

Research on the Problems Needing Attention in Taekwondo Teaching

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ABSTRACT. *Taekwondo is a kind of sport that has become more popular in recent years. In order to let their children have a stronger body, many parents will let their students take some taekwondo tutoring classes. Whether in the hearts of boys or girls, taekwondo is considered to be a very cool sport. More and more students are beginning to like taekwondo. In the physical education activities, it is also very important to strengthen the teaching quality of Taekwondo. In the course of teaching taekwondo, the teacher will also face all aspects of the problem.*

KEYWORDS: *Taekwondo teaching, Attention to problems, Problem research*

1. Introduction

Although the sport of Taekwondo has emerged in our country for a relatively short period of time, only 20 years or so, there is no doubt that Taekwondo itself represents a beautiful spirit of perseverance and determination. With the rapid economic growth of our country, Taekwondo is developing at a rapid pace, but there are still many problems and obstacles in the development process. In the current physical education activities on campus, Taekwondo teaching accounts for the total time is very small, and the current situation of taekwondo teaching is not optimistic. Due to the lack of professional taekwondo coaches, students have not received professional guidance and promotion. In the current Taekwondo teaching process, many teachers are transferred from other majors. Due to the professional limitations of these teachers, the students are not very efficient in learning Taekwondo, and eventually the progress of Taekwondo teaching is relatively slow.

2. Current Status of Taekwondo Teaching

2.1 Insufficient Teaching Knowledge of Taekwondo

Now our country vigorously calls on higher education institutions to pay attention to the physical quality of students. Under such a background, many higher education institutions have launched corresponding taekwondo teaching activities, but because the relevant leaders of the school have ideologically despised ideas about sports. Therefore, there are still many problems and shortcomings in the actual implementation of the teaching class of Taekwondo. In addition, the teacher did not carefully explain the theoretical knowledge and textbook content of Taekwondo for the students in the actual teaching. Therefore, the students' grasp of the basics of Taekwondo is not accurate enough. It is inevitable that different types of taekwondo will appear error in the later practice. The teacher put too much time and energy on how to improve the students' sports skills and ability training. The students only learned some movements of the fist and feet, and did not go deep into Taekwondo to understand the etiquette spirit and movement principles behind it.

2.2 Lack of Teacher Training and Teacher Resources

In the teaching process of Taekwondo, although the teacher only instructs the students to learn the theoretical knowledge and movement skills of Taekwondo, as the instructor of the students, the teacher's professional ability and professional level are also quite critical. Since Taekwondo is a new type of teaching subject, the corresponding teacher resources are also scarce compared with other teaching subjects. There are also very few professional Taekwondo teachers in a school. In order to take care of the Taekwondo class of the whole school as much as possible, a teacher often It is necessary to bring a whole grade to learn Taekwondo, which will reduce the effect of students' Taekwondo learning to a certain extent. There is a big difference between professional Taekwondo teachers and non-professional Taekwondo teachers, but most of the school's non-professional Taekwondo teachers are about four-fifths of the number of Taekwondo teachers, and there is another problem, related class teachers In the process of teaching Taekwondo for students, due to the relatively low level of personal education, in the process of explaining Taekwondo to the students, there is no complete teaching concept and teaching method, which will bring the students' very adversely learning effect, students' interest in this course will also be greatly reduced. The education level of Taekwondo teachers is relatively low. Most of the teachers are only undergraduates or junior college students, and their professional level is not high. Our country's colleges and universities do not do well in training the professional skills of Taekwondo teachers and do not regularly the development activities of these Taekwondo teachers provided a professional ability improvement and business training, which eventually caused the Taekwondo teachers to fail to keep up with the progress and pace of the times, and improve the quality of the Taekwondo teaching classroom.

