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# “BELT WRESTLING” THE METHODS AND THEORY



REPUBLIC OF UZBEKISTAN  
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«BELT WRESTLING»  
THE METHODS AND THEORY



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This guide is intended for coaches of all types of sports Uzbek state Physical culture and sport university and Pedagogical universities for physical culture and schools working in the field of belt wrestling, which includes a system of training aimed at achieving high sportsmanship of athletes in each preparatory department on the basis of the belt wrestling curriculum, their organization, content, laws, methods and tools are highlighted. This manual can be used by belt wrestling coaches, masters of sports, researchers.

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## INTRODUCTION

Today, one of the important tasks of continuing education is to bring up a comprehensively mature, harmoniously developed person in line with modern developments. For this reason, the laws «On Education» (1997), «On Physical Culture and Sports» (in the new edition 2000) were adopted. A new version of the Law of the Republic of Uzbekistan «On Physical Culture and Sports» No. 394 of September 4, 2015 was adopted. Article 20 of this law specifies measures to strengthen and further improve national sports and folk games. The content of the above regulations provides for the implementation of continuous educational processes and the full involvement of students in physical education and sports, as well as mass sports competitions in the education of physical fitness. The State Program «Healthy Generation» encourages students to further improve their sports skills (special physical training) on the basis of the state program of physical education in general secondary education, ensuring general physical fitness of students and, in particular, engaging students in sports.

Their main goals and objectives are to test their strength in the «Umud Nilholari» sports competitions, «Alpomish» and «Barchinoy» special tests as a prelude to multi-stage, continuous sports competitions.

It is known that the means of physical education play a key role in educating young people, especially in their regular participation in their favorite sports. The most important thing is that the educational programs of schools, colleges, schools of higher sports, children's and youth sports schools include national sports (wrestling, belt wrestling), which are aimed at educating special physical fitness and improving sports skills of students. On this basis, students are armed with such qualities and human qualities as mastering national values, teaching to be loyal to the motherland.

During the years of independence, our country has taken its rightful place in the world community. Our country has become known to the world due to its extensive development in the political, economic, socio-cultural spheres and the consistency of reforms. In particular, the name Uzbek has become a world legend in the world of sports in the country called Uzbekistan. Athletes of our country have achieved high results at the world and Asian championships, the



Olympic Games, hoisted the flag of our country and played the national anthem in different parts of the world.

In Uzbekistan, wrestling (belt wrestling) has become an international sport, and since 1999, world championships and championships have been held on the continents. Another important aspect is that wrestling federations have been established in more than 50 countries. The International Wrestling Association is active in Uzbekistan. In this work, President Islam Karimov, as an honorary president of wrestling, has provided practical assistance. The Belt Wrestling Federation of the Republic of Uzbekistan, the State Sports Committee of the Republic of Uzbekistan, the International Belt Wrestling Federation «Dinamo», «Yoshlik», «O'quvchi» sports associations, the Republican Trade Union Children's Sports Development Fund are also involved in the development of wrestling in Uzbekistan and increasing their international prestige and the Youth Union of Uzbekistan, which supports the military. The network of children's and youth sports schools in wrestling (BOSM) is growing in number and quality.

— Importantly, national and belt wrestling has been included in the physical education curriculum of educational institutions since 2000.

— The establishment of the Children's Sports Development Fund and the sports facilities being built by this foundation in the villages of our country not only delight our people, but also arouse the spirits of our close and distant friends. Through this fund, first of all, the goal is to form a healthy lifestyle, protect our children from various negative influences, to turn sports into a mass, nationwide movement.

— This, in turn, has become one of the urgent tasks of today to acquaint young people with the methods of belt wrestling, to attract talented children to sports, to arouse their interest in belt wrestling, to raise the level of lessons and extracurricular activities.

— An important issue to be explored in the organization of belt wrestling training in children and youth sports schools is to ensure that coaches organize the organization of belt wrestling training in a methodologically correct way by targeting, systematizing and predicting results based on modern methods.

— Just as every nation in the world has its own national wrestling, Uzbeks also have sports called Belbog'li and Bukhara. Both types of wrestling have gone through a stage of historical development.

— Belbog'li kurash, one of the national sports of the Uzbek people with a long history, has developed over the centuries, entertaining people and demonstrating the skill and endurance of the men on the field. Therefore, the names of the wrestlers were revered among the people, they were even considered as national heroes.

— The period of formation of the tradition of national belt wrestling dates back to the beginning of the 5<sup>th</sup>–3<sup>rd</sup> millennia BC. Rather, we believe it originated 5,000 years ago. This is also confirmed by the above-mentioned ethnographic events (a girl's struggle with a boy) recorded by the Greek scholar Herodotus on an expedition to Central Asia in 455–447 BC.

— National wrestling has been one of the favorite sports of the people both in the Timurid period and in subsequent periods. Uzbek wrestlers, who spread the world in the field of wrestling, have left an indelible mark on the pages of history. Adding the words «wrestler» and «wrestler» to the names of such wrestlers made them more powerful. Poet Pahlovon Mahmud and Ahmad wrestlers were among the invincible wrestlers of their time. The main direction of our research is how to scientifically substantiate the organizational and pedagogical basis of belt wrestling in children's and adolescents' sports schools and the general purpose (impact on the physical and spiritual development of the new generation).

Through the study and analysis of scientific sources (literature, experiments, data) to organize belt wrestling classes in sports schools for children and adolescents:

— the interaction between the coach and the student-athletes is decided;

— independence of student-athletes (in relation to various activities and learning) is ensured;

— students-athletes become interested in mastering belt wrestling; — an environment of interaction, interaction and mutual evaluation will be created between student-athletes;

— personal assessments of student-athletes in relation to their physical abilities are formed;

— the formation of physical, mental skills and abilities, as well as Uzbek manners and humility in students-athletes can be achieved quickly and early, which gives a special character to their physical fitness.



While students will continue the tradition of belt wrestling, a wide range of conditions will be created for them to be physically strong and healthy, to master cultural, educated, noble human qualities.

That is why the organization of belt wrestling classes in sports schools for children and adolescents on the basis of organizational and methodological specific theories, pedagogical requirements should be recognized as one of the urgent problems of educating a harmoniously developed generation.

## CHAPTER I. THEORETICAL FUNDAMENTALS OF BELBOG WRESTLING

### 1.1. Theoretical preparation

Plan:
1. Organizational and pedagogical bases of belt wrestling
2. The history of the development of belt wrestling
3. The role of belt wrestling in increasing the physical activity of students

**Key words:** *Wrestling, physical training, activity, healthy living, harmoniously developed generation, adolescents, education, development, social, developmental, economic, historical, spiritual, national, cultural, philosophical.*

After the independence of Uzbekistan, serious attention was paid to strengthening the love for the Motherland in the hearts of young people through respect for national values. One of the main tasks of the population is to further develop the cultural and educational understanding of students, to bring them up physically fit.

Belt wrestling, which is our national value and embodies the ideas of patriotism and courage, has been recognized as a sport in the world. It is also worth noting that in order to properly organize the leisure time of teenagers, to increase their interest in sports, to help them to be agile, to achieve their goals, to be friendly and friendly with each other, as well as to prepare future athletes in belt wrestling how important it is to achieve success.

The goal is to further enhance the qualities of our people, such as generosity, honesty and compassion, to teach national values, pride, devotion to the Fatherland, in-depth theoretical knowledge and practical skills in belt wrestling.

Belt wrestling is an ancient national wrestling sport with a history of five thousand years and has been recognized as an important factor in physical education among the peoples of Europe and Turkey. It plays an important role in the physical education of young people as a spiritual heritage passed down from generation to generation through the national traditions, customs, holidays and weddings of nations.



Known in Uzbekistan as Belbog'li Kurash, this sport was invented by our ancestors in ancient times as a tactical move to the opponent's shoulder while holding the belt. This type of struggle, along with physical strength, agility and dexterity, self-defense, also forms the will and moral qualities.

It is noted in the Uzbek folk epics that great importance is attached to holding belt wrestling competitions on holidays, weddings and celebrations of our people.

History is a great coach. They make it look like the sun. The path of one who walks towards the sun will be light. Enjoy the endless springs of spirituality of our great ancestors. This means that the spiritual world deepens and rises, and its activity in the processes of social life increases.

The past of the Uzbek national belt wrestling, which is gaining worldwide fame and admiration today, has been glorified as one of the spiritual values of the great nation.

According to research, even the oldest epics, fairy tales and legends express theoretical ideas about belt wrestling. They acknowledge that belt wrestling dates back to the matriarchal era. It follows that the history of Uzbek Kurash dates back to 5,000 years ago.

There were three types of Kurash traditions in the life of the Uzbek people. Its earliest was as an exercise – exogamous in connection with the marriage ceremony. The struggle of the future bride and groom at the wedding ceremony was organized by the ruling women of that time. This phenomenon arose on the basis of the matriarchal kingdom's right to test and choose the land.

According to M.O. Kosven's Essays on the History of Primitive Culture, published in 1953, during matriarchal relationships, marriages were often initiated by women rather than by husbands.

Over time, the form of this tradition has changed. In this case, the bride had to fight and defeat an enemy before the fight with the groom. Contradictions to the newly emerging patriarchal relations also arose at the same time. Later, the girls married a young man who had defeated himself in a one-on-one battle. In addition, the ancient petroglyphs preserved in Sarnishsay (Karateg of the Nurata ridge, Navoi region) depict women as extremely thin and slender, while men

are physically thicker and thinner (rock paintings) which means that in the distant past women were more energetic than men.

It is also not surprising that the fact that the wrestlers were actually born from physically strong women has survived in the historical memory of the people from the period of patriarchy. In particular, in the history of the Turkic peoples there are records of the passage of female kings. The wise ruler and great historian Abulgazi Bahodir Khan (ruler of Khorezm in 1643–1663) in his work «Shajarayi tarokima» left interesting information about seven female rulers of Oguz. One of them is the ruins of the ancient city of Barchinlikent in the lower reaches of the Syrdarya, as well as the tomb of the brave and wise ruler of the Oguzs named Barchin (120 km east of the island, 30 km south of the Syrdarya). In the Uzbek part of the Kyzylkum there is also the dahma of the Red Lady (IX century), which is a monument to the Seljuk Turkic ruler – an extremely strong, powerful and brave woman. So, there are flowers of historical truth in the legend about Tomaris begoyim.

In the third type of epic wrestling, the girl chose the winner from the groomsmen. It turns out that the girl no longer struggles, but retains the right to condition and choose. Such plates are found in secular epics such as Alpomish, Odyssey, and Ramayana.

According to ethnographic research, belt wrestling in the territory of Uzbekistan was widely developed in the IX–X centuries AD, and traditional competitions were held. The locals paid special attention to the celebration of various ceremonies, especially on the days of Navruz.

In the first three days of these holidays, belt wrestling performances were organized under the leadership of the elders of the country. The parks are full of people. In this connection the prisoners were released, the guilt of the guilty was forgiven. Importantly, the competitions have served as a truly comprehensive school for the younger generation.

The epics of Uzbek folklore, such as «Alpomish», «Gorogly», «Avazkhan», «Rustam», «Tulganoy», also praised the struggle of the heroes, and praised their dexterity, agility and intelligence. Another interesting fact is that in the ancient Chinese manuscript Tan-shu, regular wrestling matches were held in the province of Fengana. In the works of the Arab traveler Muqaddas, who lived in the X century, it is noted that in the big cities of Movarounnahr, such as Merv, Samarkand, Bukhara, Balkh, belt wrestling competitions were often held.



Belt wrestling is recognized as a power struggle of heroic wrestlers. Holding shoulder-to-shoulder, back to back, using various methods to bring the opponent's shoulder to the ground. Our national struggle has served as a key tool in preparing and educating young people to live healthy, energetic, brave, agile, strong, resilient.

Amir Temur was a brave, courageous, fearless, valiant warrior. Despite his physical disability – his lameness of foot and lack of two toes – he was able to fight shoulder-to-shoulder with his opponents. The «Temurnoma» describes the struggle between Amir Temur and the Sword Lion. «Holding the Emir by the waist, the two decided to plunder in the wild. But one of Amir's arms and one of his legs were slightly numb. Still, they struggled until late. They took the Emir by surprise and begged him. They said this byte:

*Take my hand, my dear, I have no strength left.  
Go on, my dear, I have no enthusiasm left.*

Filhol, Nagshband became aware of the pirin, and went and took them both from the seat and threw them on the ground. If the Emir suspected that he had fallen, the Sword had sit the Lion on his chests» (the source must be found).

It is no coincidence that Abu Ali ibn Sina (980–1037) also emphasized in his book «Laws of Medicine» that wrestling has a special significance in the mental and physical state of man. According to Ibn Sina, a person who engages in regular physical activity does not need treatment for the disease.

Alloma gives the following description of the types of wrestling, especially belt wrestling:

«There are several types of wrestling» he said. One of them: each of the two wrestlers grabs his opponent's belt and pulls him, while the wrestler takes the measure of getting rid of his opponent. The other will try not to let him go».

Alisher Navoi also enjoyed wrestling and wrestling, which spread his fame to seven climates. For this reason, in many of his works he wrote wonderful stories about the life and work of the heroes (cite source).

In a special book dedicated to wrestlers, Alisher Navoi speaks about Pahlavon Muhammad, the unparalleled wrestler of his time. He has created branches of famous melodies such as Chorgoh, Segoh,

Panjgoh, in particular, he has a high personality and knowledge in the field of poetry. The great wrestler and warrior Pahlavon Muhammad, who did not hesitate to fight, had a delicate understanding of poetry, so the poets of that time were eager to show him their new works and seek advice.

The centuries-old history of our national sport testifies to the fact that in the eyes of our ancestors, belt wrestling, first of all, was honored as an example of all-round maturity of wrestlers. The physical strength, stature, fighting spirit, agility of the wrestlers, as well as their behavior in a wide circle, morality, spiritual image, attitude to the opponent, the environment, etc. have a special place. It has always been a special tradition to follow the heroes who did not touch the ground as piru-masters, to follow the advice. A clear example of our idea is the famous Khorezmian poet and wrestler Pahlavon Mahmud. That is why this nobleman was given the high honorary title of Puryorivaly (hero of heroes) in his time. It is said that Pahlavon Mahmud went to India. The day before the wrestling match in this country, he sets foot on a pilgrimage to the holy shrine, as is his custom. A woman was crying and begging. Mother said, «God, raise my son's hand tomorrow.

If my son is defeated by a Khorezmian hero, what will happen to our survival. All our hopes depend on this struggle. «Pahlavon Mahmud feels that this woman is the mother of the young man who is struggling with her. The next day, he deliberately loses to his opponent in the fight. It is clear from this story how great and noble Pahlavon Mahmud was, that he was not honored as Pahlavon or Puryorival in vain, and that his sacred tomb has been a shrine for centuries. After all, belt wrestling is not only a waste of energy in the body, but also a beautiful demonstration of the graceful physical perfection created in the way of goodness and humanity.

In historical works, the names of heroes, heroes, brave boys, alp, gushigitir, gushna, pirra, khudojdod, field of heroes, allohdod, gav, pirzor, chilsarjin, child, ajab, mast, tutak, fil, junbul, dodak, dodjoq, chongaymish, erka, nadim, xosa, bodana, pechak, dagar, pur, gurd, gavlax, chokurdan, it is necessary to pay attention to many terms (nicknames), such as because such peculiar terms are given only to the unparalleled heroes of their time and in some cases to a certain



method relatively used. In Uzbekistan, special wrestling venues are called zorkhona, squares, anchors, and wrestling weddings are called great wedding.

Today, physical education and sports are an important tool for the most convenient organization, activation and strengthening of the daily life of students, preparing children and adolescents for sports in the defense of the fatherland, and raising a harmoniously developed generation in sports schools.

Physical education of students plays an important role in the formation and improvement of a number of practical skills related to their moral, volitional and aesthetic education. In addition, the period of study in sports schools for children and adolescents is also very convenient for achieving high sports results in major sports. That is why students are trained in the sports of their choice according to their individual interests and abilities.

Most educational institutions specialize in more than 20 sports, and belt wrestling is very popular in the Central Asian republics. In addition, there are special departments for working with students with disabilities in sports schools for children and adolescents. Classes in these departments are conducted in the nature of rehabilitation and rehabilitation of youth.

Students of children's and youth sports schools undergo general and professional physical training on the basis of the test standards «Alpomish and Barchinoy».

Physical education and sports activities in children's and youth sports schools are headed by physical education departments and sports clubs.

The activities of the coaching staff, doctors and teaching staff play an important role in the training of athletes. It is advisable to follow the following requirements of physical education when teaching students sports:

1. To strengthen and maintain the health of students, to promote all-round physical development and the formation of high working capacity.
2. Orientation to the acquisition of vital skills and abilities in order to ensure the development of basic physical qualities, preparation for work and defense of the Motherland.

3. Strengthen and improve the important professional and practical skills acquired by students in the chosen sport.
4. Deepening of knowledge, organizational skills and abilities in the field of physical culture and the chosen sport.

5. Improving the sports skills of students in the chosen sport, the continuous development of professional training, knowledge, skills and abilities of public instructors and sports coaches in achieving high sports.

Malohat Ismoilova, [19.02.2022 23:00]

Along with the state and independent forms of organization and management of physical education of students, special attention should be paid to the activities of teachers and coaches in all sports, including belt wrestling.

Belt wrestling classes in the 4<sup>th</sup> and 5<sup>th</sup> grades are held 24 hours a year, 32 hours in the 6<sup>th</sup> and 7<sup>th</sup> grades, 48 hours in the 8<sup>th</sup> and 9<sup>th</sup> grades, and 56 hours in college and lyceum students, 72 hours in higher education students.

The program includes the necessary minimum training materials aimed at improving health and preparing for labor and sports competitions. The main norms and requirements for students of children and youth sports schools are: compliance with the test standards «Alpomish and «Barchinoy», training of athletes, specialists in sports. In addition, the specialization deals with the training of athletes in groups who have the necessary foundation to achieve high sports results.

The main sections of the program are:

1. Theoretical section. This section recommends the basics of physical education, the basics of hygienic and natural scientific knowledge, the independent use of physical education in marriage and professional training, as well as the minimum knowledge of the basics of sports training.

2. Practical section. Based on the requirements of Alpomish and Barchinoy test standards. In this case, the material is specified and expanded depending on the composition of the sections.

The program of all departments includes materials on vocational and physical training. The relevant parts of the program are developed by the departments of physical education, taking into account future professional activity.



The main focus of the training is health and hygiene, as well as organizational skills in gymnastics, physical training, preparation for competitions and self-examination.

The practical part of the preparatory department is based on athletics, gymnastics, sports, swimming and other vital professional-practical knowledge, skills and abilities, which are included in the test standards «Alpomish».

The practical material of the chosen specialty in the department of improvement of sports skills is passed in full, on the basis of «Alpomish» test standards. 30–50 % of the total time budget is allocated for their acquisition. In particular, in most children's and youth sports schools specializing in belt wrestling is allocated 70 % of the time budget, and 30 % for passing the test standards «Alpomish».

The normative requirements for sports specialists are exceeded, and children and youth sports schools train first-class athletes, candidates for masters of sports and masters of sports, as well as masters of sports of the international category, public instructors – sports instructors, judges, physical education organizers and others.

In the specialization of students in belt wrestling, one of the Olympic types of wrestling – classical and freestyle wrestling, combined with sambo or judo, can achieve high sports results.

### Control questions:

- 1 Explain physical training.
- 2 What do you mean by theoretical knowledge?
- 3 Since when has belt wrestling developed in Uzbekistan?

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### 1.2 Criteria for selection of children for belt wrestling

Plan:	1. Belt wrestling – as a factor in increasing physical activity
	2. Organization of physical activity of students
	3. The concept of wrestling techniques
	4. Peculiarities of national struggle

**Key words:** *education, upbringing, struggle, development, historical-spiritual, cultural, national, sports schools, qualifying, success, competition, preparation, technique, physical training, physical qualities.*

Specialization in children's and youth sports schools is carried out in accordance with approved sports programs, including the belt wrestling program.

Selection of children for belt wrestling is based on the following criteria: early awakening of the ability to wrestle, diligence, courage, perseverance, courage, rapid acquisition of knowledge and skills, successful formation of skills, learning and improving sports techniques. Specialization in children's and youth sports schools is carried out in accordance with approved sports programs, including the belt wrestling program.

Selection of children for belt wrestling is based on the following criteria: early awakening of the ability to wrestle, diligence, courage, perseverance, courage, rapid acquisition of knowledge and skills, successful formation of skills, the presence of creative elements in the process of learning and improving sports techniques.



In the selection process of children's sports schools in belt wrestling units should take into account the level of health, the state of the body's analytical system, morphological features, physical fitness, coordination skills that help to perform movements more accurately in time, space and strength.

The following control tests (tests) are used in the selection of belt wrestling units of sports schools (Table 1).

*Table 1.*  
**Athlete selection system**

Sorting phase	The main tasks of sorting	Basic methods of sorting	The composition of the trainees
I	Preliminary selection of children and adolescents for sports school	1. Pedagogical observation 2. Control tests (tests) 3. Competitions on sports. 4. Sociological research 5. Medical examination	Children and adolescents of different ages (depending on the nature of the sport)
II	In-depth examination of the compliance of the initially selected trainees with the requirements for successful specialization in the selected sport. Admission of children and adolescents to sports school	1. Pedagogical observation. 2. Control tests (tests) 3. Competitions and control quizzes. 4. Psychological research 5. Medical and biological research	Children and adolescents of different ages (depending on the nature of the sport)
III	Multi-year routine study of each student of the sports school in order to determine for the last time his / her specialization (sports orientation stage)	1. Pedagogical observation 2. Control tests (tests) 3. Competitions and control quizzes 4. Psychological research. 5. Medical and biological research	Children, teenagers, teenagers
IV	Qualifying for sports societies, offices, national junior national teams	1. Pedagogical observation 2. Control tests (tests) 3. Competitions and control quizzes 4. Psychological research 5. Medical and biological research	Teenagers and girls

V	Qualification for sports societies, agencies, youth national teams of the country <i>Третья</i>	1. Pedagogical observation 2. Control tests (tests) 3. Competitions and control quizzes 4. Psychological research. 5. Medical and biological research	Adolescents
VI	Qualifying for the national team	1. Pedagogical observation 2. Control tests (tests) 3. Competitions and control quizzes 4. Psychological research 5. Medical and biological research	Older athletes

Human physical activity covers 2 integral aspects:

- educational – in the process, a person improves and adapts to the whole nature, being, expands his capabilities, as well as the athlete will have the opportunity to learn, which will have a set of knowledge and skills needed to achieve high performance.

Success in sports. In any particular case, its level is determined by the athlete's innate ability, the effectiveness of the training system.

High level of success. It is an indicator of a person's level of opportunities and abilities at a certain stage of his development in this type of struggle.

Belt wrestling school is an organizational and methodological system that covers the process of education, training and preparation of the athlete, which, under the influence of socio-economic conditions, perfectly combines theoretical knowledge and practice in the field of sports and fully reflects the personality of the wrestler.

The physical training of a belt wrestler represents a special process of physical training based on the use of exercise in order to develop and improve the qualities and abilities that also provide the athlete with the highest performance in the type of wrestling of his choice.

As a result of the athlete's performance of the exercise, various morphological functional changes occur that determine the state in which the athlete is engaged.

Exercise is a biological process associated with changes in the body's flexibility and physical fitness.



Physical training is the development of physical qualities in a person.

Physical qualities are the characteristics of a wrestler that determine his physical fitness and readiness to perform active competitive activities.

Athlete training is usually divided into general and special types.

General exercise is the effect of non-specific exercises that manage human health, increasing the functional capacity and physical qualities of human organs and body systems used in various types of non-muscular activities in wrestling.

Special training is the improvement of a certain type of muscle-working activity selected as a special physical exercise in individual wrestling.

Training is a concept that reflects the full range of capabilities of the athlete's body to demonstrate maximum capabilities in the course of competitive activities.

Form in sport is a state of the highest level of preparation for an athlete to achieve high results, which is typical for the stage of improvement in sports.

High results in sports in the process of teaching and training, the achievement of physical perfection, the harmonious harmonization of psychological stability and spiritual wealth, should be considered as two aspects of a single pedagogical process aimed at achieving physical perfection.

It is more important to train belt wrestlers in the early stages. In later stages, training is replaced by training. However, elements of teaching are encountered in almost every training process.

The first task of the training process is to acquire new technical and tactical activities, study theoretical questions, in the course of training – to improve previously learned and tactical activities, develop physical qualities and nurture spiritual and volitional qualities. has a special feature. The coach must take into account that the athlete at an early age will continue to develop his character.

In organizing the teaching process, the teacher and the coach must first know the goals and objectives.

## 1.2. Belt wrestling technique

Belt wrestling is the most avallom bar catch, through which interaction with the opponent takes place. Attack is the most basic of the fighting methods, so there are more than 100 attack methods in the fight. Attacking in wrestling is considered to be an activity aimed at attacking an opponent completely or part of the body with the attacking hand, in self-defense and counter-attacking (following the rules of the competition). is increased.

