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Abstract

This article talks about the classification of the wrestler's general physical fitness and qualities. It was also analyzed that the general physical fitness of a wrestler should be at an excellent level and that each physical quality of a wrestler is closely related to each other.

Keywords: wrestling, training, general physical training, wrestler, individual wrestling, wrestling technique, training, sports games, action games.

A society with increased attention to sports develops as a healthy society. There are all types of sports, which serve not only physical fitness, but also spiritual development of a person. In particular, wrestling is a defense of national values and it ensures the strengthening of national pride and confidence in a bright future. The art of fighting has been known in many nations since ancient times. This sport is a one-on-one match between two athletes according to established rules. Wrestling is a specific type of sport single combat, the victory over the opponent is achieved using a certain range of actions and techniques. In wrestling, all methods are called and executed by 7 names: sweep, chil, double, load, shoulder, bardor, side. These are divided into hundreds of ways. In order to fully understand the technique (methods) of wrestling, to be able to perform it in any situation, that is, to fully master it, one must first have an understanding of its methods, the reception of two wrestlers, and the manner in which the methods are performed.

At the time of the match, the wrestlers stand facing each other from the edge of the mat and after bowing, they wrestle according to the rules established by the referee. In every training period, as well as when their coaches give the "chordana" command (order), they line up beautifully, crossing their legs, crossing the left leg behind the right leg, putting their hands on their knees, they must build the attic. Through the methods allowed in wrestling, the opponent or partner is thrown off balance, the method is executed and victory over the opponent is achieved.

Methods that do not harm human health, do not injure and are beautiful are divided into groups and studied separately. The methods are mainly performed standing with the help of hands, feet and pelvis. This does not mean that the methods are learned in such a sequence, but they are mastered based on the principle of gradually learning difficult elements from easy elements with the help of a teacher-pedagogue.



Lessons are divided into three types: learning by looking at the method, educational competition and free learning to be able to perform the method. The partner of the wrestler-wrestler who starts to perform the method in wrestling is called opponent.

Every young person who dreams of becoming a wrestler should pay special attention to his physical qualities. By regularly learning and performing various general exercises and special exercises, physical fitness improves. It is necessary to know the difference between general physical exercises and special physical exercises, its goals and tasks. The general physical fitness of the wrestler should be excellent. Wrestlers should do gymnastics more often in the morning because it increases agility and flexibility. Increases strength by working out with barbells. And through cross-country running, cycling, rowing and swimming, endurance is improved. Sports games are activated through action games and the ability to move precisely. Each physical quality of a wrestler is closely related to each other. For example, agility requires very fast movement, while speed requires a certain amount of strength. For endurance, all physical qualities must be developed. A wrestler can achieve high results only when he develops all physical qualities equally.

Let's talk about the exercises necessary for wrestling: The amplitude of movement (range) is increased through exercises that develop flexibility. In order to constantly develop flexibility, it is necessary to perform each exercise 16-18 times and start the exercise slowly and then speed up.

At this time, it is recommended to pay attention to the impact of the muscles that are cramping, but not to strain the muscles to the point of pain. The following exercises are recommended in order not to lose balance (fall) from the center of gravity:

1. Standing on one leg, raising the other leg forward, sideways, back.
2. While standing with the legs together, bend forward, left and right, back and rotate the body without moving the pelvis.
3. Legs in pairs while standing with pelvis rotation (in each direction).
4. Perform this movement while standing on one leg.
5. Turning the body while standing on one leg.
6. Jump standing on one leg.
7. Turning the body up to 90, 180, 360 degrees and not losing balance by jumping.

There are various exercises that increase dexterity: jumping forward over a partner who is leaning on knees and hands, jumping over a partner who is standing in the same position. Turning to the side, leaning on the head and hands, without touching the shoulders to the mat, sway back and forth. To increase strength, you can perform various special exercises with or without dumbbells, kettlebells and barbells.

Put the barbell on the chest and slowly raise it up, shake it and lift it up;

Lean forward with a barbell on your shoulders and sit in this position.

Lifting heavy weights, walking slowly.

Walking or running with a partner on your shoulder;

Performing exercises with special sports equipment. Perform a forward or side sweeping method by pulling a special sports item with two hands;

Carrying out over-the-shoulder throwing techniques with special sports equipment;



When the opponent is lying on the mat in any position (without resistance), lifting him from the mat to the waist or to the chest;

Carrying the opponent in various positions, sitting on the shoulders or leaning the body forward. Exercises that develop speed. To improve this physical quality, a wrestler should consider the following:

1. The weight should not exceed the prescribed norm, it is necessary to be strong and agile for fast movement, to perform exercises that develop speed little but often.
2. Raise a light rubber ball together and hang it in the air.
3. Stop the ball flying in the air (landing) or rolling with your feet and direct it in different directions.
4. Running fast for a short distance.
5. Running high and long jump.
6. Starting from different positions.
7. Performing exercises that develop the neck muscles while leaning forward and leaning on the head and hands, performing the same exercises leaning back and leaning on the head and hands
8. Hanging from the turnstile.
9. Climb up and down the rope using various methods.
10. Hanging a wrestling ring on a barbell or a tree and hanging from the collar will strengthen the muscles of the hand and fingers.
11. Running for a long distance (3-5 km),
12. Tug of war.

