Na tarafga orqaga tortilib qadam bosib, juchum seogi va pyojeok araemakki - ko'z Da tarafga.
Wen agwison o'ng old bilakni kirgazib uriladi.

Looking toward "Da" (1), right foot as it is, left foot retrieved back toward "Na" juchumseogi, pyojeok araemakki, eyes toward "Da" (1).

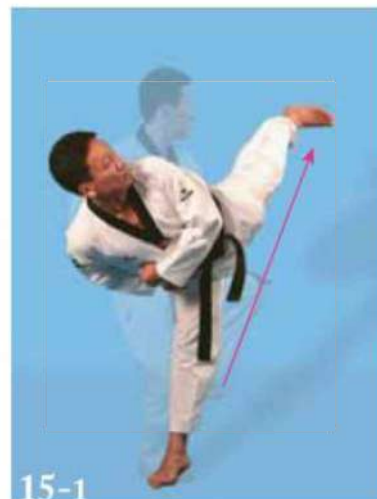
The right anpalmok (inner wrist) hits the left agwison as if fixing in it.





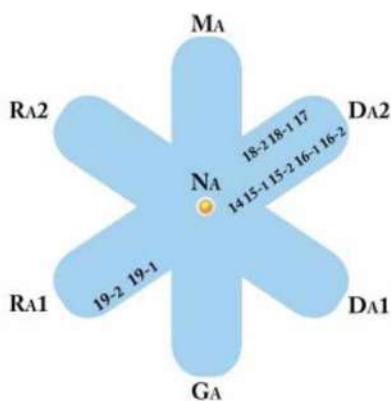
Da 2 tarafga ko'zni ko'tarib o'ng oyoq o'z joyida chap oyoqni tortib ko'tarib, oreun hakdari seogi va jageun doltzeogi

Changing the eyes toward "Da" (2), right foot as it is, left foot lifted up, oreun hakdari, jageun dolzeogi



Da 2 tarafga chap oyoq yon tepib qadam tashlab, wen apkubi va jebipoom mokchigi

"Da" (2) direction, left foot yopchagi and stepping down, wen apkubi, jebipoom mokchigi (15-1 and 15-2)



Ra 1 tarafga o'ng oyoq o'z joyida, chap oyoqni tortib moaseogini bajarishi bilanoq davomidan o'ng oyoq Ra 1 tarafga qadam qo'yib, oreun apkubi va oreunagwison kodureo khaljebi

"Ra" (1) direction, right foot as it is, left foot pulled to a modumbal, making a moaseogi, instantly the right foot put forth to "Ra"(1) direction, oreun apkubi, oreun agwison koderuo khaljaebi (19-1 and 19-2)





Da 2 tarafga o'ng oyoq apchagi, oldinga sakrab o'ng oyoq qadam bosib, wen dwikkoaseogi va deungjumeok apchigi -kihap-

"Da" (2) direction, right foot apchagi and jumping forward steps down, pounding, wen dwikkoaseogi, deungjumeok apchigi, utterance of "kihap" (16-1 and 16-2)



Chap oyoq o'z joyida, o'ng oyqni ko'tarib pyojeokchagi Na holatga qadam qo'yib, juchum seogi va oreun palkub pyojeokchigi -ko'z harakat bo'ylab Ra 1-

Left foot as it is, right foot lifted to deliver pyojeokchagi, and steps down "Na" position, juchumseogi, oreun palkub pyojeokchigi, eyes toward the moving direction (Ra 1)

Na taraf chap oyoq orqaga qadam bosib, Na tarafga, juchumseogi va wensonnal yopchigi

"Na" direction, left foot retrieved back to step down toward "Na" juchumseogi, wen sonnall yopchagi



Ra 1 taraf chap oyoq sakrab orqaga qadam bosib, wenbal kyotdariseogi va dujumeok jeochojireugi

"Ra" (1) direction, left foot jumping to step down, wenbal kyptdariseogi, dujumeok jechojireugi



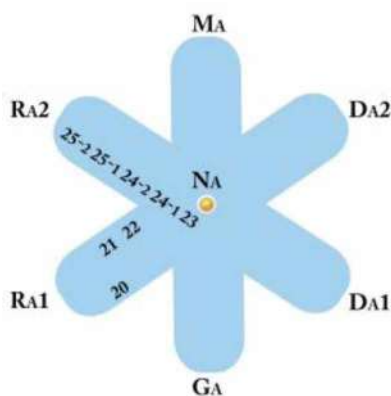
Ra 1 tarafga qarab chap oyoq o'z joyida, Na tarafga o'ng oyoq orqaga tortilib qadam bosib, juchum seogi va pyojeok araemakki

Looking toward "Ra" (1), left foot as it is, right foot retrieved back toward "Na" to step down, juchumseogi pyojeok araemakki



Ra 1 tarafga qarab o'ng oyoq o'z joyida, chap oyoq orqaga tortilib qadam bosib (Na holati), wendwit kubi va sonnal keumgangmakki

Looking toward "Ra" (1), right foot as it is left foot retrieved back to step down (at "Na" position), wen dwitkubi, sonnal keumgangmakki



Ra 2 taraf chap oyoq apchagi, qaytib qadam bosib, oreunbal dwitkkoaseogi va deungjumeok olgul apchigi -kihap-

"Ra" (2) direction, left foot apchagi and steps down pounding, right foot making dwikkoaseogi, deungjumeok plgul apchagi, utterance of "Kihap" (25-1 and 25-2)



Harakat qoidasi Movement

Kyotdariseogi,
Dujumeok jeochojireugi.
- Oldinga sakrab kyotdari holatida turgan paytda Dujumeok jeochojireugi bajariladi.
- Oldinga sakrab kyotdari holatida turgan paytda Dujumeok jeochojireugi bajariladi.

Kyotdariseogi Dejumook jeochojireugi (Assisted Stance, Double fist Turned Over Punch)
- Dash forward, and do Kyotdariseogi and Dujumeok Jeochojireugi at the same time.

Nishon to'sig'i. pyojeokmakki.
- Nishon qo'l pastki qorin oldida joylashadi, bilak harakat bo'ylab.

Pyojeok makki (Target blocking)
- Target hand is placed in front of the low abdomen, and wrist of the blocking hand does the movement.

Bahoni pasaytirish holatlari Deduction Factors

Kyotdariseogi,
Dujumeok jeochojireugi.
- Ikki oyoq bir vaqtda ko'tarilsa yoki kkoa seogi holatida urish.

Kyotdariseogi Dejumook jeochojireugi (Assisted Stance, Double fist Turned Over Punch)
- Both feet are in the air or punch is done on kkoaseogi (twist stance).

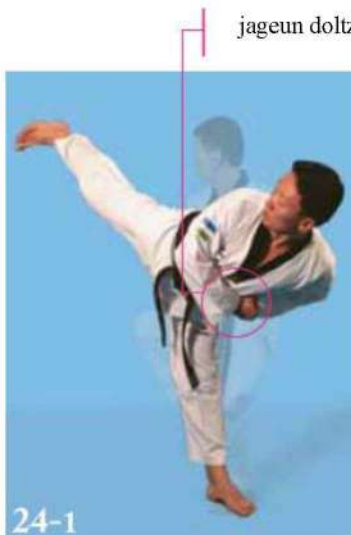
Nishon bloki. pyojeokmakki.
- Ikki qo'lni yonga ochib to'siq berish.

Pyojeok makki (Target blocking).
- Arms to both sides.



Ra 2 taraf o'ng oyoq yopchsigi, qaytib qadam qo'yib, ouren apkubi va jebipom mokchigi

"Ra" (2) direction, left foot yopchagi and stepping down, oreun apkubi, jebipoom mokchigi (24-1 and 24-2)



jageun doltzeogi



Ra 2 tarafga qarab chap oyoq o'z joyida (Na holat) o'ng oyoqni tortib, wen hakdari seogi va jaeun doltzeogi

Looking toward "Ra"(2), left foot as it is ("Na" position), right foot lifted up, wen hakdari jaeun doltzeogi



Na taraf o'ng oyoqni orqaga tortib qadam bosib, juchumseogi va oreunsonnal yopchigi

"Na" direction, right foot retrieved back to make a juchumseogi, oreunsonnal yopchigi



Na taraf o'ng oyoq o'z joyida, chap oyoq ko'tarilib nishon tepib qayta tushib (Na holat), juchum seogi va wenpalkub pyojeokchigi (ko'z harakat bo'ylab)

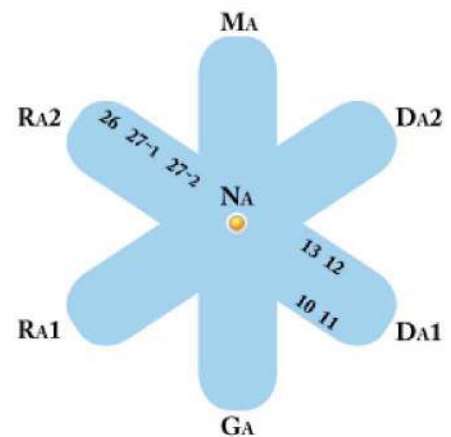
"Na" direction, right foot as it is, left foot lifted to deliver a pyojeokchigi and stepping down (at "Na" position), juchumseogi, wenpalkup pyojeokchigi, eyes toward the direction of movement



