

“THE TECHNIQUE OF DEVELOPING ACCELERATING FORCE WHEN PERFORMING PUSH-UP TECHNIQUES BY QUALIFIED WRESTLERS WITH BELTS”

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Abstract: the construction of large sports complexes in each of the regions and cities of our homeland that meet international standards indicates that Uzbek athletes achieve high results at world, Olympic and Asian competitions, raise physical culture and sports in our country a step above the priorities of state policy. Belt wrestling holds a special place in the global sports world.

Keywords: sports, competitions, maximum speed, physical training, belt wrestling, control group, jumps, push-ups, rotations, jerks, research, control.

Аннотация: строительство в каждой из областей и городов нашей Родины крупных спортивных комплексов, соответствующих международным стандартам, свидетельствует о том, что узбекские спортсмены добиваются высоких результатов на мировых, олимпийских и азиатских соревнованиях, поднимают физическую культуру и спорт в нашей стране на ступеньку выше приоритетов государственной политики. Борьба на поясах занимает особое место в мировом спортивном мире.

Ключевые слова: спорт, соревнования, максимальная скорость, физическая подготовка, борьба на поясах, контрольная группа, прыжки, отжимания, вращения, рывки, исследования, контроль.

The sport now regularly hosts World premierships and tournaments. Looking back at the last three years of competitions, most of our opponents' achievements were at the expense of the excellent performance of the breast augmentation method. The goal of this study is to develop an accelerating force in the execution of the breast augmentation method in belt wrestlers and show high results in competitions.

The following tests were used in order to determine the degree of physical and technical taurism of belt wrestlers: (a) bending-writing hands in Brusya (number). b) - mannequin 3 min. breast augmentation during (number). v) - mannequinlin 30 sec. breast augmentation during (number).g) dynamometry-determination of the strength of the muscles of the arms, shoulders, abdomen, waist (kg).d) tension on the turnstile (number).e) 5-time jump (CM) to length by standing and debugging with two legs. j)

30 sek of lakes in a state that reached horizontally with the support of the hands. During bending-kneading (number).

Test exercises in the preparatory part (in combination with special exercises of the wrestler):

1. At maximum speed 10 times forward to get 10 times back to back stubble.
2. Run at maximum speed, rolling around its axis, tipping the head on the carpet.
3. From the position to the top, jump 5 times in a vertical direction with two legs, and at each jump, take turns in the air, turning 360° to the right and left sides and landing on the ground.

4. Bending-writing (3 times from 30 seconds, intermediate break from 30 seconds), jumping hands at maximum speed in a horizontal position with support for hands.

Test exercises in the main part:

1. At a maximum speed of, manken was 10 times breaststroke.
2. At maximum speed, lift the mannequin and rotate around its axis 10 times to the right, 10 times to the left.
3. Boxers are given a weighted padding bag over the chest.
4. At a maximum speed of, mannequin is over the waist 5 times.

After each type of exercise was performed, exercises were performed that relax and tense the muscles for 1-1.5 minutes, restoring the respiratory function (deep breathing and deep breathing). The strength of the arm-abdominal-lumbar muscles in belt wrestlers increased by 9.1 kg compared to those in the control group in the wrestlers in the research group at the end of the study.

In the wrestlers in the control group, this difference was only 2.4 kg. That is, in the control group, this indicator was 117.7 kg at the beginning of the study, increased to 120.1 kg at the end of the study. In the research group, these indicators were recorded in the amount of 119.2 and 126.8 kg. while the strength of the muscles bending the arms increased by 5.6 times in the study group, control was only 2.4 times. Pedagogical research conclusion and changes in physical fitness indicators in research groups:

1. Mannequin 3 min. breast augmentation during (number). - 32.3 ± 3.5 in the control guru before the study, 35.1 ± 3.2 after the study; 32.6 ± 5.3 and 36.8 ± 3.5 in the Research guru.

2. In the case of the hands in brusya, the strength of the writer-flexor muscles was expressed 12.2 ± 4.3 times in the control group before the study and 14.8 ± 5.2 times after the study, 12.3 ± 5.4 and 15.6 ± 5.7 times in the study group.

3. Strain (number) on the turnip was 8.3 ± 2.7 in the control group before the study and 9.2 ± 3.1 after 134 134 studies, and 8.2 ± 2.9 and 9.7 ± 3.6 in the study group.

4. Dynamometry - determination of the strength of the muscles of the arms, shoulders, abdomen, waist (kg) - was expressed in the control group 58.7 ± 5.2 before the study and 61.8 ± 4.6 after the study, in the study group 57.2 ± 6.4 and 61.2 ± 4.3 .

5. Manekenlni 30 sec. breast augmentation during (number). - 12.8 ± 2.9 in the control guru before the study, 14.9 ± 3.2 after the study; 13.0 ± 3.8 and 13.0 ± 3.8 in the Research guru.

6. In the case when it reached horizontally with the support of the hands, the lakes were taken by 30 sec. during bending-kneading (number). - 15.8 ± 2.9 in the control group before the study and 16.9 ± 3.2 after the study, 16.0 ± 3.8 and 18.0 ± 3.6 in the study group.

7. Jump 5 times a length (cm) by standing up and debugging with two legs. - 812 ± 54 in the control group before the study and 828 ± 84 after the study, 819 ± 68 and 907 ± 95 in the study group.

This progressive increase in power quality observed in the research group has also found evidence for fast-strength and fast-strength endurance. So, a complex of regularly performed, directed exercises during the study had a medium positive effect on the fibers of the muscles of the torso and legs, causing the rapid-strength quality to increase by 88 cm at the end of 4 months of continuous training. To develop the qualities of accelerating strength, the use of selected techniques, tests and exercises in the preparation and basic qsms of the lesson will give an effective result. Of these, it is good to perform methods in parts at speed, to use shock training, complex and large-scale training equipment.

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