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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**SCIENTIFIC COMPETENCE AND CAPABILITIES OF
NATIONAL WRESTLING TYPES THAT ARE INCREASING IN POPULARITY****N. A. Chorshamiev***P.f.b.f.d. (PhD), Associate Professor**Uzbekistan State University of Physical Education and Sports**Institute of International Wrestling**Chirchik, Uzbekistan***ABOUT ARTICLE**

Key words: Training of young sportsmen, fitness shape, muscular system, influence of the east massage on power and tone of muscles, methods of measurement of different groups of muscles and tone.

Abstract: The following article examines the issues with the influence of national wrestling - Kurash and oriental massage on the functional state of the muscle system – strength and tone of various muscle groups in young athletes.

Received: 08.12.24**Accepted:** 10.12.24**Published:** 12.12.24**INTRODUCTION**

The training of highly qualified athletes on a global scale, designed to increase their technical-tactical physical and functional capabilities, developed a programmed plan of a series of several months, based on scientific experience in practice, and re-implemented in practice.

But from the research conducted by foreign and our country's specialists, it became clear that oriental massage is one of the most important tools for coping with intense and fixed loads, increasing functional reserves, eliminating fatigue during and at the end of loads, and restoring work capacity, its importance and the main factor of muscle activity. , especially not studied in our region.

In our republic, attention is paid to physical education and sports at the level of state policy, and in the effective development of the system of training athletes, the issues of forming the methodological foundations of the general theoretical conditions of sports training, taking into account its specific features, are being studied. "For the development of physical education

and mass sports, a completely new approach to youth sports, creation of schools for training talented sports reserves based on scientific technologies" is being consistently continued.

It should be noted that various martial arts competitions of athletes have been held in the conditions of intense competition in recent years, and the requirements for their technical-tactical and functional training have increased.

MATERIALS AND METHODS

Subject to the aforementioned changes and requirements we can say that the achievements of athletes in martial arts depend primarily on the introduction of scientifically based tools and their application methodology. The issues of scientific research of physical indicators of young wrestlers are of particular importance in the republic, that is, it is a complicating factor of changes that occur during physical exercises in sports training and wrestling competitions. Therefore, the study of the dynamics of work in the problem of sports training of young athletes in the republic, especially when using oriental massage, should be widely developed. In particular, increasing the effectiveness of training young athletes in wrestling, competition and training loads.

The improvement of the training system in single combat sports attracts the attention of a number of scientists and trainers of national wrestling practices. Dissertations and educational manuals have been published on the solution of this problem.

Important works belong to our country and foreign scientists and practitioners, as well as Kholmukhamedov R.D, T.S. Usmanhodjaev, Abdiev A.N, Kerimov F.A, Rikhsieva O.A, Biryukov A.A, Artikov Z.S, Mirzanov Sh. .S and other scientific methodical works conducted research on various morpho-functional areas of wrestlers. From Russian and foreign scientists, I.M. I.M. Sarizov-Serazini, A.A. Biryukov, Z.I. Biryukova-Kolarova, I.V. Zabludovsky, N.A. Belaya, O. Glazer, V. Dalikho and other scientists described the specific indicators of the athletes' organism in their work.

In this issue of oriental massage, the great thinker, our great-grandfather Abu Ali Ibn Sina, the sultan of the medical world, emphasized the importance of the important types of massage and found it necessary to pay attention to its two important types. He describes and recommends: "The purpose of using massage is as follows: to tighten the soft body, to tighten loose organs, to gently straighten the body."

In addition to these, there is another type of massage, which is used in the initial period before physical exercises. This massage is done slowly and gently before doing the exercises, before gradually applying a stronger massage. Another type of massage that can be used after exercise is recovery massage.

According to the recommendation of Abu Ali Ibn Sina, it is necessary to use massage not only as a treatment, but also during exercise. He divides the massage into strong body health strengthening, relaxing-softening, body-restoring, continuous-body-slimming, moderate-body-rejuvenating skillful preparation - before physical exercise, restorative-after exercise - the terms he introduced - "restorative" and "preparatory" massage. is also used at the time.

The effect of oriental massage changed the functional state of the muscular system of young wrestlers and increased its recovery level in all muscle groups.

The training process of 12-17-year-old teenagers and teenagers wrestling at the Republican Olympic Reserve College was selected in the scientific research.

Research methods: training and competition on the topic, constant pedagogical observation and study of the functional state of the individual organism were carried out in three serial stages:

Series 1 - acute one-time training;

Series 2 - 2-3 months of training;

Series 3 - 4-5 months of training;

Thus, the muscular system of the wrestlers was studied according to the functional indicators of the organism: the parameters of the flexor and extensor muscles of the biceps and triceps in the shoulder girdle, the quadriceps and dorsiflexors in the legs;

Flexor and extensor muscles in the calf were also measured.