Baro

Chap oyoq o'z joyida Ga tarafga qarab moaseogi va kyopson jubiseogi

Baro: Left foot at its place, looking toward "Ga", modumbal and moaseogi, kyopson jubiseogi





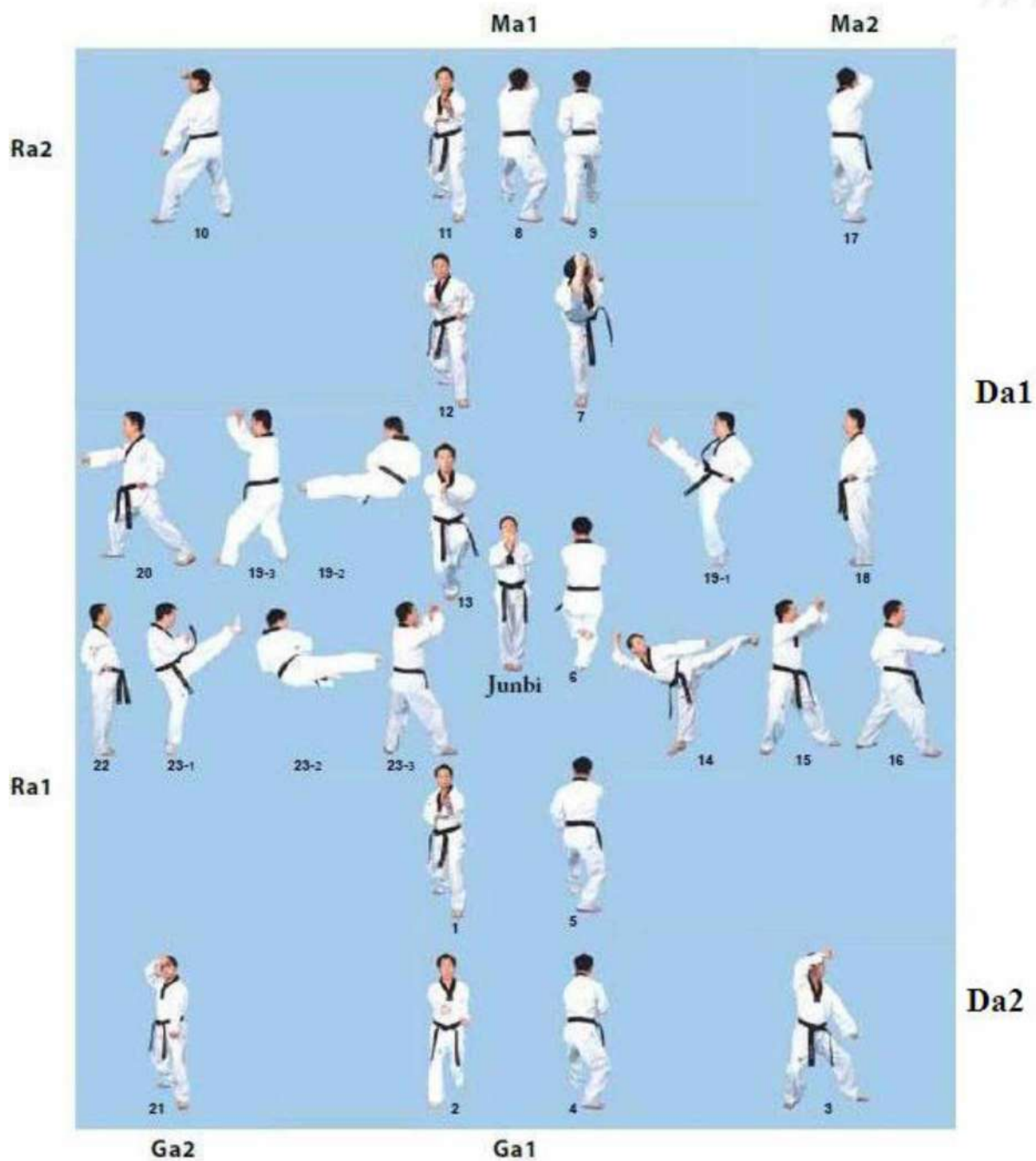
SAVOLLAR:

1. Hansu Poomsesida harakatlar qanday amalga oshirilishlari kerak?
2. Hansu poomsesida uchraydigan yangi harakatlarning nomi?
3. 1chi harakat amalga oshirilayotganda qaysi qo'l tashqarida bo'ladi?
4. Ap kubi turishda oyoqlar orasidagi masofa qancha bo'lishi kerak?
5. 3chi holatda nigoh qaysi tamonga yo'nalgan bo'lishi kerak?
6. 10 chi holatda qo'l zarbasi tananing qaysi qismigaamalga oshiriladi?
7. 12 chi holatda qo'llar qanday joylashgan va nigoh qaysi tamonga qartilishi lozim?
8. 21-1 chi holatda oyoq bilan beriladigan zarba qanday ataladi?
9. Yop chagi zarbasini amalga oshishda tayanch oyoq qanday holatda bo'lishi kerak?
10. Hansu Poomse qanday turish bilan tugatiladi?



Pumse Ilyeo chizig'i

The Poomsae Line of Ilyeo



PUMSE ILYEO



Ilyeo poomsesiga ko'rishimiz mumkin bo'lgan yangi harakatlar vesanteulyopchagi, dusunpyo (ikki ochilgan qo'l), bitereo jabandangkigi (aylantirish va tortish), tvioyopchagi va birinchi turish holatiogeum (tizzal orqasi) seogi hisoblanadi. Bunda Junbiseogi esa bojumeok moaseogi (yig'ilgan musht moa-seogi) bo'lib, bunda poomse mashg'ulotining so'nggi qadamida ikki qo'l mushti dahanning oldida joylashadi. Bu birlashish va qat'iylikni bildirib, kuch-quvvat ikki qo'l orqali butun tanaga yaxshi tarqalishini ta'minlaydi.

The new techniques introduced in this poomsae are wesanteul yopchagi, dusonpyo (two opened hands) bitereo jabadangkigi (twisting and pulling), twio yopchagi and the first stance of ogeum (knee back) seogi. Junbiseogi is the bojumeok moaseogi (wrapped-up first moa-seogi), in which, as the last step of poomsae training, two wrapped-up fists are placed in front on the chin, which has the significance of unification and modernization, so that the spiritual energy can flow freely into the body as well as the two hands. The line of poomsae symbolizes the Buddhist mark (swastika), in commemoration of Saint Wonhyo, which means a state of perfect selflessness in Buddhist where origin, substance and service come into congruity.

Ilyeo Pumsesini qisqacha tushuntirish

The Synoptic Table of Poomsae Ilyeo

Ketma - ketlik order	Ko'zning yo'nalishi Eye dir	Joy Position	Turish Stance	Harakat Action	Poomning nomi Name of poom
Junbi	Ga	Na	Moaseogi	O'ng mushtni chap qo'l bilan ushlab turish L. hand winds and holds right fist (covered fist ready stance)	Bojumeok junbiseogi (berkitilgan musht, tayyorlik holati) (covered fist ready stance)
1	Ga1	Ga1	Oreun dvitkubi	Chap oyoq oldinga L.F puts forth (hand blade trunk blocking)	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
2	Ga1	Ga1	Oreun apkubi	O'ng oyoq oldinga R.f puts forth (trunk opposite punch)	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
3	Da2	Da2	Oreun dvitkubi	Chap oyoqda qadam L.F moved to step (diamond blocking)	Keumgangmakki (olmos to'sig'i) (diamond blocking)
4	Ma	Na	Oreun dvitkubi	Chap oyoqda aylanish L.F moved to turn (hand blade trunk blocking)	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)
5	Ma1	Na	Oreun dvitkubi	Oyoqlar o'z joyida ,o'sha holatda turish Same posit.&stance (trunk rught punch)	Momtong barojireugi (gavdaga to'g'ri zarba) (trunk rught punch)
6	Ma1	Na	Oreun ogeumseogi	O'ng oyoqda sakrab oldinga R.F jumps to step forth (fingertip trunk erect punch)	Venpyonsonkkeut momtong sevotzireugi "kihap" (barmoqlar uchi bilan gavdaga to'g'ri zarba) (fingertip trunk erect punch)
7	Ma1	Na	Oreunbal vedariseogi	Chap oyoq yopchagi L.F yopchagi (single hand wide open blocking)	Vesandilmakki (bir qo'l bilan keng ochiq to'siq) (single hand wide open blocking)
8	Ma1	Ma1	Oreun dvitkubi	Chap oyoq pastga L.F steps down (cross face blocking)	Otkoreo olgulkanmakki (yuzga qarama-qarshi to'siq) (cross face blocking)
9	Ma1	Ma1	Oreun apkubi	O'ng oyoq oldinga, tirsak zarba R.F forth, twists and pulls the punching wrist (trunk opposite punch)	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) (trunk opposite punch)
10	Ra2	Ra2	Oreun dvitkubi	Chap oyoqda qadam L.F moved to step (diamond blocking)	Keumgangmakki (olmos to'sig'i) (diamond blocking)
11	Ga1	Na	Oreun dvitkubi	Chap oyoqda aylanish L.F moved to turn (hand blade trunk blocking)	Sonnalmakki (qo'l bilan gavda to'sig'i) (hand blade trunk blocking)



