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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**METHOD OF USING NON-TRADITIONAL EXERCISES IN  
TRAINING TECHNICAL MOVEMENTS OF BELT WRESTLERS****Zaylobiddin S. Artikov***Lecturer**Uzbekistan State University of Physical Education and Sports**Tashkent, Uzbekistan**E-mail: [artikov@mail.ru](mailto:artikov@mail.ru)***ABOUT ARTICLE**

**Key words:** development of general and special physical qualities, technical and tactical training, modification, maintenance of static-dynamic balance, modeling, functional possibility of the controlling vestibular analyzer

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**Abstract:** Based on the pedagogical observation, survey, current research, results of pedagogical experience and their comparative analysis conducted within the scope of this scientific research, practical recommendations on improving the training process of highly qualified belt wrestlers and, in addition, lifting the opponent during the modern belt wrestling competitions and making him perform various technical throwing actions using tactical methods in most cases maintain static and dynamic balance, research results have proven that the main reason for this is the maintenance of static and dynamic balance used in our scientific research aimed at maintaining and developing static and dynamic balance in these wrestlers, as well as evaluating the functional possibility of the vestibular analyzer that controls this activity All tests designed to be modified and modeled on new meaningful belt wrestling are applied to the practice of wrestlers.

**INTRODUCTION**

**Relevance and necessity of scientific research.** On the world scale, each nation and people have their own types of wrestling that have appeared and developed over the centuries, and among them, national wrestling types that have been conducted in the "Bukhara" and "Fergana" methods are widely popular in Uzbekistan. In particular, belt wrestling is one of the most popular sports in all continents of the world. In developed countries, large-scale scientific research is being carried out in order to adapt the training system of masked wrestling athletes to modern requirements. Currently,

there are sports close to or similar to belt wrestling in many countries of the world, therefore, it is important to further develop this sport on a global scale, to scientifically base the training system of wrestlers.[1,2]

## **MATERIALS AND METHODS**

Uniquely different characteristics of general and special physical qualities in all sports, including national and international wrestling, scientific, theoretical and methodological foundations of their development depending on the components of technical training V.P. Filin, L.P. Matveev, L.P. Volkov, Yu.V. Verkhoshansky, G.S. Tumanyan, Yu.F. Kuramshin, V.N. Platonov, M.A. Godik, J.K. Kholodov, V.S. Kuznetsov, V.F. Boyko, G.V. Danko and other leading experts-scientists such as revealed in accordance with the fundamental research[4]. In addition, the priority of physical qualities in the training of highly qualified athletes in each type of wrestling, their development in accordance with the characteristics of specific technical methods, and global issues V.F. Boyko, G.F. Danko, B.A. Podlivaev, V. It was studied in detail by M. Igumenov, A.A. Karelin, D.G. Mindiashvili, V.V. Nelyubin, F.A. Kerimov, N.A. Tastanov. In addition to this, the theory and methodology of training highly qualified athletes in the sport of belt wrestling, which is becoming popular not only in our country, but also throughout the world, the execution of the training methods used in belt wrestling while holding the belt, that is, in this process, two wrestlers, without fully seeing each other, have their own intuition. The scientific-theoretical and methodological-technological foundations of issues such as the ability to win over an opponent based on the implementation of a sequence of movements with the help of unconventional exercises, combining their special qualities with each other, are related to their level of physical training, have not been systematically created. In this regard, there are no comprehensive, scientifically based educational and scientific-methodical manuals, monographs. Some articles published in recent years, a few manuals are focused on the narrow issues of belt wrestling. Tastanov, Z.S. Artikov, A.R. Taimuratov. However, in these scientific, educational and methodological sources, the methods and means of improving the methodology of developing technical methods with the help of quick-force, which are of priority importance in belt wrestling, have not been studied at all. [1,3]

The purpose of the study is to develop proposals and recommendations for improving the methodology of developing technical methods of belt wrestlers with the help of non-traditional exercises.