According to one of the definitions given, struggle is the exchange of existing knowledge and skills by two parties using manual occupation. The main goal is to squeeze the opponent and knock him down on the carpet in order to achieve a clear victory over or overpower his opponent.

Belt wrestling technique is a set of techniques used to achieve victory, attackers, self-defense, technical actions in the use of the counter method, performed in accordance with the rules of the competition.

Manual methods have been preserved since ancient times, i.e. each method is to impart many years of experience, knowledge and teaching methods in the field of wrestling. Therefore, we emphasize that the struggle is the exchange of knowledge through manual occupation, in which the one who knows the method well, implements it correctly, and engages a lot wins.

The position of the belt wrestler on the carpet, the change in his body part (arms, legs, torso), etc., is called movement. After all, actions are always done consciously and occur as a result of activities that affect a person as if they were an individual. Therefore, the rules of sports, norms of sports etiquette, respect for the opponent in difficult situations in a competitive environment serve as a powerful factor in the formation of personality in wrestling.

When we talk about the performance of a moving activity, we always mention the concept of «technique». Technique is the most effective way to perform a movement, that is, its rational execution.

Motor activity techniques are the result of scientific analysis and practical control of the methods of performing motor activity techniques by wrestling masters.



Rational performance of the technique is evaluated according to its parameters (dynamic, kinematic, temporal, rapid, etc.) but the performance of movement tasks in wrestling depends on the athlete's reaction, the choice of the required activity, the accuracy of its performance, dynamic situation assessment (DV).

Belt wrestling can be carried out in different positions. They are divided into 2 types: standing position on the carpet, holding the belt. Belt wrestling consists of different methods. A method is a technical action in which a wrestler uses it to gain a clear victory or to overcome an opponent by knocking him down. The use of individual methods in wrestling is not always effective, because the preparation and implementation of the method takes time, so it is not difficult to understand the plan of the attacker. uses a combination of so-called attack, i.e., the transfer process uses combinations of preparatory and final methods rather than separate methods subordinated to a single tactical target in the KDS.

Tactical training is the rational use of technical and tactical actions in order to create favorable conditions for the implementation of the planned method. Tactical action is an integral part of the voluntary method of tactical training used to successfully complete a technical action.

The theory and methodology of national belt wrestling goes through several stages of development.

Stage 1 – the accumulation of empirical evidence about the effects of physical activity on the human body. The ancient Greek naturalists and philosophers, especially Aristotle (384–322 BC), are said to have shown great interest in the mechanical movements of animals and human beings, the Roman physician Claudius Galen (130–201 BC) proved experimentally that joints that contract on the basis of impulses under the influence of impulses from the brain perform movements on muscles based on impulses. Ibn Sina (980–1037 BC), an encyclopedic scientist, philosopher, and physician who lived in Central Asia and Iran, conducted research on the study of human muscles and used exercise for therapeutic purposes, knew that health care was paramount. He gave a description and classification of physical exercises, emphasizing the specific characteristics and the need for an individual approach to the impact of different exercises on the

application of exercises, methods of struggle create conditions for the emergence of technical movements.

Stage 2. Development of the first method of mastering belt wrestling. At that time, progressive odalelor-philosophers, educators, doctors evaluated the effectiveness of physical training in terms of external results (a person would be more resilient, stronger, wrestling skills.)

The most popular methods of physical education that have survived so far were created in Ancient Greece: training and strength combined in a single system, methods of developing endurance, specific means of individual struggle. In the Middle Ages, the number of methods increased and the first manuals on gymnastics, swimming, games, archery, horseback riding, fencing, and individual wrestling began to appear.

Stage 3 – the intensive accumulation of theoretical knowledge about physical education – is the period from the creation of the world to the end of the XIX century. The development of the science of man, of his upbringing and education, of his treatment, encouraged philosophers, educators, and physicians to pay attention to the problems of physical education. Philosophical, pedagogical and medical information on the essence of physical education was collected. It was necessary to conceive of this various knowledge into a single general complete picture of physical education in human life, and its significance. The great Italian painter, mathematician, mechanic, engineer Leonardo da Vinci (1452–1519) focused on the analysis of human condition and movement on the basis of anatomy and mechanics. He is one of the founders of the biomechanics of human movement. The book «Gymnastics of the joints», written by the democrat I.G. Gestolotisi (1746–1827), is aimed at developing children's motor skills. In the XIX century, theoretical work on physical education began to appear.

Thus, Phase 3 laid the foundation for the theory of physical education, which from the beginning of the XIX century began to formalize scientific knowledge as an independent field.

Phase 4 is characterized by the development of the theory and methodology of physical education in our country as an independent scientific and educational science and covers the period from the end of the XIX century to the Great October Revolution. It is characterized by



the intensive development of research problems in the field of physical education, explained by the profound impact of physical culture on many areas of life in general theory».

His scientific work on history, anatomy, biology, pedagogy, anthropology and the theory and methodology of physical education is very progressive, so it is reflected as an independent scientific and educational science on the basis of modern theory and methodology of physical education.

Stage 5 is characterized by the fact that the problems of physical education are solved in a complex way by a number of scientists, specialized in scientific and educational institutions. The constant increase in material, the discovery of new laws has led to the differentiation of the theory and methodology of wrestling, which is the only scientific and educational science. New sciences began to emerge:

– organization of wrestling, biomechanics of offensive movements, and so on. So, belt wrestling is not only a pedagogical and sports problem, but also a social, psychological and biological problem. Man changes himself at the same time as he changes nature, perfecting his physical, intellectual, spiritual, volitional, and other qualities.

Thus, the development of wrestling is the process and result of a person's activities to change his nature.

Belt wrestling is characterized by overcoming resistance using special technical and tactical movements allowed by the rules of the competition.

Belt wrestling as a sport has been cultivated by different peoples for many centuries. Each nation has held belt wrestling competitions in different historical periods. In these competitions, they reflected their national traditions and especially their culture. In order to win the competitions, various methods were created. Thus, over time, the rules of wrestling and wrestling techniques were created.

Different peoples began to create their own national struggle, which differed from the struggle of other peoples in its rules and techniques. This situation has led to the emergence of different types of struggle.

1. Initially, belt wrestling techniques and competition rules evolved in close contact, simultaneously changing and complementing each other. Over time, the rules began to affect the development and

condition of the technique. The limits of the application of any technical and tactical action to be achieved were determined.

2. Currently, any type of belt wrestling and the methods used are regulated by the rules of the competition.

3. In many types of belt wrestling, the rules of competition depend on the nature of the wrestling and differ from each other by different characteristics, the main of which are:

- 1) determining the victory (assessment of technical actions);
- 2) ways and means of achieving victory allowed in the rules of belt wrestling;
- 3) wearing a wrestler's belt;
- 4) duration of the competition.

4. Belt wrestling is one of the most important distinguishing features of wrestling, and serves the essence of victory and the permissible methods of achieving it. Wrestler's clothing is also of great importance. The duration of the competition directly affects the technique of wrestling, which is reflected in its speed and intensity, as well as in the method of training the wrestler.

5. According to these signs, different types of wrestling were formed. Some of them have disappeared and are known only from art memoirs and artistic sources, while others are widespread and are now widely used in sports practice.

6. Types of wrestling such as Greco-Roman wrestling, freestyle wrestling, judo, sambo and eastern wrestling are the most developed and internationally recognized.

7. In many countries the people's struggles did not develop, their development was not supported by the country. In such countries, in addition to the internationally recognized types of wrestling, competitions in these types of wrestling, which are specific to professional sports, are held as a spectacle, to raise money, and have nothing in common with the national direction of wrestling and sports health.

8. In the Russian Federation, the types of folk wrestling are constantly evolving, improving and spreading among the general public. Today in many districts of the Russian Federation, in Povolzh, Siberia, Moscow, belt wrestling is included in the curriculum of physical education students. It is known that the main form of physical education



is training at least 2 times a week. In addition, volunteers can practice in sections, sports improvement departments. Belt wrestling training is divided into the following areas:

- 1) health promotion;
- 2) maintaining working capacity;
- 3) fostering willpower and physical qualities;
- 3) training of general instructors and judges in belt wrestling.

In many republics, regions and regions, competitions in the championship of belt wrestling are held in the internationally recognized national belt wrestling.

It is possible to divide (classify) the types of belt wrestling, which already existed and are still developing, into several groups.

The basis of the classification includes the most important features of each type of wrestling of the rules allowed to fight with an opponent. According to these criteria, many types of wrestling can consist of the following 6 groups:

Struggle to hold the belt tightly around the waist in an upright position without leg movement.

Struggle in an upright position using the movement of the legs and stepping on the waist.

Wrestling in an upright position using the movement of the legs and stepping with the left and right legs holding the waist.

Struggle using hands upright and standing without movement of legs.

Fighting deceptive movements while standing using leg movements.

Fight sideways by running the opponent using leg movement.

The technique of this classification is limited to a single resistance movement and consists of exercises of a violent nature

The name of the history of belt wrestling is based on the language of the people who cultured it. For example, the word «kurash» in Georgian is called «chidaoba», in Tajik – «gushiti», in Turkish – «gyuresh», in Kazakh – «kures» and so on.

Here are the types of wrestling that are popular in accordance with their classification. The types of wrestling not listed may be included in the family of groups in the classification table.

### *Control questions:*

1. What criteria should be used to select students for belt wrestling?
2. Describe the physical qualities.
3. What do you mean by technical training?
4. What is the essence of physical education?

### **References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.



## CHAPTER II. GENERAL PHYSICAL PREPARATION

### 2.1. Tasks of physical education of students

Plan:	1. 1. Requirements for the organization of belt wrestling lessons
	2. Physical activity of students in BOSM
	3. Methods of organizing physical education classes

**Key words:** *physical training, physical maturity, development, BOSM, national struggle, organizational, moral will, individual, special training.*

Physical education of students plays an important role in their moral, volitional and aesthetic education, as well as in the formation and improvement of a number of practical skills related to organizational work, which will be necessary in their future work. In addition, the period of extracurricular sports is also very convenient for achieving high sports results in major sports. That is why students successfully improve during the years of special training in BOSM in the sports of their choice according to their individual interests and abilities.

Most BOSMs will specialize in more than 20 sports. In the Central Asian republics, they specialize in more national sports.

In addition, it is advisable to establish special sections for students with disabilities in sports schools, where classes are conducted in the nature of rehabilitation and rehabilitation of youth. In them, students receive professional and practical physical training on the basis of general and test standards.

Physical education and sports work in children and adolescents and specialized Olympic reserve sports schools is supervised by sports coaches.

The active relationship between the teacher-coach, the doctor and the students plays an important role in the training of athletes.

The task of physical education of students.

1. To promote the maintenance and maintenance of health, all-round physical development and the formation of high working capacity.

2. Acquisition of vital skills and abilities in order to ensure the

development of basic physical qualities, preparation for work and defense of the Motherland.

3. Strengthen and improve the important professional and practical skills acquired in the chosen sport.

4. Deepening of knowledge, organizational skills and abilities in the field of physical culture and the chosen sport.

5. Improving sports skills in the chosen sport, achieving high sportsmanship, acquiring the knowledge, skills and abilities necessary to achieve high results in sports.

Based on these tasks, it is necessary to follow specific hygienic requirements in the organization of training. In particular, in belt wrestling lessons it is necessary to have clean, well-groomed sportswear (swimwear, panties, T-shirt), soft shoes (socks are allowed to wrestle). All students are required to have their nails removed and their hair cut short.

It is recommended to take a shower or wipe the body with a damp towel after belt wrestling exercises.

There should be a first aid kit with iodine, hydrogen peroxide ampoules, chloroethyl, cotton, bandages, etc. in the wrestling hall where the belt wrestling training is held.

Preparation of the training site. Before the lesson begins, the teacher should prepare a wrestling mat with the person on duty. To do this, use 9-12 gymnastic mats and place them in three rows of 3-4. Then they are covered with a thick tarpaulin or carpet to prevent them from slipping.

Then covered with a sewn skin made of baked material (cotton fabric, tarpaulin). It is tied with cords or pulled out half a meter from the bottom of the beds on all four sides.

The belt wrestling rug should always be clean. the carpet should be cleaned with a cloth or the mats should be wiped with a damp sponge. The belt wrestling mat should be prepared by the students themselves 3-5 minutes before the start of the lesson.

Methods of teaching. Before the belt wrestling lessons begin, the class is divided into two groups: a group of girls and a group of boys.

The teacher instructs the boys to prepare the rug and the girls to practice independently. the group leader oversees the girls' performance.

Girls perform a variety of exercises that do not require attention: acrobatic elements, dance steps, rope jumping and other exercises, as



well as using volleyball, basketball elements to improve certain exercises or perform special individual tasks to develop motor skills.

he preparation part of the session can be organized so that part of the general developmental exercises are performed by the whole group.

It is recommended to perform the following exercises in the general physical training section.

1. Exercises to increase the speed of visual and auditory perception, exercises that develop speed and agility when performing exercises with and without objects (sticks, balls, hoops, ropes, etc.).

2. Exercises that develop jumping, explosive power and endurance – various jumps from a standing position, touching hanging objects with a twist, jumping from a small and large rope, jumping over different objects, etc.

3. Exercises with expanders, dumbbells, holding the body upright, with the ball of the filling, resisting the partner with the bags. Basically, these exercises are meant to develop strength and flexibility.

4. Exercises with elements of individual combat – unbalancing, pulling, pushing, holding hands or arms, lifting the leg off the carpet, chasing or touching the partner, holding the body in different positions, holding the ball or object, pulling exercises.

5. Special acrobatic exercises: various ups and downs; exercise as a «bridge» to strengthen the neck muscles and develop flexibility; exercise with a stuffed ball, and so on.

In the main part of the training, the methods and actions of wrestling are practiced: standing alone and in pairs according to the program, moving from one place to another while standing in pairs; to grab by the collar, belt, hand; squeezing and holding the mixture and protecting against them, various throws.

Step 1 – introduce participants to the method. At this stage, the teacher says the name of the method, defines its tactical task, and demonstrates the technique of the method at the rate of struggle.

He then demonstrates it at a moderate pace, explains the basics of proper execution technique, and gives an assignment to test the method.

Step 2 – A detailed study of the participants' method as a whole or in parts.

The instructor explains and demonstrates how to complete the task, and then organizes the activities of the participants to ensure the

safety of the training and to allow the training to take place without leisure time.

The teacher then tells you the number of repetitions, the time it will take to complete them, gives a command or signal to complete the task, and gives instructions on what to look for.

Phase 3 is for participants to refine the method many times in different situations and apply it in a wrestling situation.

### *Control questions:*

1. How are physical education classes organized?
2. What do you mean by physical maturity?
3. What are the requirements for the organization of belt wrestling training?

### **References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

## **2.2. Methodological approaches to wrestling training**

**Plan:**  
1. Methods of organizing belt wrestling lessons  
2. General preparatory exercises.

**Key words:** *method, leader, training, struggle, creativity, independence, general preparation, organizational, theoretical, demand.*

Belt wrestling is a method of assignment for basic independent work in guiding students in wrestling lessons.

In addition to this basic method, there are other additional methods that enable students to work independently and creatively. The task method enriches the main method.



### **Method-task. It consists of three components:**

Part 1 – the teacher-coach explains the task and shows how to do it;

Part 2 – the teacher-trainer organizes the participants to complete the tasks, determines the dose and time of the task and gives a signal or command to complete it;

Part 3 – the teacher-trainer observes how the participants perform the task, what to pay attention to, gives methodological instructions on how to overcome the shortcomings, and evaluates their behavior.

### **Methods of organizing belt wrestling:**

1. The method of organizing exercises without rivals (individually) in two rows, depending on the teacher at a certain interval and distance, in a certain direction with the whole group, in groups – in series or one after another, in pairs.

2. Conditional opponent – a method of organizing exercises with a jumpsuit or a bag. Here, too, the exercises are in rows, in pairs. 3–4 people, more done in series.

3. The method of organizing the exercise in two rows with the partner, at the center of the wrestling mat, in pairs of 3–4 or in groups in the direction indicated by the teacher. The exercise is performed first by the first, then by the second, all the pairs at once, or in turn – the first, second, third pair in a row, and so on.

4. The method of organizing the exercise with the opponent – the opponent – the opponent. In belt wrestling, where individual methods and protection are learned, in exercises with elements of individual wrestling, and in half-strength wrestling exercises, some couples, in turn, demonstrate the technique they have mastered or fall into wrestling.

In this method of performing the exercise, the exercise is performed with each pair so that the participants do not collide with each other, and in pairs at the corners of the wrestling mat or in pairs on the mat.

Only one pair can compete in the style of a full-strength race on the carpet, first for 1 minute and then for a maximum of 2 minutes.

The task method in the study of throwing at high speed in motion.

### **The task is to study this method in a standing position:**

Task 1. Those in the first group: standing upright in the first position, those in the second group: standing upright on the carpet. Grabbing the opponent from the belt of the first group, kicking his partner's left leg with his right foot in the form of a kick, knocking him

to the right. Perform this method 3–4 times to the right and left. They do the same task in the first number.

Assignment 2. After grabbing his partner's belt, he pulls her to him and kicks his leg while waiting for his left leg to break off the ground and shakes his hand to the right, knocking him to his shoulders. Do the same method 4–5 times to the left and right.

Partners do not resist 2–3 times, and then resist with half strength.

### **Requirements for the organization of training are:**

1. It is forbidden to perform wrestling without a teacher in the classroom and outside the hall.

2. High discipline and organization are required in the lesson.

3. The teacher should clearly perform the tasks in the lesson.

4. It is not permissible to be rude, disrespectful to one's comrades, or to have one's clothes torn.

5. The methods specified in the assignment shall be performed without resistance, with partial resistance, or with full force.

6. Always be careful in learning the methods, to ensure your own safety, to help your partner. It will be necessary

7. While some pairs of wrestlers are wrestling on the belt wrestling mat, the rest of the students sit around the mat and watch the wrestler, the wrestler, or some children exercise with weights under the guidance of the teacher-coach, practice sports projectiles independently, and so on.

### **The basic and final exercises for belt wrestling consist of the following components**

#### **General preparation exercises:**

1. Purification.
2. Lesson and lesson description.
3. Turns in a row.
4. Walking and running in a line.
5. Perform exercises while running slowly.
6. Raise the right hand up and shake the right hand back when the left hand says 1–2 at the bottom, and swap hands when 3–4 say.
7. Rotate the arms back and forth 4 times in a circle.
8. Turn to the right and left shoulder (4 times) while holding the left palm with the right palm, extending the arms forward.
9. Running in the scissors method.



10. Running in a circle. Repeat 32 times for left shoulder and right shoulder.

11. Running backwards.

12. Running upwards with knees bent.

13. With the palms of the hands open, place the hand on the waist and touch the heels of the back to the palms of the hands.

14. Touch the palm of the hand to the outside of the foot.

15. Slow running.

16. Breathing exercises.

17. Inhale through the nose with the arms raised, exhale through the mouth, and lower the arms sideways.

18. Head forward.

19. Raise the umbilicus with the right and left shoulders.

20. Jumping and jumping again.

21. Rising backwards.

22. Walk slowly.

#### **Basic exercises**

##### **Stand in a circle:**

1. Rub the ears and nose with the palms of the hands.

2. Rotate the heads to the right and left in a circle.

3. Bend the right arm above, the left arm at the waist – 1–2 to the left, 3–4 to the right.

4. Place the hands on the waist and turn the waist wat left and right in a circle (4 times in both directions).

5. Place the feet shoulder-width apart and rotate the body to the left and right (4 times) with the arms locked in a semi-bent position.

6. Sit with legs shoulder-width apart, arms outstretched (4 times).

7. Legs in pairs, hold the legs with the hands and touch the forehead to the knees.

8. Legs open wider than shoulder width (5 times) touch the palms of the hands to the tips of the feet without bending the knees.

9. Sit on the right and left legs (5 times).

10. Sit with the right foot in front, the left foot behind, the arm at the waist, without bending the body, like a spring. The position of the legs is changed every 4 counts.

11. While sitting on your knees, without lifting your knees off the

carpet, touch your head to the carpet and shake your neck (using your hands 6–9 times).

12. Repeat this exercise (6–9) times with your head on the carpet and your hands on your hips.

13. Put your head on the carpet and shake your neck with your hands on the toes (6–9 times).

14. Do the same with your hands on your hips (6–9 times).

15. Vibration of the neck in all directions without a bridge (bridge) (6–9 times).

16. In the position of a bridge, rotate in a circle. 3 times in each direction.

17. Get up and adjust your breathing.

##### **Special exercises:**

18. Jumping with arms outstretched to the side and falling with the shoulders (4 times).

19. Jumping to the right shoulder (3 times).

20. Jumping to the left shoulder (3 times).

21. Raise the right knee and jump around the right shoulder (4 times).

22. Raise the left leg and jump to the left shoulder (4 times).

##### **Working in pairs:**

23. Jump over while the partner is bending and pull back from under the feet (repeat 10 times).

24. Do the same in exchange.

25. Rotate the opponent 10 times by lifting.

26. Do this exercise in turn.

27. Lift the left and right shoulders and place them on the floor across the waist (repeat 4 times).

28. Do this exercise alternately.

29. Pushing each other's chests by hand. Lift the opponent on the right foot and rotate in a circle to the left shoulder (1 time).

31. Repeat the same situation on the left leg.

Rotate in a circle, lifting on the right foot, the opponent should also fall on the foot (1 time).

33. Adjusting the breath.



### Closing exercises:

34. Line up again, walk, run lightly, inhale through the mouth, exhale through the nose, gently shake hands while standing.  
The end of the lesson is to give homework.

### Control questions:

1. Describe the components of the basic and final exercises that prepare you for belt wrestling.
2. What methods are available to organize wrestlers?

### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

## CHAPTER III. SPECIAL PHYSICAL PREPARATION

### 3.1. General and special physical training

#### Plan:

1. Formation of physical qualities of students
2. Appearances of physical training exercises
3. Develop strength through exercise

**Key words:** *Physical strength, strength, flexibility, physical quality, speed, muscle, development.*

Physical training means that there is a certain level of development of abilities such as speed, strength, endurance, as well as flexibility, the better the physical qualities are developed, the wrestler can expect to win competitions with such a great basis.

The development of physical qualities should be carried out in strict accordance with the age characteristics of adolescent boys. Regardless of the tasks facing each group, physical training is also carried out. It is known that speed and flexibility are easily developed in boys aged 10–12 years and adolescent boys aged 14–15 years. Adolescent boys aged 15–16 years increase their strength, develop the ability to perform strength and speed exercises, at the age of 16–18 years master the performance of exercises that require great strength and speed, create opportunities for the development of endurance.

These recommendations should be included in the basis of physical training of young wrestlers. However, it should not be concluded that only defined qualities develop in each group. Children and adolescents should develop all physical qualities, taking into account age characteristics known as the period of sensory development.

When it comes to the development of physical qualities, it should be noted that the following tools are more important in adolescents:

- 1) acrobatic exercises (rotations, squats, etc.);
- 2) exercises to create the right osanka;
- 3) less complex gymnastic exercises (with gymnastic sticks, balls, dumbbells);
- 4) moving games, relay races, the simplest forms of wrestling;



5) special wrestling exercises (exercises on the bridge, imitation exercises with a guard or sacks, as well as the performance of wrestling techniques or its individual parts without a partner; exercises in the performance of individual elements of wrestling with a partner and their accuracy, speed);

6) capture an opponent (in the process of training, in the process of training, etc.)

The development of general and special physical qualities is carried out in the preparation and main parts of wrestling training in the morning, as well as in specially organized physical training. Fresh air should play a key role.

Speed development. Speed depends on the availability of strength, the timely relaxation and strengthening of the desired muscles.

Exercises for speed development should be given at the beginning of the session so that children do not get tired.

**Uses the following to develop speed:**

- 1) performance of methods or parts of them aimed at developing speed;
- 2) performance of contrusions, combination exercises;
- 3) wrestling with a relatively faster partner;
- 4) other sports (running, short-distance swimming, jumping, basketball, acrobatics).

Development of flexibility. When flexibility and mobility in the joints are well developed, the wrestler has more opportunities to master the technique of wrestling (especially in bending). Will be in close contact with them.

In the process of developing flexibility, the amplitude of the movement should be gradually increased to the maximum.

If the development of flexibility is not carried out slowly, with excessive weight movement, adverse changes in the musculoskeletal system may occur in adolescent boys. The coach should systematically monitor this process.

In addition to the use of exercises to develop flexibility, they should be coordinated with exercises on the strength of tissue apparatus.

In 10-12 year old boys and 14-15 year old adolescent boys, flexibility should be developed through non-object exercises and less strenuous exercises (gymnastic sticks, soft balls, etc.). In large groups,

the weight gradually increases. exercises can be performed in the group with heavy and light stones, with barbells, with a partner, and so on.

**They use the following to develop flexibility:**

- 1) exercises on the bridge;
- 2) execution of separate methods;
- 3) other sports (gymnastics, acrobatics).

Strong development. The strength of muscles depends on their physiological contraction, approximate elongation, sensitivity of muscle fibers and some other scientists. The less weight a belt wrestler performs, the more likely he or she is to repeat the exercise.

