

Analysis of Fleiable Quality in College Taekwondo Training

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Abstract: Taekwondo because of its function of physical defense and the unyielding spirit of sports, self-denial by many colleges and universities, more and more colleges and universities added taekwondo sports elective courses. At present, taekwondo teaching in colleges and universities is still in the development stage, and there are still many problems in training methods and strategies. Flexible quality training is an important part of taekwondo learning, which directly affects the level of taekwondo. Therefore, this paper analyzes the role of flexibility quality in college taekwondo training, and discusses the improvement strategy of training methods, aiming to provide some enlightenment for the development of college taekwondo teaching level.

Keywords: Flexibility quality, College taekwondo, Training function

1. Introduction

With the outbreak of the epidemic, the concept of physical fitness has been deeply rooted in the people. Schools at all levels and of all types have increased their importance to physical education, and constantly have new sports categories into physical education courses. Taekwondo originated in the Korean Peninsula and is a fighting sport with hands and feet, supplemented by hands and feet^[1] Because of its unique characteristics, it has attracted the attention of many colleges and universities, and some schools have introduced taekwondo into physical education teaching courses. And flexibility quality training plays a very important position in taekwondo course teaching. The following will analyze the role, training methods and improvement strategies of flexibility quality in college taekwondo training, in order to provide some inspiration for the development of college taekwondo teaching.

2. Concept and current situation

2.1. Concept of flexibility quality

Simply put, flexibility quality is a kind of physical quality, is the activity ability of the human body. Many sports have strict requirements for flexibility quality, such as swimming, aerobics, martial arts and so on. There are many factors affecting flexibility quality, which are greatly related to sex, age, joint tissue structure, muscle temperature and other factors. Therefore, in the training should take into account the influence of direct factors, according to the actual situation to make a training plan, in order to achieve a good training effect.

2.2. Current teaching status of Taekwondo in colleges and universities

Taekwondo sports are in line with human fitness science, and can meet people's health and psychological needs. Taekwondo etiquette is in line with the traditional Chinese culture, pay attention to the spirit of benevolence, righteousness and propriety, has a strong education. Taekwondo courses offered in colleges and universities are of great value to students' study and life. In a sense, it makes up for the deficiencies brought by regular sports. Rich sports training content, let students experience different sports knowledge and learning methods; taekwondo competitive, antagonistic training, improve students 'self-protection ability, taekwondo legs, boxing exercises, ligament and cardiopulmonary function, can cultivate students' stress resistance, reaction ability, judgment ability and thinking ability, lay a foundation for future study and life.

Although taekwondo has a long history and is spread all over the world, the introduction of

universities takes a short time and is still in the development stage. There are still various problems in taekwondo teaching in colleges and universities, for example, students' low enthusiasm to participate in the training, lack of teachers, single teaching methods, and lack of hardware facilities. The existence of the above various problems seriously hinders the promotion of taekwondo in colleges and universities. Therefore, it is of great significance to analyze the role of flexibility quality in college taekwondo training and the improvement of training methods for the development of college taekwondo teaching.

3. The role of flexibility quality in taekwondo training in universities

For adult college students, flexibility quality training is a very hard process. At the beginning of the training process, it is inevitable to get injured due to poor flexibility, poor strength, slow response and other reasons. Students should not only endure the hard work of training, but also endure the physical pain. In this process, the students' physique and will are exercised. From this point of view, flexibility quality training plays an irreplaceable role in college taekwondo training.

3.1. It is conducive to exercise students' flexibility

Taekwondo is a confrontational fighting sport, attacking each other mainly by footwork, only good flexibility can make standard offensive and defensive movements. Many college students do not have a dance foundation, their body is not flexible enough, and it is easy to get injured in the training process. In the college taekwondo class, special training is carried out for flexibility to improve students' flexibility, which not only enables students to complete the attack and defense movements in a standard manner, improve the course standard rate, but also can reduce the occurrence of accidental injuries.

3.2. Enhance students' joint strength

Through the training of flexibility quality, the coordination and coherence between the movements are stronger, the ligament elasticity and muscle contraction of the human body are better, and the flexibility of the hip and leg are thus improved, so that students can more easily meet the requirements of various movements of taekwondo. In addition, while the ligament elasticity and muscle contractility are improved, the students' joint strength is optimized. Therefore, the training of flexibility quality helps students to meet the requirements of taekwondo strength.

3.3. Reduce the chance of unexpected occurrence

The data show that college students often suffer from accidental injuries in taekwondo training due to their poor flexibility. The improvement of students' flexibility quality can enhance the elasticity of their muscles and ligaments and their joints, and can effectively reduce the probability of accidental injury accidents.

3.4. It is conducive to the cultivation of students' strong and unyielding spirit

Flexible bility quality training runs through the university taekwondo training, is a hard and long process. Ligament stretching programs in flexibility training can cause more pain and are persistent. If the student is not firm enough, they will give up midway through the training. On the contrary, students who can overcome difficulties and persist for a long time have improved their will quality after training. It can be seen that the flexibility quality training is conducive to the exercise and cultivation of students' will quality.

4. Training methods and strategies of flexibility quality

In the study of taekwondo sports, flexibility and quality training is very necessary. Only with good flexibility, can you show the difficult movements. In order to make flexibility quality training better implemented in college taekwondo class, it is crucial to reasonably use flexibility quality training methods and strategies.