### **Tasks of the research:**

determining the advantages of physical qualities related to the improvement of technical training specific to belt wrestling;

assessment of special physical qualities of belt wrestlers based on tests according to the function of their development and determining the pulsometric value of these tests;

development of a set of exercises that form the possibility of technical movements in belt wrestlers under the influence of non-traditional exercises and study its effectiveness based on experience;

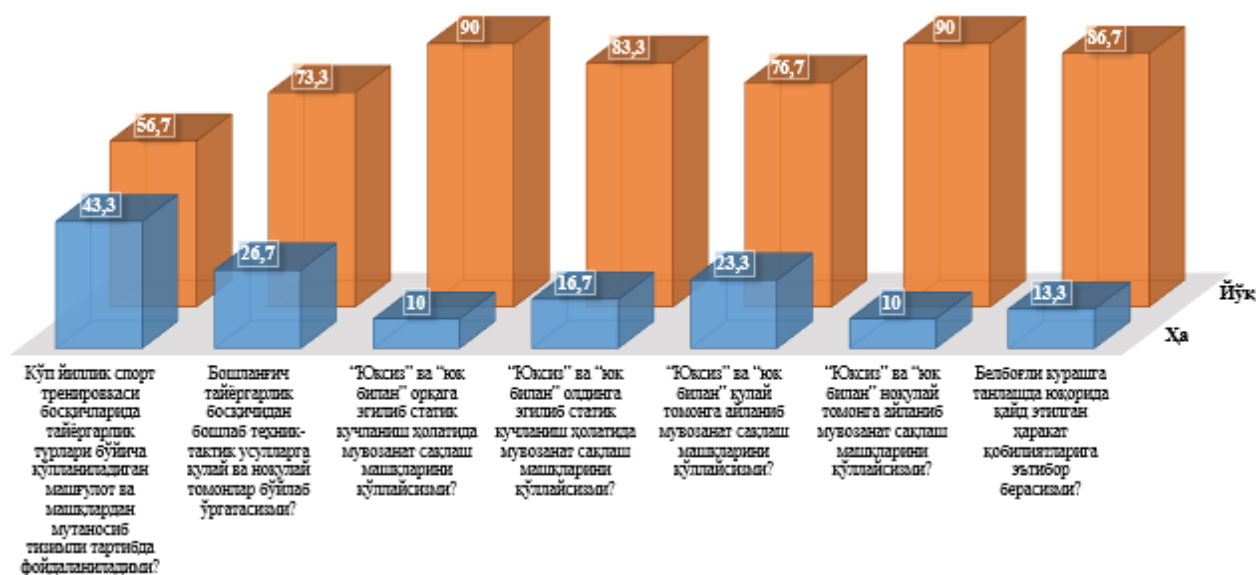
The method applied to the disadvantage creates an unexpected situation for the opponent. In addition, keeping the balance with the effect of twisting or turning while lifting the opponent makes it possible to perform such a technique effectively. These components, as revealed during pedagogical observation, are very weakly formed in wrestlers. Considering this situation, we conducted an interview-questionnaire with 30 expert-trainers. The results of the survey are shown in Table 2.

## RESULTS AND DISCUSSIONS

Table 1

Results of a survey on the preference of using the methods along the favorable-disadvantageous sides and the ability to maintain balance (n=30)

N/o	Questions	Answers			
		Yes	%	No	%
1.	Are training and exercises used in the stages of multi-year sports training in a proportionate and systematic order?	13	43,3	17	56,7
2.	Do you teach technical-tactical techniques from the pros and cons?	8	26,7	22	73,3
3.	Do you perform backbend static balance exercises "without load" and "with load"?	3	10	27	90
4.	Do you perform static balance exercises with forward bends "without load" and "with load"?	5	16,7	25	83,3
5.	Do you practice balance exercises with and without weight?	7	23,3	23	76,7
6.	Do you perform balance exercises with and without weight?	3	10	27	90
7.	Do you pay attention to the above mentioned movement skills when choosing to fight with a belt?	4	13,3	26	86,7



***Figure 1. Results of a survey on the preference of using the methods along the favorable-disadvantageous sides and the ability to maintain balance (n=30)***

From the results of the survey, it became clear that serious attention is not paid to the mentioned components in the practice of wrestlers. In particular, "Are the training and exercises used in the stages of multi-year sports training in a proportionate and systematic order?" 43.3% of 30 respondents voted "Yes", 56.7% - "No" to question 1. Therefore, based on such a situation, it can be assumed that in the process of training qualified wrestlers, there are problems of non-application of the technical-tactical and physical training components, which are taught and formed in all types of training, in a logical sequence, in an appropriate volume and intensity. The use of different types of exercise loads in the training without standardization or stratification depending on the age, physical and functional capabilities of the wrestlers can expose the trainee to a state of tension. As a result, interest in the sport fades, motivation loses its strength, and the wrestler is likely to give up the sport he loves.

