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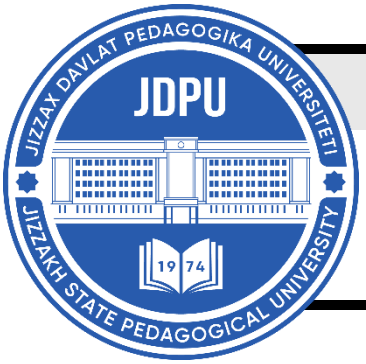

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PEDAGOGICAL FOUNDATIONS OF LONG-TERM TRAINING OF BELT WRESTLERS

Iqbal Burkhanjonovich Isayev
Department of Sports Activities, Associate Professor
Renaissance Education University
Tashkent, Uzbekistan

ABOUT ARTICLE

Key words: tool, loading, size, intensity, technical, tactical, method, physical quality, belted struggle.

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Abstract: This article belted wrestlers to competitions preparation system modernization to do on the surface wide scope affairs take there was Competition took preparation stage physical adjectives development, technical - tactical actions improvement and of training new tools, methods using load, volume and intensity in order put and light up given.

Introduction. Worldwide national our struggle types wide progressive reach with one in a row , with a belt wrestlers preparation system modernization to do on the surface wide scope affairs take is going But that's it with together , exactly belted struggle with of practitioners competition took preparation training the optimal ratio of loads identification , training training in processes efficient tool and styles apply issue important importance occupation is doing Belted wrestlers to competitions in preparation in martial arts used all exercises based on training process organize to do and physical development , technical - tactical actions efficiency effect pointer of factors enough unstudied field specialists to the front row tasks is putting

The purpose of the study consists of optimization of technical and tactical actions in planning training loads of belt wrestlers in the pre-competition preparation phase.

Tasks of the research: modeling of situations in relation to the pre-competition preparation stage in voluminous and intense microcycles within the mesocycle in belt wrestling;

improving the elements of tactical movement in competitions by training belt wrestlers in deceptive movements during pre-competition preparation;

when training belt wrestlers to get out of difficult situations in competitions, combining a sequence of counterattack techniques ending with the "king" technique based on entering techniques from the disadvantageous side;

during the pre-competition preparation of belt wrestlers, formation of competition preparation tactics due to the use of special exercises selectively directed to each situation in the performance of technical-tactical actions in order to improve offensive actions.

Series of training sessions was created, which provides a comprehensive solution to the tasks of the microcycle stage, held over several days . It was developed in accordance with the general mode of communication. of microcycles structure his stages tasks looking training to the process connected . Exercises order main and addition to competitions looking work released and in training loading rest intervals basically by changing went

Table 1

Qualified determination of the amount of training load in the pre-competition preparation of belt wrestlers

No	FI	Preparation from part b heating up exercises. URM	Methods slow and medium at pace to perform improvement	Methods fast at pace to perform improvement	Methods against in attack improve	Training competition (in conditions close to the competition)	B'yin , waist , thigh muscles development for special exercises	
	HIGH dice/min	130-145	145-170	156-180	156-180	186-198	120-130	
	The tension zone	I	II	II	II	III	I	
	Intensity zone score	1-6	6-12	8-17	8-17	21-33	2-3	**Total**
	Time	**20**	**12**	**20**	**20**	**10**	**8**	**90**
1.	B.A.	19/1	26/8	27/10	28/12	31/21	20/2	782
2.	B.R.	20/2	24/6	26/8	28/12	31/21	21/3	746
3.	DN	19/1	25/7	26/8	29/14	30/17	19 / 1	792
4.	D.J.	20/1	26/8	27/10	29/14	29/14	20/2	712
5.	G'. G'.	21/3	27/10	26/8	29/14	31/21	21/3	7 54
6.	G'. Sh.	20/2	2 6 /8	25/7	28/12	31/21	21/3	764
7.	HM	20/2	26/8	26/8	28/12	30/17	20/2	763
8.	HE	21/3	26/8	26/8	28/12	30/17	20/2	752
9.	IT	21/3	27/10	25/7	27/10	31/21	19/1	720
10.	IA	20/2	26/8	26/8	28/12	32/25	18/1	760
11.	J.A.	20/1	25/7	27/10	29/14	32/25	20/2	765
12.	TX	19/2	24/5	26/8	29/14	32/25	19/1	692

