



HISTORY OF THE DEVELOPMENT OF GYMNASTICS

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Annotation

This article discusses the history of the development of gymnastics. The limited form of gymnastics may have been used by the Chinese and Egyptians about 3,000 years ago.

Keywords: Gymnastics, special, weightlifting, exercise, wrestling, sports, javelin throwing, physical education.

Introduction

The limited form of gymnastics may have been used by the Chinese and Egyptians about 3,000 years ago. However, the term "gymnastics" was never mentioned before the Greeks and Romans. However, in those days it was almost impossible to perform exercises that required a lot of strength in special heavy clothing, but the athletes showed off their skills naked by taking off these clothes. These athletes later became known as "gymnasts." The word itself comes from the Greek word "gymnos." During this period, the term "gymnast" was used to describe an athlete involved in wrestling, javelin throwing, and running. The term "gymnast" was later used to describe all the sports taught in the gymnasium.

By the early 19th century, Swedish freestyle gymnastics and John gymnastics equipment had become the standard for gymnastics training and clubs.

Gymnastics as a means of physical education has been developed for a long time. His decision was associated with changes in social order, the development of the science of man, as well as changes in the methods of warfare. All this has had a significant impact on the change in the content of gymnastics, its teaching methods and even the technique of performing exercises. Some of the exercises that were part of the gymnastics system in the 18th and 19th centuries were used in ancient Rome and a number of Western European countries as part of military-physical training as early as the Middle Ages. These include exercises on a wooden horse, ladders, and other structures used to train attack on rival castles.

Proponents of the Greeks and Romans developed the physical requirements of gymnastics to increase their military power and combat. For example, in order to





improve the skills of a soldier in gymnastics, in addition to gymnastics training, it was necessary to know the rhythmic gymnastic movements (laughter).

Acrobatic exercises and exercises on the rope were performed by artists who were wandering around.

Renaissance humanists began to pay more attention to educating young people. They believed that gymnastics was the best way to improve one's health and physical strength. In the 16th century, a number of works on physical education appeared. For this reason, it is reasonable to assume that as early as the 15th century, some gymnastic instruments and exercises were used in the schools of the noble youth, and they later became the basis of gymnastics.

1. Gymnastics of the new era.

Ya.A. Comenius, Jean-Jacques Russo (1712-1778), Pestalozzi (1746-1827).

Their services in the field of physical education are such that they have contributed to the real revival of gymnastics. Rousseau believed that exercise strengthens and heals the human body, creates the necessary conditions for the development of strength and mobility, prepares for life, helps to achieve mental maturity and strengthen health.

Pestalozzi considered the development of strength and ability in children through exercise to be the main goal of physical education. He argues that joint gymnastics should be complemented by movement games and manual labor.

Of course, in doing so, he overestimated the importance of joint exercises, although the method he developed was important and widely used for gymnastics at the time. German scientist Tust-Muts developed the technique of many gymnastic exercises, including exercises performed on gymnastic slings. In these exercises, great emphasis is placed on the form of movement. It has spread to many countries, including Russia, and has contributed to the development of gymnastics.

It featured horizontal bar beams and simple exercises performed on a single stick. The book developed requirements for students to compete with each other during the lessons, to be clear in the execution of actions.

3 Establishment of a national gymnastics system

The creation of the national gymnastics system dates back to the beginning of the XIX century. This was the result of social demand. The methods of warfare required simultaneous action, precise execution of orders, purification on the battlefield. To urban educators and physicians, gymnastics seemed to be the only correct way to train young people.

By the first half of the 19th century, the development of gymnastics began to take three forms:





- Hygienic direction (gymnastics was a means of strengthening human health and developing physical strength);
- Athletic orientation (gymnastics was considered a means of improving the quality of human movement through the use of complex exercises, including exercises performed on gymnastic equipment);
- Practical orientation (gymnastics was a means of training soldiers to overcome various obstacles encountered in war).