It is possible to use exercises with increased load to develop strength. However, even under conditions of optimal muscle performance, it is not always possible to use exercises with heavy loads. It should have a strong character, taking into account the KDS.

Exercises used to develop strength should be consistent with exercises used to develop traits such as speed, flexibility, and the ability to feel free.

The development of muscle strength can not be a personal goal. Engaging in other sports aimed at developing strength should be replaced by the acquisition of strength qualities in wrestling by adolescents. proper use of force in belt wrestling means jumping in the direction of least stability and pushing; to show strength by pulling the opponent's waist and lifting the opponent's waist towards him; use your own weight; use of arm, leg, torso muscle strength, as well as use of opponent strength and movement.

1. It is not advisable to shape strength development at the age of 14-15 years. At this age, it is necessary to develop strength in a light way, without losing weight. Boys tend to assess their strength. They sometimes try to do exercises that are not specific to their physical abilities, for example, try to lift more than they can. excessive strenuous exercise and prolonged shortness of breath are detrimental. 1 At the age of 16-18, the duration of complex exercises can be increased.

**2. Exercises to develop strength:**

3. 1) special exercises performed on a bridge with the help of a guard or bag; 2) wrestling with a relatively stronger partner; 4) exercises in other sports that require extreme muscle tension.



### Control questions:

1. What do you mean by physical qualities?
2. What do you mean by physical stress?

### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

### 3.2. Endurance development exercises

- Plan:
1. Peculiarities of endurance development
  2. Sequence of physical loads

**Key words:** *special endurance, breathing, strong will, loads.*

Among other qualities, it is necessary to develop endurance. At the core of endurance is understood to be the performance of a large amount of work over a long period of time. At the heart of special endurance is the ability of a wrestler to knock down an opponent at high speed while holding on tight.

To develop general endurance, the heart uses a variety of sports that require well-developed cardiovascular and respiratory systems (running, swimming, cycling medium and long distances).

Wrestling to catch an opponent to develop special endurance, wrestling to hit the ball, wrestling using simple methods, exercises that require less tension, sports games, exercises to catch the opponent and other types of exercises considering professional sportsmanship.

The development of endurance at a young adolescent age should be done gradually. During the exercise, the rest period is shortened according to the order in which the loads are studied, then the exercise time is extended, and finally the exercise is performed at high speed. It is then added for another 2 minutes to fight in an upright position, with a 1

minute break. With the development of loading skills, the fight is held according to the formula 3 + 3 with a one-minute break.

To develop endurance in a group of older adolescent children, the exercises are performed by increasing the working time, increasing the load, applying changes in the speed at which the exercises are performed. At the end of the main part of the endurance development exercises are exercises with a rope, exercises to strengthen the bridge, throwing a guard and other exercises.

In developing endurance, adolescents need to be taught to breathe properly.

Breathing should be controlled. The focus should be on the process of exhalation. Adolescents should be taught to breathe in the most active position during exercise, because it is difficult to breathe in this process, justifies.

It is necessary to determine the volume of work to be performed regularly and the intensity of its performance. The larger the volume of work performed, the lower its intensity. The higher the intensity of the work, the more short breaks you have to rest.

### Control questions:

1. What do you mean by endurance?
2. List the types of endurance?

### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
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### 3.3. Develop compactness

#### Plan:

1. High level of muscle development in the body
2. Develop athlete speed
3. Test your pre-race opportunities

**Key words:** *speed, strength, high level, endurance, wrestling techniques, acrobatics, combination, special exercises, variable method, competitive method.*

Flexibility (compactness) is the ability to respond quickly and clearly to situations that suddenly change in the process of attacking an opponent. A compact wrestler can successfully modify and improve wrestling techniques, direct himself quickly and correctly, demonstrate a great deal of ingenuity, and move from one movement to another in an instant.

Compactness depends on how much and how much the wrestler's reserve in movement skills is available. The sensory ability of highly developed muscles is also of great importance.

In young adolescents, compactness is developed through acrobatic exercises, diving, various special exercises for the wrestler, through the process of attacking, playing games and playing with the ball, through exercises of wrestling techniques, through combinations.

In older boys, the qualities of compactness are best developed in the process of wrestling, in the nature of attack, wrestlers often fall into difficult situations and go through it sharply, unexpectedly, rapidly changing situations. It is very useful to develop the speed of technical movements and conduct special exercises (jumping from the bridge, circling the bridge, etc.). In order to develop compactness, wrestlers use exercises in other sports (acrobatics, gymnastics, diving, movement and sports games, etc.) in addition to basic and special exercises, of course, taking into account the DTS.

Uses the following methods to develop physical qualities: standard, variable and competitive. The use of a method depends on the tasks and periods set in the training process.

The standard method is methods of performing exercises in which the working conditions do not change.

To develop speed, we can apply constant speed during the exercise for a certain period of time (performing methods with a constant opponent who has less weight).

To develop flexibility – perform exercises at normal amplitude (with a constant increase in weight).

To develop strength – perform exercises at the same speed (slow, moderate or fast) with the same increase in weight (barbell).

To develop endurance – to perform exercises at a certain time interval at the same speed.

The variable method is a method of performing exercises in which working conditions change.

To develop speed, they first do non-weight exercises, then do weight-bearing exercises (attacking an opponent on a barbell, etc.) or change the speed (for example, after a relatively slow lift, they do a waist-throwing exercise). It is possible that as the break time increases, the work time interval gradually decreases or remains constant.

To develop flexibility, exercises are used that are associated with changes in the amplitude of movement in the weighted and unweighted state (personal weight, opponent, various sneakers).

With exercises related to weight gain in different ways to develop strength (barbell, opponent's attack), performed at different tempo over a period of time, with varying working hours (at different intervals for rest), with an opponent with different weight, height and strength uses exercises to be performed.

To develop endurance is associated with a variety of weight increases (low weight, associated with changes in distance profile, runs in sand or swamp, etc.).

Competitive method is a method of performing exercises that show the athlete's maximum potential.

Competitive method in the process of wrestling (in attack, speed, flexibility, exercise, strength development, endurance, tactical training) and in other sports (sports, swimming, skiing, athletics, gymnastics, acrobatics, etc.).

The competitive method should be widely used to determine the highest result. Who will cover the distance faster? Who jumps away? Who gets more into the basket with the basketball type? Who hits the target more accurately with a tennis ball?



The competitive method can be used from the very beginning of education. It organizes emotions in its content and allows boys (adolescents) to successfully develop their physical qualities.

What is the ratio of general and special physical training to other aspects of wrestling sportsmanship? Experience shows that such a ratio in the preparatory group is 75 % and 25 % at the beginning of the year, and by the end of the year this figure is raised to 60 % and 40 %. In small groups in the main period this figure is 50 % and 50 %. Adolescents make up 45 % and 60 % of the age group, respectively. In order to monitor the development of general and special physical fitness of adolescents, normative requirements are set for admission to MUSM (Preschool Youth Sports School), transfer to large groups and completion of MUSM.

It is advisable to submit the norms of general special physical training twice a year. The most favorable period for the adoption of standards is the final stages of training and competition.

#### Control questions:

1. What do you mean by competitive method?
2. What are the regulatory requirements for MUSM?

#### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

## CHAPTER IV. TECHNICAL AND TACTICAL PREPARATION

### 4.1. General physical and special training issues for the study and improvement of training techniques and tactics

Plan:	1. Content of general future plans for BOSM and IOZBOSM sections
	2. The main types of wrestling training – physical training
	3. Develop resilience in a group of older adolescent children

**Key words:** *BSM and IOZBOSM, training material, training, techniques and tactics, physical qualities, theoretical training, the main types of wrestling training.*

As a general future plan for the BOSM and IOZBOSM departments are the corresponding programs. The program provides the main content of theoretical and practical teaching materials on the distribution of the school year.

The training process in the training groups of all types of belt wrestling departments is planned on the basis of the standard curriculum and the annual calculation of the schedule of training hours of the corresponding programs.

The training is conducted to address general physical and special training issues to learn and improve techniques and tactics.

In the future, the training will allow the belt wrestler to develop all-round physical qualities (speed, strength, endurance, endurance), willpower, improve the technique and tactics in the conditions of the competition. The training will be held before the competition.

Sports competitions lead to further improvement of physical will, technical and tactical preparation for complex conditions.

Theoretical classes increase special knowledge. They are held in the form of lectures, interviews, as well as watching competitions, watching movies.

Working with adolescent and adolescent boys requires a great deal of variety in the organization of the session.



Using a variety of methods in training, the coach should strive to create conditions for athletes to creatively study and improve the material given to them, as well as the organizational transition from one type of activity to another with high interest. To do this, it must provide the necessary inventory and visual aids, allocate time correctly, allocating a sufficient amount of time for independent work; participants should be grouped in a certain way and placed correctly in the hall; provide management and control over the implementation of training.

The main methods of organizing and conducting trainings are: individually, in groups, in groups, and in a selective assembly mode. The use of this or that method should not violate the organizational structure of the lesson (for each participant).

The wrestler must improve and develop his technical and tactical skills from the first day of the section until he adapts to the belt wrestling arena.

What bouquet of wrestling should famous wrestlers have? There are two different views on this type.

The first is that the more he knows the practice and methods of wrestling, the higher his skill, and the second is that the followers of the famous wrestler have a deep knowledge of several acts of wrestling, can perform it in any situation, and are distinguished by their elegance. The author is a supporter of the second idea of rest.

Out of the countless actions of belt wrestling, the wrestler practices two or three to defeat the opponent. if you can do it beautifully. For example, an attacker must be able to use a back-and-forth to the left, a defender, a left-handed wrestler, a left-handed, a left-handed, a left-handed wrestler, and a left-handed wrestler. The wrestler is constantly improving his chosen actions, attacking the opponent unexpectedly and performing the action flawlessly

Each wrestler, together with the coach, must work on choosing the most suitable wrestling practice for himself, based on his physical, technical and tactical training, as well as personal characteristics. The improvement of the selected wrestling practice is carried out on a regular basis.

The action being studied is initially studied with a partner who does not resist. The coach determines the most suitable variant of the action with the student, based on the level of development of the wrestler,

suggests repeating the action. 30-40 times without the resistance of the coach's partner to develop a strong skill in wrestling.

Later, the improvement of the technique is done with the unilateral resistance of the partners and gradually the resistance is strengthened.

Thus, the wrestler will continue to improve his wrestling skills in training sessions and competitions.

One of the most important conditions for the success of the chosen action is to hold on to one's intentions and actions, the action must be performed at a time when it is a coincidence for the opponent. The fighter must perform the action in such a way that the opponent recognizes that it is inevitable, so that the opponent pays attention, and the situation arises as if the attacker has left. It is necessary for the wrestler to firmly master the process of his choice and bring it to the level of automation of the action by repeating it many times. To do this, in training sessions with a partner, it is possible to perform wrestling in any conditions as a result of selective exercises with different height, weight, posture the right choice of partners is important.

In preparation for the competition, he checks the results of the combat actions he intends to launch, at which point, in a control match, the opponent doubts his attacks (the wrestler is skeptical: will his actions work in the competition or not? This is often the case in training sessions.).

Belt wrestlers get to know each other so well after 15-20 days of training together that it becomes impossible to do anything. Therefore, a few days before the start of the competition, it is recommended to practice with other team members who are not participating in this competition, or with lighter, heavier, weaker, more prepared opponents.

While preparing for the competition, the belt wrestler must, of course, try a new practice that he has prepared, that is, to test in practice the method or combination of training the opponent. They will of course be tested in a match against experienced wrestlers, but with the exception of an opponent who may meet in the tournament.

Athletes who want to achieve high results should observe future opponents, thoroughly study and analyze their actions, methods of wrestling, behavior, level of preparation, and on this basis to draw up a plan for future meetings. In this case, the method of holding, the actions, the preparation for the action of the opponent, as well as strength, endurance, agility and the main habit (method) of struggle are studied.



Then, together with the coach, the offensive, defensive and counter-attacking actions of the opponent are repeated, prepared and practiced many times during the training sessions. It is recommended that the competition be held by partners who look like a potential competitor and that they test their practices and methods.

#### Control questions:

1. What factors determine the development of a wrestler's speed?
2. What is the difference between the concepts of endurance and flexibility?

#### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

#### 4.2. Learning process planning

Plan:	1. Peculiarities of the learning process
	2. Pre-race period
	3. Post-race period

**Key words:** *study schedule, periodic, monthly, step-by-step course schedule, control tests, senior category, junior category, students with disabilities.*

When planning the work of this department, it is necessary to take into account the specifics of the educational process of the institution: the duration of the educational process in the institution, the duration of the internship, as well as the physical skills of the trainees.

**The following documents should be reflected in the plan of the department of physical training:**

1. Curriculum of the department for the academic year.
2. Schedule of group learning process.
3. Work plan of periodic, monthly, staged lessons.

4. An individual plan of training for the Master of Sports or a candidate and the candidate of the Master of Sports.

5. Monthly plan of sports activities within the department.

With the exception of the accumulated senior ranks, it is planned with 2 cycles per academic year, corresponding to the learning process for all study groups of the department.

First academic year.

First cycle (first half).

Preparation period (first 3 months).

Objectives: formation of groups, control tests, general and special physical training, development of spiritual qualities, theoretical training of participants, study of wrestling techniques and tactics.

Main period (last 4–5 weeks of assignment).

Objectives: development of physical and mental qualities in the next stages, study and improvement of fighting techniques and tactics, preparation and participation in assessment competitions, control tests on special physical training. Assessment.

Transition phase (winter, summer and holidays).

Objectives: to maintain the achieved level of physical and technical training and active recreation. Second cycle (second half).

Preparation period (4–6 weeks from the beginning of the year).

The main period (10–13 weeks before the start of summer holidays).

The transition period is from the beginning of the summer period to the beginning of the new academic year.

The second academic year and the dialed group of small discharges

The first cycle (first half).

Preparatory period (5–6 weeks from the beginning of the academic year).

Main period (12–13 weeks before winter holidays).

The transition period is the time after the winter holidays.

Second cycle (second half).

Preparatory period (4–5 weeks before the start of training).

Basic period (12–13 weeks before the end of training).

Until the start of the transitional school year.

Dial group in large discharges.

Preparatory period (4–5 weeks from the beginning of the academic year).



Basic period (8–9 weeks before the end of the school year or the competition period according to the monthly plan).

The main period in these groups is divided into training cycles. The date of the cycles corresponds to the number of scheduled competitions. Each cycle, in turn, is divided into the following stages:

**Pre-race period.** Carrying out special training in order to achieve a high level of training and spiritual training of trainees (individual training of technical, tactical, psychological means for certain competitions). This phase cycle lasts from 2 to 6 weeks, depending on the next arrival and the importance (scale) of the competition.

**Competition period (competition day).** Here, in the conditions of direct competition, physical, technical-tactical and spiritual-mental qualities are realized. Competitive and arbitration experience is gained.

**Post-race period.** At this stage, the analysis of participation in past competitions, recovery of strength and maintaining physical shape is carried out.

It is important that children's and youth sports schools organize the daily routine of students in the most convenient way, actively rest and strengthen their health, maintain and increase their ability to work, prepare mature teachers and coaches in special physical education schools, preparing them to work in their chosen profession. is a tool.

Physical education of students plays an important role in their moral, volitional and aesthetic education, as well as in the formation and improvement of a number of practical skills related to organizational work, which will be necessary in their future work. In addition, the period of study in higher education is also very convenient for achieving high sports results in major sports. That is why students successfully improve during the school years in children's and youth sports schools in the sports of their choice according to their individual interests and abilities.

#### *Control questions:*

1. What do you mean by pre-race period?
2. Describe the training cycles?
3. What do you know about the physical, moral, volitional, and aesthetic upbringing of students?

#### **References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

#### **4.3. Physical development and formation of high work capacity**

##### **Plan:**

1. Peculiarities of belt wrestling.
2. Three different movements in the order of the national wrestling belt.
3. Pages of history of professional pedagogy

**Key words:** *strengthening and maintaining health, the sport of your choice, pushing the opponent, kicking, swinging, pushing, sideways method, return method.*

1. To promote and maintain health, comprehensive physical development and the formation of high work capacity.
2. Acquisition of vital skills and abilities in order to ensure the development of basic physical qualities, preparation for work and defense of the Motherland.
3. Strengthen and improve the important professional and practical skills acquired in the chosen sport.
4. Deepening of knowledge, organizational skills and abilities in the field of physical culture and the chosen sport.
5. Improving sports skills in the chosen sport, achieving high sports ranks, acquiring the knowledge, skills and competencies required to work as a public instructor and sports judge.
6. Training of highly qualified teachers and coaches in physical education and sports to work in different groups of the physical education system in the physical education departments of children's and youth sports schools.

##### **Belt wrestling (lessons from wrestling techniques).**

The difference between belt wrestling and other wrestling is that in this wrestling (method) it is used only by holding the opponent's belt and not releasing him.



This struggle seems simple to an outsider. In fact, there are many wonderful secrets to this struggle.

In this fight, let's say your hands are tied to the opponent's belt. It is not possible to remove this belt. You try to bring the opponent's shoulder to the ground using the arms, legs, shoulders, and waist tied to that belt. When you touch the opponent's shoulder to the ground, your hand will be free from the belt.

In ancient times, our ancestors invented to tie the opponent's shoulders to the ground with their hands tied.

There are three different movements in the belt wrestling national order, each of which is divided into several modes.

**1. Methods performed by pressing the opponent.**

- a) flick motion.
- b) bending motion.
- c) pressing action.

**2. The following actions when lifting the opponent:**

- a) the method of kneeling.
- b) method of blocking.
- c) pressing action.
- d) turning method.
- e) lateral method.
- f) left-handed method.
- g) return method.

**3. Methods of throwing the trap:**

- a) stepping method.
- b) conversion method.
- c) method of attachment.
- d) distraction method.

**Shake action:**

Squeezing the opponent with both hands in a calm position, pulling or pushing him to disturb the balance is called the swing method.

**Suffocation movement:**

As a result of shaking the opponent under the left arm, bringing the hand holding the right belt closer to the hand holding the left belt is called the clutch method.

**Click action:**

Pushing the opponent by the legs, arms, and shoulders is called pushing.

**How to get on your knees:**

Lifting an opponent using the feet and knees as a result of the kick. It's called the knee-jerk method.

**Blocking method:**

After lifting the opponent, kicking the leg from the outside or inside side is called the blocking method.

**Printing method:**

After lifting the opponent, hitting the ground with a jerk is called the push method.

**Turning method:**

When lifting an opponent, turning to the left or right shoulder without using the left foot is called the squat method.

**Side method:**

The side-by-side method is to bend the opponent and pull both legs to the side.

**Return method:**

As a result of the kick, the opponent's leg is cut off the ground and a semi-circle is missed, which is called the return method.

**Left return method:**

Throwing an opponent using a foot or hand while stepping using a flick or a fist, called the stepping method.

**Conversion method:**

As a result of jerking or squeezing, pushing the opponent forward in the form of one or more circles is called the method of rotation.

**Hanging method:**

As a result of shaking an opponent, throwing him from a long distance without using his feet on his knees is called hanging.

**Distraction method:**

While trying to use a method. Suddenly using another method is called a distraction method.

**Conditions of the wrestler:**

There are 4 different situations of a wrestler while the wrestler is healing:

- 1. The right foot is in the anterior position.
- 2. Left foot forward position.
- 3. Equal position of the feet.



4. In a bent leg position. (In this case, the wrestler's leg position may be bent, closer together, with the right or left foot in front.

#### Control questions:

1. Describe three different movements in the order of the national wrestling belt.
2. Describe all the struggles.

#### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

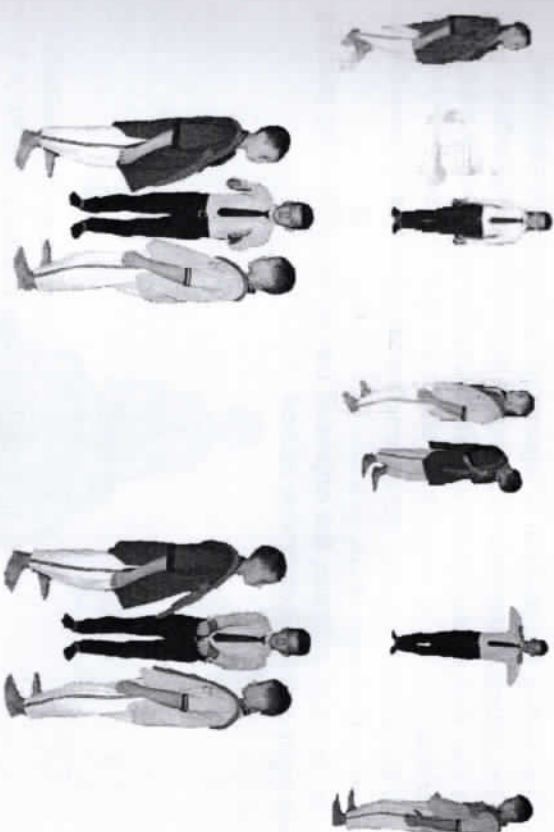
#### 4.4. Technical and tactical bases of belt wrestling

- |       |  |
|-------|--|
| Plan: | 1. The beginning of the belt wrestling |
|       | 2. Shake motion                        |
|       | 3. Kifting movement                    |
|       | 4. Folding and sideways method         |

**Key words:** *girdle, claws, jerking motion, clasping motion, lumbar part, elbow part, pressing motion, blocking method.*

#### The beginning of the belt fight:

1. In any wrestling position, the wrestler's head rests on the opponent's shoulder and follows his leg between his arms. Throwing the waist back, he grabs the belt by placing his right hand under the opponent's left arm and his left hand over the opponent's right arm.
2. Hold the red belt with the opponent's right hand before grabbing the belt. His opponent grabs the belt in the same position and leans back with his shoulders at the same time.
3. The belt is held with the palms of the hands facing outwards from the inside of the belt.
4. The belt is measured as a fist in the chest while the wrestler is standing.



**Link movement**

In belt wrestling, any method begins with a slash. It is safe to say that this is the most sensitive part of the national struggle. Violation of the opponent's balance by means of a link, ie turning it in four directions. It can be changed.

a) violation of the state of wrestling by squeezing the opponent and pushing him to the back;



- b) violating the position of squeezing the opponent to the front;
  - c) violation of the state of wrestling by pushing to the left or right.
- In the first case (a), the opponent can be moved to the back or accelerated.

In the second (b) case, the opponent can be brought to the previous position on his knees or not.

In the third (c) case, the opponent can be accelerated by pushing to the right or left, or otherwise missed.



#### **Flicking is performed in two ways:**

1. Shake using legs, arms and shoulders.
2. Shake with bare hands and shoulders.

#### **Shake using legs, arms and shoulders:**

- a) stepping between both legs of the opponent;
- b) stepping with the left foot next to the opponent's right foot;
- c) stepping with the right foot next to the opponent's left foot;

#### **Shake with bare hands and shoulders:**

In this case, the foot does not move in place. Pushing the opponent with the arm and shoulder. Squeeze and pull can be done. With the help of the arms and shoulders, the method can be returned to any wrestling position.

#### **For example:**

- a) the opponent's right leg is in the forward position;
- b) the opponent's left leg is in the forward position;
- c) the opponent's legs are in the same position;
- d) the opponent's leg is bent.



#### **Suffocation movement:**

1. Cuffing using feet and hands.
2. Cuffing using hands and shoulders.

Kifting is mainly used when the wrestler uses a more close-range method. As mentioned, the wrestlers both walk in a position where the lumbar region is thrown back: so the elbow portion of the arm is closer to the opponent's elbow portion. To lift the opponent, you should try to move the right hand more under the opponent's left hand. More precisely, the hands holding the belt are brought closer.

To understand this, when holding an opponent by the belt, the right hand side is understood to be the right belt side and the left hand side is understood to be the left belt side.

#### **Leg and arm flexion:**

a) always before the application of the method, the method is performed by shaking the opponent or otherwise punching him;

As mentioned above, in a wrestling position, when the opponent's waist is lying back, the elbows are closer together.

In the first case, by stepping on the opponent, the right foot is stepping between both legs of the opponent. The right arm is inserted through the opponent's left armpit.

b) in the second case, by shaking the opponent again, the right foot is placed outside the opponent's left foot and the right hand is inserted further inward;



c) in the third case, by shaking the opponent again, the left foot is placed closer to the side of the opponent's right foot and the right hand is inserted further inward.

All three actions must be performed without interruption.

Cuffing using hands and shoulders.

This method is different from molding using the feet and hands. Legs are not used in hand and shoulder molding. That is, it does not move from place to place.

The hand is moved inwards by shaking the opponent and pushing with the shoulder. Hand power plays a key role because legs are not used. It can be used in any wrestling situation. It is done more difficult only when the legs are bent.

#### Click action:

The pressing action is mainly applied when the opponent's method fails and loses its balance. To apply this movement, the wrestler squeezes his opponent with his hands, pulls his chest back with his jaw and shoulders, while the opponent moves his left or right leg forward.