13.	MZ	18/1	25/7	30/17	29/14	30/17	20/2	798
14.	Sh. N.	20/2	26/8	2 6 /8	28/12	32/25	19/1	730
15.	N.F.	20/2	26/8	24/6	28/12	30/17	19/1	674
16.	AI.	21/3	27 / 10	25/7	29/14	30/17	21/3	775
17.	BS	19 / 1	26/8	26/8	28/12	31/21	19/1	782
18.	Sh . N.	20/2	27/10	27/10	27/10	31/21	19/1	668
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Note : FI (abbreviation of the surname and first name of the belt wrestlers of the experimental group)

The general physical fitness of a belt wrestler is the foundation for achieving high results, it is the most necessary basis factor is considered to be Its main task is the following: harmonious development of the belt wrestler's organism in all aspects, increasing its functional capabilities, developing physical qualities and increasing the level of health . Proper use of active rest during intense training and competition loads is also addressed as a means of general fitness. These tools include exercises performed on equipment and with a partner on special trainers, as well as general developmental exercises taken from other sports such as acrobatics, athletics, sports, swimming, etc.

Table 7

Growth dynamics of physical fitness indicators of belt wrestlers in the control and experimental groups in the 75-82 kg weight category at the beginning of the pedagogical study

No	Control exercises	Control group (n=18)			Experience group (n=18)			t	P
		$\overline{X}$	s	V, %	$\overline{X}$	s	V, %		
1.	30 meters yug u rish, s.	6.37	0.80	12.55	6.27	0.81	12.91	1.37	> 0, 0 5
2.	10 seconds to the height jumps times	12.44	1.69	13.58	12.56	1.76	13.99	1.19	> 0, 0 5
3.	10 seconds on the turnstile attraction, time	7.11	1.04	14.63	7.22	1.08	14.95	1.31	> 0, 0 5
4.	10 seconds to the hands relying on them bend adjustment, times	12.61	1.46	11.58	12.50	1.49	11.92	1.23	> 0, 0 5
5.	Standing in 10 seconds without back bend (bridge), times	4.39	0.64	14.58	4.33	0.65	14.98	1.26	> 0, 0 5
6.	Bridge in the case of 10 m. to the distance walking, s.	12.72	1.73	13.60	12.44	1.74	13.98	1.48	> 0, 0 5

Control group and experiment indicators of relative growth of physical qualities of the group at the beginning of the study: 30-meter run (sec) t=1.37; P>0.05. High jumps in 10 seconds (times) t=1.19; showed P>0.05. Pull-ups on the bar in 10 seconds (times) t=1.31; If

P>0.05 is reached, bending and straightening the arms in 10 seconds (times) t=1.23; P>0.05. According to these, standing back bend (bridge) in 10 seconds (times) t=1.26; P>0.05 and 10 m in the bridge position. walking distance (sec) t=1.48; was P>0.05 (see Table 7). to take into account the relationship between their physical qualities and the level of reserve opportunities . The level of their technical skill is determined by the physical quality indicators of the reserve and the level of improvement of technical and tactical training.