When measuring the muscular system, the methods of A.V. Korobkov and G.I. Chernyaev and Y.M. Ufland are used to study the flexor and contractile strength of the muscular system, as well as the relaxed and tense state of the muscle using a myotonometer.

Therefore, we are confident that this problem will be continued in future studies. They can make a certain contribution to the development of this scientific direction as a technology for the recovery processes of wrestlers' training.

RESULT AND DISCUSSION

“The purpose of the scientific research is to increase the level of training and recovery in the training system of young wrestlers, to scientifically and pedagogically substantiate the dynamics of the body's recovery after training and competitions using oriental massage.”

Tasks:

-The results of the training and recovery of the functional state of the muscular system of young wrestlers during training and work with loads were analyzed.

The state of muscle performance, muscle strength, tone - the dynamics of the flexor-extensor, tense and relaxed states of the muscles of the arms and legs of wrestlers were determined.

The results of the training and loads were analyzed based on the results of the training and loads on the functional state of the muscular system of young wrestlers, strength and tone, as well as the level of training and recovery;

The state of muscle performance, muscle strength, tone - the dynamics of the periods of tension and relaxation of the corresponding flexor-extensor muscles of the arms and legs of wrestlers were determined;

The effect of oriental massage on the functional state of the muscular system of young wrestlers after the loads was improved based on the methodology;

The optimal ratio of training loads and recovery tools for young wrestlers after oriental massage was substantiated in the experiment;

At the beginning of the pedagogical study "The effect of the method of using oriental massage in the training system of young wrestlers on the functional indicators of muscle strength" in order to increase the level of training and recovery in the training system of young wrestlers, to identify the features and problems of using oriental massage in restoring muscle condition, strength and tone after training and competitions, three age groups were studied at the beginning of the experiment;

The results of observations of muscle strength and functional capacity obtained in three groups of young athletes, a brief description of muscle strength indicators is presented in tables and diagrams, and the results of comparing their statistical characteristics are presented.

Based on the closeness of the coefficient of variation values calculated for the results of the control and experimental groups in terms of the studied strength and tone, it was concluded that the level of training of these two groups of wrestlers at the beginning of the experiment was close, and therefore the experiment was organized correctly. Studies using electrogoniometry and electromyography show that the greater the mass of muscles massaged (including the muscles that performed the main work), the greater the effect. Apparently, this is due to the fact that with an increase in the mass of the massaged muscles, the number of proprioceptive impulses reaching the central nervous system increases. For example, the work with the hands was performed to the fullest. Then, in one situation, the hands were massaged (for 20 minutes), in the second situation, the back (6 minutes), and each of them for 7 minutes (for 4 minutes). The recorded indicators (electrogoniometry, myography and repetitive work) during back and arm massage were significantly higher (Table 1).

The table shows that the strength indicators of the shoulder flexor muscles in the older age group were significantly different in magnitude from those of the 14 and 14-15 year old athletes. In young wrestlers, the dynamics of muscle strength indicators at rest in different age groups was determined. In these two age groups of young athletes, the strength indicators of the shoulder flexor muscles differed little from each other in magnitude. If in adolescents aged 12-13 years it was 21.68 ± 2.04 , V, then in athletes aged 14-15 years it was 23.19 ± 2.20 kg.

Generalization and analysis of the data presented in the table allowed us to identify a positive trend in muscle tone changes during the experiment, both in TG and in the MO, MS and MC observation periods, as in the NG results.

In addition, the coefficient of variation values calculated based on the results obtained were observed to be between 13.59% and 12.74% at the beginning of the experiment, and between 2.45% and 2.98% at the end of the experiment. Here, too, the rest were between these two limit values, and just as was observed in the results of the younger 12-13-year-old subjects and the NG results, the coefficient of variation values changed positively (i.e. decreased) by the end of the experiment compared to the beginning.

The system of oriental massage and its application methods.

Oriental massage is performed with hands and feet, consists of active-passive movements, and is mostly performed in baths and saunas. **Massage methods:** the method of massage with hands and feet is mainly used in the East, in Azerbaijan and Turkey. Most often, massage is performed with the hands. In many cases, athletes themselves use the methods of stroking and massaging themselves. They perform it before training and competitions. Some massage methods are performed on the feet and hands, massage is performed along the blood flow and against the blood flow. Its methods include: stroking, stroking and active-passive movements. First of all, it is necessary to know the contraindications to massage and adhere to them. Massage should not be performed in cases of high fever, acute colds, injuries to the body or severe inflammation of the skin, after heavy physical exertion, in a state of hypermobility or fatigue, in cases of inflammation of the veins, venous thrombosis and large varicose veins, in cases of bruises and various swellings.

