

## In Competitions Conducted by Belt Wrestling Use of Fast Technical Methods Efficiency

**Artikov Z. S.**

P.F.B.F.D. (PhD), associate professor, UzDJTSU

**ABSTRACT:** This article covers the analysis of the effectiveness of using high-speed technical methods in belt wrestling competitions and its impact on results.

**KEYWORD:** belt wrestling, competition, technical methods, skilled belt wrestlers.

**Research relevance:** Today, belt wrestling is recognized as a very attractive and addictive sport among the people living in different countries of the world, especially among children. It is known that belt wrestling is one of the sport that is becoming more popular in our country and the world community. The main reason for this is the three-stage system "Umid Nihollari", "Barkamol Avlod" and "Universiade" games held in our country. Because before it was only in the valley Belt wrestling was practiced in Tashkent and Tashkent regions. Today, many Republican, Asian, and World champions have come from Voxa regions. In 2005, 2006, 2007, the students of the State Institute of Physical Education of Uzbekistan, who were members of the national team, achieved high results at the World Championships in belt wrestling. In the following years, coaches of foreign countries studied the experience of Uzbekistan and began to show decent resistance in various competitions.

They learned more important technical methods from us like to shake hands, hold hands, etc. We did not stop at this, for example, in belt wrestling, the correct grip on the belt means a fifty percent victory over the opponent. In the following years, we taught university students a different technique, i.e. reverse grip, and achieved many excellent results in this regard[1].

**The purpose of the study.** It consists in the development of a module on the implementation of modern technical methods in belt wrestling.

### Research results and discussion.

In our country, the methods of wrestling with a belt have been performed by lifting, for example, throwing to the right and left, throwing in the reverse method, lifting and blocking are more widespread among the people or among wrestlers. Many years' students of our university, members of the country's national team B. Tuxtasinov. E. Sotvoldiev, 3. Ortikov and others participated in the world championships, these athletes could not resist the method of European wrestlers.

We have studied this method of European wrestlers and we have developed a defense against this method with our coaches. Elbek Sotvoldiev and Zaylobiddin Artikov at the 2012 World Belt Wrestling Championship in Kazakhstan (Astana) won the hearts of everyone with a beautiful execution of the technique of lifting from the chest. Nowadays, this method is also common among our youth. (See Table 1).

253	ISSN 2690-9626 (online), Published by "Global Research Network LLC" under Volume: 3 Issue: 11 in Nov-2022 <a href="https://grnjournals.us/index.php/AJSHR">https://grnjournals.us/index.php/AJSHR</a>
	Copyright (c) 2022 Author (s). This is an open-access article distributed under the terms of Creative Commons Attribution License (CC BY). To view a copy of this license, visit <a href="https://creativecommons.org/licenses/by/4.0/">https://creativecommons.org/licenses/by/4.0/</a>

**Table 1. A module to knock the opponent out of the chest**

<b>Passing the opponent over the chest</b>		
2. Holding hands in a uniform position	6. . Lower the body up and into the bridge position	3. Passing the opponent with the right or left foot.
4. Squeeze the chest with both hands.	1. The low posture.	
	7. The body, arms and legs move at the same time.	5.Perform legs in one movement.

A questionnaire was conducted among coaches and athletes in order to justify the importance of the methodology developed by us and the relevance of the chosen topic. And 50 athletes and 30 coaches who participated in the survey answered the question "in which position do you want to hold the belt" or "how do you teach your students to hold the belt?" 26% of the respondents said that it is necessary to train both hands in an equal grip position, and 13% of our respondents said that if it is difficult in training, they organize competitions by holding the belt wide and holding it upside down, taking into account the ease in the competition. We presented to the respondents the results of our research conducted during the training process and competitions, visually and on video tape, and introduced them to the results of our analysis. We also recommended to the coaches the module we developed on how to perform the right to left throwback technique while holding the belt upside down.(See Table 2).

**Table 2. Right-to-left return module holding the belt in reverse.**

<b>Right-to-left return holding the belt in reverse.</b>		
2. Stand with the left hand close to the right hand.	6. Moving the body to the right and left.	3. Stand with the left hand close to the right hand.
4. The left hand pulls up and the right hand pulls down.	1. <b>The middle standing position.</b>	5. Lifting with the right side and blocking with the left foot.
	7. The body, arms and legs move at the same time.	

It remains more difficult to defend in belt wrestling than to perform technical techniques. Because there are three different ways to defend yourself, you can resist by pulling (block), stepping or by jumping we can show. But if a wrestler puts his hand on his opponent's waist in order to protect himself, he will be punished by the referee, if he steps next to his opponent's legs in order to stop the movement when the opponent attacks, the wrestler who stepped will be given a penalty warning[3].

If a wrestler jumps to stay on his feet during an attack, he may fall into a reversal. It can be said that in today's modern belt fighting, the use of counter-attacking or defensive techniques can be more effective than defense. In recent years, in most of the international belt wrestling competitions held by our trainers, the experience of the leading wrestlers, their combinations of attack, defense and counter-attack are recorded using a visual or video camera, and the scientific basis of these technical actions is being studied[2].

**Summary:** A number of scientific studies are being conducted in this regard. Based on the results of the research, tactical elements suitable for the proportional development of the priority physical qualities characteristic of a belt wrestler and the destruction of the technical methods used in counter-attack are being formed. At the same time, it is necessary to prepare special training manuals that reveal the secrets of training of belt wrestlers, the physical and technical exercises used in it on the basis of innovative technologies.

**List of used literature**

1. Aliev I.B. of training loads for wrestling student-athletes. / diss...p.f.n., T., 2012. - 30 p.
2. Mirzakulov Sh.A. Physical fitness of young belt wrestlers. / International scientific-practical conference "Modern problems of the theory and methodology of physical education and sports training", Part II. Tashkent, 2015, - B. 83-84.
3. Mirzakulov Sh.A. Belt wrestling theory and methodology., T., 2014.