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METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**DETERMINATION OF THE QUALITY OF SPECIAL STRENGTH OF  
GRECO-ROMAN WRESTLERS BY THE LEVEL INDICATORS OF PHYSICAL FITNESS***Jamshed Abdurakhmonovich Kubitdinov**Uzbekistan State University of Physical Education and Sports**Chirchik, Uzbekistan**E-mail: [jamshedkubitdinov@gmail.com](mailto:jamshedkubitdinov@gmail.com)***ABOUT ARTICLE**

**Key words:** physical training, technical-tactical training, optimization style, relative growth, statistical characteristics.

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**Abstract:** To determine the differences and draw conclusions to the results, Greco-Roman wrestlers engaged in Greco-Roman wrestling in the sports schools of the Tashkent region were involved in the study. Test tests were developed to determine the growth rates of their physical and technical training.

**INTRODUCTION**

In 4 years, Greco-Roman wrestlers who have been leading the world in Greco-Roman wrestling have studied the tactics of competition and the set of technical methods they widely use in creating these tactics.

The model of the technical training of Greco-Roman wrestlers from a theoretical point of view was studied, that is, methodological work was carried out on the technical training of Greco-Roman wrestlers, and skilled wrestlers who achieved great results in the Olympic Games and World Championships in the last 6 years were selected and they were selected for competition. It was observed and analyzed which technical methods are used the most. According to the results of the analysis, Greco-Roman wrestlers engaged in Greco-Roman wrestling in Tashkent region sports schools were involved. Tests were developed to determine the growth indicators of their physical and technical training.

**MATERIALS AND METHODS**

Tests (5 physical qualities for development levels and modeled technical methods) were included.

For the research, we involved wrestlers engaged in Greco-Roman wrestling in Navoi city sports school of Navoi region and Angren city sports schools in Tashkent region. According to it, 15 athletes

from the sports school of Navoi city were selected for the control group, and 15 athletes from the sports school of Angren city were selected for the experimental groups.

Control and experimental groups participating in the study passed a test designed to determine their physical qualities and technical skills at the beginning of the study, according to which:

## RESULTS AND DISCUSSIONS

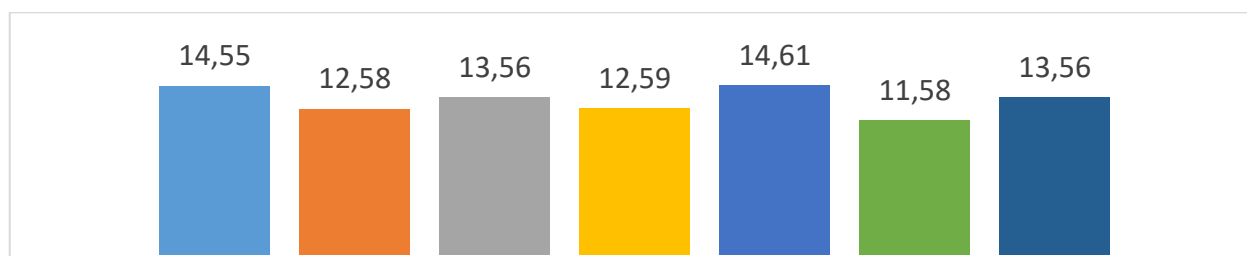
**Table 1**

**The dynamic state of the athletes of the control (NG, n=15) group performing special exercises at the beginning of the pedagogical experiment**

№	Special physical training	At the beginning of the experiment		
		$\bar{X}$	$\sigma$	V, %
1	Pull-ups (times)	11,48	1,67	14,55
2	Rope Climb (times)	2,17	0,27	12,58
3	Bending and spreading the arms while lying on the arms (times)	33,12	4,49	13,56
4	Sitting with an opponent equal to your own weight on your shoulders (times)	11,76	1,48	12,59
5	Lie down with your hands behind your head (press)	29,36	4,29	14,61
6	Standing in place and jumping up 10 times	7,34	0,85	11,58
7	Walking 10m while kneeling	6,93	0,94	13,56