"Do you teach technical and tactical techniques from the initial training stage along the pros and cons?" to the 2nd question, only 8 out of 30 respondents-trainers, or 26.7% - expressed their opinion "Yes", 73.3% - voted "No". Approaching the training process in such an order inevitably leads to the formation of the skills of wrestlers in a narrow circle. 10% and 16.7% of 30 respondents answered yes, 90% and 83.3% respectively to questions 3 and 4 related to the application of balance exercises "without load" and "with load" leaning back and forward. No "was answered. It seems that most wrestlers do not pay serious attention to the use of exercises that form the function of maintaining balance in the states of static tension "without load" and "with load".

Answers to questions 5 and 6 related to the ability to maintain balance while "unloaded" and "loaded" become favorable and unfavorable sides were also far removed from the requirements of modern belt wrestling. In particular, 23.3% of respondents answered "Yes" to question 5, 76.7% - "No". According to question 6, 10% answered "Yes", 90% answered "No".

"Do you consider the above mentioned movement skills when choosing to fight with a belt?" only 13.3% of respondents voted "Yes" and 86.7% of them voted "No" to question 7.

Rating-points and subjective answers to the methods listed in Tables 1 and 2 once again confirmed the existence of shortcomings and problems noted during pedagogical observation in the practice of training wrestlers.

Pedagogical observation and the results of conducted questionnaires encourage to study to what extent the components of physical training that "enable" technical-tactical methods or are their foundation in the training practice of highly qualified belt wrestlers are developed and what indicators represent their functional value.

***Table 2***

**The results of a survey on the ranking of technical and tactical methods and physical training components used in belt wrestling (n=30)%**

T/p	Questions	5-point rating results				
		5	4	3	2	1
<b>1. How do you rate the technical methods of simple attacking moves in the competition?</b>						
1.1.	- lifting the opponent with the right knee in a standing position	66,6	16,6	10	6,6	0
1.2.	- lifting the opponent with the left knee in a standing position	46,6	20	23,3	10	
1.3.	- knocking the opponent from the chest in a standing position	56,6	13,3	20	3,3	6,6
1.4.	- throw the opponent to the right in a standing position	63,3	26,6	10	0	0
1.5.	- throwing the opponent in a standing position to the left side	43,3	23,3	16,6	10	6,6
1.6.	- overtaking the opponent from the right side while standing	36,6	26,6	13,3	23,3	0
1.7.	- overtaking the opponent from the left side while standing	53,3	20	16,6	6,6	3,3
1.8.	- block the opponent to the right while standing	30	23,3	26,6	20	0
1.9.	- block the opponent to the left while standing	40	30	20	10	0
<b>1. On the basis of what rating-score do you evaluate the methods of defense against offensive actions in competitions?</b>						
2.1.	- by placing the hands in the form of a "block" in defense against an opponent's attack in a standing position	63,3	26,6	10	0	0
2.2.	- stepping behind the legs in defense against an opponent's attack while standing	70	16,6	6,6	6,6	0
2.3.	- defend by jumping against opponent's attack while standing	43,3	30	16,6	10	0
<b>2. How do you rate the physical fitness components of a belt wrestler??</b>						
3.1.	- explosive power	56,6	23,3	10	6,6	3,3
3.2.	- absolute power	16,6	20	46,6	16,6	0
3.3.	- static force	23,3	13,3	26,6	20	16,6
3.4.	- dynamic force	30	43,3	23,3	3,3	0
3.5.	- agility	13,3	16,6	30	26,6	10
3.6.	- quickness	36,6	23,3	26,6	10	3,3
3.7.	- endurance	26,6	13,3	23,3	23,3	13,3
3.8.	- flexibility	23,3	30	16,6	20	10
3.9.	- static and dynamic balance	13,3	23,3	30	26,6	6,6