The pushing motion is performed by tapping the opponent's right foot or left foot in front of the opponent's foot.



How to get on your knees



This method is the method used after lifting the opponent. Particular attention should be paid to the movement of the legs when using the method. (The opponent's right leg is in the front position, so you can use the method with the right foot.)

a) the right foot is inserted step by step between the opponent's legs;  
b) the opponent's right leg is lifted by the knee and turned to the left shoulder;

c) The leg is lifted in a bent direction using the knee.

The legs are in the same position, stepping between the left foot and the toe, lifting the cuffs and lifting them to the right shoulder.

The method is used when the opponent's right leg is in front, leading to the right shoulder, and when the opponent's right leg is to the back or the legs are in the same position. This method is more straightforward and is performed after the legs are off the ground.



Block method.

The blocking method can be used in any wrestling situation. For example, when the opponent's right leg is in the previous position:

a) the right leg is bent by stepping to the side with the left foot;

b) rises by squeezing;

c) the left foot and the right foot are thrown from the side.

**Blocking can be done with more than ten types:**

a) with the right foot on the side of the left foot;

b) with the right foot on the inner side of the left foot;

c) with the right foot on the side of both feet, i.e. the right foot;

d) the right foot is thrown from the inner side of the right foot.

The same can be done with the left foot only.

When blocking, it is not possible to kick the opponent's leg from the inside. In any case, it is not possible to swell the leg from the outside as well as from the inside.



Note. It is possible to step on the right foot and play on the outside or inside side with the left foot.

Conversely, it is possible to step on the left foot and play on the outside or inside with the right foot.

This method is mainly used when sticking and squeezing.



#### Brinting movement

Using this movement, it is possible to lift the opponent and hit his shoulder on the ground as a result of a hard shake. How can this be done?

#### When the opponent's right foot is in the front position:

a) the right foot is placed between the opponent's legs and the opponent lifts the ball and pulls it harder and hits the ground.

If the opponent tries to put his foot on the defensive leg, he squeezes it and pulls harder and jumps on it.

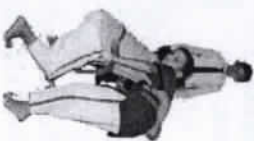
This method can only be done by sticking and lifting at close range. If the legs are in the same position, it is possible to lift the opponent, shake hard and pass the legs between the legs.

b) if the opponent's left leg is in front:

He climbs in between the opponent's legs with his left foot.

Raising the opponent higher, he hits the ground with a hard jerk.

In any wrestling situation, if the opponent puts his feet on the ground to protect himself, he should immediately jump on it.



#### Turning method

Turning to the left or right shoulder without using the foot after lifting the opponent is called the squat method.

The rolling method is mainly done after lifting the opponent.

#### 1. When the opponent's right leg is in front:

a) the right foot and the left foot are bent by stepping inwards;

b) the opponent's leg is off the ground;

c) is bent to the right shoulder or left shoulder.

#### 2. When the opponent's legs are in the same position:

a) stepping between the left foot or the right foot and the opponent's foot;

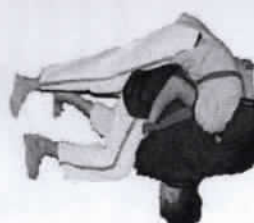
b) the opponent's leg is cut off the ground;

c) is turned to the left or right shoulder.

Note. In the squat method, after lifting the opponent, the squat is thrown without the help of the foot, and if it is thrown with the foot, it is considered a block. After lifting the opponent, it is possible to turn to the right or left shoulder and also to the side that turned.

To do this, after lifting the opponent, the right shoulder is turned to the side and the right leg is pulled back.

It is necessary to turn to the left shoulder and pull the left leg back. Turning to the left is mostly helpful for left-handed wrestlers. Bending the leg without removing it from the ground is prohibited in belt wrestling.



#### Side method



This method is similar to the Scatter, Return method, but the Side method is much different from these methods. For example, when using this method, the opponent is pulled to the side and thrown to the waist. Also, in this method, the waist is turned inwards and the opponent is put on board. If in this case the opponent is pulled to the side, the type is cut off the paint and slightly moved to the side, but does not help with the waist, it will be a method of scattering.

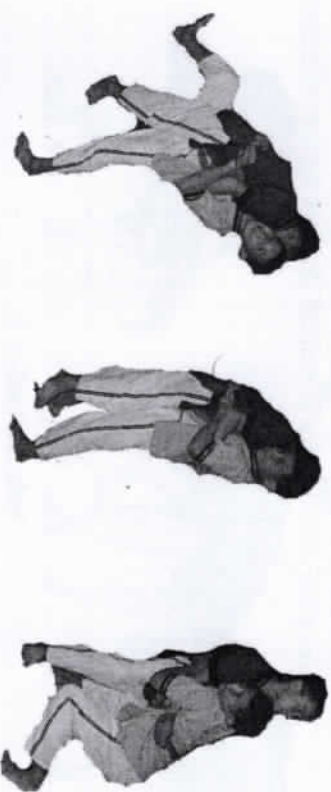
Stepping on the opponent's right leg with the left foot, the left foot is pulled to the side without lifting the opponent, pushing him inward. In this case, both legs of the opponent are equal to the side, or the leg is moved to the back, in which case the opponent is thrown forward by riding on the belt. This is done by stepping on the opponent's left leg with the right foot, pushing the leg inward and pulling it to the left, with both legs parallel to the side or crossing to the back.

This method can also be done by jerking, but it will take more effort. This is because when shaking an opponent, it is mainly pulled by hand, it is moved by hand force on its own.

The lateral method is a more straightforward pull-up method. This method is similar to the reversal method when done quickly, but care should be taken not to confuse the lateral method with the reversal method. The side-by-side method can also be done by turning the waist and lowering the opponent while lying down.

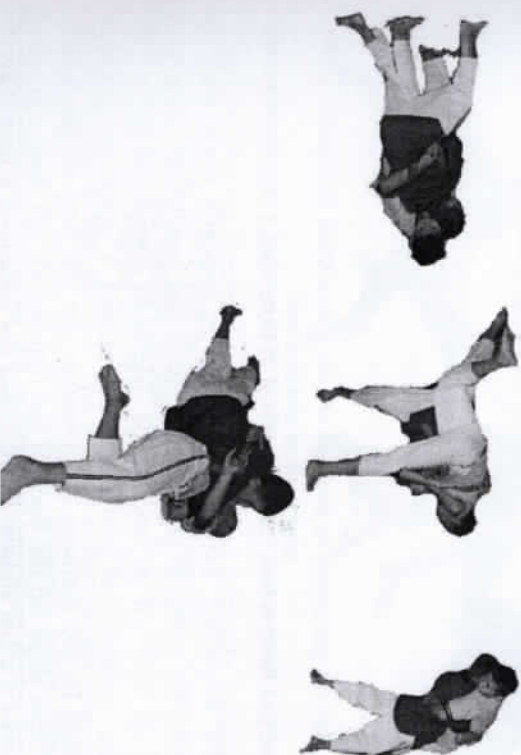
### 1. The method of knocking down to the right.

The wrestlers hold each other by the waist, that is, the belt, and after the sign of the fight, the movement begins. Before using each method, they hold it firmly with their hands. After reaching their hands, the method is performed. The right side is turned backwards.



### 2. The method of knocking down (with a shag) to the right, stepping in front of the right foot.

He grabs the opponent tightly and hits him. Thrown to the right foot. The opponent is thrown to the right by pulling his waist to the right and spinning with his leg off the ground.



### Methodical instructions on the method of decomposing and step-by-step decomposition.

The method of knocking to the right is the first of the belt wrestling methods. Belt wrestling is the first way to learn an athlete who has just entered the sport and is just starting out. First he holds the opponent tightly, he runs, then the method is performed. Physical preparation must be thorough to perform this method. Of course it will be necessary to repeat during more training. Because doing the methods without doing



physical and special exercises doesn't go as well as the coach says. The reason is that the methods of belt wrestling are with the hands wrapped around the belt tied to the opponent's waist, that is, the hands are held on both sides. This means that the method is performed when the hands are connected. This is one of the interesting aspects of belt wrestling. It differs from other types of wrestling in that it requires more arm, waist and leg exercises. It can be done without an opponent using air.

### 3. The method of knocking down a step backwards.

This method involves stepping with the right foot (shag) behind the opponent's left foot after the wrestling signal. Squeezing the opponent's waist tightly, lifting the opponent's abdomen with the palms slightly apart, the opponent's legs are cut off the ground and pushed back.



A methodical instruction on the method of throwing a step backwards

In belt wrestling, the whole method is basically done with the palms. Then the methods are done correctly and beautifully, otherwise the methods will not go backwards. Methods completed before the end of the competition period are considered 1 point or canceled. Steps (shag) In the method of knocking, the left foot stands firmly. The right foot steps on the back of the opponent's left foot, squeezing the opponent's waist tightly and kicking the opponent's legs with the knees. It is performed when the opponent's position is out of balance. For example, you need to sit more on both legs during training. Sitting jumps are performed in front, back and side jumps, all in a sitting position and more repetitions on the carpet. In return for more repetitions, this method is done correctly.

### 4. The method of knocking down the left leg backwards.

Kiftlab squeezes the opponent's waist, holding the arms, and the left leg is thrown back 30–40 cm and lifted using the right leg.



A methodical instruction on the method of knocking the left foot backwards to the right

In performing this method, the right hand basically moves the left arm equal to the waist and the left foot. The opponent's legs are cut off the ground and the method looks beautiful. In belt wrestling, when all the methods are performed, the opponent's legs are cut off from the ground and thrown to the left. The interest of the viewer also increases. It is necessary to repeat the left-handed exercises more often in the exercises when performing the method of knocking down the left leg backwards. The acrobatics left jumps are necessary to work in unrivaled air with the left hand and left foot.

### 5. The method of knocking down the right foot with the left foot backwards (shag).

The right foot and left foot step method of knocking down the right foot in front of the opponent's feet is thrown half a step of 30–40 cm. The left leg is stepped back 30–40 cm and the opponent's back is pulled down by pulling his waist to the right side.





**Methodical instructions on the method of knocking down the left foot in front of the right foot (shag)**

When performing a two-foot step method, mostly wrestlers require speed. Because at the same time the balance of the opponent is disturbed. The cuff is struck and the right foot is stepped between the opponent's legs and the method is performed by stepping on the back of the left foot. Then the opponent's legs are cut off the ground, turn around and fall to the carpet with two shovels. Basically, when the method is performed, the speed exercises are done more often. Long jumps, high jumps (rubber) pull-ups, jumping over various obstacles, running at speeds, climbing stairs quickly, repeating the method more often during training with the opponent.

**6. The method of knocking to the right by throwing a step (shag) with the left foot.**

The opponent steps between the two legs with the left foot and lifts them to the right in short air, then to the right and throws them behind the right heel with the legs off the ground.



**Step (shag) to the right with the left foot**

Basically, the method starts on the left side, holding the mold firmly. Breaking the opponent's standing position, the left foot is stepped between the opponent's two legs, and the right thigh is squeezed tightly, and the right thumb is performed in a short throwing position, quickly turning the opponent's left side to the right side. When the method is performed, the focus should be on one thing. The method is performed by tapping the hand and touching the hands. In belt wrestling, the holding position is held on both sides of the opponent. When the method is used, the opponent's right hand is squeezed from the wrestler with the left hand. Sometimes the left arm is also squeezed. In the method of knocking to the right with the left foot, it is lifted with the left foot and taken to the right in the air. To do this, it is necessary to do exercises that increase flexibility in the workout. For example, it is necessary to descend a bridge while leaning against a wall, to descend a bridge in a free state, to descend a bridge without relying on anything, to work with a stuffed person (Chuchila).

**7. The method of knocking down (also called the method of grinding in Sheva).**

Suffocation grabs the opponent's waist tightly and pulls the opponent by squeezing the waist tightly, then lifts the opponent's knees with both feet between the legs, hitting himself from the inside with both knees. And riding on the right thigh, he turns his heel to the back and falls off with his foot off the ground.





#### Methodical instructions on the method of scattering

The Sochma method can be performed by highly qualified wrestlers who have mastered the techniques of belt wrestling and the secrets of belt wrestling. This method is a bit more complicated but very beautiful and quick to perform. Breaking the position of examining the opponent's position, he quickly hits himself on the opponent's knees with his knees from the inside, lifts the opponent's waist and rides on the right thigh, squeezing his waist tightly and lifting him off his chest. Basically you have to make your waist very strong. A person who weighs less than five to five to ten pounds should be required to repeat the flexibility and bending exercises by riding on his or her shoulders. Basically, the method is performed when the opponent falls to the ground, ie in a semi-crossed position.

#### 8. The method of kneeling.

Suffocation is reached from the right to the left of the lake. Pulling the opponent's waist firmly, the right foot steps on the back of the opponent's left foot, and the rabbi kicks the back of the knee with the knee, breaking the legs off the ground and falling to the ground.

Note: When the wrestler uses each method, the limb moves evenly with the movement of the limbs. Otherwise the method is fully executed.



#### Methodical instructions on the method of kneeling

When performing the method, the opponent's standing position is mainly used. During a competition or at a wedding or a wrestling match, after the referee says the wrestling phrase, the opponent unknowingly puts his left foot in front of him more than his right foot. Then the wrestler using the method will be very helpful and will knock down the opponent in 4-5 seconds. This method is to quickly step on the back of the opponent's left foot with the opponent's left foot, firmly squeezing the waist and kicking it behind the knees. The method requires vigilance from the wrestler. Because it is necessary to use the opponent's mistake correctly, a victory is achieved quickly by understanding the position of the opponent.

#### 9. The method of knocking back from left to right.

When the arms are on both sides, the left side (enters) is attacked. The left leg is stepped on the opponent's legs. The arms are pulled to the right.



#### A methodical instruction on the method of knocking down from left to right



The backstroke method is one of the most beautiful methods of belt wrestling and requires a lot of work from the wrestlers because this method is done with the hands, the opponent does not have to lift the same weight with his hands in the air from left to right. Especially the opponent resists. The method is performed by overcoming these resistances. He can only perform the return method physically very energetically and a wrestler who has hit the belt wrestling tactics perfectly should exercise more by sweating hard during a workout with a replenished man.

#### 10. The method of stepping back from left to right.

Initially, the opponent steps on the back of the opponent's right leg with the left foot. The left foot is kicked in the opponent's knee.

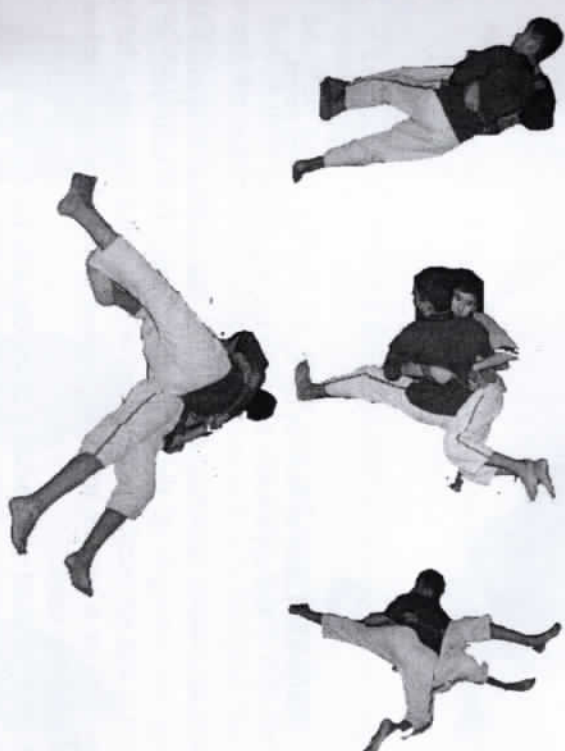


A methodical instruction on the method of knocking from left to right

The return method surprises the spectators watching the belt wrestling and unknowingly stands up or shouts. The wrestler easily knocks down the opponent with this musul. The return method is seldom performed by a wrestler who is more skilled wrestlers who have a degree in the return method. In order to perform the return method, a person who is stuffed during the exercise can work with pieces of rubber and wood. Can be returned manually. This can be done with the feet. Can be rotated from right to left. To perform the method requires more effort from the wrestler and following the coach's recommendations.

#### 11. The method of knocking back to the right by stepping (shag) with the left and right foot.

The method of knocking down to the right with both feet is to step on the opponent (knocking down) by stepping between the left foot opponents, and the right foot is thrown to the back, lifted with the hands and moved to the right in the air and kicked behind the feet.



12. The method of knocking down the opponent's legs with the right foot.





With the right foot, the opponent steps on the back of the opponent's left foot with the right foot in a position where the hands do not lie down, and with the right foot, the opponent falls firmly to the back.

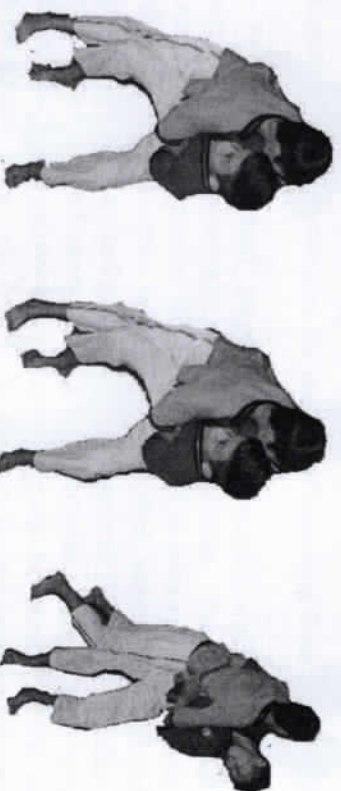


#### **Methodical instructions on the method of knocking down the opponent's legs with the right foot**

Basically, when applying the method, the method is applied after knowing the strength of the opponent's legs. For example, if the opponent's legs are weak, the opponent will sit down when he is hit by a handkerchief, or when the standing position is disturbed, this method is more commonly used.

#### **13. The method of knocking from the side to the right.**

The opponent is caught firmly by running and holding the handcuffs, and when he is half-done on the right side, he lowers by lifting with his right hand and turning to the right.



#### **A methodical instruction on the method of knocking from the side to the right**

The method of knocking from the side is very useful for wrestlers who knock down on the side.

#### **14. How to go in from the right and get more than three.**

Before performing the method, the opponent is run with the right foot and the opponent's left foot is in contact with the knee, the waist is tightly pressed, the upper leg is lifted upwards and knocked down more than three times.



#### **A methodical instruction on the method of entering from the right and exceeding three**

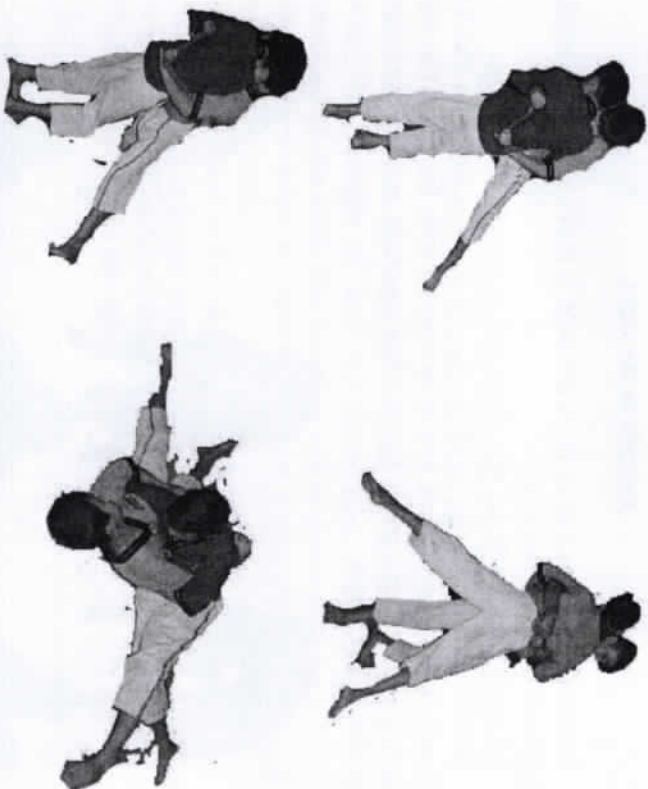




The triple jump method is one of the most beautiful methods in belt wrestling. When performing the method, the opponent is held tightly, lifted on all threes, that is, on the back of the waist, and then falls forward. This method is the favorite method of the world champion in belt wrestling, the famous wrestler Kahraman Tursunbekov.

#### 15. Conversion method.

At first, he grabs her tightly, then squeezes her waist tightly, lifts her up in a semi-sitting position, turns her to the right two or three times and knocks her down.



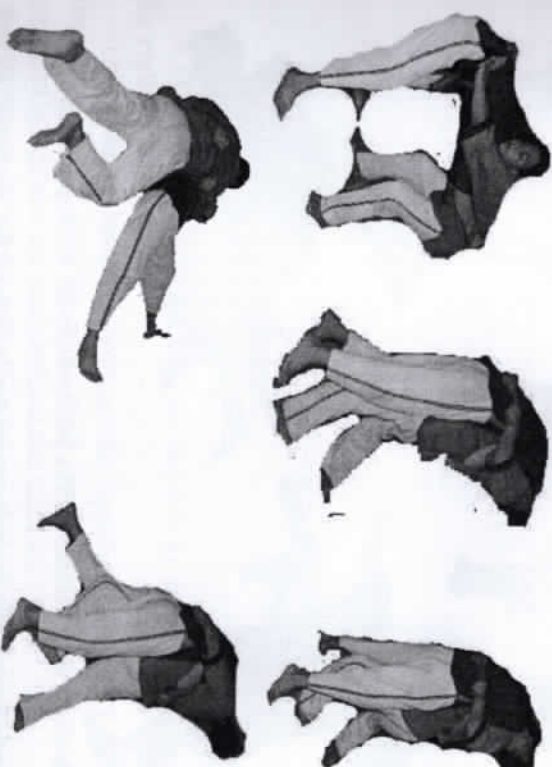
#### Methodical instructions on the method of conversion

The rotation method is one of the most beautiful methods in belt wrestling. The rotation method can be performed by a person who exercises more with a person who is more full during the workout. The arms and legs should also be physically strong. The method is rotated by lifting the handle hard for the second time. In acrobatic exercises, more forward and backward squats are required because it is done so that the head does not feel dizzy when rotated.

#### Methods of knocking to the left

##### 1. The method of knocking down to the left.

Kitilab pulls the opponent's waist and stands on his feet. The left knee goes to the opponent's leg and the left leg rises and falls.



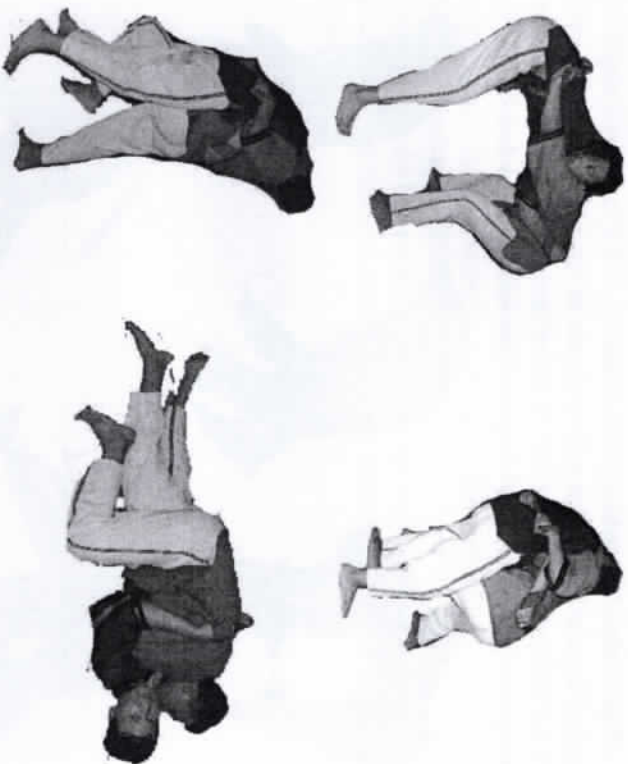
#### Methodical instructions on the method of knocking down to the left

In the method of knocking to the left, mainly in the method of knocking down with the hands, feet and head, the forearm is taken first. The left arm is lifted from the waist and the right arm is pulled to the right. If the wrestler does not master the techniques of the left side, he will win more. The method should not be performed if the right hand moves before the left hand is developed before the left hand must master the movement of the hand, foot, hand, head, knee, equal to the hand falls on the opponent's hand. When applying the method to the left, the right hand squeezes tightly, while when performing the method to the right, the opponent squeezes the right hand tightly with the left hand.

##### 2. With the step method of knocking to the left (shag).

The left leg is thrown 30-40 cm fadam in front of the opponent's left foot, hitting the opponent's left arm with a right hand. The left hand pulls the opponent's waist down.