German gymnastics system. Napoleon's troops began to form during the occupation of Prussia. The founder of this system was F. Yan (1778-1852). F.Yan sought to use gymnastics to train young people militarily in order to liberate the country from invaders. Exercise and military games on gymnastic equipment formed the basis of this system, because, according to Yan, they developed the physical strength of man and strengthened his will. He called his gymnastics "turnkunst" (dexterity) and his students "turners". Later, German gymnastics was called "turnen". Jan Frizen developed gymnastic exercise techniques in collaboration with Eizelen. A textbook, German Gymnastics, was published, which described all the exercises performed on equipment known at the time. During the exercise, participants were required to keep their head straight, their toes extended, their body straight, and move in a straight line. The training used a competition method, which greatly increased the interest of the participants, and they tried to repeat the same exercise countless times. At that time, different combinations of actions were not used.

4. Gymnastics in Russia before the October Revolution.

Forms of gymnastics have long existed in the life of the peoples of Russia, including the peoples of Turkestan. Acrobatic performances were added to the festivities. In Central Asia, gymnasts have used gymnastic exercises in their performances. Many wrestlers have used lighter weight exercises as a means of relaxing their muscles before wrestling. Almost all nationalities loved horseback riding and horseback riding. Famous military commanders (Temur Malik, Amir Temur, Babur) sought to increase the level of training. This led to the development of gymnastics. The great warrior Amir Temur was obliged to conquer obstacles in preparing his troops for military campaigns, fencing, spear-throwing, conquering fortresses by ladders, performing various gymnastic exercises on a running horse, as well as swimming and other gymnastics. used the exercise. These exercises have a great effect on the physical development of navkarlami.

In the history of Russia, the physical training of the army was founded in the time of Peter I. The "fun" regiments, formed by Peter I and later transformed into the Guards Regiment (Semyonovsky and Preobra-Jensky Regiments), used a variety of exercises





to train soldiers to overcome obstacles and acquire other skills and abilities. By order of Peter I, gymnastics was introduced in naval academies. Prominent Russian commanders A. Rumyantsev, A. Suvorov, Admiral F. Ushakov and others paid much attention to improving the physical training system of the Russian army.

A. V. Suvorov (1730-1800) created his own system of military-physical training, which was based on military-field gymnastics, morning gymnastics, training exercises. For this purpose, running, swimming, overcoming obstacles, moving various objects, and spear fights were used. A. V. Suvorov's an.n. Kutuzov continued.

MI Dragomirov (1830-1915) played an important role in developing the basics of physical training in the army of Tsarist Russia. He completed the military training system, defined the tasks of physical training for different types of troops, and developed a method of gymnastics for the army. P. F. Lesgaft was also involved in the development of a special physical training manual for land and naval forces. This has had a positive effect on the scientific validity of the manual and its long-term sustainability. Later, the Russian army began to pay more attention to gymnastic exercises. From 1910, the "falcon system" of gymnastics became the basis of physical education.

5 Development of gymnastics in Uzbekistan

In Central Asia, including Uzbekistan, gymnastics has a scientifically based historical basis for the treatment, rehabilitation and practical physical education. From ancient times the people: various exercises, movement games are organized at big celebrations and weddings. During Navruz, Pentecost, and other celebrations, there are regular entertainment events such as horse racing, running competitions, crowd-racing, chovgon games, and darboz performances.

Abu Ali ibn Sina in his "Law of Medicine" paid great attention to physical training. In his book, looking at the rules of health care, the great thinker speaks perfectly about the role and importance of exercise in the practice of health and healing. Ibn Sina was the first scientist to describe the positive effects of exercise on the human body as "free movement that causes a continuous process of deep breathing." The Chairman of the Scholars (Ibn Sina) said that the most important part of health care is to exercise, followed by diet and sleep. If a person regularly engages in regular physical activity and adheres to a regular schedule, he will not feel the need for any treatment or medication. According to the great scientist, a person who does not exercise regularly, loses health and loses strength as a result of cessation of movement. According to the scientist, exercise strengthens muscles, joints and nerve fibers, as a result of which people can work tirelessly for a long time and protect themselves from disease. Ibn Sina emphasizes that the age and health of a person should be taken into account





when exercising.

The Laws of Medicine provide information on when and how children, adolescents, and the elderly should exercise. Ibn Sina's views on the timing of the beginning and end of exercise, massage, bathing and exercise in the bath and cold water, keeping the body clean, and other hygienic requirements are still in the focus of scholars' attention.

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