

IMPROVING THE COMPETITION PREPARATION OF HAND-FIGHTING ATHLETES**N. Nurmedov**

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The abstract is devoted to the issues of further improving the preparation of hand-to-hand combat athletes for competitions. In the course of the research, the problems of developing a long-term training system for athletes, improving their technical and tactical skills, and forming special physical qualities were analyzed. In addition, ways to increase the effectiveness of athletes in the competition process through the scientific organization of training and the use of modern methods and tools were developed.

Keywords: hand-to-hand combat, competition preparation, technical and tactical skills, special physical qualities, training process, effectiveness, methodology.

Аннотация посвящена вопросам дальнейшего совершенствования подготовки спортсменов, занимающихся рукопашным боем, к соревнованиям. В ходе исследования были проанализированы проблемы разработки долгосрочной системы подготовки спортсменов, совершенствования их технико-тактических навыков и формирования специальных физических качеств. Кроме того, были разработаны пути повышения эффективности спортсменов в соревновательном процессе посредством научной организации тренировок и использования современных методов и инструментов.

Ключевые слова: рукопашный бой, подготовка к соревнованиям, технико-тактические навыки, специальные физические качества, тренировочный процесс, эффективность, методология.

Relevance and necessity of the research topic. relevance and necessity of the topic. In recent years, the effective system of training qualified athletes has been improving worldwide. Effective organization of training for hand-to-hand combat athletes, proper planning of the multi-year training process and training of high-level promising athletes for competitions is considered a comprehensive process.

In world practice, many scientific studies are being conducted on the problems of establishing a system of multi-year training for hand-to-hand combat athletes, improving their skills and special work capacity, choosing the methodological direction of the training process, and rational use of general and special training tools. The acceleration of the process of competition in the hand-to-hand combat sport and the effective training of young athletes pose a demand to scientists and coaches in the field to rationalize modern tools and methods.

In our republic, it is of great importance to further popularize the sport of hand-to-hand combat among the population, especially young people, military personnel of the Armed Forces and employees of law enforcement agencies, to strengthen the material and technical base for the industry, and to establish a new system for training qualified personnel, trainers and referees, as well as their training as professional athletes.

The purpose of the study is to develop scientifically based proposals and recommendations for the development of technical and tactical skills and special physical fitness of hand-to-hand combat athletes in order to improve their preparation for competitions.

The objectives of the study: to improve the integrated training methodology of hand-to-hand combat athletes in the training process;

The scientific novelty of the research is that in order to increase the impact force and speed of hand-to-hand combatants, the methodology of integrated training of athletes of different weights has been improved by using combinations such as plyometric exercises with additional weights for the hands, arms and body, running at different speeds, sparring and simulation competitions, blocking, counterattacks;

Reliability of the research results. The reliability of the research results is based on the conclusions of domestic and foreign scientists in the field of theory and methodology of physical education and sports training, the representativeness of the experimental work and the processing of the results obtained by the method of mathematical statistics. The results were correctly processed using computer technology. The reliability of the proposals and practical recommendations presented in the dissertation is justified by the need to solve the conceptual problems of the theory and methodology of strength and speed-strength training of hand-to-hand combatants. The scientific and practical significance of the research results.

The scientific significance of the research results is explained by the fact that they serve to further enrich the training system of hand-to-hand combatants, taking into account the indicators of special physical fitness, to accurately plan the training process based on competition activities in optimal conditions for training hand-to-hand combatants in modern sports practice, and to develop a differentiated methodology and standards for determining the special competition readiness of hand-to-hand combatants.

The practical significance of the research results is that they allow developing physical qualities based on the characteristics of technical elements (standing position, movement rhythm, trajectory, strikes, movement intensity) in the preparation of hand-to-hand combatants for competitions, increasing the competitiveness of hand-to-hand combatants, conducting a scientific analysis of training activities, and developing model characteristics of strength and speed-strength exercises, taking into account indicators of special physical fitness.

Implementation of the results of the study. Based on the results of scientific research on increasing the effectiveness of preparing hand-to-hand combatants for competitions: in order to increase the effectiveness of tactical actions of hand-to-hand combatants in the competition activity at the training stage, proposals and recommendations on performing main strikes in combat positions, varying the intensity of rhythm, trajectory, strikes, and movement speed, with four types of distances, were applied to hand-to-hand combat training sessions of Nukus city sports schools No. 1 and No. 2 (Reference of the Ministry of Sports of the Republic of Karakalpakstan dated February 20, 2025 No. 01-03/924). As a result, the height of the experimental group of subjects improved by 14.3%;

The methods and organization of the research, called the methods of scientific research and their organization, are described: the study and analysis of scientific methodological literature, pedagogical observation, pedagogical testing, anthropometry, YQS intensity zones, and processing methods using mathematical and statistical analysis are described. Also, detailed information is provided on the organization of the study, which was conducted in 3 stages: The study was conducted in 2021 on the basis of Sports School No. 1 in the city of Nukus.