12	Da1	Na	Oreun dvitkubi	Ikki oyoq o'z joyida <i>Feet at their places</i>	Momtong barojireugi (gavdaga to'g'ri zarba) <i>(trunk right punch)</i>
13	Da1	Na	Oreun ogeumseo gi	O'ng oyoq sakrab oldinga <i>R.F jumps to step forth</i>	Oreunpyonsonkkeut momtong sevtzireugi "kihap" (barmoqlar uchi bilan gavdaga to'g'ri zarba) <i>(fingertip trunk erect punch)</i>
14	Da2	Na	Oreunbal vedariseo gi	Chap oyoq yopchigi <i>L.F yopchigi</i>	Vesandilmakki (bir qo'l bilan keng ochiq to'siq) <i>Single hand wide open blocking</i>
15	Da2	Da2	Oreun dvitkubi	Chap oyoq pastga <i>L.F steps down</i>	Otkoreo olgulmakki (yuzga qarama-qarshi to'siq) <i>(cross face blocking)</i>
16	Da2	Da2	Oreun apkubi	Tirsakni kaft bilan ushlab tortish, o'ng oyoq oldinga <i>Twists and pulls the crossed wrist, R.F put forth</i>	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) <i>(trunk opposite punch)</i>
17	Na	Na	Oreun dvitkubi	Chap oyoq orqaga <i>L.F moved to step down</i>	Keumgangmakki (olmos to'sig'i) <i>(diamond blocking)</i>
18	Na	Na	moaseogi	O'ng oyoq o'z joyida, gavda chap tomonga aylangan, chap oyoq ichkariga tortilgan <i>R.F remains, body tunned left, L.F pulled in</i>	Dujumeok heoriseogi (ikki musht bel qismida) (fist on the waist stance)
19	Ra1	Ra1	Oreun dvitkubi	O'ng oyoq apchagi, bir qadam oldinga, chap oyoqda yopchagi, oldinga <i>R.f apchagi, one step forth, L.F jumps to make yopchagi step</i>	Otkoreo olgulmakki (yuzga qarama-qarshi to'siq) <i>(cross face blocking)</i>
20	Ra1	Ra1	Oreun apkubi	Tirsakni kaft bilan ushlab tortish, o'ng oyoq oldinga <i>Twist and pull the wrist, R.F put forth</i>	Momtong bandaejireugi (gavdaga qarama-qarshi zarba) <i>(trunk opposite punch)</i>
21	Ra1	Na	Oreun dvitkubi	Chap oyoqda orqaga <i>L.F moved to step down</i>	Keumgangmakki (olmos to'sig'i) <i>(diamond blocking)</i>
22	Ra1	Na	Moaseogi	O'ng oyoq o'z joyida, gavda chapga egilgan, chap oyoq ichkariga tortilgan <i>R.F remains, body tunned left, L.F pulled in</i>	Dujumeok heoriseogi (ikki musht bel qismida) <i>(fits on the waist stance)</i>
23	Ra2	Na	Ven dvitkubi	Chap oyoq apchagi, bir qadam oldinga, o'ng oyoq yopchagi, oldinga qadam <i>L.F apchagi, one step forth, R.F jumps to make yopchagi, step</i>	Otkoreo olgulmakki (yuzga qarama-qarshi to'siq) (cross face blocking)
Baro	Ga	Na	Moaseogi	Chap oyoq o'z joyida, gavda o'ng tarafga aylangan, o'ng oyoq ichkariga tortilgan <i>L.F remains, body tunned left, R.F pulled in</i>	Bojumeok junbiseogi (berkitilgan musht, tayyorlik holati)



Pumse Ilyeo



Na holatidan Ga tarafga qarab turib moaseogi va kyopson junbi seogi

At "Na" position, looking toward "Ga" (1), moaseogi bojumeok junbi seogi



Ga 1 taraf chap oyoq qadam bosib, oreun dwitkubi va sonnalmakki

Left foot puts forth toward "Ga" (1), oreun dwitkubi, sonnal momtongmakki



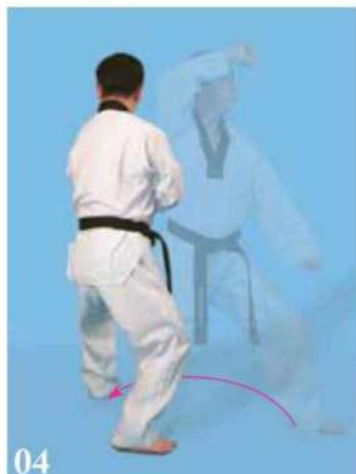
Ga 1 taraf o'ng oyoq qadam bosib, oreun apkubi va momtong bandae jireugi

Right foot put forth toward "Ga"(1), oreun apkubi, momtong bandaejireugi



Da 3 taraf chap oyoq ko'tarib qadam bosib, oreun dwitkubi va keum-gangmakki –sekin harakat qilinadi

"Da" (2) direction, left foot moved to step down, oreun dwitkubi, keumgangmakki (slowly).



04

Na taraf chap oyoq ko'tarib aylanib, oreun dwitkubi va sonnalakki

"Da" (2) direction, left foot moved to step down, oreun dwitkubi, sonnal momtongmakki



05

Na taraf ikki oyoq o'z joyida, oreun dwitkubi va momtong baro jireugi

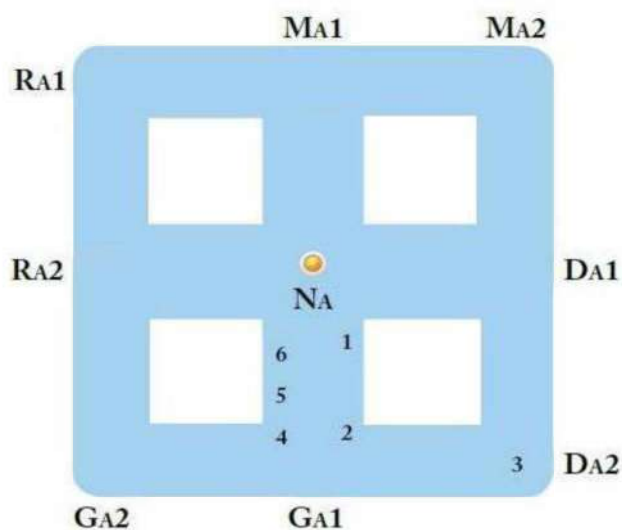
"Na" direction, two feet as they are, oreun dwitkubi, momtong barojireugi



06

Na taraf o'ng oyoq oldiga sakrab qadam bosib, oreun ogeumseogi va kodureo wen pyonsokkeut momtong sewotzireugi -kihap-

"Na" direction, right foot jumps forward to step down, right foot ogeumseogi (at "Na" position), kodureo wen pyonsonkkeut momtong sewotzireugi, utterance of "Kihap"





Yopchagi va vesanteul-makkini asta-sekinlik bilan amalga oshiriladi.

Deliver the side kick and
Wesanteulmakki slowly



O'ng oyoq o'z joyida, Ma 1 tarafga asta-sekin chap oyoq yopchagi, oreunbal wedari seogi, wesanteulmakki

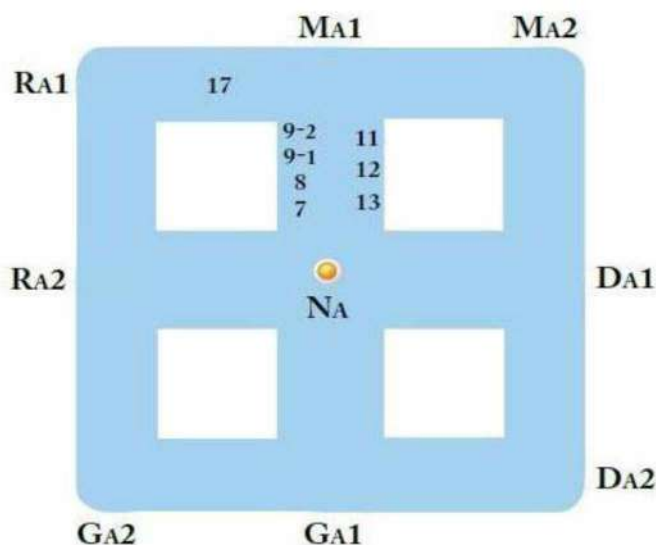
Right foot at its place, slowly left foot yopchagi toward "Ma" 1 direction, simultaneosly right foot wedari (single foot) seogi, wesanteulmakki

Yon tepishni bajargandan so'ng chap oyoq Ma chiziqqa tushib qadam bosib o'ng orqa bukish, ikki qo'l kesishgan yuz to'sig'i, -tez bajariladi- Oreun dwitkubi va otkoreo olgumakki.