In order to determine the level of general physical fitness of young people engaged in Greco-Roman wrestling in Navoi city sports school of Navoi region, they were taken on a high horizontal bar, climbing a rope and other special exercises. According to him, the control group Greco-Roman wrestlers at the beginning of the study showed a mean value of 11.48 high bars (times), a mean square deviation of 1.67, a rope climb (times) showed the mean value of 2.17, the root mean square deviation of 0.27, the mean value of bending and spreading the arms while lying on the arms (times) was 33.12, the root mean square deviation work showed 4.49, sitting with an opponent equal to his own weight on the shoulders (times) showed a mean of 11.76, a mean square deviation of 1.48, lying arms behind the head (press) showed a mean value of 29.36, mean square deviation of 4.29, standing jump up 10 (times) mean value of 7 showed .34, the mean square deviation was 0.85, Kneeling 10 m walk showed the mean value 6.93, the mean square deviation was 0.94.

**The dynamic state of the athletes of the control (NG, n=15) group performing special exercises at the beginning of the pedagogical experiment**



In order to determine the level of general physical fitness of young people engaged in Greco-Roman wrestling in Navoi city sports school of Navoi region, they were taken on a high horizontal bar, climbing a rope and other special exercises. According to him, the coefficient of variation of the high bar pull-up (times) of the Greco-Roman wrestlers at the beginning of the study was 14.55%. Rope climbing (times) showed a coefficient of variation of 12.58%. The coefficient of variation was 13.56% for bending and spreading arms while lying down. Carrying an opponent equal to his own weight on his shoulders while sitting (times), the coefficient of variation showed 12.59%. The variation coefficient was 14.61%. The standing jump was 10 (times), and the coefficient of variation was 11.58%. Walking 10 m while kneeling showed a coefficient of variation of 13.56%.

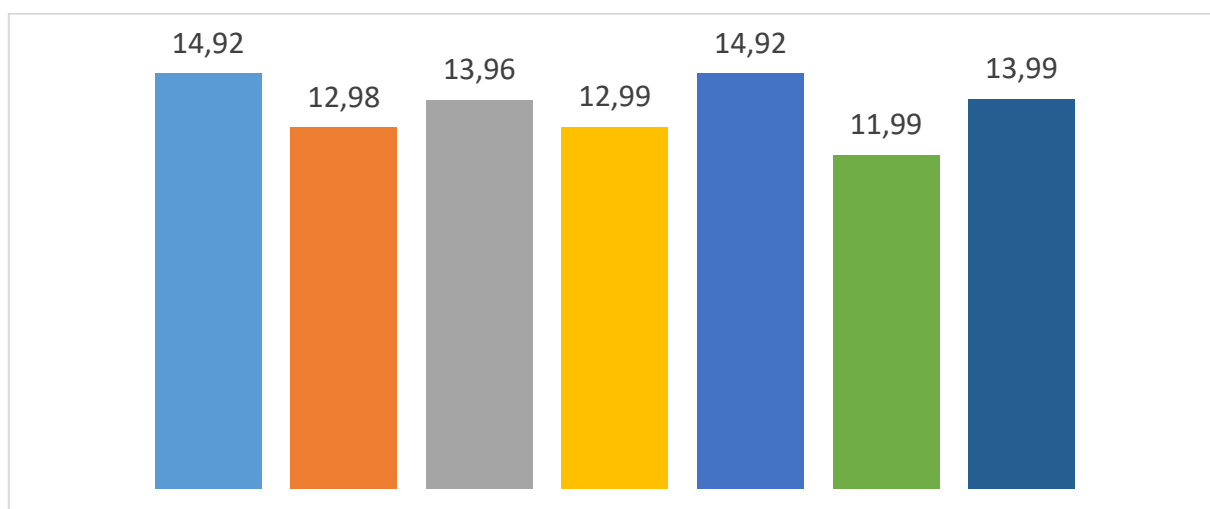
**Table 2**

**The dynamic state of the general exercise performance indicators of the athletes of the experimental (NG, n=15) group at the end of the pedagogical experiment**

