
TYPES OF WRESTLING: UZBEK NATIONAL WRESTLING, SAMBO, JUDO, GRECO-ROMAN, PEDAGOGICAL APPROACH BASED ON FREESTYLE WRESTLING

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ABSTRACT:

This article focuses on the pre-training and post-training training of wrestlers, training in technical and tactical techniques during training, and the development of the sport of wrestling. The main part of the textbook deals with the types, types of wrestling: judo, sambo, Greco-Roman, freestyle and Uzbek national wrestling, their origin, history, rules, methods and techniques. The participants were also analyzed for theoretical, technical, physical, strategic and tactical training, as well as arbitration tasks and integrated training, which provided insights into the methods of training wrestlers of all weight classes.

Keywords – Kurash-fight, pedagogy, education, training.

INTRODUCTION:

Kurash-fight (freestyle, Greco-Roman, sambo, judo, Uzbek wrestling and other types) is close to the human spirit, because the development of this martial arts group is based on the history of tribal relations of peoples living in the vast expanses of our country and is based on national wrestling. This historic continuity has laid the foundation for the fighters' growing success on the international stage.

However, wrestling not only helps to preserve and enhance the cultural traditions of their peoples, to select the most talented

representatives of them, but, most importantly, to address the pressing issues facing any sports fan. How to train a champion? How does a newcomer become an international master of sports? How can this process be managed? It cannot be said that the search for answers to such questions continued without problems and pain.

Each generation of experts has found its own solution to the problem. Some believe that the athlete's talent and diligence, others - the knowledge of the subtleties and secrets of wrestling, the third - the success of providing material and technical conditions for training, and the fourth - sparring partners with a high level of training. Unfortunately, there were those who thought it was possible to make the road easier. Of course, it is very important to train a champion wrestler not to go beyond all of the above and ethical standards. However, there is another component whose importance cannot be overestimated. It is about a person's ability to anticipate the reflection of reality. The essence of advanced reflection, if it is reflected in the example of the work of a wrestling coach, a qualified specialist sees not only the final goal (champion wrestler), but also ways to achieve it (the goal set in the advanced model of achievement) . The idea of what to strive for and how to make a dream come true is often referred to as the coaching concept of an athlete's long-term training.

However, it should be noted that the concept of coaching can be very primitive.

Some argue that this is a simple court decision: “We need to find a talented wrestler, create good conditions for him for life and regular training, provide him with strong sparring partners, and train him using large and intense loads. If a wrestler can withstand them, he will be invincible. « Unfortunately, there are many supporters of this approach, as a result of which it was possible to achieve high sports results, but this concept is inherently dependent on natural selection, in which case it is not the experience and knowledge of the coach, but will be crucial. In this tutorial, we will try to expand our understanding of ways to succeed in coaching, because the more perfect a specialist’s concept (model) is, the higher his or her skills will be, and the more fully his or her students will be able to express themselves. the more likely they are to succeed, the more likely it is that the sport of their choice and the most talented of them will conquer the highest peaks of sportsmanship.

The discovery of the ability of living systems in our country to predict the reflection of reality, this basic law of life development is the research of our famous scientists.

Thanks to well-known scientists of our time, we have begun to realize that the training of a highly qualified athlete is a completely objective and manageable process that cannot be reduced by the idea of natural selection.

However, it is not enough to know that success in coaching has its own theoretical explanation. It is necessary to move from general thinking to the formation of specific goals, to achieve which the coach and his student reach the peak of the highest sportsmanship, and these goals should be regulated taking into account the sequence (priority) of their achievement.

As mentioned above, the first question about the long-term training of wrestlers, its stages and the content of the experts, we have come to the conclusion that the concept of

long-term training of wrestlers should include long-term wrestling stages. This includes the formation of the wrestler, the pedagogical tasks facing the coach, as well as the range of skills, knowledge and abilities required for successful practical work. In addition, you must indicate to the athlete the final, the result of each stage, and its duration. There are two caveats here. First, of course, given the probabilistic nature of any social process involving the long-term training of a wrestler, the proposed concept should not be considered a rigorous technology to turn a new starter into an international master. The second reservation is for sports ya is related to the inclusion of the wrestling phase in the wrestler’s long-term training.

The challenge that coaches often face when tracking young men and women who decide to enroll in a wrestling department is to assess their chances of achieving this or that result in the future. Among those who want to wrestle, the coach knows that after two or three sessions, others will later step off the mat and only a few of the dozens of people will become real wrestlers. And yet, he has to choose the most appropriate one. But what are the features of the «most»?

A modern coach, as a rule, is a highly educated specialist with experience in competitive wrestling and pedagogical work, who is, of course, interested in scientific developments in various fields of training highly qualified athletes. in the selection problems for the elementary sports department. Naturally, he knows a common opinion among sports theorists and methodologists:

The main tasks of the first stage of the competition (primary selection) are to determine the suitability of children and adolescents for development based on their developmental tendencies, to assess their abilities and level of physical activity».

There are different opinions about not only the primary but also other symptoms that predetermine the path to the peak of sportsmanship. In addition, it is often said that all of these characters are interrelated in a unified system.

There are two things to keep in mind when looking for a talented wrestler:

- Mentally and physically stronger in a person (otherwise we would not have Pakhlavon Mahmud);
- Improving the quality of a particular engine is not a guarantee of success in sports.

When we talk about purpose, as a rule, we feel that we are talking about something invisible, almost abstract. It seems to us that in sports pedagogy it is much more difficult to work with such «hands» of control than to control the process of «pumping» muscles.

That may be so, but in the end we are interested in the real instructions, not the lies on the way to mastery. Therefore, the analysis of the category of «goals» (and its consequences: goal setting, goal setting, goal appropriateness, etc.) considered in the management of sports improvement is of great practical interest.

Thus, we can talk about two components of ability: external (operations and actions) and internal (mental processes of regulation). This structure of abilities also predetermines the difficulties encountered in practice in identifying them. Often, the first component is the one that develops best for the gifted. He is well-versed in the methods of operation, which makes him more efficient. However, we do not know what the quality of the processes of regulating operations and actions in this individual is. In the future, the mistake will be clarified, but it may be too late, because we will make a mistake.

As mentioned in this article, and given the difficulty in identifying actual skills, the following are most appropriate when

recruiting for initial training groups. If possible, get everyone involved. However, the simplest tests should be used to determine the appropriateness of the admission process and the willingness to enter the department. Those who are unable to meet the initial standards due to poor physical fitness should be given an individual assignment to avoid missing homework.

Taking into account the structure and content of the education, training and training process in wrestling is determined by the fact that it covers the long-term training of athletes from the initial stage to the masters of sports of international class.

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