

INDICATORS OF GENERAL AND SPECIAL PHYSICAL FITNESS OF WRESTLERS IN THE FORM OF "MILLIY KURASH" UNDER THE INFLUENCE OF INTENSIVE TRAINING EFFECTS

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ANNOTATION

During the implementation of the developed experimental program, wrestlers were trained in the form of "Milliy kurash" using a significant amount of funds in the training process providing shock training effect. The effectiveness of the used intensive training methods was confirmed by a significant increase in the indicators of general and special physical fitness of kurash wrestlers.

Keywords: national types of wrestling, experimental program, intensive training, general physical fitness, special physical fitness, physical working efficiency

RELEVANCE

National types of physical education and sports have a high social significance in solving the main pedagogical tasks as in terms of improving the level of physical fitness of young people so in the aspect of improving the health of those who are engaged in folk sports. (Yushkov O.P., Shpanov V.I., 2000, Kalilov U. Dj., 2007, Gadjiagayev S.M., 2007, Usmanhadjayev T.S., 2009, Gulyayev M.D., 2012, Fominikh A.V., 2012).

Studying the features of the Central Asian national types of Kurash, most authors revealed the presence of many similar methods in the structure of techniques in single combat with technical actions of international types of fight, In particular, dzyudo, sambo, with free wrestling. According to the opinion of the authors training in national types of kurash, in particular, "kazakhsha kures", "tadjik wrestling" "gushtingiri", "kirgiz wrestling" "Kuresh", "Turkmen national wrestling" "yakkalashma" allowed wrestlers to achieve high sports results in the international arena. (Kalilov U.Dj., 2007, Fominikh A. V., 2012, Dashinorbayev V.D., 2014, Nikiforov N.V., Nikitin S. N., 2014, Mirzakulov Sh.A. 2014, Mirzanov Sh. S., Ishmukhamedov T.R., 2014, Bobomuradov N.Sh., 2019). Most types of national and sports wrestling have a lot of common with each other. However, at the same time, each of them has its own distinctive features, which are characterized by the following main features: the system of evaluation of wrestling techniques; the time limit of the duration of fights; the presence and boundaries of weight categories of wrestlers. However, irrationality of the choice of means and the primitive system of their formation when building training programs, leads either to the loss of originality, or to their complete oblivion, under the influence of modern trends in sports activity.

The above was the rationale for the experimental program based on the use of intense loads using concentrated and interval research methods for the type of "milliy kurash", which is widespread in Uzbekistan.

Purpose of the research : Assessment of indicators of general and special physical fitness of wrestlers by type " Milliy kurash " under the influence of intensive training effects. Organization and research methods. The research was carried out at the " Kurash Centre " base in Karshi in October 2020. Testing of physical qualities of 20 athletes was carried out according to the most accessible tests used in the practice of training wrestlers. Surveyed athletes were engaged in kurash wrestling for 5 - 6 years, had sport qualifications of cms (candidates for master of sports).

Testing was carried out both to establish the structure of physical fitness of wrestlers and to assess the functional state. The information content of testing was increased by taking into account the main theoretical provisions set forth (P.Blagush, 1982);

1.Functional tests : Dynamometry of hands, dynamometry of body extensors, PWC - 170, widespread in sports practice used by us to determine the level of physical working efficiency of athletes. The measurement of these indicators was carried out according to the generally accepted methods proposed by V.I. Dubrovsky, 2002. 2.Pedagogical tests : Complex exercise on a wrestling bridge, five throws with a twist (over the back), rope climbing, dummy throws in a variable pace for five minutes, pull ups on the crossbar, modified Cooper test. In accordance with the recommendations of specialists in sports fighting (Zamyatin Yu. P., Poymanov V. P., 1984), in the experimental program for training wrestlers in the form of milliy kurash , a conjugate method of special physical training was used , as well as an interval-circular training method specific for wrestling. The essence of the latter is that training fights with a change partners are used as a load task, and tired sparring partners are replaced by rested ones. This significantly increases the intensity of the specific load and is used in wrestling practice for the purposeful development of special endurance. During the realization of the experimental training program for the kurashists, a concentrated method of organizing the training process was also used, when a significant amount of physical training was used, providing a shock training impact on the athlete's body, forming his readiness to an increased level of special motor qualities in the preparatory and at the beginning of the pre-competition periods.

The results of received research and their discussion : The dynamics of the results in the following tests was determined on the basis of data testing of the preparedness of experimental wrestlers (EG) (n = 12) and control group (kg) (n = 12) at regular intervals (3 months) at three stages of the experiment during the annual training cycle. The results of testing of the test subjects of control and experimental groups at the beginning of the experiment are presented in table 1. As evidenced the data analysis , the level of initial indicators of the physical fitness of wrestlers of control and experimental groups was practically the same. Intergroup differences in any of the indicators showed only a minor advantage of athletes of one of the groups and these differences were unreliable. It should be noted that the results of this testing only confirmed the qualitative homogeneity of the control and experimental group.

