



## DEVELOPMENT OF WEIGHTLIFTING IN UZBEKISTAN

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### Annotation

This article deals with the one of the most important part of teaching language. We know that 4 skills are important while learning language I try to explain the easiest way to teach them.

**Keywords:** perfect, useful, different, aid, type, facilities

### Introduction

Weightlifting is an Olympic sport based on overhead lifting exercises. Weightlifting competitions today include two exercises: snatch and clean and jerk. Weightlifters have three attempts on each exercise. The combined total of the two most successful attempts determines the overall result in the weight class. Weight categories for men and women are different. A weightlifter who fails to successfully complete at least one snatch and loses one clean jerk and is eliminated from the competition. The overhead press was once part of the competition program, but due to the complexity of the assessment it was excluded from the competition. Sometimes people mistakenly attribute throwing of shells (disc, spear) and pushing shells (ball) to weightlifting, but this is not so. Throwing and pushing shells belong to athletics. Weightlifting competitions have been encountered in the culture of peoples since ancient times. The earliest mentions of such competitions belong to Ancient Egypt, Ancient China and Ancient Greece. In its modern form, this sport took shape in the 19th century. The first official competitions began in the 1860s in the United States, then in the 1870s they began to be held in Europe. The first international championship was held in 1891 in Great Britain, and the official world championship was held in 1898 in Vienna. The World Weightlifting Union was formed in 1912. At the same time, the rules of the competition are being standardized. Currently, the most powerful countries in weightlifting are: China, North Korea, Iran, Kazakhstan, Russia, and Bulgaria.

In the program of the Olympic Games since 1896 (except 1900, 1908, 1912). The competition program and weight categories of athletes were constantly changing. Prior to the creation of the International Weightlifting Federation (FIH), athletes





competed in the press and clean and jerk with two hands, sometimes in the snatch and clean and jerk with one arm;

since 1920 - in triathlon (snatch and jerk with one hand, jerk with two hands),

since 1924 - in pentathlon (snatch and jerk with one hand, press, snatch and jerk with two hands),

from 1928 to 1972 - in triathlon (bench press, snatch and clean and jerk with two hands),

since 1973 - biathlon (snatch and clean and jerk with two hands).

#### Exercises

Snatch - an exercise in which an athlete lifts the bar over his head in one continuous movement directly from the platform onto his fully extended arms, while sitting down under it, this is Popov's low seat or step. Then, holding the barbell overhead, the athlete rises, fully extending his legs.

Jerk is an exercise consisting of two separate movements. While taking the barbell on the chest, the athlete tears it off the platform and lifts it to the chest, while sitting down ("low sit" or "Popov's step"), and then rises. Then he half-squats and with a sharp movement sends the bar up to straight arms, at the same time squatting under it, scattering his legs slightly to the sides (shvung) or back and forth ("scissors"). After fixing the position of the bar over the head, the athlete straightens his legs, placing his feet at the same level (parallel), holding the bar above his head. Overhead press standing from the chest - an exercise that consists in taking the barbell from the platform to the chest (similar to the first movement in the "push" exercise) and squeezing it over the head using only the muscles of the arms. This exercise was dropped from the competition program in 1972 due to the fact that many athletes began to do the press "push" instead - pushing the barbell with the chest and the whole body using the muscles of the legs (using the squat). Aims. As a result, the arm muscles almost did not participate in this work. At the same time, it was very difficult for the judges to notice the difference between an "honest press" and such a "trick". As a result, the athletes who were still doing the "honest press" were at a disadvantage. In addition, the bench press turned out to be very traumatic, many were injured in the lumbosacral spine. Based on all this, the bench was excluded from the competition program, but it is still an effective strength exercise and is still used in weightlifting training.





## Competitions

Weightlifting is a direct competition where each athlete has three snatch attempts and three clean and jerk attempts. The heaviest weight of the lifted barbell in each exercise is added to the overall standings. As a rule, competitions are held with the determination of the winners and prize-winners in each weight category, based on the body weight of the athletes-participants. Sometimes competitions of athletes of different weight categories are held in the general stream, and the winner and prize-winners are determined not by the absolute maximum amount of the lifted kilograms, but by calculating points according to special equalizing formulas (Sinclair, Starodubtsev, Raiden). Weightlifting competitions are judged by 3 referees and their decisions become official by majority rule.

Unlike other strength sports, in weightlifting, not only strength indicators are important, but also flexibility, speed and coordination, due to the technical complexity of the two main weightlifting exercises - snatch and clean and jerk. Scientific research, tests carried out on the famous athlete of the last century - Yuri Vlasov - showed that his speed and other qualities are better than that of many athletes. Since 1998, a new stage has begun in the development of this sport in Uzbekistan. The talented and promising specialist Rashid Matkarimov became the senior coach of the national team. He developed new scientifically based methods of training weightlifting athletes, which were aimed at the development and training of young novice athletes. As a result, the national team of Uzbekistan reached one of the leading places in Asia. In 2000-2001, the world-class master of sports Valizhon Usmanov became the president of the Weightlifting Federation. During this period, in the regions where this kind of sport is well developed (Samarkand, Khorezm, Bukhara, Tashkent region) and Karakalpakstan, regional centers were created, which until now prepare gifted athletes and coaches.

In 2002, the Weightlifting Federation of the Republic of Uzbekistan was officially registered with the Ministry of Justice. Nikolay Semenovich Dyakov, a talented organizer, head of the Zarafshan Construction Directorate, became the President of the Federation, Vladimir Artashesovich Karapityan became the Vice President, and Shahrullo Makhmudov, Honored Trainer of the Republic, became the General Secretary.



## Conclusion

Since that time, the city of Zarafshan has become the center for the development of weightlifting in the Republic of Uzbekistan.

The Zarafshan Construction Department took over the leading weightlifters. ZUS and the State Committee for Sports of the Republic of Uzbekistan have developed a joint plan for conducting training and preparatory camps for the successful performance of athletes at competitions of the highest level.

Through the efforts of the Secretary General of the Federation Sh.Makhmudov, a stable relationship has been established with the Asian and International Weightlifting Federations. The result of this work was the constant participation of Uzbek referees in competitions and championships.

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