Coaches were asked, "How do you rate the technical methods of simple attacking moves in the competition based on the rating score?" indicators of the questionnaire obtained in the 5-point system on the topic; on lifting the opponent with the right knee in a standing position - 5 points - 66.6 4 points - 16.6 3 points - 10 2 points - 6.6 1 point - 0; lifting the opponent with the left knee in a standing position - 5 points - 46.6 4 points - 20 3 points - 23.3 2 points - 10 1 point - 0; in a standing position to knock the opponent out of the chest - 5 points - 56.6 4 points - 13.3 3 points - 20 2 points - 3.3 1 point - 6.6; on throwing the opponent to the right in a standing position - 5 points - 63.3 4 points -

26.6 3 points - 10 2 points - 0 1 point - 0; on throwing the opponent to the left side while standing - 5 points - 43.3 4 points - 23.3 3 points - 16.6 2 points - 10 points - 6.6; on standing over the opponent from the right side - 5 points - 36.6 4 points - 26.6 3 points - 13.3

2 points - 23.3 1 point - 0; in a standing position, overtaking the opponent from the left side - 5 points - 53.3 4 points - 20 3 points - 16.6

2 points - 6.6 1 points - 3.3; on blocking the opponent to the right in a standing position - 5 points - 30 4 points - 23.3 3 points - 26.6 2 points - 20 1 point - 0; on blocking the opponent to the left while standing - 5 points - 40 4 points - 30 3 points - 20 2 points - 10 1 point - 0;

Coaches were asked, "How do you evaluate the methods of defense against offensive actions in competitions based on the rating score?" indicators of the questionnaire obtained in the 5-point system on the topic; on the use of hands in the defense against the attack of the opponent in a standing position by placing the hands in the form of a "block" - 5 points - 63.3 4 points - 26.6 3 points - 10 2 points - 0 1 point - 0; on the use of stepping behind the legs in defense against an opponent's attack in a standing position -

5 points - 70 4 points - 16.6 3 points - 6.6 2 points - 6.6 1 point - 0; on defense by jumping against opponent's attack while standing - 5 points - 43.3 4 points - 30 3 points - 16.6 2 points - 10 1 point - 0;

Coaches were asked, "How do you rate the physical fitness components of a belt wrestler?" indicators of the questionnaire obtained in the 5-point system on the topic; explosive power - 5 points - 56.6 4 points - 23.3 3 points - 10 2 points - 6.6 1 points - 3.3; by absolute strength - 5 points - 16.6 4 points - 20

3 points - 46.6 2 points - 16.6 1 point - 0; according to static strength - 5 points - 23.3 4 points - 13.3 3 points - 26.6 2 points - 20 1 points - 16.6; according to dynamic power - 5 points - 30 4 points - 43.3 3 points - 23.3 2 points - 3.3 1 point - 0; by agility - 5 points - 13.3 4 points - 16.6 3 points - 30 2 points - 26.6 1 point - 10; according to speed - 5 points - 36.6 4 points - 23.3 3 points - 26.6 2 points - 10 1 point - 3.3; endurance - 5 points - 26.6 4 points - 13.3 3 points - 23.3 2 points - 23.3 1 point - 13.3; elasticity 5 points - 23.3 4 points - 30 3 points - 16.6 2 points - 20 1 point - 10; on static and dynamic balance - 5 points - 13.3 4 points - 23.3 3 points - 30 2 points - 26.6 1 point - 6.6;

**Table 3**

**Results of a survey on teaching the following techniques in belt wrestling training (n=30)**

№	Questions	Answers			
		Yes, I use it	I don't know this method	There is no point in teaching this method	Athletes can get injured

1	Raise and throw back to the right side using both knees	16,6	30	40	13,4
2	Throwing the opponent from the side by lifting in advance	20,3	25,2	23,1	31,4
3	Hold the belt upside down and throw it back from ten to the left	9,8	33,4	51,2	5,6
4	Passing the opponent over the chest	19,2	28,3	12	40,5