In the second stage of the experiment when analyzing the results of testing of athletes KG and EG groups the improvement of most tested indicators in wrestlers of both groups was found (Table 2). At the same time a well defined tendency of more significant increase of results in special motor qualities in kurashists EG compared with the wrestlers of the control group (Table 2). So if in the tests "Rope climbing", "pull-ups on the crossbar", "Cooper test", "Dynamometry of the hip extensors", the difference in growth values is not very significant, but according to other indicators ("complex exercise on the wrestling bridge", "Five throws with a twist(over the back)", "pulling-ups on a crossbar 10 s" the advantage of the test experimental group became very significant and in the test "Dummy throws in a variable pace within 5 minutes" approached reliable values. Further analysis of the obtained experimental data was carried out on the basis of comparing the dynamics of indicators of physical preparedness of wrestlers of both groups separately.

Table 1. Test results of wrestlers by type "Milliy kurash" at the initial stage of the experiment (n= 12).

Tests	Units	Groups of wrestlers		Reliability of differences	
		Control $m \pm m$	Experimental $M \pm M$	t	p
Complex exercise on wrestling bridge	s	18,2±0,50	17,9±0,42	0,45	-
Five throws by turning (over the back)	s	8,20±0,22	8,23±0,20	0,10	-
Rope climbing	s	5,03±0,06	5,05±0,06	0,25	-
Dynamometry of hip extensors	kg	157,2±1,37	158,8±1,42	0,81	-
Dynamometry of the hands	kg	40,5 ± 7,09	38,9 ± 8,52	0,39	-
Dummy throws in a variable pace within 5 minutes	quantity	53,3±1,27	54,8±1,31	0,88	-
Pull-ups on the crossbar	Quan.	16,7±0,76	17,0±0,80	0,27	-
Cooper test	m	1448±8,7	1453±8,9	0,40	-
Pull-ups on the crossbar for 10 s	Quan.	7,9±0,20	8,0±0,23	0,33	-
PWC-170 - ($x + \sigma$) Physical working efficiency	kg/m/min.	1653 ±170	1650 ±180	0,50	-

The most significant results were obtained by comparing the testing data of the wrestlers of both groups at the final stage of the experiment. These data are presented in table 3. A detailed analysis of the data of Table 3 shows, that during the experiment there was a significant improvement in the results of the tests in athletes of both groups. At the same time, in athletes of the experimental group, such improvement is more significantly and reaches in most of indicators reliable values, compared to the control group.

Table 2. Test results of wrestlers by type " milliy kurash " on the second stage of research

Tests (n = 12)	Units	Groups of wrestlers		Reliability of differences	
		Control M±m	Experimental M±m	t	p
Complex exercise on wrestling bridge	s	18,0±0,49	17,1±0,40	1,43	-
Five throws by turning (over the back)	s	8,19±0,20	7,90±0,16	1,12	-
Rope climbing	s	5,03±0,05	5,00±0,05	0,43	-
Dynamometry of hip extensors	kg	157,5±1,36	159,3±1,43	0,91	-
Dynamometry of the hands	kg	42,5 ± 6,98	2,1±5,72	0,40	-
Dummy throws in a variable pace for 5 minutes	quantity	53,5±1,30	56,9±1,29	1,86	0,05-
Pull - ups on the crossbar	quantity	16,9±0,78	17,8±0,81	0,79	-
Cooper test	m	1450±8,8	1460±9,0	0,79	-
Pull - ups on the crossbar for 10 s	Quan- tity	7,9±0,21	8,2±0,22	1,00	-
PWC-170 - (x + σ) Physical working efficiency	Kg /m/min	1781.1±180	1850,6±190	Good	

Thus the growth of the results is reliably higher in Reliability of the indicators in kurashists of the experimental group is confirmed in tests " Five throws by turning(over the back)" (p 0,01), " Dummy throws in a variable pace for 5 minutes " (P 0,01), " Complex exercise on the wrestling bridge " (p 0,05), " Rope climbing " (p 0,05), " pull - ups on the crossbar for 10 s." (p 0,05), " Dynamometry of hip extensors " (p 0,05). All this indicates that the experimental technique has a more pronounced positive influence on the development of general and special physical qualities. As can be seen from the content of Table 3 in the athletes of control group from the stage to stage there were some improvements in tests. Thus, the comparison of the data of the first and final testing stages indicates that the results of the wrestlers KG improved more in tests : " complex exercise on the wrestling bridge " - to 0,5 c., " Five throws by turning(over the back) " - to 0,06 c, " Cooper test " for 6 m, " Dynamometry of hip extensors " - for 1,8 kg, " Dummy throws in a variable pace for 5 minutes" - on 1 throw. In addition, the increase in indicators in the tests " PWC - 170 - physical working efficiency" and " Cooper test" is also more substantial in wrestlers kg , although it is not reliable.

