

The mechanism of training cadets in belt wrestling

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ABSTRACT

The relevance of the analysis of traditional belt wrestling is largely due to the recently increased interest of the population in the national culture, a peculiar desire to avoid industrial monotony in the everyday life. In this regard, scientific development of the topic can contribute to the preservation and revival of the cultural and national heritage, solving cultural-restorative and educational problems. Materials. The significance of the study is also caused by the cognitive and practical interest in ethnographic and historical models of strengthening and preserving ethnicity. The methodological basis of the work is an integrated approach. It consists in using the cognitive capabilities of various sources that describe belt wrestling, as well as in its comprehensive study. Research methods: analysis of scientific and methodological literature, comparison, juxtaposition, historical analogy method. The modern system of understanding belt wrestling emphasizes its growing and multifaceted role in society. Belt wrestling performs a number of socially defined functions, and, first of all, the function of interethnic unity of peoples with different cultures, customs, etc. Belt wrestling is one of the most ancient sports. Ancient manuscripts, documents and various historical monuments of art tell us about it.

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The trainer, implementing the principles that are the basic laws of the organization of the pedagogical process, helps the wrestler quickly and effectively master special knowledge, skills and qualifications. All principles are interconnected and complement each other. If one principle is ignored, none of the others can be fully implemented. Only by applying them together can one achieve high results in training a belt wrestler. However, the significance of the above principles at different stages of the formation of sports training of a belt wrestler is not the same. At the initial stage of training, pedagogical (didactic) principles acquire greater significance. As the skill of a belt wrestler grows, the significance of the principles of sportsmanship and sports training increases. The essence of the demonstration principle lies in the use of the athlete's analyzers to solve training problems in belt wrestling. The demonstration principle is based on the fact that the acquisition of movement skills depends on perception through the senses. It expresses the need to provide the wrestler with visual, motor and other ideas about the movement being studied. Receptive types are distinguished - visual, motor and auditory. These three types are combined in different people, and each of them can be more dominant. The coach needs to know which stimuli a particular participant perceives more. This will help him effectively

implement the demonstration principle.

The principles of training belt wrestlers are general theoretical laws that characterize the education of wrestlers and the teaching methods. The following principles are implemented in the training of belt wrestlers.

1. Pedagogical (didactic) principles (the principle of awareness and activity, the principle of demonstration, the principle of regularity and consistency, the principle of clarity and individualization).
2. Principles of improving sports skills (the principle of consistency and variability of skills, the principle of systematicity and the principle of joint targeted implementation).
3. Principles of sports training (the principle of achieving unity of general and special physical training, the principle of repetition and continuity of the training process, the principle of gradualism, the principle of gradual increase in training loads).

Demonstration of techniques during training with belt wrestlers serves as the basis for training and improvement. This principle includes the trainer showing various videos, photos, posters or demonstrating the technique with a participant, verbal explanation, performing the technique on his participant or the athlete himself performing the technique on someone else. For a better understanding of this principle, it is often necessary to engage the senses. Practical tools are used in the application of specific pedagogical questions (with practical tools) sequentially and separately, linked to each other. Only after the trainees have a clear idea of the method, their attention should be drawn to important details, since the technique of performing the technique depends on this. The trainer should demonstrate the technique several times, and it is very important that the trainees see it from different sides. Also, when working with teenagers, it is more effective to use a holistic method of demonstrating the technique. In this case, the main task is facilitated by a system of orientation and preparatory exercises. To increase the effectiveness of training with belt wrestlers, the trainer should use as many visual aids as possible, helping to form an idea of the method being studied or its main details. The principle of clarity and individualization when choosing optimal loads in the training process necessarily takes into account the group, age and individual differences of belt wrestlers. If the trainer knows the work, education, living conditions and psychological characteristics of the wrestlers well, he can choose a rational training method with them. For belt wrestling training of participants of different ages and physical fitness, the trainer must differentiate between groups of participants with different levels of training, select training material differently and determine acceptable physical loads during training.