Ikki qo'l kesishgan yuz to'sig'i oldinga chiqqan oyoq tarafdagi bilak bilan yuz to'sig'ini qo'yganda orqa tarafdagi bilak kuchni qo'shib berishi uchun orqa tarafdin itarib yordam beradi.

Left foot used in yopchagi steps down on "Ma"(1) line, oreun dwitkubi otkoreo (crossing) olgumakki (swiftly)

In the otkoreo olgumakki, the wrist on the side of the fore foot makes olgumakki while the wrist on the side of the back foot supports the makki by adding up the power, making a cross shape with the defending wrist.





09-1



09-2

Ma 1 taraf qarama qarshi odamning bilagini aylantirib ushlab tortib, qadam bosib, oreun apkubi va momtong bandaejireugi

“Ma”(1) direction, twists and draws the opponent's wrist trapped by the crossed wrist, puts forth the right foot make an oreun apkubi, momtong bandaejireugi.

Ensuring that the opponent's wrist trapped by the crossed wrists do not slip away, the assisting hand opens up to grab the opponent's wrist and snatches it.



10

Ra 1 taraf chap oyoq ko'tarib qadam tashlab, oreun dwitkubi va keumgang makki

“Ra” (1) direction, left foot moved to step down, oreun dwitkubi, keumgangmakki



13

13, Ga 1 taraf o'ng oyoq sakrab qadam bosib, oreun ogeumseo- gi, kodureo oreun pyonsonkkeut momton sewotzireugi -kihap-

“Ga” (1) direction, right foot jumps forward to step down, right foot ogeumseogi (at “Na” position), kodureo oreun pyonsonkkeut momtong sewotziregi. “kihap”



12

Ga 1 taraf ikki oyoq o'z joyida, oreun dwit kubi va momtong baro jireugi

“Ga”(1) direction, two feet as they are, oreun dwitkubi, momtong berojireugi



11

Ga 1 taraf chap oyoqni ko'tarib aylanib, oreun dwitkubi va sonnalmakki

“Ga” (1) direction, left foot moved to turn, oreun dwitkubi, sonnal makki



wesanteulmakki va yopchagi sekin bajariladi

Deliver the side kick and Wesanteulmakki slowly



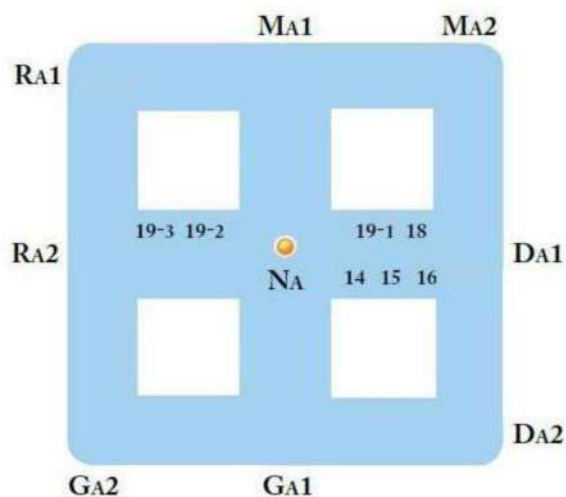
Da 1 tarafga chap oyoq sekin yopchagi tepib, oreunbal wedariseogi va wesanteulmakki

"Da" (1) direction, left foot yopchagi slowly, right foot wedariseogi, wesanteulmaki



Da 1tarafga chap oyoq qadam tashlab, oreun dwitkubi va otkoreo olgulmakki

"Da"(1) direction, left foot puts down, oreun dwitkubi, otkoreo olgulmakki



Ra 2 taraf kesishgan bilakni aylantirib, ushlab tortib, o'ng oyoq qadam qo'yib, oreun apkubi va momtong bandaejireugi

"Ra" (2) direction, twist and draws the opponent's wrist trapped by the crossed wrists, and puts forth the right foot to make an oreun apkubi, momtong ban- daejireugi.



16

Da 1 taraf kesishib to'siq qo'ygan bilakni aylantirib ushlab tortib o'ng oyoq oldinga qadam tashlab, oreun apkubi va momtong badae jireugi

"Da" (1) direction, twists and draws the opponent's wrist trapped by the crossed wrists, right foot put forth, oreun apkubi, momotng bandaejireugi



17

Ma 2 taraf chap oyoq ko'tarilib qadam qo'yib, oreun dwitkubi va keumgangmakki

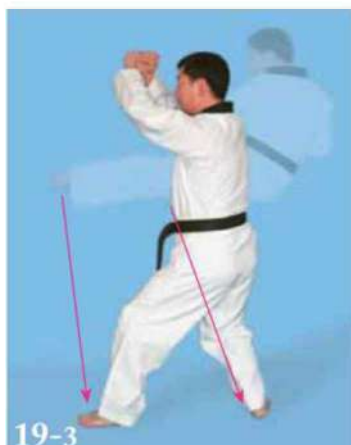
"Ma" (2) direction, left foot moved to step down, oreun dwitkubi. Keumgangmakki



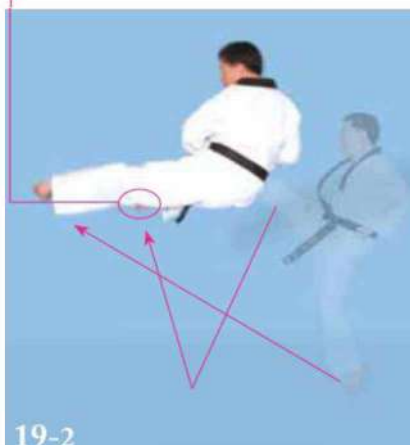
18

Ra 2 taraf o'ng oyoq o'z joyida, o'ng oyoqni tortib ko'tarib, badan- ni chap tarafga aylantirib moseogi va djumeok heoriseogi

"Ra" (2) direction, right foot as it is, left foot pulled to a modeumbal turning the body leftward, moaseogi, dujumeok heoriseogi. (two fists on the waist)



19-3



19-2



19-1

sakrab yopchagi vaqtida tepadigan oyoqning qarama qarshi oyog'i qayrilib tepayotgan oyoqning soniga tekiziladi
in the jumpside kick, fold the opposite foot of the kicking foot and attach it to the thigh of the kicking leg

Ra 2 taraf o'ng oyoq apchagini bajarib Ra 2 chiziqqa bir qadam tashlab, davomidan sakrab yopchagini bajarib, tushib qadam bosib, oreun dwitkubi va otkoreo olgulmakki.

O'ng oyoq apchagini bajarib oldinga bir qadam bosib, shu oyoq bilan yana bir bor yerni itarib sakrab tanani o'n tarafga aylantirib chap oyoq bilan yopchagi tepiladi. Buning o'miga twiochagi deb ham ataladi. Bundan tashqari yopchagini bakuwo twio yopchagi deb ham atashadi.

"Ra" (2) direction, right foot apchagi, then stepping down a step farther on "Ra"(2) line, consecutively changing the stance of the body, left foot performs twio yopchagi (jump side kick) and steps down to make an oreun dwitkubi, otkoreo olgulmakkiio.

After apchagi, right foot steps down a step farther and it pushes up the body to turn rightward and delivers a yopchagi with the left foot. This is called a changing jump kick. The direction of the body changes from left to right, and also the back foot delivers a kick while the jumping fore foot supports the weight. This is also called a bakuwo twio yopchagi (19-1, 19-2 and 19-3)



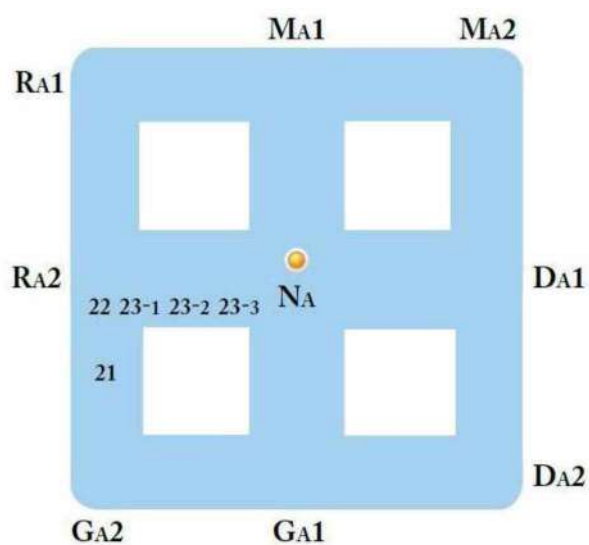
21
Ga 2 taraf chap oyoqni ko'tarib qadam bosib, oreun dwitkubi va keumgangmakki

"Ga" (2) direction, left foot moved to step down, oreun dwitkub, keumgangmakki



22
Da 1 taraf o'ng oyoq o'z joyida, chap tarafga aylanib chap oyoqni tortib gavidani ko'tarib moaseogi va dujumeokhoriseogi

"Da" (1), direction, right foot at its place, turning leftward the left foot is pulled to a modeumbal and raises the body to make a moaseogi, dujumeok heoriseogi





Da 1 taraf chap oyoq apchagi oldinga bir qadam tashlab, tanani aylantirib, oreun bal twioyopchagi, wendwitkubi va otkoreo olgulkan

“Ga” (1) direction, left foot apchagi, stepping down forward, turning the body, and right foot yopchagi by jumping up, stepping down to make wen dwitkubi otkoreo olgulkan. (23-1, 23-2 and 23-3)



Chap oyoq o'z joyida (Na taraf) tanani o'ng tarafga aylantirib Ga 1 tarafga qarab o'ng oyoqni tortib moaseogi va bojumeok jubiseogi.