Prohibited (impossible) holds and moves in wrestling.

1. In wrestling, never catch from below the belt, i.e. from the legs, pants.
2. In wrestling, the opponent is not grabbed or squeezed by the head or neck with both hands.
3. In wrestling, the opponent is never caught by turning the sleeve and collar inward, or by tucking the thumb into the sleeve or collar.
4. It is forbidden to elbow or knee the opponent in the face or chest during the competition while learning the technique in wrestling.
5. It is forbidden to wrap a scarf around the opponent's head during the fight.
6. It is forbidden to use suffocation and pain methods in wrestling.
7. When the opponent is kneeling, i.e. one or both knees are touching the mat, the fight is stopped.
8. Grabbing the opponent by the fingers is also prohibited.
9. It is not allowed to talk to the opponent during the match.

If necessary, permission will be asked from the referee on the mat.

While moving on the mat, the wrestler moves forward, backward, and sideways with a single partner, but during any movement, it is better if the legs move freely on the mat as much as possible, without taking the leg off the mat, otherwise, an opportunity is created for the opponent to attack and perform a technique.

Self-defense.



When a wrestler falls on the mat, it is important to protect themselves and fall without injury. Every wrestler must be able to fall properly in any situation and be able to protect himself and his opponent by various methods while falling.

These are learned and improved during the exercises, from easy to difficult. In this case, it is appropriate to teach the fighter to get up quickly and stand again in a fighting position when he falls down from the first training. Throwing is important to both the defensive and offensive wrestler to get a safe fall when performing the throw technique.

A wrestler who has not perfected his takedown technique will act cautiously with fear, preventing him from becoming a mature wrestler. First of all, wrestlers must clearly know their own and their opponent's common center of gravity (equilibrium) and the point of the wrestler's support field, no matter what position he is in. The wrestler's fall directions are given as follows.

- a) back;
- b) to the side;
- c) forward;

Each direction of the fall must be carefully studied. Even experienced wrestlers of the highest category must repeat the fall technique exercises for a certain period of time in each training session. These exercises are important for warming up the body and increasing self-confidence.

When the wrestler is falling on the mat, his hand must hit the mat before his body and make the blow to the body much lighter. The greater the impact of the hand on the carpet, the lighter the impact on the body.

Falling back.

Falling backwards with legs and torso bent. At this time, one or two small steps are taken back and at the same time the legs are bent. When this exercise is done quickly, you will be able to stand up while keeping your balance in a sitting position.

To learn the position of the hand when falling back, lie on the mat with the back, the legs are folded together, the chin is pressed to the chest. He raises his hands and hits the carpet.

The hands are extended forward while hitting the mat, the palm of the hand is directed down and the fingers are compacted. The angle between the body and the hand is 45-50 degrees.

Falling to the side Falling to the side is often repeated in wrestling, so attention should be paid to these movements. While standing, putting one leg forward, bending the supporting leg at the knee and hitting the mat with the hand, when falling to the side, the hand must hit the mat before the body.

Studying the last position when falling to the side; lies on the carpet with the right side. With the knee bent, the right leg is pulled towards the chest, the left leg is bent from the knee and placed on the mat in front of the right calf, the chin is pressed to the chest, the body is bent forward.

The left knee is raised as high as possible and the right knee is placed on the mat. The right hand is placed on the carpet with the palm facing down at 45-50 degrees in relation to the body without folding it and the left hand is in a raised position.

In the same sequence and position, the same exercise is performed on the left side. Now, these lateral falls are practiced in various situations and studied and perfected.



Fall sideways over a partner who is on their knees and hands. He goes to the right side of the opponent, who is leaning on his knees and hands and stands with his back to him. Grabbing the shoulder of the opponent's leg with the left hand, the right leg is raised forward, while the right arm is stretched forward.

He falls back while bending the waist, while falling, when the body is close to the carpet, the right hand passes forward from the falling body, the last part of the wrist and the palm are directed to the carpet and the force of the body falling to the ground (carpet) is sharply reduced, reduces, when falling, after the hands, the body and finally the feet fall to the carpet.

In the same position and sequence, it also falls to the left side. Falling in this direction can take two forms:

a) carrying out the exercise of raising the pelvis forward.

b) falling forward, leaning on the hands while keeping the torso upright.

In short, a society that pays attention to sports develops as a healthy society.

There are all types of sports, which serve not only physical fitness, but also spiritual development of a person. In particular, wrestling is a defense of national values and it ensures the strengthening of national pride and confidence in a bright future. The art of fighting has been known in many nations since ancient times. This sport is a one-on-one match between two athletes according to established rules.

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