Table 3. Test results of wrestlers by type " Milliy kurash " at the final stage of the experiment (n = 12)

Tests (n = 12)	Units	Groups of wrestlers		Reliability of differences	
		Control M±m	Experimental M±m		
Complex exercise on wrestling bridge	s	17,6±0,44	15,9±0,38	2,93	0,05
Five throws by turning (over the back)	s	8,14±0,20	7,35±0,15	3,16	0,01
Rope climbing	s	5,02±0,04	4,91±0,03	2,20	0,05
Dynamometry of hip extensors	kg	159,0±1,43	164,5±1,50	2,51	0,05
Dynamometry of the hands	kg	48±1,33	52±1,29	2.30	-
Dummy throws in a variable pace for 5 minutes	Quan	54,2±1,28	59,8±1,30	3,08	0,01

All these positive changes in the KG don't achieve reliable values (P = 0,05) and reflect only the general trend of improving the results, and improvement is insufficient. In this regard, it can be assumed, that the generally accepted method of training wrestlers used in the control group is not the most effective for the development of physical qualities of athletes.

Table analysis No. 1 - 3 testifies about the unidirectional positive dynamics of all tested indicators in the athletes of the experimental group from the initial stage to the final stage of the experiment. Thus, in the complex exercise on the wrestling bridge, the mid - group result at the final stage improved - to 1,9 s. (p = 0,01). The same dynamic is noted in the test " Five throws by turning(over the back)", in which the mid - group result of Kurashists has improved to the final stage of the experiment - to 0.88 s (P = 0,01) It should be noted that more significant differences are identified in the test, which most reflects special endurance of wrestlers. In all probability, this physical quality is subjected to more significant changes during the training cycle , which, in essence reflects the nature of the formation of the sports form of wrestlers to the time of the beginning of the competitive period. More significant results were obtained in analyzing data testing of athletes of both groups in the third stage of the experiment. These data are presented in Table 3.

As seen from the data of the table 3, the advantage of the kurashists of experimental group (EG) at the final stage of the experiment increased significantly in all indicators of physical fitness. At the same time, differences in the growth of indicators in tests characterizing special endurance and special high - speed - force qualities reached reliable values (at P = 0.05).

Thus, the average group indicators in the test " Dummy throws in a variable pace for 5 minutes" made up in kurashists of experimental group 59.8 = 1.30 throws. This is reliably greater than

that of the wrestlers of the control group, in which the average group results in this test made up $54.2 = 1.29$ throws. A similar position is noted in average group results indicators in the tests of " Five throws by turning (over the back)" (in the experimental group - $7.35 = 0.15$ s, in the control group - $8.14 = 0.20$ s) and " Complex exercise on wrestling bridge " (in the experimental group - $15.9 = 0.38$ s, and in the control group - $17.6 = 0.44$ s). These differences are also reliable in $P < 0.05$. The obtained results are confirmed in the indicators of physical working efficiency by PWC - 170. If at the initial stage, the PWC - 170 indicators made up in kg $1653 = 170$ kg / m / min, and in EG - $1650 = 180$, at the final stage the athletes of the control group demonstrated the growth of physical working efficiency, value of which was $1801.5 = 194.67$. However, the increase in this indicator in EG increased to a large extent and made up $1942.68 = 197.81$ kg / m / min. It should be noted the dynamics of the growth of indicators in other tests revealed the superiority of the EG athletes, although the obtained indicators are statistically not reliable. Thus, in the test " Rope climbing", the advantage of the wrestlers of the experimental group was 0.07 with " pull - up on the crossbar for 10 s " - 0.5 times, in the test " pull- up on the crossbar" - 2.8 times, in the " Cooper test" - 14m, in the test " Dynamometry of hip extensors" - on 3.5 kg. The use of an experimental program for training wrestlers by type Kurash contributed to the rapid increase in the main motor qualities, as evidenced the results of tests reflecting not only special physical fitness of wrestlers, but also general physical fitness. **CONCLUSION:** The experimental program of training kurashists proposed by us with the predominant application of intensive training methods confirmed the effectiveness of its operation based on the growth of indicators of the general and special physical fitness of wrestlers - Kurashiists. The results obtained on the general and special physical fitness of the wrestlers confirms the principle of unity of the relationship in the preparation of athletes ,known in the theory of sports training.

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