



SCIENTIFIC BASES OF PEDAGOGICAL CONTROL OF COMPETITIONS AND TRAINING ACTIVITIES IN THE BELT STRUGGLE

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ABSTRACT: - Belt Wrestling is considered one of the ancient sports. Historical handcuffs, monuments testify to the historical past of wrestling sports. Archaeologists have found many places in the world of petroglyphs with pictures of wrestlers on the rocks, in Central America, Africa, Europe and Asia. Evidence of the millennial history of the struggle can be seen from the historical monuments of nomadic tribes that lived in the 3-1 centuries BC. With the struggle with the belt, not only the peoples of Turkey, but also many nationalities and nationalities of Europe were engaged. In these peoples, the belt had its own unique forms and features as well as its own nomenclature of the method of struggle. In this article, opinions and comments are made on the scientific basis of pedagogical control of competitions and training activities in the belt fight.

KEYWORDS: Belt fight, competition, squatting, training, activity.

INTRODUCTION

The belted struggle sport in itself embodied the historical traditions, traditions of each nation. Nevertheless, the methods of belt struggle for the peoples of Europe and the Slavs migrated from the Turkic peoples. The roots of the belt struggle were formed mainly

on the lands of Mesopotami and Kushan, and mastered in the cities of Russia, Turkey and the Black Sea. Military soldiers of the Turkic countries have widely used belt-fighting movements in the preparation processes for battles. With the transition of nomadic tribes

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to a sedimentary state, the combat arms of the soldiers were preserved for the requirements of everyday life-the sword, dagger-hanging belts. Later it was called the belted fight so the method of fighting so it must have been so as to become to fall into the fight by holding the same belt. Initially, in this way of fighting, the opponents pulled one by one from the belt to the others, after getting closer to him, they lifted up the set and hit the ground. On the territory of Russia, similar forms of the Uzbek belt struggle were preserved in the tatar and bashkird peoples. Currently, on the national holidays of these peoples, the belt wrestling competitions are in the main place.

Today, the struggle does not belong to any country as a national sport. In the same way, people usually do not call football American as English sports or basketball. The belt fight does not have national borders. It is unique and increasingly gathering more and more fans. The circle of participants of the competition is growing. This is an excellent and democratic sport, which does not require much financial costs. An important fact is that the International Federation of Belt Wrestling has significantly reduced the number of injuries that participants in the competition receive since the introduction of new rules. It is proved that the correction of the rules of this or that fight made this type of sport popular. Currently, world and continental championships are held in different parts of the world.

Uzbek belt wrestling competitions were widely held in folk dances, traditions and wedding ceremonies. Even now, fighting competitions are organized in wedding ceremonies, which are held in many cities and villages of the Valley. the winners were kept carpets, Rams and even bakers ' gifts. About the interesting and attractiveness of the belt struggle, a lot of information is presented in

the historical work "Devonu dictionary Turkish", which was written by the scientist Maxim Qashgari in the XI century. "The wrestlers were shaking and agile, the stronger the wrestler grabbed a tight squeeze from each other's Belt and suddenly knocked out the opponent's lift from the ground."

ANALYSIS METHODOLOGIES

The method of struggle with the belt was significantly improved and changed with the passage of periods. Competitions are held regularly among the peoples of the world. International competitions on Belt Wrestling are organized in two forms. By the current rules, the timing of the fight competitions is limited, there are changes in the methods. Points are awarded for the methods performed by wrestlers. Also included are numerous changes in the volume of wrestling rugs, in the clothes of wrestlers, as well as in the rules of the competition. The fight area should be flat and wide. Wrestling cherries are made of a soft artificial coating with a thickness of at least 5 cm and without much. The center of the wrestling carpet will have a diameter of 6 m, which is considered the area of the competition. Two meters wider from it, a protective area is established. They are puddled at the end of the main part of the first part of the lesson (in the preparatory part) in the morning body training and training activities. In addition, it is mandatory to organize special exercises on physical training (with swimming, rowing and playing ball) in the forest, on the field, along the river. The left corner of the carpet on the side of the arbitration table is separated by a green color, and the right corner by a blue color. All methods of national struggle in the Uzbek people are formed on the basis of family traditions and local customs. The wrestlers were taught manners and morality, national

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values in the training processes. The main prohibited rules of the belt fight, which have remained unchanged, are considered to be the movements of straining from the feet, holding from the feet and lifting from the feet, and in the current belt fight methods, too, these movements are prohibited. There were some changes in the shape and length of the belt, which were the main means of struggle. If in the initial period the wrestlers were enriched to squeeze the belt, now its length is ensured to be without freestyle.

