



AGILITY AND COORDINATION IN THE SYSTEM OF PHYSICAL TRAINING OF THOSE INVOLVED, SPECIALIZING IN WRESTLING AND MARTIAL ARTS

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ABSTRACT: - The article is an analytical review on the problem of agility development in wrestling and martial arts. The current approach to the training of athletes in these types is characterized, which is based on technical and tactical training and improvement with clearly insufficient attention to the physical preparation of those involved, especially to the development of agility as a quality that is extremely important for fast effective motor actions in changing and unexpected situations. Differences between sports types of wrestling and martial arts are given, which determine the differentiation of the methodology for developing dexterity. The importance for the development of dexterity of using knowledge about the physiological foundations of movement control and motor actions and such concepts as “motor memory”, “motor field”, “anticipation”, “subconscious automated movements and actions”, “automatisms”.

KEYWORDS: Wrestling, martial arts, technical training, physical training, agility, motor memory.

INTRODUCTION

Different types of wrestling and martial arts are distinguished by exceptionally high popularity and mass character, they are widespread in almost all countries of the world, they have deep historical roots, the

richest technical and tactical potential, and are of great practical importance.

Naturally, the successful further development of sports wrestling and martial arts requires constant improvement of various aspects of

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the training of those involved. However, in the presence of a significant amount of diverse information in this area, very one-sided ideas have developed about the significance of technical, tactical and physical fitness. Interest in some components of mastery is clearly increased, while in others, no less important, it is reduced. Respect for traditions, long-established knowledge and ideas is accompanied by a clearly insufficient attention to the achievements of science in the development of speed and strength qualities, agility and coordination, flexibility and endurance, i.e. to those components of physical fitness that are no less significant than technical –tactical skill that cannot be displayed without proper physical prerequisites.

THE MAIN FINDINGS AND RESULTS

The purpose of the study is to analyze the problem of training those involved in various types of wrestling and martial arts, in particular, rational combat, to find ways to improve the effectiveness of physical training. Research methods: dialectical method as a general scientific method of cognition, retrospective and comparative-historical methods, study of special literature and program and regulatory documents, expert survey, testing, pedagogical experiment, instrumental methods for assessing psychophysical capabilities.

Freestyle and Greco-Roman wrestling, judo and taekwondo are an important part of the programs of the Olympic Games, they are widely represented in the programs of world championships, regional games and championships, and other major competitions. A large number of types of competitions in Greco-Roman and freestyle

wrestling, judo, taekwondo, included in the programs of the Olympic Games, predetermines the important role of the success of athletes from different countries in these sports in the unofficial team medal standings.

Many national types of wrestling, typical for most peoples of different countries of all five continents, are an important part of national cultures, an effective means of physical education, attracting young people to a healthy lifestyle and competitive sports. Only in the countries located on the territory of the former USSR, about 30 types of national wrestling are cultivated.

Traditional Japanese types of wrestling are sumo, judo, kendo, karate, aikido, etc.; Chinese - vinchun, kungfu, wushu with many specific schools, etc.

Most of the national types of wrestling were historically formed as martial arts, and over time - as sports with appropriate rules and a system of competitions, without losing their applied orientation.

Martial arts as different systems of martial arts have historically been the means of hand-to-hand combat. At present, the traditional purpose of different types of martial arts is complemented by their design as sports with the appropriate technical arsenal and competition rules.

There are many types of martial arts that can be classified by tradition (historical forms, modern martial arts), by international, regional or national basis (eastern martial arts, western martial arts, national types), by purpose (sports, martial arts, demonstration,

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self-developing), according to the means used (without weapons, with weapons).

Separate national species, as they developed, acquired an international character, spread in many countries on different continents, which was largely facilitated by the first popularization in different countries, the formation of a system of international competitions and, ultimately, the inclusion of the Olympics in the programs of the Games. So at one time it happened with European types of wrestling - Greco-Roman and freestyle, then with judo - a Japanese traditional martial art and taekwondo - a national Korean type.

The exceptionally high popularity of wrestling sports and sports areas of martial arts, as well as the growing importance of their applied areas, require in-depth study and improvement of various aspects of the training of those involved - technical, physical, tactical and psychological. The level of preparedness of athletes or law enforcement officers in each of these types can be decisive for achieving an advantage in fights, and their comprehensive and versatile improvement is the basis of mastery and success.

The obvious underestimation and underdevelopment of the system of physical training in sports wrestling is largely due to the historical traditions that have developed in these sports. The development of various types of martial arts focused on the constant study and enrichment of the techniques of types of wrestling, which is quite natural, given the presence of many types of wrestling cultivated in different countries, distinguished by the originality of national schools with many distinctive features and specific techniques. The technical component is rightly noted as the most important factor in the

progress of wrestling, and the technical equipment of athletes is the basis for success in competitions.

