

## ATTACK TACTICS OF PARA-TAEKWONDO ATHLETES

*Abdufattoyev Abrorjon Abduraxmon ugli*

*Fergana State University*

*Lecturer in the "Theory and Methodology of Combat Sports" Department*

**Abstract:** In this article, the attacking tactics of para-taekwondo athletes, their effectiveness, and the characteristics of their use in competitions are scientifically analyzed. During the research process, literature review, observation, and statistical methods were used. The results show that choosing an effective attacking tactic is one of the most important factors determining the success of athletes in competitions. In para-taekwondo, teaching and developing offensive methods requires not only physical readiness but also psychological preparation.

**Keywords:** Para-taekwondo, attack tactics, competition, psychological preparation, athlete strategy

### Introduction

Para-taekwondo is today one of the important branches of the global sports system, creating broad opportunities for athletes with disabilities. This sport requires, alongside physical activity, psychological stability. Attack tactics, especially, are a central factor in determining an athlete's chances of success in competitions. In this article the attack tactics of para-taekwondo athletes are studied from both theoretical and practical aspects, and their effectiveness is presented on a scientific basis.

### Main Part

According to literature reviews, in para-taekwondo, attack tactics are closely linked with the athlete's individual characteristics, physical preparedness, and psychological stability. For successful application of offensive techniques, an athlete must have not only physical strength, but also the ability to make quick decisions, assess situations, and adapt to the opponent's strategy. As methodology, literature review, observation, and statistical methods were used. During the research, the activities of 30 para-taekwondo athletes who participated in international competitions were studied. Based on the results, the effectiveness of attack tactics is presented in the following table:

Type of Attack	Frequency of Use (%)	Efficiency (%)
Direct strike	40	65
Side strike	28	58
Combination	32	74

### Discussion

The table results show that although combination attacks have a high efficiency, using them successfully requires a high level of physical and psychological training from the athlete. Direct strikes are used more often and are distinguished by their safety. Side strikes, while useful for breaking the opponent's defence, have relatively lower effectiveness. Psychological preparation and managing stress during competition have a direct impact on the success of attack tactics.

## Conclusion

Based on the research it can be said that the attack tactics of para-taekwondo athletes play a decisive role in their competition results. The choice and correct application of effective offensive methods against the opponent increase the athlete's success. Therefore, it is important to prepare athletes through special training focused on developing attack tactics, combining physical and psychological preparation.

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