For the experiment, we divided the athletes into two groups - 15 athletes were involved in each. Unlike the control group, we used an additional set of exercises during the training cycle to develop strength and endurance abilities in the children in the experimental group. Training and educational sessions were held 6 times a week.

Each session lasted 80-90 minutes. All young athletes have repeatedly participated in city, regional, interregional and republican competitions. Research stages: 1. Analysis of literary

sources, teaching aids, scientific articles on the topic of the research, selection of materials for writing a dissertation (September - December 2021). 2. Analysis of existing methods and programs of the training process at sports school No. 1 and development of research methodology for our own research (February - April 2022). 3. Conducting a foundational and formative pedagogical research (May 2022 - December 2023). 4. Mathematical processing of research results, presentation of results, development of practical recommendations, preparation of a dissertation (February - May 2024).

Qo'l jangi bilan shug'ullanuvchilarni musobaqalarga integral tayyorlash metodikasi

Bosqich	Mashg'ulot yo'nalishi	Maqsad	Mashg'ulot turi	Davomiyligi	Tavsiyalar
Maxsus jismoniy tayyorgarlik	Kardiyo va chidamlilik	Yurak tizimini mustahkamlash, umumiy chidamlilikni oshirish	Yugurish, veloergometr, suzish, (intervallar)	4-6 hafta	Har kuni 30-60 daqiqa, YUQS nazorati
Tezkor-kuch	Portlovchi kuch	Zarba kuchini va tezkorlikni oshirish	Og'irlik bilan mashqlar, plyometrika, tezlik bilan yugurishlar, arqon sakrash	4-6 hafta	Kuch va tezlikni oshirish uchun 2-3 kun kuch mashqlari, 2-3 kun tezlik mashqlari
Texnik tayyorgarlik	Zarba va himoya texnikasi	Hujum zarbalari va himoya usullarini takomillashdirish	Kombinatsiyalar, oyoq harakatlari, blok va qarshi hujumlar	6-8 hafta	Individual va juftlikda bajariladigan mashqlar
Taktik tayyorgarlik	Jang strategiyasi va taktikasi	Raqibni tahlil qilish, raqibga moslashish va taktik sxemalar	Sparring, video tahlil, simulyatsiya janglari	6-8 hafta	Har xil raqiblarga qarshi mashq qilish, jang sharoitlari yaratish
Psixologik tayyorgarlik	Stressga chidamlilik va motivatsiya	Musobaqa oldidan psixologik holatni mustahkamlash	Vizualizatsiya, nafas mashqlari, meditatsiya	4-6 hafta	Musobaqa sharoitlarini takrorlash, diqqatni jamlash mashqlari
Ovqatlanish ratsioni va tiklanish	Optimal ovqatlanish va dam olish	Sportchining energiyasini saqlash va tiklanish jarayonlarini tezlashtirish	Protein, uglevod va yog' balansini saqlash, suv ichish tartibi	Bütün tayyorgarlik davri	Musobaqa oldidan og'ir ovqatlarni cheklash, vitamin va minerallar yetarlicha iste'mol qilish
Musobaqaoldi tayyorgarlik va adaptatsiya	Musobaqaga tayyor holatga yetkazish	Optimal jismoniy va psixologik tayyorgarlik	Yengil sparringlar, maxsus mashqlar, taktik rejani takrorlash	1-2 hafta	Mashg'ulot yuklamasini kamaytirish, tiklanishga e'tibor berish

Izoh: Integral tayyorlov metodikasi sportchini har tomonlama rivojlantirib, musobaqada yuqori natijaga erishish uchun zarur asosni yaratadi.

CONCLUSIONS

Pedagogical comparative analysis of the results of scientific research on the topic of the study, the sport of hand-to-hand combat is considered an important sport in the formation of national systems of physical education, the functions of the physical education system of competitive culture in historical periods, as well as in the implementation of public control over the state of physical education and development among people using specific means and methods characteristic of a particular people. The specific feature of the art of hand-to-hand combat, which significantly affects the characteristics of physical training and the style of fighting, the lack of a complex system based on the sharp development of bilateral abilities (with

maximum approximation to ambidexterity), the comprehensive development of coordination abilities, and increasing the reliability and efficiency of the body's activity, indicates the need for extensive scientific research in this area.

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