As for physical training, especially special, the main way to ensure it is an intense process of technical and tactical improvement, various kinds of training, as well as competitive fights. Such a position has certain grounds, given that in various actions characteristic of competitive fights, an athlete is forced to show a wide range of speed, strength and coordination abilities, agility, different types of endurance - to dynamic and static work, when mobilizing different muscle volumes and capabilities of energy supply systems, etc. However, it is extremely one-sided, which does not allow purposefully developing various motor qualities that are significant for wrestling and martial arts, taking into account the specifics of their types.

When you get acquainted with the creative heritage of the national school of martial arts, including sambo wrestling, you are surprised to find that the content of all the main works is based solely on the technique and tactics of hand-to-hand combat, while completely ignoring the means and methods for developing various physical qualities - strength, speed, endurance. Particularly great is the contribution to the theory and practice of hand-to-hand combat by N. N. Oznobishin, the author of a highly effective system of hand-to-hand combat, outlined by him in the now classic work "The Art of Hand-to-Hand Combat". The entire content of the book is devoted to the description of techniques: kicks, fist strikes, close-quarters fighting and without girth, fight in a girth stand, fighting on the ground, techniques against weapons, street fighting tactics, etc. This work was based on a generalization of the achievements of

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different schools of martial arts and martial arts (French and freestyle wrestling, English boxing, etc.), which predetermined its relevance, practical significance and many years of use in training special forces of power structures. Unfortunately, the problem of the development of motor qualities in this book is not touched upon at all. A whole era in the development of hand-to-hand combat is associated with the name of A. A. Kharlampiev, the founder of sambo wrestling as a sport and martial art, which absorbed the achievements of many national schools of martial arts, ranging from Japanese jiu-jitsu and judo to many schools of the peoples of the USSR. Different types of throws and holds were taken from Russian wrestling, hooks and throws over the thigh from Georgian, various leg grabs from Azerbaijani and Buryat-Mongolian wrestling, original throws from Tatar, Uzbek, Turkmen wrestling. Many painful techniques were borrowed from Central Asian and Altai wrestling. All kinds of dangerous punches, chokeholds, squeezes, pressures, dangerous throws, etc. were borrowed from various Asian schools, French savate, etc. This distinguished A. A. Kharlampiev's approach to hand-to-hand combat from the work of his predecessors, including N. N. Oznobishin, who mainly focused on effective techniques borrowed from jiu-jitsu and boxing.

Its content is aimed at ensuring the rational training of military personnel in conditions close to operational combat. Much attention is paid to hand-to-hand combat. However, the content of the manual does not correspond to its title, since the vast majority of the text (more than 90%) is devoted to a serious analysis of the technique of motor actions in a variety of situations that fighters may encounter in combat conditions, and the methodology for teaching them. The issues of

movement, overcoming obstacles, penetration into buildings during the assault; techniques and methods of hand-to-hand combat; various methods of detention, capture, destruction of the enemy in individual and group actions; technique and tactics of fights with the enemy armed with various types of cold and firearms, etc. As for physical training itself, only a few pages of text are given for information about it, containing the most general and banal provisions: types of physical training (general, special), its goals and objectives, forms (training sessions, physical exercises in special conditions, morning hygienic gymnastics and others); didactic principles of teaching (consciousness, activity, visibility, accessibility, strength, etc.), groups of methods (verbal, visual, practical); the sequence of teaching techniques and motor actions (familiarization, learning, training). It is noted that the main physical qualities are general and special endurance, and the level of their development is determined by the results of a 5 km ski race, a 3 km run, and a 12-minute Cooper test. The importance of strength endurance is indicated, for the assessment of which it is recommended to pull up on the crossbar, rope climbing, push-ups in lying position, jumping up from squatting positions, etc. Such a quality as dexterity is only mentioned in the text, no recommendations are given on its significance, development methodology, or testing. And this despite the fact that agility and coordination abilities in most situations associated with real contact with an opponent are decisive, immeasurably more significant than endurance or strength endurance. Unfortunately, both the methodological foundations and the specific content have not undergone significant changes in the program and normative documents that currently determine the content of the physical training

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of military personnel, including special units. These exercises and guidelines for their use contribute to high performance in the formation of general physical and special technical readiness. However, they do not provide special physical fitness and, especially, the development of dexterity, they are not focused on developing the ability for the fastest and most effective motor actions in unexpected situations in conditions of real confrontation.

Ignoring knowledge in the field of methods of physical training and development of such an important quality as dexterity is also characteristic of the most popular textbooks and manuals on various types of martial arts prepared by prominent foreign experts, primarily representatives of oriental martial arts - judo, taekwondo, karate.

CONCLUSION

Technical mastery and physical fitness of sportsmen represent a complex system in which rational technique determines the requirements for the development of motor qualities, and motor qualities are the basis for the implementation of effective techniques and motor actions. However, in the specialized literature and program and regulatory documents, which provide knowledge and practical recommendations for the training of those involved in various types of wrestling and martial arts, this connection is clearly insufficiently presented, and in many cases even erroneously.

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