2.3 The Teaching Methods of Taekwondo Teachers Are Relatively Backward

Taekwondo first appeared in South Korea, so South Korea ranks high in the world for its teaching system and professional level. Therefore, our country should actively learn Korean Taekwondo related content, update the teaching philosophy of our country's Taekwondo teachers in time, and adopt innovative teaching mode, let students to deeply feel the unique charm of Taekwondo. Taekwondo appeared late in the education industry in China, and its development is relatively backward. The teacher in charge has not summarized a relatively complete teaching system in the existing practical teaching activities. Most of the Taekwondo teachers put too much energy and time into the practical training of students, whether it's skills or Taekwondo training, many teachers use this aspect when they talk about the inexhaustible time of the classroom, which leads to the fact that the students do not understand the knowledge of Taekwondo is relevant to the theory and development rules, and students do not realize the importance of mastering theoretical knowledge and techniques in the course of learning Taekwondo. In addition, the teachers are limited by their professional level, and there is a very big gap in the theoretical knowledge of Taekwondo compared with the professional Taekwondo educators. In essence, due to the limited professional ability of Taekwondo teachers, the overall quality of the classroom is not good. This is also the most critical issue in the current Taekwondo classroom. In addition, the relevant leaders of the school do not pay attention to the teaching level of Taekwondo, and no one cares about the quality of Taekwondo teaching. When some teachers teach students the content of Taekwondo, the teaching method used is still more than ten years ago, and the teaching content is limited to a single leg-aligning method and related techniques. Such educational methods and levels of education cannot meet the current development needs of Taekwondo, and students will lose confidence in this course.

3. Problems That Should Be Paid Attention to in Taekwondo Teaching and Training

3.1 Cultivate Students' Posture and Control Strength Training

In the process of developing taekwondo teaching activities, the physical fitness of the students must be taken into consideration. For example, students in technical schools are still in adolescence, their body organs are still developing, and their bones are not as hard as middle-aged people, so accidents such as fractures are prone to occur during training. The ligament tissue near the joints of the students is not well developed, so their flexibility is relatively large. If excessive force is used during the training process, joint dislocation will occur. Especially in the process of training joint extensions, if students do not pay attention to the preparatory preparation of Taekwondo exercises, they are prone to dislocation during training. Students' muscle tissue development is not perfect, and their strength is not strong enough. If the training time is too long, they will not be able to keep up with the teaching progress. Excessive exercise may cause muscle soreness and muscle

development will be hindered and affected. The growth rate of small muscle groups will also be reduced. Therefore, in the process of teaching and training Taekwondo, the teacher needs to consider the physical and mental quality of the students, reasonable and scientific teaching content and training intensity, so that students can learn more Taekwondo skills in a step-by-step process. Any training in Taekwondo requires the premise of the physical safety of the students.

3.2 Respect Student Differentiation

Everyone is born unique, so everyone's ability to receive knowledge will be different. Taekwondo has more skills and skills in the sport itself, and it is impossible for students to master all the skill training techniques in just a few years. Students must not finish learning all the training skills, so the teacher needs to develop the corresponding teaching content according to the specific situation and learning level of each student. As we all know, there are also very big differences in the skill level and physical quality of students, as well as the ability to accept new things. In order to take care of all students as much as possible, teachers should be divided into two different types of teaching methods, so that they can take care of the level. Higher-level students can ensure that lower-level students learn more about Taekwondo. However, the Taekwondo teacher must ensure that all students can flexibly master the basic sports skills of Taekwondo, such as actual combat styles, leg techniques, etc., every student should be fully aware of.

3.3 Join a Variety of Teaching

Many current teaching activities will add some interesting or pleasant factors. The Taekwondo teacher appropriately incorporates some interesting or innovative factors in the teaching process, and adopts a diversified teaching model to allow students to experience a new teaching atmosphere and Under the teaching mode, learn Taekwondo related knowledge efficiently. The teacher should design the teaching content and intensity scientifically and effectively according to the actual situation of the students, so that the students can experience the fun in such scientific and reasonable teaching and training, and find the confidence and sense of accomplishment in learning Taekwondo. In addition, sports subjects such as taekwondo will be competitive to a certain extent. Teachers can use the form of competition to let students find the fun of learning taekwondo in the competition between groups, which can also be reflected to a certain extent. The spirit of competition among students can also tap the potential of students in competition. Diversified teaching is more likely to cause students to love Taekwondo classrooms. For example, teachers can use small games. This teaching method is used in daily teaching activities, allowing students to quickly engage in learning Taekwondo from out of state. In addition, teachers should adjust their teaching methods in time. For example, some students with relatively poor learning ability can focus on the basic theory, so that they can master the relevant theoretical knowledge of learning Taekwondo, and cultivate a self-learning ability as much as possible. Allow them to

find a suitable learning method in their own exploration, so as to ensure that poor students can make greater progress in a short time.

4. Conclusion

There will be various problems and obstacles in the actual teaching of Taekwondo, but in general, the teacher needs to focus on the cultivation of the students' personal abilities, constantly develop themselves and try their best by updating their teaching concepts and teaching methods, and take efforts to improve the overall quality of taekwondo teaching, so that students will truly love this sport.

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