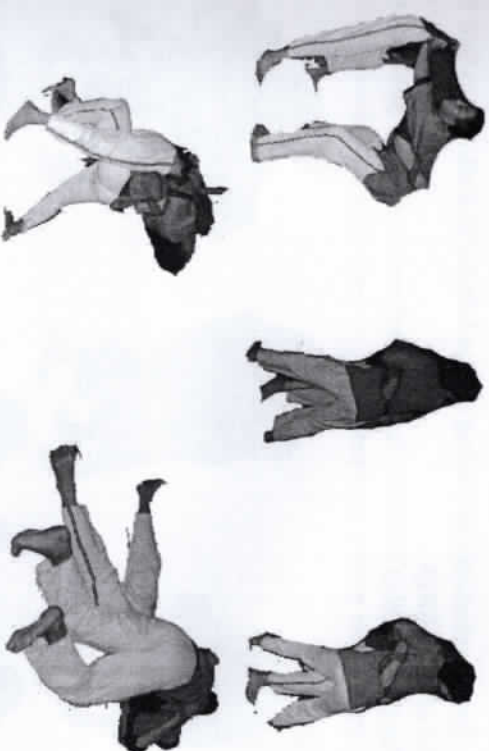


**Methodical instructions on the method of step-by-step demolition**

One thing to note in belt wrestling is that in the language of belt wrestlers it is called step shag. The shag is different in that the shag is thrown in front of the left foot in front of the right foot. Shag thrown on the back of the right foot There is a step half a step shag throws on the back and front of the legs There is a shag throw lift There is a shag throw back lift there is a shag throw back. For example, throwing a shag on the back of the opponent's leg and kicking it with the knees on the opponent's knee or on the back of the knee, then the opponent's position is distorted. In order to knock down an opponent, you have to hit him hard while running, or you can knock him down by breaking the position of throwing a step (shag). Therefore, of course, the method is used by throwing a shag, and when lifting, the legs are torn off the ground. And a pure victory is achieved.

### **3. Step left knocking method (shag out).**

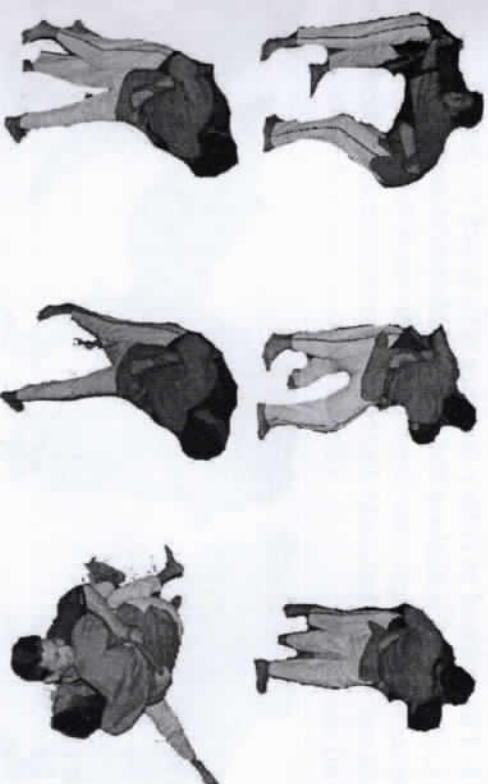
Stepping on the back of the opponent's leg, the shag hands press the opponent's waist tightly, lift the abdomen, kick the opponent's leg with the knee, and rise and fall from the left.



### **4. The method of knocking to the left by stepping (shag) with the right and left foot.**

This method involves holding the opponent's waist firmly and hitting the palm, and the right foot throws the shag between the opponent's legs and the shag behind the left foot.

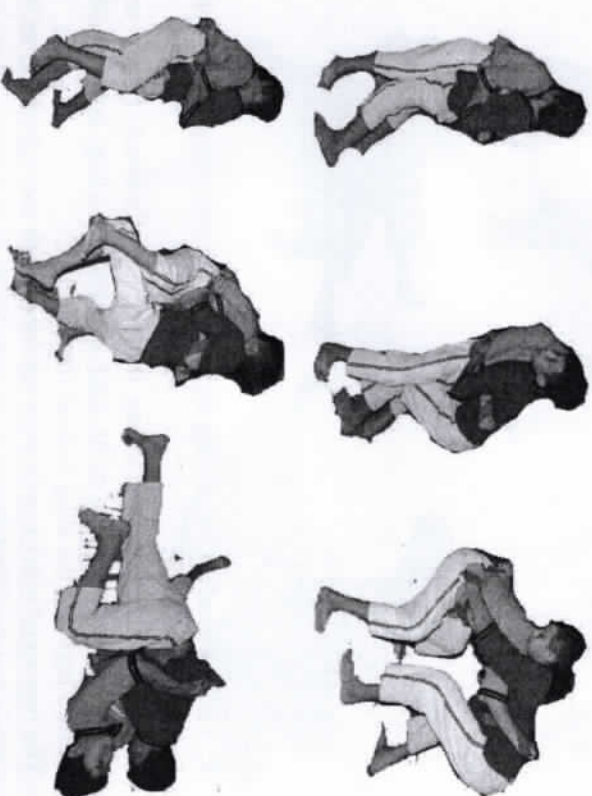
The opponent's left arm is then squeezed with the right hand as the opponent's waist is lifted.





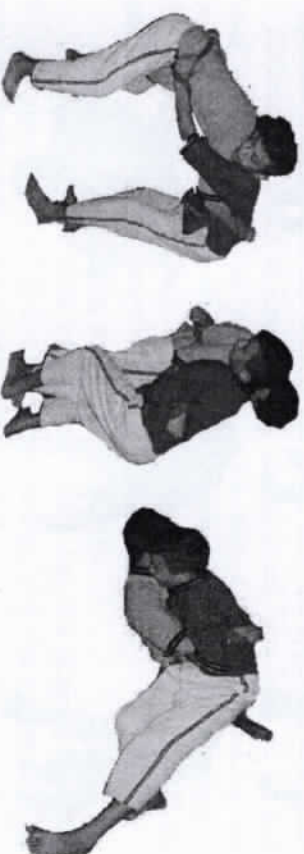
**5. The method of scattering to the left (in Polish it is called the method of grinding).**

The right hand is hit with the left hand and the opponent's waist is tightly pulled and pulled to himself.



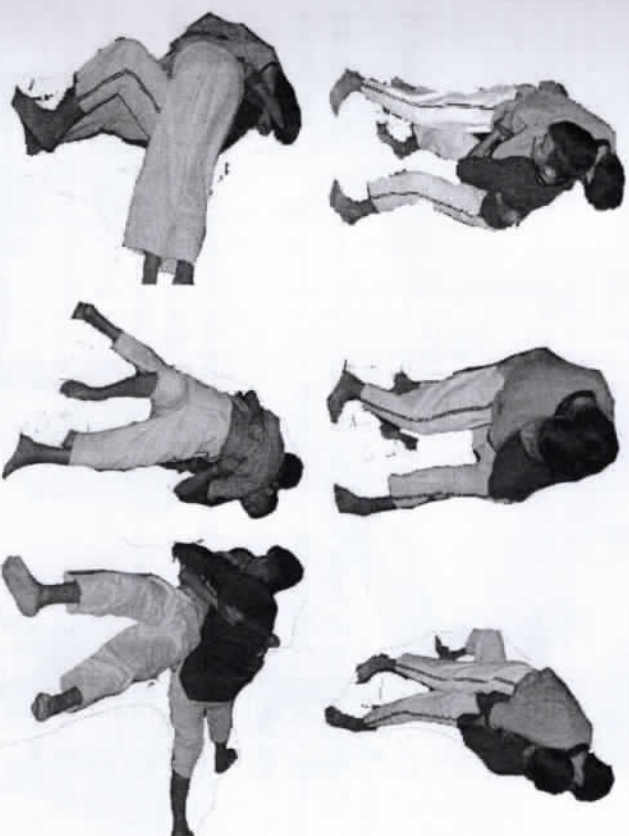
**6. The method of riding the knee is to knock to the left.**

Kittab right hand is reached left foot left foot is stepped on the back of the opponent's right foot. Raising the right hand, the opponent's chest is bent and the left knee is kicked behind the bioan knee and the legs are torn off the ground.



**7. The method of knocking to the left by blocking the legs with the right foot.**

Suffocation is thrown by stepping on the back of the opponent's left leg (shag) with the right foot.

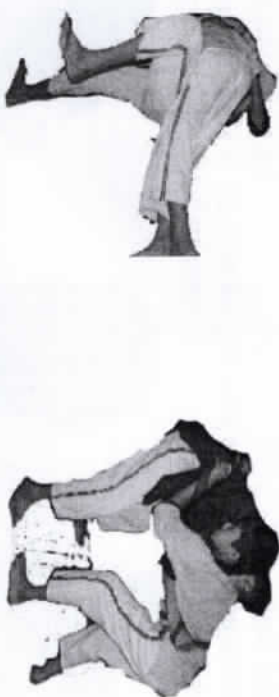


**8. The method of knocking from left to right.**

Initially, the cuffs are delivered by hand. And the left hand is lowered to the left by squeezing the right hand firmly into the drop, the hands on the belt need to move quickly.







**9. The method of throwing a shag to the right and knocking it to the left.**

The opponent is held tight by running and stepping between the opponent's legs, hitting with his knees and returning with his hands from right to left.



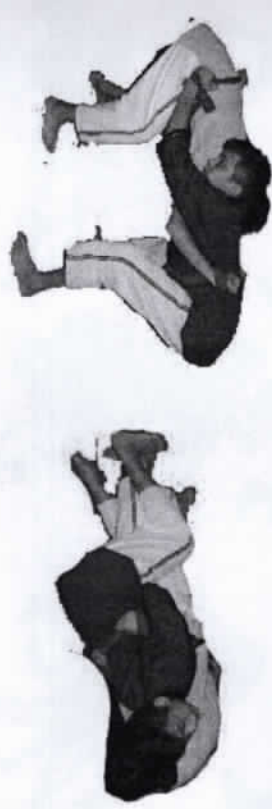
**10. The method of knocking down (pragib) from the left.**

Shoulder hits the opponent tightly. He then rises to his left knee using his knee. And shot back. This method is used to shoot from left to right if the opponent is blocked while working to the right and left.



**11. The method of throwing the shag with the right foot and knocking it back to the left.**

He grabs the opponent tightly. He steps with his right foot in the middle of his legs. With the right hand, lift it into the air, move it to the left, and drop it back.

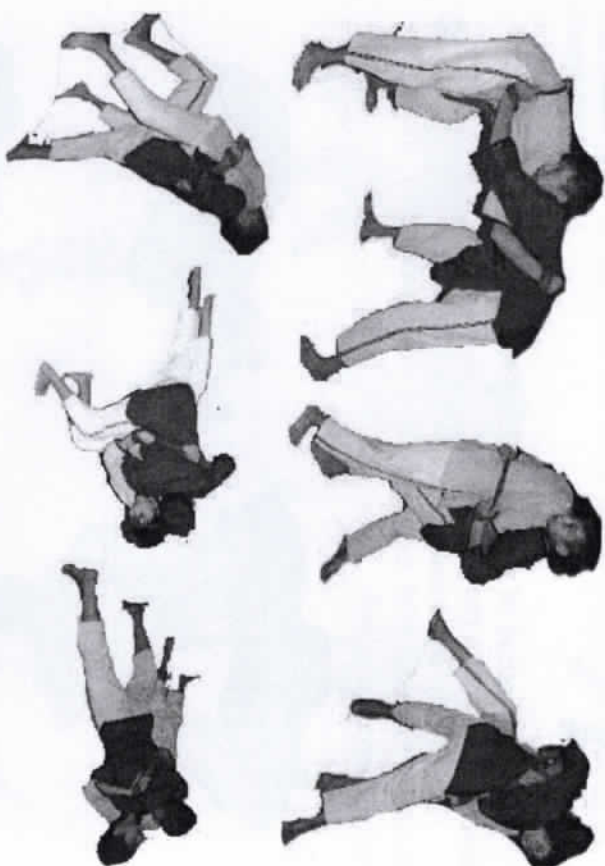






**12. The method of knocking down an opponent's knees with the left foot.**

With the left foot, the opponent steps on the back of the right foot, kicks the back of the knee, and lifts the leg off the ground in a crooked position.

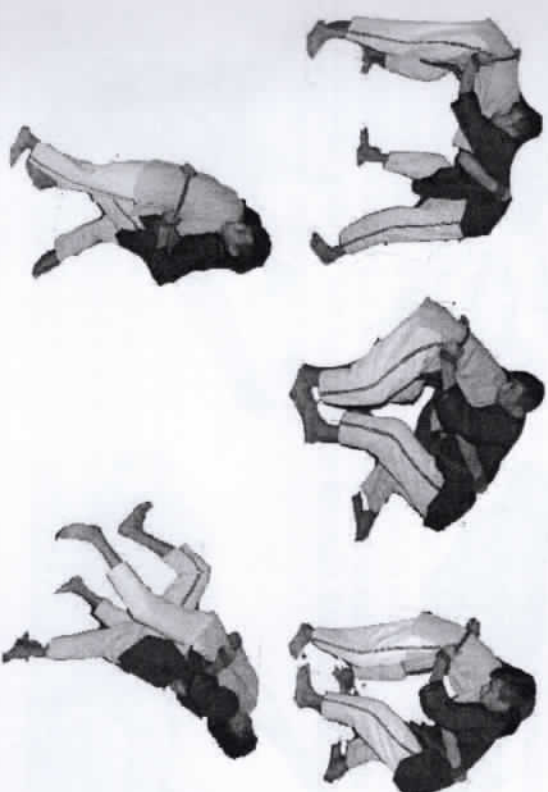


**13. The method of knocking down from left to right.**

He pushes the opponent to the left, pulls him to the left, lifts him to the left three, cuts his legs off the ground.



**14. The method of knocking to the left by taking 3 steps.**  
Holding the opponent tightly, he takes 3 steps back, standing in front of his left foot. Opposing the opponent's legs, he lifts the handle and knocks his legs off the ground.







### 15. The method of knocking down from the left.

Entering the opponent in a semi-sitting position, holding the opponent firmly in his hands, he raises the opponent and turns him 3-4 times, knocking the opponent's legs off the ground.



### Deceitful methods

1. Running the opponent enters from the right half position and knocks down the left leg. He enters from the right side, lifts it with his right hand, squeezes his opponent's right hand with his left hand, and kicks him down with his left foot.

2. Hit the cuff and enter halfway from the left. The opponent squeezes his left arm tightly with his right hand, pulls his waist tightly with his left hand and kicks him down with his right foot.

3. Waiting for the opponent to feel the palm of his hand. After knocking back the cuff, half the cuff is knocked in from the right, lifted and knocked down. bBusul is done quickly. When the opponent hits the cuff, the right hand is squeezed with the left hand. Lifting with the right hand, pull the opponent's waist tightly and ride on the right thigh, lifting the legs off the ground and knocking them down.

4. When the opponent knocks, he kneels halfway to the side where the muffler hits, kneels down from the left to the right. This method is performed when the opponent feels the mold.

5. When the opponent is caught, the opponent can be knocked down from the left to the right with a shag. This method is performed by blocking the opponent's hand and lifting it with the left foot, knocking it down in the air behind the opponent's feet.

6. When the opponent turns to the right, it is possible to knock down the opponent by turning to the right. When an opponent throws a shag with his right foot, he throws a shag with his right foot. If the speed is fast and the power is high, it will be decided in favor of the wrestler. There is a lift, there is a lift, there is a lift.

7. With the right foot bent and the shag kicked with the right foot, the opponent with the left foot presses the right foot with the left foot on the knee and squeezes it tightly.

### Controllor questions:

1. What do you know about belt wrestling methods?
2. Perform squeezing and jerking movements in practical movements.



### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

### 4.5. Protection against methods

Plan:	2.1. Perform actions against methods
	2.2. Counter-defense actions
	2.3. Pages of history of professional pedagogy

**Key words:** *movement against the method, kneeling, pressing method, twisting method, sideways method, swaying motion.*

1. Against the movement of the swing – to maintain balance, to maintain a state of struggle, not to walk on the traction.
2. Stop the movement of the arms and legs against the movement of the hips, stop the movement of the waist using the hands.
3. Maintain counter-balance to the pushing motion, stop the leg movement, do not walk on the push.
4. Do not change the position of the fight to the method of kneeling, choose the right position of the fight.
5. Against the obstruction method – do not move the elbow or stop the movement.
6. Against the pressure method – stopping the movement of the waist using the hands and stopping the movement of the legs with the feet.
7. Against the reverse method – do not walk on the lead, stop the movement of the legs.
8. Against the side-to-side method – walk on the pull, stop the lumbar movement with the hands.
9. Against the method of squatting – do not walk on the leg pull, stop the movement of the legs, stop the movement of the waist with the hands.
10. Against the reverse method – do not walk on the pull, stop the movement of the legs.

11. Against the step method – the ability to maintain balance in a wrestling position, not to change the position of the foot and to stop the movement of the foot.

12. Against the method of rotation – maintaining balance, not walking on the lead.

13. Against the method of hanging – not to lose balance, not to walk in the lead.

#### Protection against jerking motion

The squat is done with or without the help of two different-legs. The balance of the opponent is disturbed in both jerks;

lean back;

lean forward;

left chip deflection;

may bend to the right.

To do this, you need to try not to lean in any direction, or to respond to the opponent's jerk. It is necessary not to change the state of struggle, not to follow the weight. How to understand this. For example, the wrestling position should not be changed when the right foot is in the front position or when the left foot is in the front position.

The opponent often pulls with a jerk, in which case not to walk on the pull will have to respond by shaking when the opponent shakes. You will need to push your foot harder on the carpet or pull the opponent himself to avoid walking on the side of the draw.

#### Protection against seizures



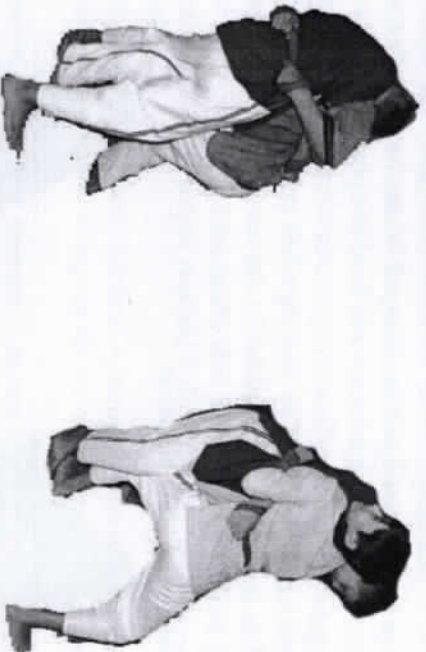


**The opponent performs the clamping in two different ways:**

- a) using the limbs;
- b) using the hands and shoulders.

In both cases, the opponent tries to catch the right hand by placing it more on the belt. For example, if the foot is looking at the handcuffs, the opponent will try to reach the hand by stepping. It is therefore necessary to stop the movement of the foot with the foot from the inner side or from the outer side, or from the opposite side. Simultaneously, the elbow portion of the right arm should be squeezed using the arm to prevent it from passing through the elbow portion of the left arm. If the opponent steps with his right foot, the movement should be stopped with the left foot, and if he steps with the left foot, the movement should be stopped with the right foot. The opponent does not use his foot when clapping with his hands and shoulders. Therefore, it is necessary to respond by clapping the opponent with the left hand on the side of the hand.

**Protection against pushing**

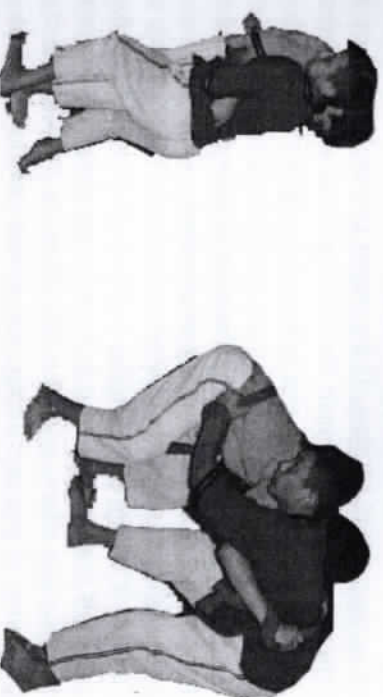


In a pushing motion, the opponent tries to push by pushing. So to stop pushing, you have to push the opponent's left hand to the right side. When stretched backwards in wrestling mode, it will be protected against the push method. The opponent tries to push the leg to the side and bend it. At this point, you should try to avoid the leg and do not allow the opponent to approach by leaning on the side. When standing upright, it is necessary to pay attention to the position of the legs, push

and bend the opponent's leg as much as possible, and squeeze the elbow with the hand. The best protection in the push method is to be able to maintain balance.

If he can't keep his balance well during the fight, the opponent will use the click method.

**Protection against the knee-jerk method**



When choosing the right wrestling position in the knee-jerk method, four different wrestling positions come to mind. For example: right ankle, left ankle, legs equal, legs bent. Suppose an opponent tries to lift with his left knee.

Therefore, the right foot should walk in the forward position. Because the movement of the left leg can be stopped with the right foot. Simultaneously with the leg movement, the opponent will also have to stop the elbow arm. If the leg movement is stopped and the arm movement is not stopped, the opponent can be dragged and lifted. If it is noticed that the opponent is using the method with the left foot, it is necessary to walk with the right foot in the front position or with the legs bent. Walking in this way is also a protection.

When our right foot is in the front position, it is important not to fall into the front foot position when the opponent pulls, as he can use the method with the left foot in this position. You should also not walk in the direction you are leading, because when you walk, you will have to kneel to walk, but you will have to walk in the opposite direction.



### **Protection against blocking method**

The opponent tries to reach the asoan hand when using the blocking method. To do this, he uses the method of molding. Performs the kicking method with or without legs. When stepping with the foot, it will be possible to try to bend by pushing the foot to the side and squeezing the right elbow with the left elbow. If the opponent is leading, you will have to try to stand firm and walk in the opposite direction instead of leading. If he wants to block the foot without a foot, then he will try to push the hand without using his foot. To do this, you need to squeeze the opponent's right elbow with your left elbow.

Note: Being able to maintain balance is also a protection.

### **Protection against pressure movement**

In the print method, the opponent basically tries to push up. So he tries to lift it using the molding method. You will need to stop the movement of the legs with the foot while stepping, and also squeeze the opponent's right elbow with the left elbow to prevent the right elbow from slipping. If you are lifting, you should put both feet on your feet and rest your hands on both sides. In this case, the opponent shakes and hits the ground with his shoulders and arms, at which point the legs should be placed farther away.

In addition, the right hand should be delivered and held by the belt when falling.

### **Anti-rolling protection**

In the folding method, the opponent mainly tries to lift because he uses the method after lifting. Therefore, it should not be allowed to lift the opponent.

The right elbow should not be allowed to move the arm, stop the movement of the legs, and also prevent the lead, as it is possible to bend in the direction of the lead.

It sticks to lifting, so you shouldn't let it get too close by putting your hand on your hips.

### **Anti-slip protection**

To protect against the sideways method, you should not walk on the tray. Because the opponent pulls on him and puts his legs on the belt. It is also important not to walk on the lead, as this can cause the arm to rest on the right side in the opposite direction.

It is also necessary to rest the right hand on the right side so as not to bend the waist. When taking any step, it will be necessary to bend the opponent's leg by pushing it inwards or outwards. If the opponent pulls his opponent upright, then he has to push his leg inwards or outwards using the foot. You will also need to squeeze the opponent's right elbow with your left elbow.

### **Anti-slip protection**

#### **An opponent in the application of the scattering method:**

- a) wants to step on the chip;
- b) tries to pull with his hands without legs.

1. When trying to use the step method using the foot, the first step is to bend the step by pushing it in or out. It is necessary to walk in the opposite direction, trying not to pull and lead.

Avoid holding the right elbow through the inside of the belt and squeezing the opponent's right elbow with the left elbow;

2. Do not walk on the opponent's pull or lead when trying to apply the method on the barefoot hand itself. In this case, the opponent will try to pull himself up, while the left hand should be pushed to the right side. If it comes upright to the opponent's pull, in this case the right elbow can be squeezed with the left elbow.

It is also necessary to bend the leg by pushing it inwards or outwards, depending on the position of the foot. The squat method requires you to walk more backwards without stepping straight, that is, you need to bend your waist more and walk more backwards while holding the opponent by the waist. In this case, it becomes difficult for the opponent to apply the method.

### **Protection against the return method**

Against the return method, the opponent basically enters step by step. That's why I need to stop the opponent's stepping motion with the feet and pay close attention to the position of the legs as well. If the right foot is in the front position, it will be comfortable for the opponent. Therefore, the legs can be bent, walking in a wrestling position. Regardless of which leg the opponent is stepping on, it is better to try to bend the legs by pushing them inwards or outwards. Therefore, he should try to push and bend his leg as soon as he puts it on. In addition, The opponent's right elbow should be squeezed with the left elbow. You should try to hold the opponent's shoulder with your right hand.



Because the opponent is trying to get his hand back. At this time it is necessary not to move the hand, that is, to squeeze the right elbow with the left elbow. It is necessary to walk in the opposite direction so as not to take the lead.