Table 4

**Results of a survey on teaching the reverse belt ten left throw technique in belt wrestling training (n=30)**

№	The name of the technical method	Who used it in practice?	Competition name and time
1	Raise and throw back to the right side using both knees	Egamov Ikhtiyor	2002 "Universiada"
2	Throwing the opponent from the side by lifting in advance	Mirzanov Sherzod	2006 world championship
3	Hold the belt upside down and throw it back from ten to the left	Artikov Zaylobiddin	2012 world championship
4	Passing the opponent over the chest	Artikov Zaylobiddin	2012 world championship
5	Belt reverse grip method	Artikov Zaylobiddin, Bobir Tukhtasinov, Elbek Sotvoldiev	2012 world championship 2013 world championship 2016 world championship

According to the results of a survey conducted among coaches on "Teach the method of throwing back from ten to the left while holding the belt upside down in belt wrestling training": Throwing back to the right with the help of two knees - Egamov Ikhtiyor 2002 "Universiada". Lifting the opponent from the side in advance - Mirzanov Sherzod 2006 World Championship. Throwing the belt upside down from ten to the left - Artikov Zaylobiddin 2012 World Championship. Passing the opponent over the chest - Artikov Zaylobiddin 2012 World Championship. Belt reverse grip method - Artikov Zaylobiddin, Bobir Tukhtasinov, Elbek Sotvoldiev 2012 World Championship 2013 World Cup 2016 World Championship.

Table 5

**Results of a survey conducted on teaching the technique of sidestepping an opponent in belt wrestling training (n=30)**

№	The name of the technical method	Who used it in practice?	Competition name and time
1	Raise and throw back to the right side using both knees	Egamov Ikhtiyor	2002 "Universiada"
2	Throwing the opponent from the side by lifting in advance	Mirzanov Sherzod	2006 world championship
3	Hold the belt upside down and throw it back from ten to the left	Artikov Zaylobiddin	2012 world championship
4	Passing the opponent over the chest	Artikov Zaylobiddin	2012 world championship
5	Belt reverse grip method	Artikov Zaylobiddin, Bobir Tukhtasinov, Elbek Sotvoldiev	2012 world championship 2013 world championship 2016 world championship

According to the results of the survey conducted among the coaches on "Teach the method of passing the opponent from the chest while training with a belt", Egamov Ikhtiyor 2002 Universiade. Lifting the opponent from the side in advance - Mirzanov Sherzod 2006 World Championship. Throwing the belt upside down from ten to the left - Artikov Zaylobiddin 2012 World Championship. Passing the opponent over the chest - Artikov Zaylobiddin 2012 World Championship. Belt reverse grip method - Artikov Zaylobiddin, Bobir Tukhtasinov, Elbek Sotvoldiev 2012 World Championship 2013 World Cup 2016 World Championship.

### CONCLUSION

In the field of belt wrestling, theoretical work and scientific research has been carried out, but tasks that go deeper into the tasks performed at the same time are rare.

From the analysis of the problems in the structure and condition of the training of belt wrestlers, it became clear that a great theoretical ground has been created for solving the problems of improvement and development of various physical and technical-tactical aspects of belt wrestling movement abilities in accordance with the dynamic and proportional principle.

Now, belt wrestling coaches can compare their practical knowledge with theoretical knowledge to get the new information they need, that is, teaching methods.

In recent times, quantitative indicators of the basic movement abilities based on the level of technical skills, that is, strength, speed-strength, and endurance qualities, have been developed and scientifically substantiated.

It is no exaggeration to say that practical experience is at the heart of any scientific work.

The use of these scientific-practical instructions in planning and managing the training process of sports wrestlers will have a great effect on achieving high results in sports.



The literature in the field of wrestling includes many theoretical and practical training methods, which means that there is a lot of work done in this field.

It is known from the literature that, despite the fact that there is a lot of scientific and methodological ground, until now, the level of volume and intensity ratio of weights for low-skilled athletes who have just started training has not been sufficiently studied.

In order to really speed up the training process, it is very important to know the method and art of applying the basic training measurements, taking into account the different proportions of the movements of the wrestlers, not just knowing the volume and intensity of the exercises at different stages of the training.

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