№	Special physical training	At the end of the experiment		
		$\bar{X}$	$\sigma$	V, %
1	Pull-ups (times)	12,13	1,81	14,92
2	Rope Climb (times)	2,28	0,30	12,98
3	Bending and spreading the arms while lying on the arms (times)	32,74	4,57	13,96
4	Sitting with an opponent equal to your own weight on your shoulders (times)	12,16	1,58	12,99
5	Lie down with your hands behind your head (press)	28,68	4,28	14,92
6	Standing in place and jumping up 10 times	7,59	0,91	11,99
7	Walking 10m while kneeling	7,22	1,01	13,99

In order to determine the level of general physical fitness of young people engaged in the Greco-Roman wrestling sport of Angren city sports school, Tashkent region, they were taken on a high horizontal bar, climbing a rope and other special exercises. According to him, the experimental group of Greco-Roman wrestlers at the beginning of the study showed a mean value of high bar pull (times) of 12.13, a mean square deviation of 1.81, and a mean value of climbing rope (times) of 2.28, showed a root mean square deviation of 0.30, the mean value of supine handstand flexion (times) was 32.74, a root mean square deviation of 4.57, z sitting with an opponent of the same weight on the shoulders (times) showed a mean value of 12.16, a mean square deviation of 1.58, lying down with arms behind the head (press) o showed a mean value of 28.68, a mean square deviation of 4.28, a standing jump 10 (times) showed a mean value of 7.59, a mean square deviation of 0.91, Kneeling Walking 10 m showed a mean value of 7.22 and a standard deviation of 1.01.

**Fig. The dynamic state of the athletes of the experimental (NG, n=15) group performing special exercises at the beginning of the pedagogical experiment**



In order to determine the level of general physical fitness of young people engaged in the Greco-Roman wrestling sport of Angren city sports school, Tashkent region, they were taken on a high horizontal bar, climbing a rope and other special exercises. According to him, the coefficient of variation of the Greco-Roman wrestlers at the beginning of the study was 14.92%. Rope climbing (times) showed a coefficient of variation of 12.98%. The coefficient of variation was 13.96% for bending and spreading arms while lying down. Carrying an opponent equal to his own weight on his shoulders while sitting (times), the coefficient of variation showed 12.99%. Lying down with arms behind the head (press), and the coefficient of variation showed 14.92%. The standing jump was 10 (times), and the coefficient of variation was 11.99%. Walking 10 m while kneeling showed a coefficient of variation of 13.99%.

## CONCLUSION

In prestigious Greco-Roman wrestling competitions, it was found that leading wrestlers used many times the methods of landing on the main parter and the methods of coups and throws on the parter in the systematization of simple and complex attack movements during the competition. Based on this, in our research, we have mainly selected the methods that have been most effective in the competition and the exercises that approach these methods, and before introducing the special exercise program that we have formulated, the content of the exercises that determine the levels of development of the physical qualities of strength, speed and flexibility of the Greco-Roman wrestlers. test tests were taken, according to which it was determined that the wrestlers of the control and experimental groups involved in the research were able to fulfill the standard requirements to be selected for studying in the 2nd academic year of the primary training period in sports schools for children and teenagers. Along with this, the program of technical methods sorted from technical movements to the training process was improved, and before its introduction, test tests consisting of technical methods included in the science program of Greco-Roman wrestlers engaged in sports

school for children and teenagers, which determine the improvement levels of the arsenal of technical methods of wrestlers, were taken. According to the results of the study, it was found that the standard requirements of technical techniques taught in the 2nd academic year of the initial training period of the control and experimental group wrestlers are average.

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