### **Step-by-step protection**

The step method can be used by the opponent in any combat situation. Because the opponent is stepping. He pulls himself up and throws in an upright position. The opponent uses the step method with his right foot or left foot. No matter which foot he steps on, he can stop the movement of the legs with his feet. As mentioned earlier, if the opponent wants to use the left foot step method, the left foot chooses the front position or the foot fold position. If you want to use the step method with your right foot. Selects the position of the right front foot or the foot fold position. Methods can also be used in all four wrestling modes. If the legs are in a bent position, it is difficult to use the method in this position because the foot is protected. If the opponent wants to use the left foot step method. The right foot may be in a forward position or the legs may be in a bent position. Or if you want to use the right foot step method, then the left foot can be in the forward position or the legs can be bent.

Or if you want to use the right foot step method, then the left foot should be in the front position or the legs should be bent. Not only can the right choice of foot position be defended, but as we have noted, the opponent can apply the method in any wrestling situation. For example, when an opponent steps with the left foot, the right foot steps inwards or sideways, and the right elbow squeezes the arm and throws it back. To stop this, the right foot is pushed from the inside or outside of the left foot. You should also try not to let the right elbow squeeze your hand and not walk to pull or lead the opponent.

The right arm should be rubbed. If the opponent wants to use the right foot step, it is necessary to use the opposite. You will also need to squeeze your right elbow. He should try not to pull and lead the opponent.

### **Protection against rotation method**

It is important to be well aware of the protection against the opponent's jerking or jerking. If the balance is empty when the opponent shakes. That is, if the feet are not well stretched on the carpet. In that

case, the opponent can turn quickly without shaking hands. Therefore, it is necessary to keep a good balance, to walk in the opposite direction to the cake, the lead.

When you want to spin, you have to put your hand on the opponent's right side. If the mold has been removed. The left elbow should be squeezed with the right elbow. In addition, the left foot is bent by pushing the right foot inwards or outwards.

### **Protection against the hanging method**

In the hanging method, the opponent mainly pays close attention to the position of the foot. So we have to be in the best defensive position. To do this, it is necessary to know in which position it is better to move, to walk only in a bent position of the legs, as this position is considered the most comfortable position for protection. In any other case, the opponent can use his own method.

When using this method, you can use the method of hanging on the opponent's foot position or on the leading side. So if we can. We need to learn to walk with our legs bent. It is also important not to walk or pull the opponent's lead.

As much as possible, the opponent's foot should not be allowed to enter between the legs. To do this, it is advisable to try to stop the opponent's feet from the inner toon with the foot. If the opponent wants to hang with his left foot, he punches his right hand on his shoulder, if he wants to hang with his right foot, he pulls on his shoulder with his left hand. You should try not to walk on the side led by the opponent and walk in the opposite direction instead.

### **Contour questions:**

1. What do you mean by counter-methods?
2. What do you mean by methods of defense?

### **References:**

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#### 4.6. Methods against methods

- Plan:**
1. Theoretical significance of the use of methods against methods
  2. Methodical instructions on actions

**Key words:** *jerking, defending against methods, squatting, methodical, instructions, sideways, pressing, hanging, blocking.*

1. The method of jerking and muffling is used against the jerking motion.
2. The method of stepping, squatting, reversing and kneeling is used against the grip movement.
3. The knee-jerking method uses the opposite-kneeling and pushing methods.
4. The sideways, stepping, and left-backing methods are used against the left-handed method.
5. The method of kneeling and stepping against the pushing motion is used.
6. Stepping, reversing and reversing methods are used against the reversal method.
7. Opposite to the side method, the step, left, side, return method is used.
8. Kneeling against the pushing motion, the pushing method is used.
9. Lateral, partial return against the «return» method, return methods are used.
10. Side-by-side, half-fold methods are used against the rotation method.
11. The counter-suspension method is used.
12. Against the step method – step, left, return methods are used.
13. The side-by-side method is used against the obstruction method.

##### **Anti-vibration methods**

In the national wrestling with a belt, a swaying motion is used when using any method.

In the jerking motion, the hand force is mainly on the floor, so it is necessary to respond by jerking when the opponent uses this method.

If it is necessary to use the swing method when the opponent's right leg is in front or in an equal position. The pitching method should be used. If it is late, the method may not work or the opponent may prevail.

##### **Anti-cluttering methods**

It is possible to stop any method with the first defense and use methods against it, which are called contradictory methods. Several methods can be used against the pitch method. As noted, when using the bending method, the opponent holds his right hand inwards and steps with his feet.

In order to apply this counter-movement method, it will be necessary not to pass the opponent's right elbow with the left elbow and to stop him with his feet. There are three ways to do this using the opponent's feet:

- a) when the wrestler steps his right foot between the opponent's legs (claps);
- b) when the wrestler steps on the left leg with the outside of the opponent's right leg (clapping);
- c) when the wrestler enters the right leg by stepping on the outside of the opponent's left leg (clapping).

1. When a wrestler steps between his right leg and two legs of his opponent, he must first stop the opponent's right leg with his left foot. The right foot is placed on the back side and the opponent is pulled to the right shoulder and thrown into the stepping position. It is important to keep in mind that it is always necessary to squeeze the right elbow with the left elbow when the opponent performs the bending method. Again, you can use the squat or return method when the opponent steps between two legs. When the opponent steps between the legs with his right foot (cuffed), he stops with the left foot on the outside and squeezes the right elbow with the left elbow.

In this case, the belt is held by passing the elbow of the right hand. Then, in addition to pulling the right foot to the back, the opponent is pulled to the side with the hand. Thus the opponent can be knocked down or thrown back.

2. When the opponent's left foot is kicked by the outside of the right foot, it can be thrown into the stepping method. To do this, you can perform the method of squeezing the elbow of the right hand with the



elbow of the right hand while the opponent is squatting, stepping the left foot between the right leg and throwing the opponent.

It is possible to perform the same method, that is, the method of squatting or turning, when the opponent steps on the left foot. When the opponent is stepping on his left foot, squeeze his right elbow with his left hand elbow, push his right foot inward, step forward with the left foot, and pull the right foot back. You can use the method of pulling the opponent to the side or kicking back;

3. When the opponent enters with the right foot stepping on the outside of the left foot (knuckles), the left foot is first moved to the outside of the opponent's right foot and the right hand elbow is squeezed with the left hand elbow and the right hand is brought to the belt. In this case, the method of putting the opponent on his knees with the right knee leg to the left shoulder is used.

#### **The method of kneeling – the opposite method**

As mentioned, an opponent who uses the knee-jerk method will try to lift while standing with the left foot or right foot, i.e., using the knee. It uses a counter-method to stop the opponent's movement without allowing it to reach the end. Otherwise the counter method will not work.

When the opponent comes with the left foot to perform the counter method, his movement is stopped using the right foot. The right elbow should be squeezed with the left hand and, if possible, the right hand should also be held to the waist. He then throws the opponent to his face with his left foot on his knee. If the opponent comes on the right foot, it is reversed. That is, stopping on the left foot and throwing himself on the right foot.

It is also possible to fall on the defense using the foot when lifting with the opponent's foot.

#### **Left-handed method – counter-methods**

**As mentioned above, the reversal is done in two different ways:**

1. Leg and arm and arm-to-shoulder squats.
2. Left-handed arm-and-shoulder support.

In the first method, the opponent steps on the outside of our right foot using the left foot using the foot and hand. In this case, the right leg is left behind. When the right leg is left behind, the left foot is used to step into the right leg, turn with the waist, and sit on the waist with

the lateral method. It should be noted that if we do not squeeze the right elbow arm by delivering the right arm to the opponent's belt, the opposite method will not work. When the opponent steps his left foot next to his right foot, his right foot is left behind.

We can use the stepping method in this case by stepping the right foot inwards with the left foot and pulling the right foot backwards. When performing this step method, it is not necessary to hold the right hand, but only to squeeze the opponent's right elbow. If the opponent's hand is not squeezed, the step method will not work.

To use the squat or return method against the half-back method, the opponent steps on the left foot with the left foot next to the right foot and pulls the opponent back with the right foot on the back.

Thus, the opponent can be thrown into the method of scattering or otherwise returning.

The step method is used when the opponent steps between our legs with the right foot. How can this be done? When an opponent steps with his right foot, his left foot is left behind, at which point we can quickly use the step method of pulling our left foot backwards by placing the right foot closer to the inside of the left foot. But we must not forget to hold our right hand more to the belt.

It is possible to use the anti-slip step method, which is performed using the footless arm-shoulder. When the opponent is kicked, the method of stepping is applied by stepping the right foot inwards with the left foot and moving the right foot to the back. This method can be done in the same way as bending, as the center of gravity of the opponent moves from one side to the other. Manna can use the step method using the same amount of time.

#### **Methods against click movement**

It is well known that in the act of pressing, the opponent tries to press the two shoulders directly without removing the legs from the ground. What countermeasure can we apply to this method? Suppose; holding the opponent's hand to the belt, the right foot will step to the side with the left foot and try to push the foot inward. Manna can stop the movement of the foot by moving the right foot to the side of the opponent's left foot in this position. In this case, the opponent uses the method of getting on his knees with his hand on the belt, and often the opponent tries to step on the left leg to the side. In this step, the opposite



of the movement is repeated, as if trying to step on the right foot: that is, using the method of stopping the movement with the left foot and holding the hand to the belt and getting on the knee.

In which case can the step method be used against the click method? For example, you can use the step method when the opponent is trying to push. In this case, the opponent will help himself with his movement, because when pushing, you can step on the left or right foot, turn and throw.

#### **Methods against the return method**

It is known that the opponent moves with his feet when throwing back. The opponent tries to use the method when our right foot is in the front position. When the right foot is in the front position, the opponent steps next to the right foot with the left foot, in which case the opponent's right foot is left behind. At this point, the left foot is thrown into the opponent's right leg, squeezing the elbow and turning to the right shoulder. We need to keep in mind that when using the left foot step method, it is not necessary to move our right hand to the opponent's belt, but only to squeeze the right elbow firmly. So, in which case can the return method be used against the opponent's return method? Suppose an opponent steps on our right foot with his left foot. In this case, without having time to bring the opponent's right leg to the back, the left foot is stepped next to the opponent's right leg and pulled harder back and forth. When a wrestler steps on his right foot, he can use his hands to pull his opponent from his belt. Just before you have time to put your foot down, you need to pull it hard to the side with your hands, otherwise the method may not work.

#### **Methods against the lateral method**

The wrestler tries to pull the opponent to the side in the support position to throw him in the sideways method. Manna in this case he tries to move both legs to the side. If the opponent wants to pull the right arm to the side, in this case you can put the left foot inside the right leg, turn to the right shoulder and squeeze the elbow of the right hand and throw in the stepping method. You can reverse the sideways method to pull the opponent to your side.

*Example:* When a wrestler tries to pull to the side, it is advisable to use the side-by-side method by turning the waist and riding on the waist first. Whichever way the opponent wants to use the sideways method,

you can step in that direction and throw the opponent to the side with your hands in the method of squatting or turning.

#### **Methods against the printing method**

When the opponent uses the printing method, he tries to lift the wrestler and hit the ground. Therefore, it is necessary to try to fall on both feet when lifting it and throwing it on the carpet, using the method against it.

When lifting the opponent, both hands can be punched to the side, and when throwing, the right hand can be lowered to the waist and lifted and dropped to the knees.

Once again, you can also push down with your right hand.

#### **Methods against the reversal method**

To use the anti-roll method, you need to hold the body correctly while lifting and rotating the opponent, not allowing the body to bend. When throwing an opponent, you can use the sideways, left-handed or back-to-back methods, falling on both feet and placing the opponent on the belt.

It is difficult to get on your feet when throwing a squat, so this exercise should be repeated many times during the exercise.

#### **Methods against the rotation method**

When you want to rotate by lifting an opponent to apply the opposite method of rotation. You have to put your feet on his feet and wait for him to throw.

The opponent lifts and throws to the right or left, of course, falls on both feet to the side of the throw, and after delivering the hand, sideways, squatting, squatting. You can use the click method.

Note. It is difficult to defend when turning any wrestler, so maintaining balance is more repetitive during the training process. It is therefore preferable not to allow rotation.

#### **Methods against the hanging method**

The hanging method is the most difficult and quickest method to perform. If the opponent wants to hang on the left foot, you will have to use the left foot to hang in return.

If the opponent wants to use the method on the left foot, of course he will want to hang the right foot from the bottom of the long distance, against which the following method can be used.



Before placing the opponent's left foot on the tip of the right foot, the method of hanging the right foot from the tip of the right foot with the left foot is performed.

Note. Along with placing the left foot on the right foot, you will need to pull the right foot to the back and turn. You can do the same method on the right foot. Let's say the opponent is on the right foot, trying to hang the left foot from the bottom. Before that, it will be necessary to lift the left leg from the bottom with the right foot.

#### **Step by step method – counter methods**

When the opponent uses this method on the left foot, he grabs the right hand elbow without reaching the belt, instead squeezing the opponent's right elbow and performing the step with the left foot. In this case, the opponent steps with the left foot, throws the right foot to the side, and tries to squeeze the opponent's hand with the elbow of the right hand.

In this case, the left foot is immediately placed closer to the inside of the right foot, the right foot is pulled to the side, and the opponent is thrown using the hand and foot. It is important to remember to squeeze the opponent's right elbow with the left hand elbow.

Note. These conflicting methods need to be done quickly.

In what case is it possible to use the method of scattering or otherwise return? When performing the step method, the opponent stepped with the right foot or the left foot on the inside or outside of the foot. It is easier to turn when the opponent steps with the left foot.

Suppose an opponent steps with his left foot next to his right foot, puts his right foot on the back side, and the hand squeezes our elbow. In this case, the method of squatting or turning is performed by pulling the left leg firmly to the opponent's right leg or stepping it slightly. It is also possible to perform sway and return methods when the opponent uses the right foot step method.

This is more difficult to do on its own.

When throwing an opponent, you can use the sideways, left-handed or back-to-back methods, falling on both feet and placing the opponent on the belt.

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This is more difficult to do on its own.

#### **Methods against the blocking method**

The opponent tries to lift up to complete the blocking method. When a wrestler picks up his opponent, he should try to fall on both sides to the side he threw, without letting his opponent kick his leg. He can then perform the side-by-side, left-handed, or back-and-forth method by holding the hand over the belt and pulling it tightly to the side.

The wrestler must not allow his opponent to play after lifting him, otherwise the opposing fly will not come out.

#### **Methodical instructions on jerking motion**

Most of the hand force is used when performing the jerking motion. Therefore, it is necessary to train the arm muscles well, that is, to pull the barbell, to perform the exercises of writing the arms while lying on the beam, on the carpet.

You need to do more rope pulling, more leg squats on the mat, and more speed-increasing exercises.

Once the jerking motion is well mastered, it will be easier to perform other methods.

When using the method of swinging with the opponent, it is better to stretch his knees to the side, back, front, and move the method as slowly and quickly as possible, and it is better to do it without the elements of the method.

It is better to wear heavier, slippery shoes if possible during the training, because the harder the wrestling skills are mastered during the training, the easier it will be to fight on the carpet during the real wrestling.

During the competition, the wrestler's barefoot fall allows the legs to stick to the carpet and to feel the opponent's movements better.

One of the most delicate secrets of belt wrestling is the sensitivity of the wrestler.

#### **Methodical instructions on the movement of the grip**

Clamping is used when performing the methods of squeezing the leg off the ground.

As can be seen, power is required to perform this method. To do this, each wrestler, depending on his weight, performs exercises with dumbbells, various hand stones, as well as the exercise of pulling down by hugging trees, which also helps a person to develop in all respects.

The grafting method is performed in two ways:

1. Using the legs, arms and shoulders.
2. Using the arms and shoulders.

Performing the foot, arm and shoulder cushioning method individually, in order to better master each movement, helps to improve technical skills. Once you have mastered the step to the side of the legs, you can then complete the transfer of the arm to the belt.

After the step is performed separately on the right and left foot and the hand is well mastered, the step and hand transfer are combined.

When kneading with the hands and shoulders, the legs do not work, so the strength of the hands is on the floor.

As two people, you need to do push-ups and pull-ups with the help of hand power, do manual exercises with noodles.

It is recommended to repeat the methods alternately during the training process.

#### **Methodical instructions on click movement**

The difference from other methods of pushing is that the opponent does not lift or throw, but presses.

Apparently, the wrestler will have to direct all his strength to the bottom, that is, to the carpet.

To use this method without competition, we recommend the following exercises:

Pushing a tree using manual force is appropriate for the purpose of performing the exercises.

Exercises should be performed using the arms and legs facing downwards.



During the exercise, the opponent's legs should be pushed with the foot and the shoulder press should be repeated. When the opponent does this method, it is preferable to repeat the click more in self-defense.

#### **Methodical instructions on the method of kneeling**

As mentioned, the knee-jerk method is done by lifting the opponent. In performing this method, mainly the strength of the legs and arms is of great importance. Therefore, if the leg and arm strength are well developed, the method will be easier to apply.

This method does not require much speed, as the power takes up more space. The knee-jerk approach should focus on exercises that strengthen the legs and arms during preparation.

Depending on the weight of the legs, it is recommended to perform the lifting exercises on the table with the hands of 16, 24, 32 kg. After mastering this method, it is necessary to practice lifting heavy bags with the feet and hands, tying a belt to the middle of the bag and lifting it on the right or left leg.

Only then can you compete with your opponent during training.

In the process of training, it will be useful later to fight the opponent in uncomfortable, difficult conditions.

For example, the opponent's belt should be wider than normal, the weight should be heavier, it is also possible to wear heavier shoes.

When the belt is wide, it will be difficult to lift the opponent. The heavier its weight, the harder it is to pull it off the ground. The harder it is to exercise during a workout, the easier it is to fight during a competition.

Heavier shoes are needed to increase sensitivity. The feet do not feel the opponent's movement well when there is clothing on the foot, and the legs feel the opponent's movement well when falling barefoot during a race.

#### **Methodical instructions on the method of blocking**

Hand in blocking method as well. The method is applied with both leg strength. In this method, you have to break the opponent's leg off the ground. In order to be well prepared to perform the blocking method, it is necessary to pay attention to the strength of the arms and legs.

To do this, lift the bags filled with sand and perform the method of blocking.

It is best to lift heavy stones from the bottom up, do chip transfer exercises, and train with an opponent who is heavier than their own weight during the workout.

#### **The blocking method is done with different options:**

1. With the right foot, step to the left foot and lift.
2. Stepping between the right foot and the foot.
3. Lifting and blocking both legs with the right foot: the same can be done with the left foot.

Each wrestler can perform the method with an option that suits him. The blocking method can also be done by stepping on the right foot and blocking on the left foot, or by stepping on the left foot and blocking on the right foot.

For example, stepping between the opponent's legs on the right foot and pushing the opponent's right foot with the left foot. Foot movement plays a key role in the blocking method. When performing the blocking method, the method should be applied with more foot protection. During the exercise, it is necessary to repeat more often that the opponent's foot stops using the foot. In this way, the method of blocking is divided into zain prepared.

#### **Methodical instructions for printing movement**

Pressing is also a lifting method, but it needs to be done quickly. It is necessary to perform special exercises to perform any method, because performing exercises in accordance with this method makes the method easier to perform.

It is recommended to repeat the following exercises to master the pressing movement:

For example, using the power of the above object to pull things down: lifting stones up and throwing them down quickly with both hands: lifting a simple hoe at a higher speed and running on the ground.

Perform the exercise of quickly cutting the opponent's leg off the carpet and putting it on the ground, cutting the opponent's leg off the carpet and holding it for a long time. Lifting the opponent between our legs and repeating the pull-up exercise several times without releasing the arm, and jumping over the opponent a few minutes later while lifting the opponent will help to perform the method better.

After mastering the physical and special exercises mentioned above, you can try the method with an opponent.



For example, lifting an opponent's foot off the ground and jumping over it, or passing it between the legs. This method is repeated alternately with the partner. The method should be performed as soon as possible. The reason is that the opponent should not be able to defend himself.

#### **Methodical instructions on the method of return**

The return method is the most beautiful and labor-intensive method in belt wrestling. Because this method consists of a set of several methods. To perform the method, you need to lift the opponent's leg off the ground, lifting the opponent with the force of the hand. Therefore, attention should be paid to exercise.

It is necessary to lift stones by hand, perform various exercises, lift heavy bags.

On the carpet, this method should be repeated more often with the opponent. To do this, when the opponent's right leg is in the front position:

- a) reaching out with a clasped hand;
- b) stepping the left foot to the right foot;
- c) lift and move to the right shoulder;
- d) push forward.

These exercises need to be repeated many times. The method can also be repeated by stepping the legs between the legs of the opponents.

It is also possible to perform the return method without legs. To do this, you need to move the mold to the right or left side of the opponent. The foot does not work when turning on your own, so you need to turn more. It will be difficult to get the method out quickly and better. Therefore, it is necessary to «sweat» with more opponents during training.

#### **Methodical instructions on step method**

The stepping method is done by throwing without lifting the opponent. In order to master this method, it is necessary to pay special attention to the technique of struggle, the speed of application of the method. To do this, you need to do running exercises quickly, dealing with rubber noodles.

Pulling the rubber under the foot, doing exercises with the hands, to flex. That is, it is useful to do bridge exercises on the carpet.

#### **When in front of the opponent's right foot:**

- a) the left foot is placed next to the opponent's right foot;
- b) place the right foot on the back and squeeze the elbow of the right hand and turn to the right;
- c) is thrown to the right shoulder.

The squat enters between the legs and is thrown only after the turn is repeated several times.

The reason is to try to master the right turn by squeezing the opponent's elbow with the left hand.

When using the method on the left foot of the opponent's elbow, of course, it is necessary to squeeze, not to move the right hand.

If the method is used on the right foot, of course, the right hand is delivered. The reason is that when using the method on the right foot, the opponent may squeeze the hand from the elbow if the right hand is not held by the belt.

#### **The method is also performed on the right foot:**

- a) the right leg is placed next to the opponent's left inner leg;
- b) pass the right hand and turn to hold the belt;
- c) is thrown to the left shoulder.

It is better to do it as a method to better master the step method. You need to repeat the method more on the carpet with the opponent. Only then can the method be mastered.

#### **Methodical instructions on the method of conversion**

##### **The conversion method is performed in two ways:**

- 1) by shaking;
- 2) by molding.

In order to master both methods, it is necessary to pay attention to flexibility and speed in the training process. To do this, work with rubber noodles using feet, hands. When performing the flick rotation method, the hand does not need to be delivered because the method is performed continuously. Therefore, when performing the method, attention is paid to the floor speed, it is necessary to perform the exercises by shaking the opponent during the training and rotating the opponent in several circles. The rotation must be repeated several times in the presence of the opponent. Only then will it be easier to master the rotation when shaking with the hands.



When rotated by the cuff – first lifted, then rotated. So the hand is caught delivering. The method should also be done quickly when performing the squat, as the opponent may pass on defense.

Whichever way the wrestler wants to throw the opponent to make the method easier. The opponent must lead the wrestler in the opposite direction. The foot is used for both squats and squats. That is, a step forward is taken.

The method of rotation can also be applied to the standing position when performing the swing and cupping, only after the opponent's leg is off the ground. Walks in the direction of rotation.

#### **Methodical instructions on the method of hanging**

In the national wrestling with a belt, the method of hanging is one of the most beautiful and difficult to master.

The method of hanging is done by hanging the tip of the foot. That is why it is also difficult. When mastering this method, it is necessary to pay attention to speed and flexibility. Exercises should be repeated with rubber noodles using the feet and hands. This method is done only by flicking, not hand held.

During the training, the method should be repeated, as the opponent is lighter in weight. Gradually the exercise is slowly repeated with the weight of the opponent's weight and finally equal to his own weight.

It's hard to do this method all at once, so if the method doesn't work, you shouldn't be mentally depressed.

During the exercise, a rubber band is applied to the right foot or the tip of the left foot, and the waist is pulled with a dye. You can also do the exercise by turning the rubber noodle by hand.

In order to master the method of hanging, it is necessary to pay attention to flexibility by performing more-descending exercises.

It is necessary to run fast over short distances, to throw balls to the side with the help of hands.

It is important that children's and youth sports schools organize the daily routine of students in the most convenient way, actively rest and strengthen their health, maintain and increase their ability to work, prepare mature teachers and coaches in special physical education schools, preparing them to work in their chosen profession, is a tool.

Physical education of students plays an important role in their moral, volitional and aesthetic education, as well as in the formation and

improvement of a number of practical skills related to organizational work, which will be necessary in their future work. In addition, the period of study in higher education is also very convenient for achieving high sports results in major sports. That is why students successfully improve during the school years in children's and youth sports schools in the sports of their choice according to their individual interests and abilities.

Most children and youth sports schools will specialize in more than 20 sports. In the Central Asian republics, however, more wrestling specializes in national wrestling.

There are also special sections for children and adolescents with disabilities in sports schools for children and adolescents.

Classes in these departments are conducted in the nature of rehabilitation and rehabilitation of youth. In them, students receive professional and practical physical training on the basis of general and Alpinish test standards.

The activity of the teacher-coach, doctor and student team plays an important role in the training of athletes.