Baro: Left foot at its place (at “Na” position) the body turned rightward, looking toward “Ga” (1), right foot pulled to a moaseogi, bojumeok jubiseogi

IV Bob. KO'RGAZMALI TAEKVONDO

TAEKVONDO DEMONSTRATION



4.1. Asoslari.

Taekvondo bilan shug'ullanuvchilar taekvondo texnikasini ko'rgazmali namoyish qilib berish orqali uning o'ziga xos takrorlanmas jihatlarini ko'rsatib berishadi va uni o'rganishga nisbatan qiziqish va hoxish-istaklar o'yg'onishiga turtki beradi. Bundan tashqari, taekvondoda turli xil holatlarni o'rganish va tamokillashtirishni amalga oshirgan mashq qiluvchilar ko'rgazmali namoyish qilib berish davomida ko'plab maqtov- olqishlarga sazovor bo'lishadi, o'z navbatida sportchilar ko'nglining o'zi erishgan yutuqlardan g'ururlanish hissig'a to'lishi, quvonch va hursandchilikni his qilishlari kuzatiladi.

Ko'rgazmali taekvondoda qisqa vaqt davomida pumse, kirugi, kokpa, o'z-o'zini himoya qilish san'ati va maxsus texnikadan tashkil topgan majmuaviy tavsifga ega bo'lgan taekvondo namoyish qilib beriladi.

Chiqish qilish yakka tartibdagi va guruh holdagi chiqishlarga bo'linadi, yakka tartibdagi chiqish qilishning ustunlik jihatlari – bu makonda namoyish qilib beriluvchi texnikaning cheklanganligi hisoblanadi, shu sababli ko'pincha holatlarda bu ko'rinishdagi ko'rgazmali chiqishlardan ochilish marosimlarida tanishuv vositasi sifatida foydalanish keng tarqalgan, shuningdek televideniya qisqa chiqishlarni amalga oshirishda ham qo'llaniladi.

Bunda asosiy e'tibor namoyish qilishning ikkita guruhiga qaratiladi. Eng avvalo, ko'rgazmali chiqishning rejasini tuzib chiqishda foydalaniluvchi predmetlar, tomoshabinlarning joylashish darajasi, chiqishda ishtirok etuvchilarning soni, ko'rgazmali chiqish namoyish qilinuvchi joy (inshoot ichida yoki binodan tashqarida) hisobga olinadi, shuningdek iqlim sharoitlari (yoz, qish va hakoza) va boshqa shart-sharoitlar e'tiborga olinadi, bundan tashqari ko'rgazmali chiqishning tarkibi, ishtirok etuvchilarning tarkibi, chiqish vaqtini boshqarish va tayyorgarlik mashg'ulotlariga sarflanuvchi vaqt kabilar ham qarab chiqiladi. Ayrim holatlarda taekvondoda ko'rgazmali chiqishlar qilishning asosini sehr–joduga oid qandaydir sahnalar tashkil qilishi mumkin, albatta bu holat yaqqol chalkashish holati hisoblanadi.

A Taekvondoda ko'rgazmali namoyish – eng avvalo, ushbu sport turi bilan shug'ullanishga hoxish–istak o'yg'otishga qaratiladi. Shunday qilib, taekvondoda ko'rgazmali chiqishlarni rejalashtirishda asosiy (baza) harakatlar, pumse, kirugi, o'z–o'zini himoya qilish san'ati, kokpa va boshqa harakatlarga tayaniladi, bu esa – murakkab tavsifga ega dasturlarni tuzib chiqish imkonini beradi. Ushbu holatga bog'liq ravishda, ko'rgazmali namoyish qilish texnikasini yaxshi darajada o'zlashtirgan sportchilarda namoyish qilish dasturini ishlab chiqishni qarab chiqish o'rinli hisoblanadi. Quyidagi qismlarda tanishib chiqish uchun misollarni keltiramiz. Misol sifatida, Koreya ko'rgazmali namoyish jamoasining dasturi bilan tanishib chiqamiz, bunda chiqish rejasini tuzib chiqishning mazmun–mohiyati (o'qituvchilar uchun model), qisqacha qo'llanma–ko'rsatmalar, ko'rgazmali chiqishning turlari va ahamiyati haqida ma'lumotlar keltirilgan.

4.1. Outline

Taekwondo demonstration is to display the Taekwondo techniques and feats achieved by Taekwondo practitioners, thereby making the spectators interested in, encouraged and motivated to learn Taekwondo training after understanding what it is.

In addition, the Taekwondo demonstrators themselves feel proud of being Taekwondo-men when they are showered with applause and cheers from the spectators.

In effect, Taekwondo demonstration can be defined as an integral art of Taekwondo performed by Taekwondo experts by showing for a short period of time what they have so far studied and practiced, such as basic motions, poomsae, kyorugi, kyokpa (breaking), self defense, special techniques and feats.

In a broad sense, Taekwondo demonstration is divided into an individual demonstration and a group demonstration. The individual demonstration is usually conducted on the occasion of opening one's own club or dojang as a means of introducing himself, or briefly on the TV screen, or simply for one's self display of techniques.

However, this chapter will deal with the group demonstration consisting of more than two demonstrators.

The following must be taken into consideration in organizing a demonstration: the constituents of audience, level of the audience(backgrounds), number of audience and place of demonstration, indoor or outdoor, climate, whether summer or winter, and other requirements for demonstration. Based on these considerations, a plan must be established to specify the contents of demonstration, composition of demonstrators, adjustment of performance time, period of exercises, etc. Then, materials to be used in demonstration must be prepared. Sometimes, one prefers to include in the demonstration plan certain inappropriate programs such as witchcrafts or magic tricks, which are totally contrary to the true meaning of Taekwondo demonstration.

A Taekwondo demonstration program must include such repertoires as basic motions, poomsae, kyorugi, self defense art, kyokpa and other feats of Taekwondo techniques. In addition. Taekwondo demonstrators must be adept and skillful in techniques; otherwise, the demonstration will end with an adverse effect, i.e., worse than none. A typical demonstration program will be described in the following.

4.2. Chiqish qilishning ahamiyati

Taekvondoda ko'rgazmali namoyish qilish mashqlarining roli – taekvondo mashqlari haqida yaxshi darajada bilimga ega bo'lish, texnikani takomillashtirish, taekvondoning maxsus texnikasini qarab chiqish, yangi holatlarni o'zlashtirishdan tashkil topadi, shuningdek taekvondoning mazmun–mohiyatini namoyish qilish, ya'ni tamoshabinlarda taekvondo mashg'ulotlariga nisbatan shug'ullanish hoxish–istagining o'yg'onishi va uning keng tarqalishi, rivojlantirilishi maqsadi e'tiborga olinadi.

4.2. Significance of Demonstration

Taekwondo demonstration helps develop and propagate Taekwondo as it encourages and motivates the spectators to understand the true entity of Taekwondo and to have interest in learning it.

4.3. Namunalar

Predmetlarni tushuntirib berishda alohida belgilangan qoidalar mavjud emas. Quyida ushbu nuqtai nazardan ayrim mezonlar keltirib o'tiladi.

4.3. Components of Demonstration

There are no fixed rules, but the following things must be taken into consideration for preparation of a demonstration.

A. Predmet

Predmetni tushuntirib berishda, tomashabinlarning ayollar, erkaklar, bolalar yoki yoshi kattalardan tashkil topganligidan qat'iy nazar, ularda sharhlashning to'g'ri

tuzib chiqilishiga bog'liq ravishda taekvondo haqidagi umumiy tushunchalar va tasavvurlar shakllantiriladi.

A. Audience

The components of audience must be found out first, whether they are male or female, children or adults, ordinary public or special groups such as military and police, or a mixed group. The number of audience is also another important item to be studied beforehand.

B. Vaqt

Predmetning mavzusi va maqsadi ihtiyorimizda mavjud bo'lgan vaqtning taqsimlanishiga bog'liq holatda qarab chiqiladi. Bunda vaqtning alohida qismlar bo'yicha to'g'ri taqsimlab chiqish talab qilinib, ko'rgazmali namoyishni taqdim etuvchi ishtirokchilar belgilangan vaqtdan samarali foydalanish orqali berilgan mavzuning mazmunini to'liq ochib berishlari talab qilinadi (Asosan, mavzuga ajratiluvchi vaqt – 10, 20, 30 minutni tashkil qiladi, juda yaxshi holatda esa – 1 soatni tashkil qilishi mumkin).