Methods are targeted attack actions, with the help of which the fighter will gain advantage over his opponent. Each method consists of two parts. The first part-get hold of the method to apply. Holding apples are divided into holding apples from above, from below, from behind, in advance, from the side and so on. Retention is of great importance in the successful execution of the method. The quality of execution of the whole methods depends on how wisely the capture is carried out. In the second part, a variety of actions: standing - passes, throws, overturns.

During the free fight, judo and the implementation of the methods in the fight, various movements with the legs in one vector are also performed, that is, these are squats, squats, scraps, pre - hanging jumps, squats, back-hanging jumps. Most of these movements can be performed from behind, in advance, from the side, from the inside, from the outside.

With the same grip, a number of movements can be performed, and, on the contrary, the same movement itself can be performed with different catches. It is possible, for example, to carry out hand-to-hand and body, overturning with a blow. But it is also possible to bend the opponent and take hold of the hand, body, arm and neck. The fighter can use any technique for attack and counterattack. Supporting the method or part

of it as a deceptive action, the fighter can distract the opponent's attention from his real intention and prepare favorable conditions for the implementation of the attack by another method.

Literature

Counter-methods are targeted actions that are performed in response to an opponent's attack, with the help of which the fighter will gain an advantage over the opponent. Injection methods include complex technical actions. In order for a counter-attacking player to make the right decision in one zone and the opponent does not have time to implement the method, he must clearly adjust his actions with the actions of the attacking opponent. Defenses are purposeful actions that prevent an opponent from performing methods (counter methods). Defenses are divided into initial and immediate defenses. The initial defense is performed in advance, that is, before the opponent performs the method. Direct defense is aimed at stopping an opponent's attack. The effectiveness of such protection depends on its timely implementation. Direct protection can be carried out at the beginning of the method, during the execution of the method or at the end of the execution of the method.

All technical actions are performed by wrestlers without different circumstances. The main cases are: standing, stalls and bridges. Standing is the position of the wrestler, in which he is standing on the legs. Right, left and gross stand-ups are distinguished. One of their harms, in turn, can be high, medium and low. Fighting in standing position can be carried out at close, medium and long distances.

In the types of national struggle of the peoples of belt is tied, and the wrestlers from

two ends hold tight. The extra requirement of this method of struggle is the defeat of the wrestler who let go of the belt. In the international free-style of the belt struggle, from the throw movements to lift the opponent from the carpet and bend back from the chest, turning sideways, riding at the waist riding at the knees, from the side, from behind the head, turning back the throw methods are used a lot. In this method of struggle, too, like all Belt-fighting methods, it is forbidden to sink into the carpet or to touch the knee carpet, as well as to touch the hands on the carpet. It is also forbidden for the wrestler to swing hands on his side, to hold the head and neck, to stretch the legs in the body and on the legs, as well as to press the opponent with his own weight.

In the international competitions on the struggle for the belt at the beginning of the XX century, the wrestler competed with three wrestlers in a row, when he defeated them, the wrestler was considered the winner. If the third wrestler is defeated, he is excluded from the competition. The winner wrestler continued to compete. He was also considered a winner when he defeated three wrestlers. Wrestling competitions were held in an interesting and uplifting spirit. The arbitration tasks were performed by a team of famous wrestlers of the Oaks. The strongest fighter will go out on the fight carpet, the fighter will go out on the carpet to compete, if there will be a draw between them, the first with lots will be honored to compete. During these periods, the wrestlers did not fall into a fight according to the weight, but the level of equality and mastery of mutual cadets between them is taken into account. Nevertheless, in order to become an absolute winner of the competition, it was necessary to fight with all skillful and heavy-weight wrestlers.

CONCLUSION

A deep study of the multi-thousand-year history of the struggle confirms the fact that the struggle took place in the silo of the example of the physical and spiritual maturity of the poles. Therefore, there is a special place in the physical well-being of the Poles, their turns are strong or wrestling, mobility, agile and agile aspects, morality, moral appearance, attitude to the opponent, patriotism of society, convent and monastic life around them, how the scribes behave in a broad circle. Wrestling is not just a sport type, but also a means of achieving physical, spiritual perfection. The great ancestors called a school of Education.

In the following years, great attention was paid to physical education and sports in our Republic. Our athletes have achieved good results in Asian and world competitions and are raising the flag of Uzbekistan High. Especially during today's pandemic period, physical education and sports and health promotion have become an urgent issue. To increase the workability of wrestlers, a number of specialists recommended their methodology. But at present, little attention is paid to general workmanship in the training of athletes.

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