What is easy for an experienced belt wrestler is not always easy for a beginner. A highly trained wrestler with different belts can easily lift a large load, but for an untrained or young athlete this load may be difficult. If a coach is chasing high sports results and gives young wrestlers complex technical and tactical tasks, then this will be difficult for the young wrestler and may lead to a loss of self-confidence, and in some cases, to injuries. Therefore, a coach must select and moderate exercises in such a way that the load clearly corresponds to the capabilities of those involved. Only when it is understandable to athletes can they be mastered. This implies overcoming difficulties that require effort. A study of the nature of the impact of training loads on the body of young belt wrestlers shows that if the training load does not correspond to the capabilities of those involved, in some cases their health may deteriorate. The principle of clarity and individualization requires that when forming groups of coaches, they select participants of approximately the same height, sports experience and level of training. It is known that in a group of belt wrestlers of the same age, qualification and initial training, there will be no two athletes with absolutely identical indicators. Therefore, one of the main tasks of the coach is strict individualization of the training process of each belt wrestler as early as possible. The level of mastering of strong motor skills by a belt wrestler is one of the main indicators of the level of his athletic skill. In competitive conditions, it depends on the skill of the wrestler, in which the asthenic emotions of the wrestler, fatigue, the reaction of the audience, unfamiliar sound situations have a negative impact. The main difference between a highly qualified belt wrestler and a wrestler with lower training is that regardless of the scale of the

competition and the characteristics of the opponent, his movements are distinguished by the correctness and accuracy of execution. Therefore, the coach must monitor the strong assimilation of the training material by the students. Strong assimilation of skills is understood as the ability to repeatedly perform a technique without reducing its effectiveness in a competitive situation. Strong assimilation of belt wrestling techniques is possible only with regular and long-term performance of training tasks. After repeated practice of these tasks, motor skills improve.

Archaeologists have found rock paintings depicting belt wrestling in various corners of the Earth - monuments of art of the eastern group of nomads of the 3rd and 1st centuries BC. For example, scenes of a wrestling couple are depicted on two bronze plaques from Ordos, from China and on silver vessels from a town on the Ob River in the Tyumen region. Not only Turkic-speaking peoples wrestled with belts. This sport covers almost all of modern Europe. Each nation has its own specifics and its own name for belt wrestling. Belt wrestling has collected all the most interesting and original of folk wrestling. The tradition of belt wrestling competitions passed to the Slavs from the Turkic peoples. This type of wrestling was widespread mainly in the south of Russia, in the Volga region, in the southern Urals, in Western Siberia and in the south of Ukraine. All Turkic warriors in peacetime improved and honed their combat skills through the methods and techniques of belt wrestling. As the settled way of life developed, men began to wear a belt or sash on their clothes, hence the name. The opponents approached, grabbing each other by the sashes, and tried to pull the opponent closer, snatch him and throw him to the ground. That is, a combat fight between horsemen was accurately reproduced. The wrestling maidan of Sabantuy today, as before, gathers a large number of spectators and participants, thereby preserving the traditional foundations of both the holiday itself and the national wrestling. At Sabantuys, championships, festivals and various tournaments, competitions are held today according to uniform rules. Wrestling competitions at Sabantuys are held according to the approved Regulations for holding belt wrestling competitions, which stipulate weight categories, evaluation of technical actions, prohibited techniques, etc.

To sum up the above points, it is worth noting that the more complex techniques a belt wrestler has, the more he can not only control his actions, but also justify them tactically. Thus, as skills are formed, the main object of attention of a belt wrestler becomes not the action itself, but the result of the action, conditions and situations of the competition. The athletic skill of a belt wrestler cannot grow quickly without serious adherence to the principle of consistency. The principle of consistency includes a wide range of requirements. Their main purpose is the rational organization of the training and competitive activities of a belt wrestler.

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