B. Required Time

The required time for demonstration of Taekwondo varies according to the audience and the purpose; however, it must be noted that a more effective way of demonstration is to show intensively and for a short period of time some special techniques representing feats and power of Taekwondo. Usually, a 10-minute, 20-minute, 30-minute and other (within an hour) demonstrations are typical.

C. Joy va shart–sharoit

Ko'rgazmali namoyish qilish mavzusini yaxshisi hatto, yoz va qish fasllarida ham, binodan tashqarida amalga oshirishni rejalashtirish maqsadga muvofiq hisoblanadi, ya'ni tomoshabinlar va shuningdek namoyish ishtirokchilari siqilib

qolmasliklari va etarlicha darajada qulay harakatlanishlari e'tiborga olishini tavsiya qilinadi.

C. Site and Environment

In organizing a demonstration, one must also check in advance (the site whether indoor or outdoor, climate whether summer or winter, conditions of the demonstration site (ground), seat capacity for spectators etc.

4.4. Elementlar (tarkibiy qismlar) turlari

4.4. Types of Demonstration

A. Alohida elementlar

Taekvondoda oyoqlar bilan beriluvchi zarbalar texnikasining rivojlantirilishi turli xil omillarga bog'liq hisoblanadi, jumladan – sportchilarning yakka tartibdagi xususiyatlari bilan belgilanadi, shuningdek turli xil ilmiy nashrlarda va televideniada taekvondo zarbalar texnikasining umumiy sharhlanishlari haqidagi ma'lumotlar beriladi.

A. Individual Demonstration

There are various restrictive conditions in performing an individual demonstration because it usually aims at showing an individual Taekwondo expert's feats for private purposes on the occasion of opening a club or dojang. or at an invited TV show.

B. Guruh elementlari

Ma'lumki, 2 ta sportchidan tashkil topgan guruh ularning har birining alohida qarab chiqilishiga nisbatan birgalikda katta kuchga ega hisoblanadi, bundan tashqari taekvondo san'ati tarkibini tashkil qiluvchi maxsus texnika va o'z-o'zini himoya qilish elementlarini o'zlashtirish jarayonida katta kuch namoyon qilinishi talab qilinadi. Biz taekvondo haqida gapirganimizda, kamida 20–30 ta tarkibiy qismlardan tashkil topgan strukturani e'tiborga olamiz.

Guruh tarkibini hisobga olgan holda, yiriklashtiriluvchi struktura quyidagi ko'rinishga ega hisoblanadi:

B. Group Demonstration

A group demonstration, which consists of more than two demonstrators, can display an integral art of Taekwondo techniques by performing various different types of feats respectively by each expert of a **particular** specialty, in addition to the showing of powerfulness(breaking), self defense art. game competition and other special techniques. In general, a team of group demonstration comprises 20 to 30 demonstrators.

The group demonstration is classified into three categories as follows:

1) Elementlarga misollar

Taekvondoda elementlarning umumiy strukturasi o'z tarkibiga asosan, 20–30 ta nomlanishlardan iborat tarkibiy elementlardan tashkil topadi, ya'ni – asos sifatidagi (bazaga oid) harakatlar, pumse, sparring, o'z–o'zini himoya qilish san'ati, kokpa, musobaqalar va maxsus texnika e'tiborga olinadi. Ushbu holatdan kelib chiqib, taekvondo o'z tarkibiga zaruriy asos sifatidagi vositalarni qamrab oluvchi juda samarali ta'sirga ega bo'lgan jismoniy tarbiya turi hisoblanadi.

1) Demonstration by a Taekwondo Demonstration Team

This is a principal form of demonstration conducted by a designated Taekwondo demonstration team, which consists of 20 to 30 selected members, to display overall Taekwondo techniques including composition of demonstration, basic motions. poomsae, kyorugi. self defense art. kyokpa. competition and special techniques. Taekwondo demonstration teams are frequently dispatched for overseas tour demonstrations or assigned to introduce Taekwondo at a stadium or gymnasium before VIPs or particular audiences.

2) Namunalar

Taekvondo arsenalida elementlarni tashkil qiluvchi 500–1000 ta atrofidagi nomlanishlar qayd qilinadi, ular tarkibiga yuqorida ta'kidlab o'tilgan – asos sifatidagi pumse, juda siqilgan shakldagi o'z–o'zini himoya qilish san'ati harakatlari, kuchli kokpa usullari va boshqalar kiritiladi. Bundan tashqari, ko'rgazmali chiqishlarda umumiy sharhlar bilan birgalikda taekvondoning ertalab va tushlikdan keyin, dam olish vaqtida amaliyotda qo'llanilishi imkoniyatlari haqida ma'lumotlar beriladi, jamoada maqsadga muvofiq ijobiy hulq–atvorni shakllantirishdagi ahamiyati qayd qilib o'tiladi. Taekvondoda ko'rgazmali chiqishlarning tipik misoli sifatida – 1988 yilda Koreya

respublikasining Seul shahrida o'tkazilgan Olimpiada o'yinlarining ochilish marosimida amalga oshirilgan ko'rgazmali chiqishlarni ta'kidlab o'tish mumkin.

2) Mass game style demonstration

This is characterized by a large number of participants in the demonstration, e.g., over 500 to 1.000 demonstrators, and it is generally performed at a large playground or plaza to show basic motions, poomase, simple self defense techniques. kyokpa, etc. This form of demonstration is usually organized as a pre-event program or the last program of big events like sports meets. The mass game demonstrations performed at the opening ceremony of 1988 Seoul Olympic Games and on the R.O.K. Armed Forces Day were such examples. The orderliness, grandeur and mighty of group are the typical aspects of such demonstrations.

3) Ko'rgazmali namunalar

Taekvondoda bu tarkibiy element ko'proq bolalar va shuningdek, ayollarda emotsional ruhiyatga kuchli ta'sir ko'rsatuvchi, asos sifatidagi pumse va kokpa harakatlariga mos keladi. Hozirgi vaqtda qadimda amaliyotda qo'llanilgan shakllarga o'xshash bo'lgan, umumiy yagona tavsifga ega holatga keltirilgan shakllardan foydalanish keng ommalashgan (bu element nisbatan Koreya uchun xos hisoblanadi).

3) Rhythmic Taekwondo demonstration

This demonstration is designed to show children, girl students and ladies the rhythmic movements of Taekwondo basic motions, poomsae and kyokpa in the form of a dance, keeping time to the music. There are two kinds of rhythmic demonstrations; one is the contemporary dance rhythmic Taekwondo demonstration and the other is the "sadaenori" dance rhythmic Taekwondo demonstration which symbolizes an ancient Korean folk dance.

4.5. Tarkibiy elementlarning mazmun–mohiyati

Bunda har bir tarkibiy elementlar uchun talab qilinuvchi – ko‘rgazmali namoyish amalga oshiriluvchi joyning o‘lchamlari va ajratilgan vaqtni qarab chiqish maqsadi belgilanmaydi, balki umumiy sharhlashning alohida bandlari va uslublari ifodalab beriladi.

4.5. Contents of Taekwondo Demonstration

The contents of Taekwondo demonstration may differ according to the scale, time and place of demonstration, but the following are the essential items to be included in the organization of Taekwondo demonstration:

A. Tayyorgarlik harakatlari

Bunda taekvondoning asosiy tarkibiy qismlaridan biri sifatidagi – barcha zaruriy va nisbatan fundamental ahamiyatga ega bo‘lgan tayyorgarlik harakatlari siqilgan shaklda tavsiflanadi.

A. Warming-up Exercise

An appropriate and simple warming-up exercise is also applied to the Taekwondo demonstration.

B. Asos sifatidagi (bazaga oid) texnika

Bu element o‘z tarkibiga tomoshabinlar tomonidan qo‘llar va oyoqlarning asosiy harakatlarini oson tushunib olishlari uchun tanlab olingan taekvondo tarkibiy elementlarini qamrab oladi.

B. Basic Motions

An adequate organization of certain basic motions of Taekwondo must be included in the demonstration program.

C. Pumse

Bu element tarkibini quyi Kip darajasidan yuqori Dan darajasigacha bo'lgan sportchilar tomonidan o'zlashtirilgan pumse harakatlari tashkil qiladi.

C. Poomsae

Display of one or two selected poomsaes among the simple Kup-grade poomsaes and the difficult Dan-grade poomsaes.

D. Sparring

Bu element tarkibi xanbon va sebon kirugi, jangovor sparring, 1:2 va 1:3 holatidagi sparring, musobaqa tavsifidagi sparring va boshqalarni qamrab oladi.

D. Kyorugi

The kyorugi demonstration may include the one-time and three-time kyorugis and martial-art kyorugi, that is, 1:2, 1:3 kyorugis and competition-type kyorugi.