#### **Control questions:**

1. **Key words:** jerking, defending against methods, squatting, methodical, Savol qant?
2. **instructions, sideways, pressing, hanging, blocking.**

#### **References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages..



## CHAPTER V. PSYCHOLOGICAL PREPARATION

### 5.1. Fostering spiritual and volitional qualities in athletes

- Plan:
1. Willpower qualities, goal-oriented qualities
  2. The process of cultivating spiritual and volitional qualities
  3. Pages of history of professional pedagogy

**Key words:** *volitional training, goal-oriented qualities, spiritual and volitional qualities, spiritual preparation.*

In the structure of voluntary training: the qualities of purposefulness, perseverance, courage, perseverance, independence and initiative can be distinguished.

Willpower qualities, goal-orientation unite the whole structure of quality. Among the volitional qualities, it is necessary to pay special attention to the strong voluntary excitation of muscle activity. Research shows that short-term loads have fundamentally narrow requirements for volitional qualities. The athlete must understand the tasks set before him, trust the coach, understand that it is impossible to endure the high peaks of the sport without difficulties, know the methods of training. If the tasks set are not accomplished, a distrust of the athlete may arise and the athlete may be harmed. The inclusion of these religions in the training process not only increases the physical and mental load on the athlete, but also creates such conditions for the athlete, which requires additional volitional qualities from the athlete, and these qualities begin to develop in the athlete. One of the constant factors of voluntary training is to educate the athlete in a way that understands the work he wants to do. In this case a) in the general mode of sedation; 6) self-confidence, self-correction, self-coercion, ability to control emotions; g) control over oneself.

In the process of cultivating spiritual and volitional qualities, the following methods are used: persuasion, coercion, constant religious increase, and competition. The structure of one training of athletes differs from the chosen sport by the number of one opportunities inherent in the characteristics of this sport and their narrowness and

diversity. The specificity of the sport, or separate sections of the sport, fills in the gaps in the requirements for sports psychology. One of the main factors of mental training is the ability to predict the direction of the next competitions. It has to happen. The mechanism of prediction is formed by training, and by the actions that are distinguished by the narrowness of the conditions that arise in the course of the competition. Reflex thinking to some extent shows the inner pause of the struggle. Holding the radib dissociation from the facial movements of the day movements dadidly and the daily movements dalbaki 'allows the athlete to jump to the dima and darshi dajum in time. One of the most important factors in choosing the best way to compete in the competition is the ability to move the radio. This is called dobility adaptation. There are two types of adaptation:

a) control the movement of the object being closed and stop it whenever possible.

b) prediction of the receptor-object to move at a certain point

**Rest in terms of adaptive attention is divided into four types:**

The first type is distinguished by the fact that the inner taste is concentrated in one place.

The second round is characterized by a high level of endurance, which means that athletes can come to a certain level with the help of factors.

The third type is characterized by the accumulation of a small amount of tasdid diddat, which helps to see several objects or movements at once and to reach a certain point quickly.

The fourth type is characterized by the accumulation of the inner taste in one place.

#### **Control questions:**

1. What do you mean by volitional qualities, the qualities of aspiration to the goal?
2. Describe the concept of receptor-object.
3. Explain the concept of adaptation.



## References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

## CHAPTER VI. ARBITRATION AND INTERPRETATION PRACTICE

### 6.1. Criteria for organizing competitions

Plan:	1. International recognition of the national sport of belt wrestling.
	2. Competition regulations.
	3. Types of competitions

*Key words: saplings of hope, mature generation, Universiade, sports competitions, competition system, type of competition, jury, time of competition, mandate commission.*

Belt wrestling is a national sport in Uzbekistan and more than 100 nations around the world, covering more than 5,000 years of history.

After the independence of Uzbekistan, the number of young people engaged in belt wrestling in our country has exceeded 50,000. Belt wrestling is a three-stage system: «Umid Nihollari», «Barkamol Avlod» and «Universiade».

World, Asian, continental championships and championships in belt wrestling are held. The national team of Uzbekistan has successfully participated in these international competitions, winning many gold, silver and bronze medals, as well as taking prizes in the team event.

Our athlete J. Eganberdiev won a gold medal in the weight category of 81 kg at the First EurAsEC Games among boys and girls born in 1992–1993, which took place on September 17–23, 2007 in Brest (Belarus).

Belbog'li Kurash was also included in the program of the 2009 Asian Indoor Games in Vietnam.

Belt wrestling is also included in the program of the 2013 World Universiade in Kazan (Russia).

Because belt wrestling is a national sport in many countries around the world, it is currently developing and gaining popularity.

The International Belt Wrestling Federation was established on December 23, 2006 and officially registered by the Ministry of Justice of the Republic of Uzbekistan on September 19, 2008 in order to preserve and further develop belt wrestling, which is a national sport.



Today, very favorable conditions are being created for the recognition of our national sport of belt wrestling in the international arena. In particular, the fact that athletes from about 64 countries took part in the 2009 World Belt Wrestling Championship in Tashkent is a vivid proof of this.

The rules of the competition are developed and approved by the organization organizing the competition.

**The rules of the competition should include the following:**

1. Type of competition.
2. Goals and objectives of the competition.
3. Participating organizations and teams, participants (sports classification, age, gender, from which team).
4. Venue and time of the competition.
5. The order of the competition.
6. Conditions for participation in the competition.
7. The organization responsible for the competition.
8. Jury.
9. Competition time.
10. Deadline for submission of applications for participation in the competition.
11. Procedure for medical supervision and hygiene.
12. Documents recommended to the Mandate Commission.
13. The order of protest and their consideration.
14. Date of the competition and the start time of competitions in each weight category.
15. The order of awarding the winners and prize-winners of the competition.

**Types of competitions:**

1. Individual primacy.
2. Team championship.
3. Individual and team championships.
4. Open carpet championship.
5. Absolute primacy.
1. The individual championship is held to determine the place of each wrestler in this competition as a result of the competition. At the end of the competition, winners and prize-winners will be determined in each weight category.

2. The place of each team in the team championship is determined.
3. The place of each participant in the individual and team championships and, accordingly, the place of each team is determined.
4. In the open carpet championship, each wrestler competes to improve his or her sports classification, title, and skills.
5. Any wrestler, regardless of weight category (with the permission of the Chief Judge), has the right to participate in the absolute championship.

**Control questions:**

1. What types of competitions do you know?
2. What is reflected in the rules of the competition?
3. What do you know about the winners of the championships?

**References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

**6.2. Jury and service staff**

- Plan:**
1. The position of judges and their duties
  2. Emergencies outside the rules of wrestling

**Key words:** *chief arbitrator, chief secretary, deputy chief arbitrator, arbitrator on the board, arbitrators on the carpet, commandant, doctor, arbitrator*

№	Position of judges	Numbers
1.	Referee	1 person
2.	Secretary General	1 person
3.	Secretaries	2 people



4.	Deputat Chief Judge	2 people
5.	Announcing Judge	2 people
6.	Judge who counts The time	2 people
7.	Referee on the board	2 people
8.	Judges on the carpet	18 people
9.	Belt-tying referee	2 people
10.	Komputer specialist	2 people
11.	Translator	2 people
12.	Commander	1 person
13.	Doktor	2 people
14.	Workers	4 people
Total		43 people

NOTE : The above judges will officiate on two competition carpets.

Prior to each competition, the host country shall submit to the Belt Wrestling Federation a list of referees to serve in the competition, depending on the scale of the competition, and the judges approved by the federation shall have the right to serve in that competition.

### HEAD JUDGE

The Chief Judge is the person responsible for the organization and conduct of the competition in accordance with the rules of Belt Wrestling. The instructions of the referee must be followed by the wrestlers, team leaders, coaches, referees and all participants.

#### Duties of the Chief Judge:

1. Checks the venue (gym or stadium), equipment and carpets.
2. In the process of drawing lots, strong wrestlers are divided into two groups.
3. Distribute the judges to the carpets.
4. Creates a competition schedule.
5. Appoints referees to weigh wrestlers.

6. Appoints referees for each competition and monitors their movements.

7. Holds a meeting of the jury before the start of the competition.

8. Every day during the competition, after the competition, the jury, together with the coaches, team representatives, reviews the results and report of today's competition, eliminates the existing shortcomings within its powers and capabilities.

9. The Jury may convene at any time if necessary.

10. Evaluates the readiness of the judges for the competition and the competition process.

11. After the competition, complete a written report on the level of its organization and conduct and submit it to the relevant organization.

#### Rights of the Chief Judge:

1. If the competition facility, equipment and carpets are not prepared, the competition may be banned and rescheduled.

2. The competition may be suspended if a situation arises during the competition that prevents it from being held at a high level.

3. The order or schedule of the competition may be changed.

4. Upon notification of the jury, the Belbogji may disqualify a judge who has grossly violated or failed to comply with the rules of wrestling competitions.

5. Wrestlers who are not allowed to participate in the competition or who violate the rules of belt wrestling may also be disqualified from the competition.

6. Any group representatives and coaches may be warned or disqualified for rudeness or violation of wrestling rules.

Note: The Referee may not overturn or amend the Belt Wrestling Rule.

### DEPUTY JUDGE

1. The Chief Referee shall perform his duties in accordance with the powers granted by him with his permission during the temporary absence from the competition.

2. Announces the results of the competition and those who are preparing for the next competition.

3. Supervises and replaces the referees in the middle, the secretary, the time controller, the referee on the board.



## SECRETARY-GENERAL AND SECRETARIES

1. The Secretary-General shall examine the documents of the wrestlers as they pass through the Mandate Commission.
2. The Secretary-General shall keep records of meetings of the jury, minutes of competitions and contests, the order of belt wrestling and other documents.
3. The secretaries kept notes on their carpets.
4. The secretaries shall record the competition grades and warnings on a checklist.
5. The Secretary-General, together with the Chief Judge, shall be responsible for completing and signing the competition report.

## JUDGES ON THE CARPET

### Referee in the middle

1. Before the start of the competition, the hygienic condition of the wrestlers on the carpet checks that the Belt Wrestling uniform meets the requirements of the rules, and if the Belt Wrestling does not meet the requirements of the rules, it requires re-dressing (within the allowed time).
2. Belbogji monitors the progress of the competition and strictly follows the rules of wrestling during the competition.
3. Monitors the judging of the referees during the competition.
4. In evaluating each method used by the wrestler, he must stop the fight (with the «STOP» team), give the appropriate score, and start the fight again as «WRESTLING».
5. In order to announce the warnings for violation during the competition, the referee must stop the competition (with the command «STOP»), give the appropriate warning and start the competition again as «WRESTLING».
6. At the notice of the time-observing referee, the referee in the middle shall stop the competition by saying the word «TIME» and pointing to the end of the scheduled competition time.

### Side referees:

1. The referees on the side help the referee in the middle, evaluating all the movements of the wrestlers.
2. In judging the movement of the wrestlers, the opinion of the majority of the three judges on the carpet is taken into account.

3. The referees on the side sit on the benches on opposite sides, and if necessary during the competition, the referee on the side may observe the competition standing up.
4. If one or both of the wrestlers need to get off the mat for a short time, one of the side judges must accompany them.

### Time-watching judge:

1. The time-keeping judge shall observe how long the wrestlers have been on the carpet after being called to the competition, and shall immediately notify the Referee if they arrive late for no reason.

2. Controls and calculates every minute of the competition time. If during the competition the wrestler receives medical treatment or the competition is stopped for other reasons, he must notify the Referee by counting all of them.

### Referee on the board:

1. The referee in the middle shows each score or warning announced on the board.

2. The marks shown on the board must remain on the carpet until one of the wrestlers announces the winner.

### Announcing arbitrator:

1. Announces the agenda of the competition, in which weight category, among whom there will be a competition, which wrestlers will be preparing for the competition.

The announcing referee will also inform the audience about each wrestler who appeared on the mat and the referees on the mat.

2. After the announcement of the results of the competition by the announcing judge, the decision of the judges shall be final and shall not be reconsidered.

3. Announcements not related to the competition and wrestling shall be issued only with the permission of the chief judge or his deputy.

### Competition commandant:

1. The person responsible for the preparation of the gymnasium, stadium or field where the competition will take place, the wrestling carpet (tatami), the table for the judges, chairs, rust (dust) and other equipment.

2. The person responsible for the peaceful conduct of the competition.



3. The competition commandant shall act on the instructions of the chief judge.

#### Competition Doctor:

1. Before the start of the competition, the wrestlers check the health certificate, signatures and seals, and if there are any deficiencies, do not allow that wrestler to compete.

2. Wrestlers review their weights while they are being weighed.

3. Controls the venue of the competition and the cleanliness of the Belgogli wrestling carpets and uniforms of wrestlers.

4. Treats injuries sustained during the race.

#### Emergencies outside the rules of wrestling:

If a situation not specified in the wrestling rule occurs, then the referee in the middle consults with the referees on the sidelines. If no decision is reached, the situation should be resolved in consultation with the Chief Justice and the jury.

#### Obligation of wrestlers:

1. Wrestlers participating in the competition must comply with the following, own and greet each other before the start of the competition.

2. Strict adherence to the rules of belt wrestling, the rules of the competition.

3. Obey the arbitrator's instructions.

4. Be able to behave properly during the competition.

5. When summoned by the wrestling judges participating in the competition, immediately go to the place called.

#### Control questions:

1. List the duties of the Chief Judge.
2. What are the responsibilities of the Deputy Chief Judge and the Secretaries?
3. What are the duties of a tournament commandant and doctor?

#### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

### 6.3. The rules of belt wrestling competitions

#### Plan:

1. Belt wrestling referee and wrestlers dress code.
2. Competition evaluation procedure
3. Evaluation of belt wrestling competitions and expressions and gestures used in competitions

**Key words:** *coat, T-shirt, belt, wrestling rug, age of athletes, weight categories of athletes.*

#### 1. Belted wrestling suit



№	Name	Colour
1	Robe	Blue-green
2	T-shirt	White (for girls)
3	Pants	White
4	Belt	Red
Shoes may be worn with the permission of Chief Judge		

#### 2. Wrestling referee's uniform with a belt

№	Name	Colour
1	Shirt	White
2	Tie	Black
3	Costume	Black
4	Trousers	Black
5	Stockings	Black
6	No suit is worn on summer	





**3. Belt wrestling carpet**  
Kurash carpet 8×8 m; 10×10 m; it measures 12×12 m.

#### 4. Age and weight categories of belt wrestlers

№	Age of athletes	Athletes weight categories
1	12–13 age	Above 27, 30, 33, 36, 40, 44, 48, 52, 55, 55
2	14–15 age	Above 32, 35, 38, 42, 46, 50, 55, 60, 65, 65
3	16–17 age	Above 42, 46, 50, 55, 60, 65, 71, 77, 83, 83
4	18–20 age	Above 46, 50, 55, 60, 66, 73, 81, 90, 90
5	20–35 age	Above 55, 60, 66, 73, 81, 90, 100, 100
<b>Honorary Athletes</b>		
1	35–45 age	Above 65, 75, 85, 95, 95
2	46–55 age	Above 65, 75, 85, 95, 95
3	56–65 age	Above 65, 75, 85, 95, 95
4	Above 65	Above 65, 75, 85, 95, 95
<b>Woman and girl</b>		
1	12–13 age	Above 28, 30, 33, 36, 40, 44, 48, 52, 57, 57
2	14–15 age	Above 33, 36, 40, 44, 48, 52, 57, 63, 63
3	16–17 age	Above 36, 40, 44, 48, 52, 57, 63, 70, 70
4	18 ёшдан юкорн	Above 48, 52, 57, 63, 70, 78, 78

Explanation: A wrestler may participate in an absolute weight category with the permission of the Referee, regardless of the weight category.





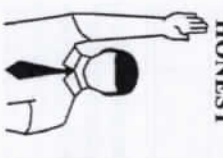
#### 5. Evaluation of competitions





A wrestler in a blue suit	A wrestler in a blue suit	Points ratio	The winning fighter
Honest	-----	6–0	A wrestler in a blue suit
2 ball, 2 ball, 2 ball	-----	6–0	A wrestler in a blue suit
-----	Punishment, punishment, punishment	6–0	A wrestler in a blue suit
2 ball	1 ball, 1 ball	1–0	A wrestler in a blue suit
1 ball	1 ball, punishment	2–0	A wrestler in a blue suit
Punishment, 1 ball	-----	3–0	A wrestler in a blue suit
2 ball, punishment, punishment	-----	1–0	A wrestler in a blue suit
-----	1 ball, punishment, punishment	3–0	A wrestler in a blue suit
1 ball	1 ball	The ring	
Punishment	Punishment	The ring	

Note: (The hoop is a round belt between two wrestlers' fists.) If the points of both wrestlers are equal and the competition time is over, the wrestlers hold the hoop belt and fight for one minute. In a minute, whichever wrestler falls first on the wrestling mat will be defeated.




## 6. Evaluation of belt wrestling competitions and expressions and gestures used in competitions

Signs	Иборалар ва ҳаракатлар мазмунин
 <b>RESPECT</b>	Before and after the start of the competition, in the referee's phrase «Bow» the wrestlers place their right hands on their chests and bow to each other.
 <b>TAKE</b>	The phrase «catch» is used by wrestlers to grab each other by the waist. At this point of the referee, the wrestlers hold each other's arms at the waist above each other's belts while standing. The wrestler grabs the belt by moving his right hand under his opponent's left arm and his left hand over his opponent's right arm.
 <b>FIGHT</b>	The phrase «wrestling» is used to start a fight after the wrestlers have grabbed each other by the belts. At this point of the referee, the wrestlers begin the fight.
 <b>STOP</b>	The phrase «Stop» is used to stop a contest while the contest is in progress. At the referee's signal, the wrestlers stop the fight.
 <b>HONEST</b>	<p>The sign «Honest» means a pure victory.</p> <ul style="list-style-type: none"> <li>– the wrestler breaks both legs of the opponent and touches the ground with both hands;</li> <li>– if the points differ by six points;</li> <li>– three times the opponent is rated «PENALTY»;</li> <li>– the opponent does not appear on the carpet within three minutes without a reason;</li> <li>– according to the doctor's opinion, the opponent is not worthy of the competition;</li> <li>– when the wrestler uses the method, the opponent deliberately pulls his hand out of the belt;</li> <li>– the opponent refuses to compete;</li> <li>– if the opponent does not obey the rules of wrestling, the referee and is rude to the opponent, the referee gives the wrestler «Honest».</li> </ul>

 <b>CANCEL</b>	<p>The «cancel» sign is said when the wrestlers' actions are not evaluated.</p> <ul style="list-style-type: none"> <li>– wrestlers fall on the carpet during the movement;</li> <li>– all methods and actions performed after the «Stop» signal;</li> <li>– any methods and actions performed outside the carpet;</li> <li>– when three judges on the carpet give three different assessments, the judge gives a score of «Cancel».</li> </ul>
 <b>PUNISHMENT</b>	<p>The «Punishment» sign is used to warn the wrestler.</p> <ul style="list-style-type: none"> <li>– the wrestler sits on his back;</li> <li>– the wrestler touches the opponent's knee on the carpet;</li> <li>– wrestlers do not hold the belts for 15 seconds after the «Catch» signal;</li> <li>– the wrestler puts his hand on the opponent's shoulder for protection (block);</li> <li>– the wrestler holds the opponent's clothes on his belt;</li> <li>– the wrestler kicks his opponent's leg from behind or from the side;</li> <li>– puts his foot next to the opponent's leg;</li> <li>– when a wrestler lifts his opponent, his opponent wraps his leg around his leg;</li> <li>– the wrestler does not come out within a minute after being called to the mat;</li> <li>– the wrestler's coach yells at the referee or the opponent during the competition, protests and insults;</li> <li>– if a wrestler wears a uniform of another sport instead of a wrestling uniform or wears a dirty uniform, the judge gives the wrestler a «penalty».</li> </ul>
 <b>TIME</b>	When the time observer announces the end of the competition, the referee in the middle will show the «Time» sign.
 <b>POINT</b>	<p>The «1 Point» mark is a rating given to a method performed without any gaps or without breaking any opponent's legs off the carpet.</p> <ul style="list-style-type: none"> <li>– the wrestler cuts his opponent's legs off the carpet and kneels on both knees;</li> <li>– the wrestler cuts both legs off the carpet and puts them on his back;</li> </ul>



	– the wrestler touches the opponent's foot to the ground without taking his foot off the carpet; – if a wrestler cuts both legs off the carpet and falls on the carpet with both hands, the opponent; – to the method by which the wrestler performed his opponent without removing both legs from the carpet the judge gives a score of «1 point».
 <b>SIDE</b> If a wrestler knocks his opponent off the ground with both feet and with one shovel; If the wrestler carries his opponent on his back and performs the full sideways method, the referee will give a score of «2 points».	

## 7. Wrestling time

№	Age of athletes	Wrestling time
1	12–13 age	3 minutes
2	14–15 age	3 minutes
3	16–17 age	3 minutes
4	18–20 age	4 minutes
5	20–35 age	5 minutes
<b>Honorary athletes</b>		
1	35–45 age	3 minutes
2	46–55 age	3 minutes
3	56–65 age	3 minutes
4	Above 65 age	3 minutes
<b>Woman and girls</b>		
1	12–13 age	3 minutes
2	14–15 age	3 minutes
3	16–17 age	3 minutes
4	Above 18 age	5 minutes

The wrestlers belt is tied from the chest with one fist and two fingers.

If a wrestler is disqualified in the middle of a fight for any reason, his or her accumulated results will not be taken into account.

Coaches and wrestlers may submit any objections to the judges during the competition to the Chief Referee of the competition in writing within fifteen minutes after the end of the competition.

### Control questions:

1. What do you know about the way wrestlers dress?
2. What do you know about the age and weight categories of belt wrestlers?
3. Practically demonstrate the phrases and gestures used in competitions.

### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.



## CHAPTER VII. PARTICIPATION IN COMPETITIONS

### 7.1. National team qualifiers

#### Plan:

1. Athlete selection criteria
2. Pre-race period
3. Competition period

**Key words:** *selection of athletes, subsystem, selection criteria, sports-technical result, technical errors, champion, national team.*

1. Athlete selection is an important part (subsystem) in the training of highly qualified athletes. It will be of two types: selection of candidates for the national team; selection of national team members to participate in international competitions.

2. The main criteria of the first type are the first and serve as a condition for the preparation of candidates for the second type of selection. **These include:**

- a) – dynamics of sports and technical results and its achievements during the last years of training;
- b) – health of the wrestler, taking into account his age, anthropometric indicators and the specifics of the sport;
- c) – the degree of their strengthening to eliminate technical errors in the implementation of the most important phases and elements of wrestling techniques;
- d) – the level of development of special physical qualities that do not change much during many years of training;
- e) – the ability of the functional system of the organism to perform specific actions in the struggle;
- f) – Mental resilience to specialized training loads;
- g) – purposefulness.

3. Excellent study and practical application of the above-mentioned socio-pedagogical aspects of belt wrestling in research processes will increase the scientific and general theoretical training of students.

4. Competitions are exceptionally important for wrestlers. It is impossible to imagine sports and the education of an athlete without participating in competitions. Competitions are the culmination of the

training process, allowing not only to analyze the results of the training process in sports, but also to objectively assess its effectiveness.

A stable system of sports competitions has been formed in the system of physical culture. **The competition is divided into the following types depending on the purpose:**

- the championship in which the champion is determined;
- qualifying competitions for the national team in order to show the strongest athletes;
- control competitions organized in the classroom, the purpose of which is to monitor the success of athletes in sports and the state of engagement;
- mass competitions for the initial set of sports training;
- demonstration competitions to promote various types of individual wrestling.

**Depending on the form of organization, the following types of competitions are distinguished:**

- closed competitions in which only a certain group of athletes participates
- open competitions where other groups of athletes can participate
- matchmaking matches are competitions between teams based on a preliminary agreement.
- the competitions are divided into district, city, regional, national and other levels, depending on the conditions.

**There is a system of competitions for age groups:**

Group I. boys aged 8–10, 11–12 and 13–14 who are involved in the sections and groups of the WHO.

Group II. Adolescents aged 15–16, 17–18 are systematically trained in the sports sections of sports schools.

Group III. 19–21 year-olds studying sports in the sports sections, higher and secondary special educational institutions, master's degree in sports.

Group IV. Older athletes.

Sports competitions are an integral part of the educational process, they are planned in nature and in advance.

Pre-race period. Carry out special training (individual training of technical, tactical, psychological means for certain competitions) in order to achieve a high level of engagement and spiritual and spiritual



training of trainees. This stage lasts from 2 to 6 weeks, depending on the next arrival and the importance (scale) of the competition.

Competition period (day of competitions). Here, in the conditions of direct competition, physical, technical-tactical and spiritual-mental qualities are realized. Competitive and arbitration experience is achieved.

Post-competition period. At this stage, the analysis of participation in past competitions, recovery of strength and physical fitness is carried out.

Decisions on the schedule and competitions are the main document in the planning and conduct of competitions. They are approved in advance and sent to the venues. The calendar schedule of competitions is designed for future and annual competitions. The schedule of competitions should be stable and traditional. An example of the schedule of competitions is given in Table 1.