Coaches, sports doctors and athletes are interested in means and their combined forms that help not only restore performance, but also implement it in a short time. Therefore, great attention is paid to massage, which is considered the most important means of recovery. Firstly, massage is used in any conditions and the functional state of the athlete, is easily regulated depending on the time and strength of the methods, can be used in combination with other means of recovery and has a high degree of "quick effect".

Restorative massage is performed during training (in gymnasts, between exercises on individual apparatuses, in weightlifters, between attempts, if training is held 2-3 times a day, between training sessions), after training, during competitions, especially in long-term competitions (pole vaulting, diving, fencing), after the first jump in competitions and after the end of the competitions. Based on the above considerations, the authors set the following tasks: to study the effectiveness of restorative massage in sports, depending on the part of the body being massaged in different variants of loads. The study involved 34 young wrestlers. The results of the study showed that a sports-specific restorative massage session is more effective if it is performed not on "secondary" or non-loaded muscles, but on muscles that have undergone very high physical loads.

CONCLUSION

1. Age-specific differences in muscle strength in athletes aged 12-13 and 14-15,16-17 were more pronounced in wrestlers of the younger age group. Age-specific differences disappear with increasing training level.

2. Muscle tone in the relaxed state of the biceps and triceps muscles in the younger (12-13 years) and older (16-17 years) groups does not differ significantly from each other. In the middle age group (14-15 years) for all examined muscle groups, it is 5-7 times (Reachord scale) higher than the corresponding indicators in adolescents of the other two age groups. This indicates a decrease in the ability to relax muscles in children of the middle age group, which can be explained by changes occurring in the body due to puberty.

3. In the older age group, muscle tone in a state of tension has large indicators and is significantly higher than in children of the same age group.

4. One-time training has a certain effect on muscle strength, tone and working capacity:

a) muscle strength decreases: the greatest decrease is noted in the thigh and calf muscles of the legs, which is associated with the maximum load on these muscle groups during wrestling exercises; the decrease in muscle strength is more significant in the middle age group;

b) the ability to freely tense and relax, as assessed by muscle tone, decreases in all age groups.

5. Training lasting one month causes an increase in the strength of both flexor and adductor muscles, and this increase is more common in the leg muscles. Such changes are more pronounced in the younger age group. In the middle and older age groups, a further increase in muscle strength was noted, but it was less significant than in the younger age group.

6. Long-term (3-5 months) training leads to a more rapid increase in the strength of the flexor and adductor muscles of both the arms and legs in all age groups. However, such an increase was significantly greater in the younger age group.

7. The use of oriental massage contributed to:

a) an increase in muscle strength in young athletes in all age groups; its magnitude not only reached its initial indicators, but also exceeded them;

b) restoration of normal muscle tone, which is confirmed by changes in the amplitude (border) between the tension tone and the relaxation tone;

c) an increase in skin temperature to the initial level in almost all parts of the skin.

8. The use of a warm shower after training contributed to a decrease in relaxation tone. In this case, skin temperature in all age groups reaches the initial indicators and in some cases slightly increases.

9. Comparison of the data obtained as a result of studying a number of physiological indicators determined under the influence of physical loads in young athletes living in hot climates with the results of those living in temperate climates showed that the former have different muscle strength and muscle tone from the latter. Muscle performance and skin temperature are somewhat higher in magnitude than similar indicators obtained in other climatic zones.

PRACTICAL RECOMMENDATIONS

1. Studies of the state of the muscular system in young wrestlers during training have shown that the thigh and calf muscles are more susceptible to large muscle loads, while the forearm flexors, shoulder, calf and hip flexors are less affected by the load. Therefore, it is recommended to train the leading muscles of wrestlers (thigh, calf and shoulder flexors) and muscles that are not in an active state during training.

2. An increase in such indicators as muscle strength and the difference in muscle tone during tension and relaxation leads to an increase in sports and technical results, while it was found that the tension and relaxation of muscle tone are consistent with the increase in sports technical results. It is advisable to use additional means in the form of exercises aimed at actively relaxing muscle groups that are considered active in this sport.

3. Oriental massage methods should be used in a complex, taking into account the expediency of a number of methods (from an aesthetic and hygienic point of view), while, in general, this complex should be assessed positively. Because, according to the traditions existing in Uzbekistan, oriental massage is considered preferable to the generally accepted sports massage. Therefore, since there are no contraindications to such massage, it can be

recommended for mass use. Along with oriental massage, it is recommended to use active games and showers for the successful recovery of young athletes (when using long-term training).

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