E. Kokpa

Taekvondoning bu elementi tarkibiga maxsus usullar va kuchli kokpa harakatlari kiritiladi. Tananing turli xil hujumlarni amalga oshiruvchi qismlaridan foydalanish asosida, maxsus kokpa texnikasini bajarish va rivojlantirishning ko'p sonidagi uslublari mavjud hisoblanadi, jumladan – maxsus, kuchli kokpa va boshqa harakatlarni ko'rgazmali namoyish qilish usullari (masalan, maxsus qurilmalarda yoki bosh yordamida) mavjud hisoblanadi.

E. Kyokpa

The golden item of Taekwondo demonstration is kyokpa (breaking), which may be classified into a feat kyokpa and a power kyokpa. There are yet chances for studies and development of better techniques for a kyokpa demonstration. Special kyokpa techniques using various bodily parts of attack and a power kyokpa demonstrating an enormous might must be included in this category of demonstration. (However, any kyokpa using the head is discouraged)

F. O‘z–o‘zini himoya qilish san’ati

Bunda o‘z–o‘zini himoya qilish san’ati tushunchasi orqali quolsiz qo‘l yordamida, shuningdek nayza boshqa shu kabilar yordamida o‘z–o‘zini himoya qilish usullarining namoyish qilinishi nazarda tutiladi va bu chiqishlar o‘quvchilar va shuningdek, yoshi kattalarni o‘rgatishda samarali vositalardan biri hisoblanadi.

F. Self Defense Technique

This demonstration can be divided into a bare-hand self defense and a rifle-and-bayonet self defense, and it is recommended to differentiate the contents of demonstration according to the male and female, and adults and students.

4.6. Dastur misollari bilan tanishish

Dastur amalga oshirilish joyiga, vaqtga, shaxsiy tarkibga, iqlim sharoitlari va boshqa omillarga bog‘liq holatda, yakka tartibda tuzib chiqiladi. Quyida Kukivon zalida yoshi kattalarni o‘rgatish uchun taekvondoning asosiy tamoyillari asosida ishlab chiqilgan dasturni e‘tiboringizga havola qilamiz, albatta bu dastur universal tavsifga ega hisoblanmaydi va undan ma‘lumotnoma adabiyot sifatida foydalanish tavsiya qilinadi.

4. 6. An Example of Demonstration Program

A Taekwondo demonstration program may be differently organized according to the planner’s personal taste. Here are some examples used for the Kukkiwon's Adults Demonstration Team and Children Demonstration Team, which may serve for the readers' references.

Yoshi kattalar uchun ishlab chiqilgan dasturga misol

(Talab qilinuvchi vaqt: 1 soat)

Tartib Sequene ce	Mundarija Item of Demonstration	Tarkibi No of Demonstrations	Predmet Materials to be used	Yordamchi tarkib No of assistants
1	Asosiy (bazaga oid) harakatlar Basic motions	Butun tarkib All		
2	Ap chagi (kuchli) Front kick (power) Balan sakrash High kick	3 kishi	Alohida 4 ta taxtacha 4 pine boards (large) Yon tomonga 1 ta taxtacha 1 pine boards (medium)	7 kishi
3	Havoda 3 ta zarba berish 3- direction in the air 3–zarba ap chagi 3-direction front kick	2 kishi	Yon tomonga 1 ta, yuqoriga 2 ta pine boards (medium 1, small 2) Yon tomonga 1 ta, yuqoriga 2 ta pine boards (medium 1, small 2)	7 kishi
4	yop chagi (kuchli) Side-kick (power) To'siq orqali yop chagi hurdle side-kick	3 kishi	2 ta alohida pine boards(L.2) 2 ta alohida Pine boards(L.2, N,1) Yon tomonga 1 ta	7 kishi
5	Pumse (chongvon) Poomsae (chonkwon)	1 kishi		
6	3–yop chagi 3-direction sidekick	2 kishi	Yon tomonga 1 ta, yuqoriga 2 ta pine boards(M.1,S.2) Yon tomonga 1 ta, yuqoriga 2 ta pine boards(M.1,S.2)	6 kishi
7	yop chagi tvi chagi side-kick followed by back-kick	1 kishi	Yon tomonga 1 ta, yuqoriga 1 ta pine boards(M.1,S.1)	2 kishi
8	Havoda aylanish Turning kick in the air Aylanish (kuchli) Turning –kick (power)	3 kishi	Yon tomonga 2 ta, alohida 1 ta pine boards (M.2) Alohida 1 ta Pine boards (L.1 L.1)	8 kishi

9	Modumbal nopxi chagi Jonied-foot high kick	2 kishi	Yon tomonga 1 ta pine boards (M.1& 1)	4 kishi
10	Xanjar bilan pumse Knife poomsae	1 kishi	Yon tomonga 1 ta pine boards (M.1):Knife 1	1 kishi
11	Ap dolo chagi 360 ⁰ deg. Front turning kick	5 kishi	Xanjar bilan 1 ta Pine boards(S.4): apple 1	5 kishi
12	Gavi kokpa 3–kokpa Scissor ‘s hand breaking	2 kishi	Olma bilan 1 ta pine boards (M.3 3) Yuqoriga 4 ta	6 kishi
13	Tvio tvi chagi (kuchli) Jumping back Kick (power)	3 kishi	Yon tomonga 3 ta pine boards (M. 1 L.1&1) Yon tomonga 3 ta	6 kishi
14	Pumse (Xansu) Poomse (Hansu)	1 kishi		
15	360 ⁰ ga aylanish 360 ⁰ deg. Front turning kick Yuqoriga aylanish Turning kick (up. center & underneath) O‘rtaga, pastga aylanish	3 kishi	Olma bilan 1 ta Pine boards (M.33); apple Yon tomonga 3 ta	7 kishi
16	2 oyoqda 4 ta zarba Wide-opened two feet 4-direction kicks	1 kishi	Yon tomonga 2 ta Yuqoriga 2 ta pine boards(M.2,S.2)	4 kishi
17	Saf holida kokpa A trein of breakings	1 kishi	Alohida 1 ta Yon tomonga 3 ta pine boards(L.1,M.3)	4 kishi
18	O‘z–o‘zini himoya qilish san’ati Self-defense techniques	2 kishi	knife, rile & bayonet	1 kishi
19	4 kokpa Hand-tichniques 4-direction breaking	1 kishi	Alohida 1 ta Yon tomonga 5 ta pine boards(L.1,M.5)	4 kishi
20	Sonnaldin va jumok Hand-blade back breaking Kokpasonnal kokpa (kuchli) Hand-blade breaking (power)	2 kishi	Alohida 1 ta pine boards(L,1) G‘isht bilan 2 ta Brick (2)	4 kishi
21	Baland sakrash High-kick in the air	1 kishi	Yon tomonga 1 ta pine boards (M.1)	6 kishi
22	Sparring elementlari Demonstrative kyorugi	2 kishi		1 kishi

23	Ikki tomonlama sakrash Two-feet high kick	1 kishi	Savatlar bilan 2 ta B back 2 or Yon tomonga 2 ta pine boards(M.2)	4 kishi
24	Musobaqa sparringi Contest kyorugi	2 kishi	Kesilgan burchak bilan 2 ta All kinds of protectors, each 2 sets	9 kishi
25	Kompleks kokpa Integrated breaking	1 kishi	G'isht bilan 14 ta Cherepisa bilan 30 ta brick(14); tile(30)	3 kishi
26	Nishonga zarba berish Target-kick	Butun tarkib	Xlopushka bilan 20 ta Training mitt(20)	10 kishi

2–jadval

Bolalar uchun ishlab chiqilgan dasturga misol

(Talab qilinuvchi vaqt: 30 minut)

Program of Demonstration by Children's Team (required time: 30minutes)

Tartib	Mundarija	Tarkibi	Predmet	Yordamchi tarkib
1	Asosiy (bazaga oid) harakatlar Basic motions	Butun tarki ball		
2	Kompleks kokpa (kuchli musht, yugurib kelib ap chagi, aylanish bilan ap dolo, kuchli, oyoq tagi bilan momdolo yon chagi) Intergrated breaking (fist power two-step front kick, two- step front turning kick, turn-around front turning kick, body- turning back-sole side-kick (power)	6 kishi	14 ta taxtacha pine board (14)	12 kishi
3	Are, momton, olgul –sonnal, tik holatda Undereath and trunk attck, face by hand-blade and high kick	2 kishi	9 ta taxtacha pine board (9)	5 kishi
4	Ap dolo chagi, yugurib kelib sakrash bilan bajariluvchi oyoqning tagi bilan ap dolo chagi. Front turning kick, two-step front turning kick, jumping back-sole kick	1 kishi	3 ta taxtacha pine board (3)	5 kishi
5	5 kokpa (5 kishi) 5-person 5-direction breaking	5 kishi	3 ta taxtacha pine board(5)	5 kishi
6	Kore pumse Poomsae Koryo	16 kishi		