Competitions should be organized in the following way, because, depending on the direction and level of complexity, the athlete should be able to adapt to the tasks set for him in the field of long-term training in the field of sports. Thus, in the initial stages of many years of preparation, only competitions at the stage of preparation and control are planned. Competitions are rarely held, there is no special training for them. The main purpose of competitions is to monitor the effectiveness of the training phase, to learn from the experience of the competition, to raise the emotional level of the training process. At the stage of many years of training, the number of competitions will increase as the skills of athletes grow. The competition includes qualifying and major competitions, which are of great importance at the stage of improvement in sports.

Decisions on competitions. The main documents in the conduct of these competitions are the conditions and procedures based on the regulations. Decisions on a particular sport are made in accordance with the schedule and rules of the competition and are sent to the participants one month before the competition.

**Decisions on competitions consist of the following sections:** goals and objectives; place and time of the competition; participants; management and conduct of the competition preparation process; competition program and conditions of holding; procedure for determining the winner, awarding individual and group winners.

Terms of admission of participants. The content of the competition decision sections depends on the scale and type of competition. **Determining the winners of the group championship is carried out in different ways:**

- on the minimum number of places occupied by the participants of the competition;
- on the maximum amount of points;
- in terms of the amount of net wins;
- on the minimum weight of a wrestler in a weight category.

#### **Control questions:**

1. How many types of competitions are there depending on the target?
2. How many divisions did the decisions about the competition consist of?

#### **References:**

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.



## CHAPTER VIII. RECONSTRUCTION MEASURES

### 8.1. Methods of treatment after intense physical exertion

Plan:
1. Methods of treatment after intense physical exertion
2. Recovery processes
3. Nutritional regimens and dietary supplements
4. Psychological recovery

**Key words:** *organism, vital force, intense physical exertion, recovery, active recovery, complete relaxation, massage, thermal and cold therapy, nutrition regimen and nutritional supplements, psychological recovery*

Wrestling is one of the most common forms of organizing a healthy lifestyle, active recreation and leisure, with a beneficial effect on the vital capacity of the body and at the same time a source of positive qualities. Compared to other species used for analogous purposes, the struggle places great demands on the functional capabilities of the organism, and therefore requires a sufficiently serious relationship.

Different treatments can be used after intense physical exertion. After training and competitions, the first signs of physical stress appear, and recovery methods are often delayed. The resulting gap affects the athlete's physical fitness and prevents them from continuing training. Approximately 50 percent of an athlete's performance efficiency is related to the organization of the recovery process: if recovery processes are poorly organized, there is a risk of slowing down the adaptation process.

Recovery processes depend on several factors, each of which has a certain degree of impact. Key factors are age, experience, gender, environment, availability of energy sources, and psychological status. Older athletes take longer to recover than younger athletes. On the other hand, more experienced athletes typically have to spend more time than younger athletes. Women recover more slowly than men. In addition, normal cell nutrition also plays an important role. In particular, proteins, fats, and carbohydrates serve as energy for working muscle cells. Fear,

conflict, or lack of willpower can also negatively affect the body's complete recovery.

The recovery process is directly related to the load received from the training. In the first third of the recovery process, recovery is 70 percent, and in the next two-thirds, 20 percent and 10 percent, respectively. The period required for recovery depends on the energy system.

To be more effective, athletes need to use recovery techniques at the end of each workout, and especially during the preparation and competition phases. Recovery is carried out in the following ways.

#### **Active recovery.**

Light physical activity, such as swimming for half an hour, or running for 15 minutes. Such exercises improve blood circulation and speed up the recovery process. This activity can also be done in the form of football, volleyball or any other light type of game. Most importantly, the movements in it should not be heavy and difficult.

#### **Complete rest.**

Complete rest is a unique requirement for all athletes. To work to the maximum, athletes need to get 10 hours of sleep a day, which requires a short meal during part of that period. Athletes should also follow a bedtime routine, and it is important that they go to bed no later than 11:00 p.m. It is also very important that the athlete's mind is in a calm state before going to bed.

#### **Massage.**

Massage is a method of treating soft body tissues for therapeutic purposes. The best results in the implementation of massage therapy are achieved with the involvement of a certified specialist. The effect of massage on human physiology is achieved through mechanical intervention, sensory stimulation, or the use of both in combination.

The mechanical effect of the massage relieves muscle fatigue and reduces excessive swelling of muscle tissue. As a result of massage, the maximum effective result is achieved in eliminating some types of inflammation. In addition, massage helps fight the accumulation of myofascial fibers. The mechanical pressure and contraction of the tissues helps to improve the functioning of the cardiovascular system. Compression of the relaxed muscles improves the pressure of the blood vessels, which ensures the opening of the capillaries and increases blood



flow in the massage area. While about 4 percent of the capillaries are open at normal times, this number can be increased to 35 percent during massage. As a result, blood flow in the muscles is increased, which ensures good metabolism between capillary and tissue cells.

Massage can gradually increase emotional flow to the central nervous system and reduce pain and pain sensitivity. To achieve this, you need to gently massage the painful area. Mild exposure to the skin leads to a temporary expansion of capillary migrations. Massage has only a local effect on metabolism, which is primarily associated with an increase in blood circulation in the massage area. Decomposition rates of decomposition products and their absorption by the cardiovascular system may increase by two and a half times relative to the resting state.

Massage also helps relieve muscle spasms. It has a mild effect with the forced contraction of the muscles observed in muscle spasms, providing relaxation due to reflex mechanisms. In the area of muscle spasms, first of all, it is necessary to move carefully in a direction parallel to the muscle fiber.

Deep skin massage should be performed the day before an intensive workout or two or three days before the start of the competition

#### **Thermal and cold therapy.**

In hot weather in steam saunas, thermal therapy can be used as a means of recovery. With the help of the initial heating of the skin has a beneficial effect not only on the tissues, but also on the muscles. Prolonged steaming in the sauna (for at least 20 minutes) helps to improve blood circulation around the muscles under the influence of heat. One disadvantage of this method is that the muscle tissue causes the skin to overheat before it receives the required amount of heat. Athletes benefit from warming the surface of the body rather than deep muscle tissue for recovery.

Cold therapy also has a significant positive physiological effect for recovery. Such treatment includes ice baths for 5–10 minutes, ice packs or a cold cloth for 10–15 minutes. In stretched muscle injuries, rubbing with ice prevents swelling.

#### **Feeding regimen and dietary supplements.**

Ideally, athletes should maintain a daily energy balance, ie the athlete's daily energy intake is approximately equal to the amount of food consumed. Athletes can easily assess the correctness of the diet by

calculating the number of calories. Athletes need to consume enough calories to lose weight during exercise.

In addition to the natural need for protein (especially animal protein), the body also needs carbohydrates. Thus, from the point of view of energy consumption and rehabilitation, athletes should pay maximum attention to diet.

However, even with a balanced and adequate diet, athletes should continue to take vitamin and mineral supplements. Athletes do not have all the vitamins except vitamin A. During the pre-competition training, the athlete's menu should be supplemented with other ingredients.

When planning a supplementary diet, coaches and athletes should take into account each study period of the annual regimen and know the amount of supplementation. For example, if it is necessary to take large amounts of vitamins (especially vitamins B<sub>6</sub>, B<sub>12</sub> and C and some minerals) in the intermediate stage, the need for exercise decreases when the volume is reduced. The planning of vitamin and mineral supplements depends on the athlete's physical condition.

Athletes are advised to divide their daily diet into at least four parts – 20–25 % of the daily ration at breakfast, 15–20 % at the second breakfast, 30–35 % at lunch and 20–25 % at dinner. The break between meals should not exceed four hours, breakfast and dinner – no more than twelve hours.

Athletes should not eat before exercise, as a full stomach raises the diaphragm and makes it difficult for the cardiovascular and respiratory systems to function. Athletes should also not eat food directly after exercise, as this will result in a small amount of gastric juice being expelled. Instead, post-workout athletes should use only liquids that contain carbohydrates, proteins and amino acids. Nutritious foods can be obtained 30–60 minutes after exercise.

#### **Psychological recovery.**

Psychological recovery also includes components such as motivation and willpower that can be affected by stress from physical and physiological burdens. The speed of the body's response to internal and external influences has a significant effect on the athlete's performance. The more attention is paid to the athlete by the coaches, the better the response to various exercises, the more positive the impact on the recovery of various injuries and body fat. Therefore, the speed of



recovery of the athlete almost always depends on the daily lifestyle and psychological environment. In the process of recovery, it is directly related to the relationship with the athlete's relatives, brothers or sisters, parents, community or coach. Athletes who experience serious emotional problems should consult a psychiatrist.

If the athlete's brain is relaxed, all other parts of the body will be in the same condition. Probably, it is better to use this technique before the evening rest. For example, a warm bath or shower before going to bed allows you to recover more psychologically.

#### Control questions:

1. What cases does intense physical exertion occur?
2. What is the active recovery process?
3. What do you know about the process of recovery through massage?
4. Describe the processes of psychological recovery?

#### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharq», 1997. – 31 pages.

### 8.2. Medical examination

#### Plan:

1. The main tasks of sports medicine
2. Procedure for organizing and conducting medical supervision
3. Examination by a physician in sports medicine

**Key words:** *sports medicine, clinical medicine practice, biomedicine, injuries and diseases, medical supervision in sports, traumatology.*

#### The main tasks of sports medicine are:

- to study the genetic and phenotypic capabilities of an individual, to determine their suitability for sports and their biological characteristics;

- make recommendations for sports based on a large amount of information on the assessment of human health and condition;

- study the dynamics of the level of training of athletes using clinical medicine practice, tools and methods developed on the basis of traditional folk medicine, including specific correction complexes;
- ensuring physical growth through the influence of a special physiological complex (pedagogical, biomedical, psychological) on the athlete's body;

- prevention and treatment of injuries and diseases of athletes in the course of their activities;

- recovery of athletes after injuries and illnesses;
- providing emergency assistance to athletes with injuries and emergencies;

- monitoring athletes compliance with hygienic requirements, assisting in the prevention and treatment of disease;

- control over the use of drugs in sports;

- components of sports medicine;

- medical supervision in sports;

- functional control in sports;

- functional rehabilitation of athletes and increase of sports efficiency;

- treatment of somatic diseases of athletes;

- sports traumatology;

- medical rehabilitation of athletes;

- emergency medical care for sports;

- sports hygiene;

- scientific research in sports medicine.

#### The main directions of scientific research in sports medicine:

- sports cardiology;

- functional diagnostics;

- diagnosis and treatment of diseases of athletes;

- detection and correction of the immune status of athletes;

- diagnosis and treatment of musculoskeletal injuries in athletes;

- rehabilitation of athletes after illness and injury;

- recovery of athletes after training and loading;

- increase the physical fitness of athletes.



## The procedure for organizing and conducting medical examinations of persons engaged in physical culture and sports is as follows:

1. In-depth medical examination of athletes and persons engaged in physical culture and sports is carried out in accordance with the long-term training of athletes.

2. Admission to the primary education groups for the purpose of maintaining the health of sports (Phase I) is carried out on the basis of a medical opinion of a doctor of sports medicine after a medical examination at the sports clinic, where:

### Medical examination:

- pediatrician, general practitioner;
- specialists: traumatologist-orthopedist, surgeon, neurologist, otorhinolaryngologist, dentist, cardiologist, obstetrician-gynecologist, ophthalmologist and other medical specialists in accordance with medical indications.

### Anthropometry:

- study of the electrophysiological parameters of the heart on the ECG, including if there are indications in cases of stress;
- ECO-cardiographic studies;
- X-ray examinations of the chest (over 15 years of age or for medical reasons);
- clinical blood and urine tests.

Additional diagnostic and laboratory tests are performed when medical indications are available.

Based on the results of the medical examination by the pediatrician (therapist, general practitioner) of the outpatient physician, a medical report is included in the medical records and included in the patient's medical certificate, including:

- health assessment;
- conclusion on physical development;
- recommendations for therapeutic and preventive measures.

The information is provided by the sports medicine doctor after the medical examination to give a conclusion on admission to the sport.

### Sports medicine examination is based on:

- conclusions of a cardiologist, pediatrician, surgeon, orthopedic-traumatologist, dentist, neurologist, otolaryngologist, ophthalmologist;

- electrophysiological examination (according to the field of medicine) exercise, test, including cardio-ECG index;

- ECO – cardiographic study if there are indications;
- chest x-ray (for athletes over 15 years of age or if indicated);
- clinical examinations of blood and urine;

### In addition, the following checks can be performed:

- study of respiratory function;
- consultative examination by a physician in physiotherapy;
- inspection of cardiologist, nutritionist, endocrinologist, obstetrician-gynecologist, urologist, dermatologist, other doctors (for medical reasons);
- an electrocardiographic study may be performed, including a stress test, heart rate tomography (cardiointervalography) detection;
- determine exercise performance from a test on a bicycle, or treadmill;
- complete blood count, laboratory tests;
- ultrasound examination of organs;
- to study the psychophysical state.

### Control questions:

1. What are the main functions of sports medicine?
2. What is the procedure for organizing and conducting medical examinations?

### References:

1. Constitution of the Republic of Uzbekistan. – T.: «Uzbekistan», 1998. – 48 pages.
2. «National Training Program» of the Republic of Uzbekistan. – T.: «Sharp», 1997. – 31 pages.



## TEST QUESTIONS

N°	Test assignment	The correct answer	An alternative answer	An alternative answer	An alternative answer
	What does the concept of matriarchy mean?	motherhood	patriarchy	Sport games	Local game name
	What is the demand for a third type of epic wrestling in the ninth century?	the girl chose a wrestling winner from the guys vying for the groom	Women fought for the throne	Men fought for the throne	The winner is allowed to marry
	On which days of Navruz wrestling competitions were held in IX-X centuries	in the first three days of the feast	on the first day of the feast	On the 2 of holiday	On the 2 of holiday
	Identify the source that regular wrestling matches were held in Fergana province.	Chinese Manuscript Tan-shu	The Japanese manuscript is Tan-shu	Alpomish	Go'ro'li
	Identify the source that describes the struggle between Amir Temur and the Sword Lion.	Temurnoma	Alpomish	Go'ro'li	Rustam
	To whom does the work «Holoiti Pahlavon Muhammad manogibi» belong?	Alisher Navoi	Amir Temur	Faroby	Ibn Sino
	What is the organizational and methodological system that covers the process of education and training of athletes?	Wrestling school	Success in sports	High level of success	Sports training
	What is the concept that reflects the whole set of capabilities of the athlete's body to show the	Preparation	training	Special engagement	Form in sports

maximum potential in the process of competitive activity?				
What is it called to perform the technical actions of the fighters used to achieve victory, attack, self-defense, using the counter method in accordance with the rules of the competition?	Wrestling techniques	Rules of wrestling	Elements of struggle	Exercise system
What is the most effective way to perform an action?	technique	tactics	Method	Method
What are the technical moves that a wrestler achieves to win a pure victory or by knocking him over an opponent?	Method	Method	Tactics	Tactics
What do you mean by rational use of technical and tactical actions?	Tactical training	Style	Methodological preparation	Physical training
Find the name of a scientist who used exercise for healing purposes.	Ibn Sino	Faroby	Alisher Navoi	Amir Temur
Where the first most popular methodologies of physical education were created	In ancient Greece	In Egypt	In Europe	In Amerika
Who is one of the founders of the biomechanics of human movement?	Leonardo da Vinci	I.G. Gestolotstsi	P.F. Lestgaft	Ibn Sino




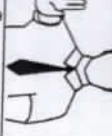



What part of the training does the general developmental exercise include?	Preparatory part of the lesson	The main part of the lesson	The final part of the lesson	Independent study
The structure of the study of wrestling methods consists of several stages	3	2	4	5
Which exercise system includes walking and running in a line?	General preparation exercises	Basic exercises	Developmental exercises	Improving exercises
What is the exercise of jumping over a partner while bending over and coming back from under the feet?	Working in pairs	General preparation exercises	Basic exercises	Developmental exercises
Which exercise system includes re-lining, walking, light running, breathing through the mouth, exhaling through the nose, and gently shaking hands while standing?	Closing exercises	Working in pairs	General preparation exercises	Basic exercises
The foundation of mastery in sports is.	Physical training	Technical preparation	Tactical training	Methodological preparation
At what age do speed and flexibility develop easily in adolescent boys?	10-15	9-10	15-16	11-12
What exercises are called rotations, squats	Acrobatic exercises	Technical exercises	Physical training	Basic exercises
What is the highest level of long-term activity capacity at an	Overall durability	General preparation exercises	Special physical training	General developmental exercises





intensity that activates all muscle groups?				
Disrupting the balance by squeezing, pulling or pushing the opponent with both hands while standing still?	Silflash movement	Suffokation movement	Step movement	How to get on your knees
Bringing our hand holding the right belt closer to the hand holding the left belt as a result of swinging the opponent under the left arm?	Kritflash movement	Slick movement	How to get on your knees	Step movement
Pushing an opponent over the shoulder by pushing him with his legs, arms, and shoulders	Click action	Suffokation movement	Flick movement	How to get on your knees
Lifting an opponent using the legs and knees as a result of the kick	How to get on your knees	Click movement	Suffocation movement	Flick movement
Kicking his leg from the outside or from the inside side after lifting the opponent?	Blocking method	How to get on your knees	printing method	Turning method
Hitting the ground with a jerking shoulder after lifting an opponent?	Printing method	Blocking method	How to get on your knees	Turning method
Turning to the left or right shoulder without using the left foot when lifting the opponent	Turning method	Printing method	Block method	How to get on your knees



Squeezing the opponent and pulling both legs to the side and throwing them on the belt?	Side method	Turning method	printing method	Block method
As a result of the kick, the opponent's leg is cut off the ground and a semicircle is missed?	Return method	Side method	Turning method	printing method
As a result of jerking or squeezing, lift the opponent to the side and throw him in the opposite direction?	Left return method	Side method	Turning method	printing method
Throwing an opponent with a foot or hand while stepping using a flick or a fist?	Step method	Left return method	Side method	Turning method
Throwing an opponent forward by rotating them in one or more circles as a result of jerking or squeezing	Conversion method	Step method	Left return method	Side method
As a result of shaking an opponent, throwing him from a long distance without using his feet on his knees?	Hang method	Conversion method	Step method	Left return method
While trying to use a method. Suddenly using another method?	Distraction method	Hang method	Conversion method	Step method
How many different swing movements are performed?	2	3	4	6

How many different types of races are there?	5	4	2	7
Which referee is responsible for checking the venue (gym or stadium), equipment and carpets?	Referee	Deputy Chief Referee	Announcing arbitrator	Judge who counts the time
Which referee is responsible for announcing the results of the competition and those preparing for the next competition?	Announcing arbitrator	Referee	Judge who counts the time	Deputy Chief Referee
What are the dimensions of a belt wrestling ring?	8×8 m; 10×10 m; 12×12 m	9×9 m; 10×10 m; 12×12 m	8×8 m; 9×9 m; 10×10 m	8×8 m; 9×9 m; 12×12 m
	Respect	Take	Wrest	Stop
	Take	Respect	Wrest	Stop
	Wrest	Take	Tab3m	Stop
	Stop	Wrest	Take	Respect
	Honest	Stop	Wrest	Take



	Idle	Honest	Stop	Wrest
	1 Ball	Idle	Honest	Stop
	Time	1 Ball	Idle	Honest
	2 Ball	1 Ball	Idle	Honest

*What are the main functions of sports medicine?  
What is the procedure for organizing and conducting medical examinations?*

## GLOSSARY

The minute volume of the heart is the amount of ore that the heart beats in a minute. It is the same for the right and left ventricles, with an average of 4-6 liters/min for men and 3-5 liters/min for women at rest.

Loading is the loading of a certain amount of impact on the body of the exerciser during exercise.

**Continuous System** – a game system of a basketball game. The attacking team, which has a numerical advantage on one side of the field, uses a combination to gain an advantage on the other side of the field, in which the players switch places so that they take the initial position to continue the attack.

**Low start** – in a race of up to 400 meters, the athlete begins to run with his arms and one knee on the ground.

**Swimming Training** – swimming training includes basic education and sports training techniques. Both of these are considered a whole process.

**Total endurance** – general endurance is a high level of ability to perform long-term activities at an intensity that activates all muscle groups.

Total lung capacity is the volume of air in the lungs after maximal respiration.

General physical training is perfect physical training. At the same time, the athlete develops all-round health with the help of different types of exercises.

**Special physical training** – this is the preparation of an athlete for a specially selected sport.

General developmental exercises are movements or combinations of movements performed with different parts of the body. Their main task is to develop physical qualities, the correct formation of posture and the formation of motor skills of trainees.

**Loading volume** – loading volume refers to how long certain exercises last, as well as the total amount of physical work performed over a period of time.

**Single block** – a one-man barrier against a player attacking with a shot in volleyball. Returning the ball by a player, making a hole with his hands.



A person is a person who is free. Height means the proportions and elegance of the body parts.

**Offside** – in some sports, such as football, the player may be in a position to break the rules and score a goal.

Overtraining is an event characterized by a decrease in the athlete's ability to work and worsening of nervous and physical condition when the laws of physical culture and sports are misused during training.

**Putting the ball in play** – raising the ball, passing, kicking, starting the game/mainly used in volleyball, tennis, table tennis.

Pre-start condition is a special emotional state that occurs in athletes before a competition. His symptoms can be observed a few days before the race, but they become apparent before the race begins. The reactions that occur in the pre-start state have a conditioned reflector mechanism. This is due to changes in the functional state of the cerebral cortex under the influence of external and internal factors that provide information about the upcoming race.

Pressing is a defensive system used in basketball. Perform thematic defensive movements at maximum close range in order to force the attackers to make hasty movements that lead to error, tearing the ball.

**Method** – the art of movement used in sports to win over an opponent.

An extra step. / in basketball /. When passing the ball to the ground, the player must break the base leg while holding the ball in his hand, and the player who received the ball during the movement cannot walk more than two steps with the ball in his hand.

**Sports Psychology** – in each sport and in groups similar to each other, the basics of improving an athlete's skills, taking into account the individual qualities of the athlete, explores the psychological issues of education.

Psychological training is a pedagogical process aimed at the formation and development of mental processes and personality traits related to a particular sport.

**Style** – in sport, wrestling is manifested as a structural unit and a system of methods. Every great athlete has their own style system.

**Pulse rate** – in a healthy adult, the heart beats at a rate of 60-80 beats per minute at rest. The number of heartbeats depends on age, gender, fitness and other factors. The number of heartbeats per minute in

women is 6-10 times higher than in men, 100-140 times in children under one year of age, 90 times in children under 10 years of age, 150-200 times and more under the influence of strenuous exercise. The heart rate fluctuates throughout the day and night. For example, the number of heartbeats at night decreases.

Rhythmic gymnastics is one of the types of gymnastics that is practiced only by women. It consists of a variety of exercises performed with and without different items.

Freestyle is a type of alpine skiing. Various simple and complex acrobatic exercises are performed while skiing from the springboard.

Physical fitness is a high level of development of a person's physical qualities and abilities, which is one of the main parts of his harmonious development.

Physical development is a change in the appearance and functioning of the human body as a result of physical training.

Physical education is a pedagogical process aimed at improving the morphological and functional aspects of the human body, the formation and improvement of basic motor skills, mastery, and knowledge related to them, which are important for his life.



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## CONTENT

INTRODUCTION .....	3
--------------------	---

### CHAPTER I. THEORETICAL FUNDAMENTALS OF BELBOG WRESTLING

1.1. Theoretical preparation .....	7
1.2. Belt wrestling technique .....	19

### CHAPTER II. GENERAL PHYSICAL PREPARATION

2.1. Tasks of physical education of students .....	26
2.2. Methodological approaches to wrestling training .....	29

### CHAPTER III. SPECIAL PHYSICAL PREPARATION

3.1. General and special physical training .....	35
3.2. Endurance development exercises .....	38
3.3. Develop compactness .....	40

### CHAPTER IV. TECHNICAL AND TACTICAL PREPARATION

4.1. General physical and special training issues for the study and improvement of training techniques and tactics .....	43
4.2. Learning process planning .....	46
4.3. Physical development and formation of high work capacity .....	49
4.4. Technical and tactical bases of belt wrestling .....	52
4.5. Protection against methods .....	84
4.6. Methods against methods .....	92

### CHAPTER V. PSYCHOLOGICAL PREPARATION

5.1. Fostering spiritual and volitional qualities in athletes .....	108
---	-----

### CHAPTER VI. ARBITRATION AND INTERPRETATION PRACTICE

6.1. Criteria for organizing competitions .....	111
6.2. Jury and service staff .....	119
6.3. The rules of belt wrestling competitions .....	119

### CHAPTER VII. PARTICIPATION IN COMPETITIONS

1. National team qualifiers .....	126
-----------------------------------	-----



## CHAPTER VII. RECONSTRUCTION MEASURES

1. Methods of treatment after intense physical exertion.....130
2. Medical examination.....134

TEST QUESTIONS .....138

GLOSSARY .....145

LIST OF USED LITERATURE .....148

A. Mirzaev

## «BELT WRESTLING» THE METHODS AND THEORY

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