



THE PHYSICAL TRAINING OF THE WRESTLER AND STAGES OF DEVELOPMENT OF THE KURASH

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Annotation

The physical fitness of a wrestler is an important part of the sport is one of the components and physical qualities - strength, endurance, is a process aimed at developing flexibility, agility and speed. The main tasks of physical training are: Athletes' level of health and the function of various systems in their body increase capacity. Physical qualities that correspond to the specifics of wrestling developing physical qualities in unity. Physical training to general, auxiliary and special training is divided. The general physical training of the wrestler achieves high results The foundation for is the necessary foundation. This article discusses about the physical training and of the wrestler and stages of development of the Kurash.

Keywords: physical training, wrestler, flexibility, physical qualities, capacity, speed

Introduction

Physical culture and sports are gaining social strength and importance today. In this regard, the involvement of children and adolescents in regular physical education and sports, the development of their strength, speed, endurance, agility and other physical qualities is a priority. A great tool for physical education is action games. Moving games are a very emotional activity available for children of all ages. Games contribute to the development of physical qualities, moral, volitional. In play activities, the child acquires vital qualities: independence, perseverance, and so on. Games are a means of education and upbringing, through play activities children learn the role of relationships. In the game, everyone will test their abilities and knowledge,





learn their strong survival. In other words, play develops the mind, thinking and creative abilities. There are so many games. A popular sage says that just as a person is in a game, so is he in life. Through play, the child learns the world. The desire to measure strength, courage, agility, and ingenuity is fully satisfied by sports. Wrestling is a very popular sport. For all peoples, and always, struggle has been a powerful means of educating man physically and preparing him for labor and military activity. There are currently more than 40 national and international types of wrestling, including various international tournaments and championships in different countries. Wrestling is a sport in which two athletes compete one-on-one in accordance with the established rules. The art of wrestling has been known in many nations since ancient times. Wrestling is especially popular in Greece and has been a regular feature of the ancient Olympics. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. According to the methods used, they are assessed as "half-baked", "sideways", "honest", and for illegal actions - "reprimand", "dakki", "gross". If a wrestler gets an "honest" rating (or if his opponent is punished with a "bad"), it means that he has won. Twice getting a "sideways" rating (or being penalized twice for "dakki") also means victory. Taking into account the "low" scores, the wrestler who received the score will win, the score of the wrestlers with equal number of scores and penalties will prevail, if the number of penalties is equal, the last penalty will be considered defeated, if all are equal (or rating and no penalty is imposed), the winner will be announced by a majority vote of the judges. In 1992, the Kurash Federation was established in Uzbekistan, and in 2001, the Belt Kurash Federation was established in Uzbekistan. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA) in Tashkent. A major international competition was held in The Decree of the President of the Republic of Uzbekistan "On Support of the International Kurash Association" (February 1, 1999) gave impetus to the further development of the Uzbek national Kurash. In the same year, Tashkent hosted the first World Championship in Uzbek Kurash, and an international women's tournament in Bryansk, Russia. The International Wrestling Academy was established under the IKA, the World Wrestling Development Fund was established, and the Kurash magazine was established under the auspices of the association. Literary-artistic, social-publicist, information-advertising magazine has been published in Tashkent since October 1999. According to the methods used, they are assessed as "half-baked", "sideways", "honest", and for illegal actions - "reprimand", "dakki", "gross". If a wrestler gets an "honest" rating (or





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Wrestling is not only a means to an end, but also a means of achieving physical and spiritual maturity. The great ancestors called wrestling a school of education. This school describes its students and those who have seen it as follows:

- Wrestlers do not swear, but never betray their yuit. "Wrestlers stay away from filth, adultery, deceit, drugs, and fight against such evils." "Wrestlers are strong-willed people, and they don't care what anyone says."

- Wrestlers are noble, humane. is distinguished from others by his deep respect for his opponent.





-The wrestlers will have their own strong first. It is possible to see in the above interpretations given to the wrestlers that the philosophy of wrestling formed over the centuries is embodied. They are:

-Formation of an independent worldview and free thinking; It is safe to say that it heals the will, motivates a person to strive for honesty. Kurash, which serves to form a sense of confidence, pride and pride in the heart that teaches to overcome difficulties with endurance and perseverance, makes an invaluable contribution to the harmonious development of creative youth, to those who can respond to the harshness of life. After all, the passion for wrestling leads to perfection. So, Struggle Is "The Way to Achieve the Goal Honestly!" Wrestling is a force that brings nations together, unites them, guides them to the right path, both spiritually and physically healthy. This is undoubtedly the achievement of all of us. Wrestling is not just a sport, it's a sport! Considering that man is a factor in the development of society not only in physical and spiritual development, but also in society, we have already mentioned that our ancestors called it a school of education. A member of the wrestling school, the participant must be committed to his life and practical activity on the basis of certain scientific, spiritual and enlightenment principles, and adhere to them. In other words, wrestlers are wrestlers, a wrestling match, a logical sequence, a strict science. requires certain rules and regulations that are system-based, traditional, and have a moral and ethical quality. As wrestling requires wrestlers to display such high qualities as courage, bravery, determination, honesty, integrity, courage and purity, this in turn places a great sense of responsibility on them. After all, those who set an example for others first of all had to improve their personality physically and mentally and constantly strive for maturity and perfection. It is safe to say that it heals the will, motivates a person to strive for honesty. As wrestling requires wrestlers to display such high qualities as courage, bravery, determination, honesty, integrity, courage and purity, this in turn places a great sense of responsibility on them. After all, those who set an example for others first of all had to improve their personality physically and mentally and constantly strive for maturity and perfection.

It basically solves the following tasks provides: Its all-round harmonious development of the wrestler's organism increases functional capabilities, develop physical qualities. Improving health. Active rest during intense training and competition. General physical training involves a variety of tools. They are exercises performed with shells and shells, with a partner Exercises performed on special simulators, other sports: acrobatics, a general developer derived from athletics, sports games, swimming, etc. exercises are separated. Auxiliary physical training special movement skills necessary for the effective implementation of large-scale work aimed at development designed





to create a special framework that is It's too narrow and too narrow has the following directions and solves the following tasks: Basically, developing qualities that are more specific to the fight. Muscle groups that are largely involved in wrestling movements selective development. This is one of the most important adventure travel tips Exercises are used, which, due to their kinematic and dynamic composition, as well as the nature of the nervous system, are used in the competitive activities of the wrestler. consistent with the basic actions it performs. Such exercises include the following can be distinguished: performing different methods of struggle through gestures; special simulator exercises performed on devices; Exercise with wrestler's mannequin. The special physical training of the wrestler is the qualities of movement poured by the characteristics of the wrestlers' competitive activities aimed at developing in strict accordance with the requirements. The special physical training of the wrestlers is mainly on the wrestling mat and the most important movement qualities in the movement skills development. Therefore, special physical training involving a variety of possible complexities as primary tools competition exercises are used. Such a complex exercise enhances the effect on the body of the wrestler. For example, heavier weights abandonment of a partner in the category, training with replacement of partners' competitions are held, etc. That's the whole point of exercise allows the development of one or another mechanism, has a complex effect on the training of the wrestler, and at the same time increases his physical and technical-tactical readiness. All these types of physical training are interrelated depends on Enough for any type of physical training during training failure to evaluate will ultimately hinder the development of sportsmanship. Therefore, to optimize the types of physical training shown during training It is very important to follow the ratio. Its numerical expression is constant not the size, but the skill of the wrestlers, their individuality characteristics, the period of the training process and the current state of the organism varies depending on.

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