7	Yop chagi, musht bilan zarba berish (to'qsiq orqali 4 kishi) Side-kick fist – jireugi(jumping over the hurdle of 4 persons)	1 kishi	3 ta taxtacha pine board(2)	8 kishi
8	3 tavi chagi (to'siq 4 kishi) Scissor's kick in 3 directions (jumping over 4 kneeled pers)	1 kishi	1 ta taxtacha pine board (3)	10 kishi
9	360°ga burilish bilan bajariluvchi kokpa (to'siq 7 kishi) 360° deg. turning breaking (hurdle of 7 kneeled pers.)	1 kishi	1 ta taxtacha pine board (1)	9 kishi
10	Bosqichli, shartli sparring One-step fixed-pattern kyorugi	28 kishi		
11	Xanbon kirugi, yugurib kelib yop chagi One-time kyorugi two-step side kick	1 kishi	1 ta taxtacha pine board(1)	14 kishi
12	2 kishilik guruhlar bo'yicha kokpa boshqa turlari Stepping –the-back two-step breaking	1 kishi	2 ta taxtacha pine board(2)	8 kishi
13	Yugurib kelib bajariluvchi boshqa turdagi ap chagi (Stepping-the-shoulder two-step front kick)	1 kishi	1 ta taxtacha pine board (1)	6 kishi
14	Yugurib kelib elka orqali bajariluvchi yop chagi (13 guruh) Group over-the-shoulder two-step side kick(13 teams)	13 kishi	13 ta taxtacha pine board(13)	39 kishi
15	To'siqlar orqali yop chagi (2 guruh) Hurdle two-step side kick(2 teams)	2 kishi	2 ta taxtacha pine board(2)	25 kishi
16	Elka orqali ap dolo chagi, yugurib kelib oyoqning tagi bilan tvio ap chagi Group front turning kick followed by jumping back-sole two-step side kick	15 kishi	45 ta taxtacha pine board(45)	60 kishi
17	Musobaqa tavsifdagi sparring Contest kyorugi	2 kishi	2 ta xlopushka protectors (2sets)	9 kishi
18	Barcha 5 ta harakatlar All 5 motions		2 ta xlopushka protectors (2sets)	9 kishi

Time Allocation for Each Demonstration Item

Tartib sequence	Mundarija (tarkibi) Item of Demonstration	Vaqt (minut) Time (minutes)	Predmet Breaking material
1	Asosiy (bazaga oid) harakatlar <i>Basic motions</i>	3,33	
2	Balandga sakrash <i>High kick</i>	1,09	Pastka 1 ta taxtacha <i>pine board: Medium. 1</i>
3	Yop chagi, dvit chagi <i>Side-kick, back kick</i>	3,36	Pastga 1 ta Yuqoriga 1 ta <i>Small 1 Medium 1</i>
4	Saf holatida kokpa <i>A train of breakings</i>	53	Pastga 4 ta Yuqoriga 1 ta <i>Small 1 Medium 4</i>
5	O‘z-o‘zini himoya qilish san’ati (qo‘lda) <i>Self-defense (hand)</i>	1,12	
6	3–ap chagi <i>3-direction front kick</i>	30	Yuqoriga 3 ta Pastga 1 ta <i>Small 3 Medium 1</i>
7	To‘siqlar orqali yop chagi <i>Hurdle side kick</i>	47	Pastga 1 ta <i>Medium 1</i>
8	3–yop chagi <i>3-direction side kick</i>	37	Yuqoriga 1 ta <i>Small 1</i>
9	Pumse Poomsae	1,05	
10	Balandga sakrash <i>Turning-around kick</i>	43	Yuqoriga 3 ta <i>Small 3</i>
11	4 martalik aylanish <i>4-direction turning-around kick</i>	1	Yuqoriga 8 ta <i>Small 8</i>
12	Olma bilan aylanish <i>Apple turning-around kick</i>	30	Olma bilan 1 ta <i>Apple 1</i>
13	3–qaychi <i>Scissors’ 3-direction</i>	34	Pastga 3 ta <i>Medium 3</i>
14	3 baland sakrash <i>High-in-the-air 3-direction</i>	35	Yuqoriga 3 ta <i>Small 3</i>
15	2 oyoqda sakrash <i>Both-feet high-in-the-air kick</i>	50	Pastga 2 ta <i>Medium 2</i>
6	O‘z-o‘zini himoya qilish san’ati <i>Self defense (sword)</i>	1,18	
17	4 kokpa qo‘l bilan 4-direction hand breaking	47	Pastga 5 ta Alohida 1 ta <i>Medium 5 Large 1</i>
18	Sonnal hand-blade	32	Shisha <i>bottle,</i> G‘isht 2 ta <i>bricks 2</i>
19	Bajarish “Jugari”	44	Yuqoriga 1 ta <i>Small 1</i>
20	Aylanish bilan dolo chagi <i>Turn-around turning kick</i>	50	Yuqoriga 4 ta, olma 1 ta <i>Small 1, apple 1</i>

21	Pumse Poomsae	1,15	
22	Kuchli kokpa Power breaking	40	Alohida 4 ta Large 4.
23	8 martalik aylanish 8-direction turning-around kick	1	
24	To'pponcha Pistol	1,20	
25	Sparring elementlari Demonstrative kyorugi	12	
	Total	30,16	

O'z-o'zini tekshirish uchun savollar.

1. Taekvondoda ko'rgazmali chiqishlarning ahamiyati va ularning turlari.
2. Taekvondoda ko'rgazmali chiqishning namunalari va mezonlari.
3. Elementlar (tarkibiy qismlar) turlari
4. Tarkibiy elementlarning mazmuni va mohiyatini yoritib bering
5. Dastruni tuzish tamoyillari

MUNDARIJA

I Bob. TAEKVONDODA SPORTCHILARNING

MASHG‘ULOTLARI.....	3
1.1. Mashg‘ulotlar tushunchasi.....	3
1.2. Tarkibiy qismlar.....	6
A. Jismoniy tayyorgarlik.....	7
B. Texnik tayyorgarlik.....	8
C. Taktik tayyorgarlik.....	9
D. Psixologik tayyorgarlik.....	11
1.3. Texnikani mashq qildirish.....	11
A. Jismoniy kuch va texnika.....	11
B. Tayyorgarlik va tartibli harakatlar.....	21
C. Mashg‘ulotlarning tasniflanishi (klassifikatsiyasi).....	29
1.4. Murabbiyning roli va rahbarlik (boshqarish).....	32
1.5. Mashg‘ulotlar rejasi.....	44
A. Mashg‘ulotlarni rejalashtirishning muhimligi.....	44
B. Mashg‘ulotlarni rejalashtirishning tamoyillari.....	45

II BOB. TAEKVONDODA ASOS SIFATIDAGI (BAZA)

TEXNIKA.....	73
Taekvondo asoslari (bazasi).....	73

2.1. Xujumning maqsadi.....	77
2.2. Tananing foydalaniluvchi qismlari.....	79
A) Jumok.....	82
2.3. Sogi.....	83
2.4. Makki.....	91
2.5. Xujum texnikasi.....	98
A. Jireugi.....	100
B. Chagi.....	104
C. Chigi.....	107
D. Tzireugi.....	109
2.6. Kibon donjak (Asosiy harakatlar).....	112
III Bob. PUMSE.....	125
3.1. Teguk–pumseni tushuntirib berish.....	125
3.2. Pumsening umumiy nizomi.....	127
A. Pumsening kelib chiqishi.....	127
B. Pumsening ta’rifi.....	129
C. Pumsening ahamiyati.....	129
D. Pumseda mahorat mezonlari.....	130
E. Pumsega o’rgatish.....	131
F. Pumse toifalari.....	132
G. Pumse klassifikatsiyasi.....	135

H. Pumse ramzlarining turlari.	135
I. Pumse ramzlaridagi chiziqlarning ma'nosi.....	137
Teguk 1 jan.....	139
Teguk 2 jan.....	151
Teguk 3 jan.....	163
Teguk 4 jan.....	180
Teguk 5 jan.....	196
Teguk 6 jan.....	213
Teguk 7 jan.....	227
Teguk 8 jan.....	247
Pumse Koryo.....	265
Pumse Kemgan.....	288
Pumse Tebek.....	301
Pumse Pyongvon.....	319
Pumse Sipjin.....	333
Pumse Chitxe.....	353
Pumse Chongvon.....	368
Pumse Xansu.....	388
Pumse Ilyo.....	402
IV Bob. KO'RGAZMALI TAEKVONDO.....	414

4.1. Asoslari.....	414
4.2. Chiqish qilishning ahamiyati.....	417
4.3. Namunalar.....	417
A. Predmet.....	417
B. Vaqt.....	418
C. Joyvashart–sharoit.....	418
4.4. Elementlar (tarkibiyqismlar) turlari.....	419
A. Alohida elementlar.....	419
B. Guruh elementlari.....	419
4.5. Tarkibiy elementlarning mazmun–mohiyati.....	422
A. Tayyorgarlik harakatlari.....	422
B. Asos sifatidagi (bazaga oid) texnika.....	422
C. Pumse.....	423
D. Sparring.....	423
E. Kokpa.....	423
F. O‘z–o‘zini himoya qilish san’ati.....	424
4.6. Dastur misollari bilan tanishish.....	424