The common methods of flexibility quality training are as follows:

4.1. Dynamic stretching training

Dynamic stretching training After static stretching training, it is usually divided into active stretching and passive stretching. This method should be combined with the specific actions and the corresponding rules, the frequency of the action should be fast, the amplitude of the action is gradually increased, and repeated for many times. Attention should be paid to control the speed and degree of stretching, to step by step, avoid trying too hard, resulting in muscle strain.

4.2. Static stretching training

Like the dynamic stretching training, the static stretching method is also one of the methods of flexibility quality training. During the training process, the students stretched the stretch part to the limit, and kept this degree for 10 to 30 seconds, repeated 4 to 6 times. This method is a relatively safe stretching method in stretching training. It can not only let students experience the elongation of the stretching part, but also better control the stretching strength of muscles and ligaments. The flexibility of muscle and ligament is a necessary condition for flexibility. In order to promote the development of body flexibility and coordination, dynamic stretching and static stretching are generally combined to achieve the best training results.

4.3. PNF stretching method

PNF stretching method was originally used in rehabilitation training, which is the abbreviation of the body feeling neuromuscular stretching method, commonly used in international rehabilitation therapy. With the gradual popularity of this method, it has been used in flexibility quality training.

Usually, the PNF stretching method is divided into four stages: (1) simple muscle stretching. In this stage is mainly the excitation process, stretching the target muscle with less force and slower speed. (2) Conversarial stage. The training partner gives a certain amount of resistance to the practitioner to activate the receptors of the muscle itself. (3) The relaxation stage. The practitioners will relax for a short time to prepare for the next pull up. (4) Power-stretching stage. The partner helps the practitioner stretch the muscles to the maximum range for about 30 seconds and operate repeatedly.

The PNF stretching method is currently considered as the most effective flexibility quality training method, because it not only realizes the effect of static stretching and dynamic stretching method, but also realizes the improvement of muscle explosive force.

4.4. Dynamic tensile method is combined with the static tensile method

The combination of dynamic and static force is actually the advantages of dynamic tensile method and static tensile method. When the practitioner trains by the static stretching method, he can repeat the movements according to the rhythm of the dynamic stretching method. Since this reason, the muscle can gradually transition to the static state under the dynamic stretching state, making the dynamic state and the static state alternate with each other. After a series of movements, the muscle group is more flexible and elastic. During the training process, the practitioner should relax when the muscles reach soreness according to their own specific conditions, and then keep the movement still. This method still follows the principle of step by step and practices within the range acceptable to the body.

4.5. Flexible ability quality training teaching precautions

Flexible quality training is an indispensable training in taekwondo teaching process. Whether students can stick to the training has a great impact on the teaching process of the course. Teachers should pay attention to the matters that should be paid attention to in the flexibility training in class, and make timely adjustments to avoid the occurrence of negative emotions and physical injuries in the learning process.

4.5.1. Individual differences

Taekwondo exercise requires higher flexibility of the lower limbs. Everyone has different flexibility, different athletic ability and physical quality. Therefore, in the flexibility training, a targeted training program should be formulated according to the physical condition of the trainer, combined with the specific requirements and objectives of the taekwondo course, when training.

4.5.2. Training arrangement

There are many factors that affect flexibility, one of which is the muscle temperature factor. The best is at the ambient temperature of 18 degrees. So when arranging the training, consider the ambient temperature. Generally in 10 am to 6 PM, is the best flexibility of the day in the human body, can arrange a intense training program. Too high or too low temperature is not conducive to flexibility quality training, training in the appropriate environment, can achieve better training effect.

4.5.3. Proceed in an orderly way and step by step

In the training process should adhere to the principle. Flexible quality training is not achieved overnight, but a long-term persistence process. In the process of training, the body will often have symptoms of pain and weakness. At this time, we must pay attention to, do not suspend the practice or reduce the training requirements due to discomfort, otherwise, there will be a phenomenon of flexibility quality decline, so that the flexibility quality can not be retained in the original state, which is not conducive to the improvement of flexibility. It takes a certain amount of time for practitioners to adapt to the body, and the training should follow the rule of force from light to heavy, and the range of movement from small to large.

4.5.4. Strengthen the strength of teachers

Due to the short introduction of taekwondo to universities, many schools are lack of professional taekwondo teachers, and schools can hire retired professional taekwondo athletes to teach in the school. At the same time, attention should be paid to the professional training level of taekwondo teachers, For example, encourage teachers to learn and improve in professional organizations. Regularly organize teachers to participate in teaching discussion activities, discuss and exchange taekwondo teaching experience, so that teachers can better carry out teaching activities.

4.5.5. Improve the course

The taekwondo training process is already boring, coupled with the physical pain brought about by the training, which also reduces the students' interest in the course. Therefore, improve the teaching methods, improve the interest of the course, in order to improve the enthusiasm and autonomy of students to the class. When arranging specific teaching content, teachers can find some novel teaching methods, which is best to integrate entertainment and fun. For example, appropriate small games are added to the training to distract students' attention and reduce fatigue.

5. Conclusion

Through this analysis, we can conclude that flexibility training plays an indispensable role in college taekwondo training. Special flexibility training in taekwondo training can improve students' body flexibility, strengthen their joint strength and flexibility, reduce the probability of injury, and exercise students' will quality. In addition, in order to make taekwondo teaching better developed, teachers should pay attention to the matters needing attention in taekwondo training, and make a reasonable teaching plan, so that students can achieve the maximum improvement within the scope of acceptance.

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