Table 8

Growth dynamics of the performance of technical methods 10 times to the right of belt wrestlers in the control and experimental groups in the weight category of 75-82 kg at the beginning of the pedagogical study

No	Technician method	Control group (n=18)			Experience group (n=18)			t	P
		$\overline{X}$	s	V, %	$\overline{X}$	s	V, %		
1.	Using the knee carrying throw, times	60,52	0.16	10.58	6 0 .55	0.17	10.98	1.49	> 0, 0 5
2.	Using the knee blocking throw, times	58,69	0.21	12.56	59,64	0.21	12.96	1.62	> 0, 0 5
3.	Returning throw, times	60.74	0.25	14.56	60.77	0.27	14.99	1.42	> 0, 0 5
4.	From the chest by increasing throw, times	57.31	0.18	13.53	58,29	0.18	13.85	1.38	> 0, 0 5

The level of technical and tactical skills of belt wrestlers and the level of improvement of general and special physical quality indicators are expressed by the indicators of technical and tactical actions performed in competitions . It was explained by the number of repetitions of improved technical movements during the training and the expansion of the opportunity to develop their skills and mastery through the time allocated to it.

Control and experience technical methods of belt wrestlers in the group at the beginning of the study t-criterion and P > reliability indicators: lifting with the help of knees (sec) - t=1.49; P>0.05; knee blocking (sec) – t=1.62; P>0.05; q say (sec) – t=1.42; P>0.05; in breast removal (sec) t=1.38; P>0.05 showed the reliability of the research developed by us (see Table 8).

So this is it in chapter take went tad q i q horse from our work it is known that according to NG and TG b take went showed high efficiency in control exercises .

Table 9

Analysis of physical fitness indicators of belt wrestlers in the control and experimental groups in the weight category of 75-82 kg at the end of the pedagogical study

No	Control exercises	Control group (n=18)			Experience group (n=18)			t	R
		$\overline{X}$	s	V, %	$\overline{X}$	s	V, %		
1.	30 meters yug u rish, s.	5.93	0.72	12,14	5.40	0.66	12,13	2.32	<0.05
2.	10 seconds to the height jumps times	13.65	1.79	13,11	15.29	2.01	13,15	2.59	<0.05
3.	10 seconds on the turnstile attraction, times	7.72	1.09	14.11	8.58	1.21	14.10	2.23	<0.05
4.	10 seconds to the hands relying on them bend adjustment, times	13.64	1.52	11,14	14.79	1.65	11,16	2.17	< 0.05
5.	Standing in 10 seconds without back bend (bridge), times	4.85	0.69	14,12	5.36	0.76	14,18	2.11	<0.05
6.	Bridge in the case of 10 m. to the distance walking, s.	11.78	1.55	13,16	10.57	1.39	13,15	2.47	<0.05

The main tasks of the research were to develop a program aimed at optimizing the ratio of general and special physical training of qualified belt wrestlers, to determine the effectiveness of training on the basis of experimental testing, and to give a number of conclusions and practical recommendations after studying its effects . During the study, the loadings were optimized with the help of exercises to increase speed, strength, endurance, agility and flexibility, and its effectiveness was determined. In particular, the direction of influence of loads used in the training of qualified belt wrestlers was determined and optimized and included in training during the year.

Respondents involved in NG physical quality indicators of the group according to the results obtained at the end of the study: in the 30-meter run 5.93±0.72 sec; V- was 12.14%; 13.65±1.79 times in high jumps in 10 seconds; V was 13.11%; 7.72 ± 1.09 times in pull-ups on the horizontal bar in 10 seconds sec; if V-14.11%; 13.64±1.52 when bending and straightening the arms in 10 seconds sec; V-11.14%; and 4.85±0.69 standing backbend bridge in 10 seconds respectively sec; V-14.12%; 10 m in the case of a bridge. and 11.78±1.55 in distance walking sec; V-13.16%.

TG in the respondents, there was an increase in relation to NG. In it, the results of the indicators obtained at the end of the study of physical qualities were considered: 30 meter run 5.40±0.66 Sec . V-12.13%; 15.29±2.01 seconds of high jumps in 10 seconds ; V-13.15%; 8.58±1.21 sec . V-14.10%; 12.79±1.65 when bending and straightening the arms in 10 seconds; V- was 11.16%; as well as standing backbend times in 10 seconds respectively 5.36±0.76 seconds ; V-14.18%; 10 m in the case of a bridge. walking distance 10.57±1.39 sec; V-13.15% it

was proved that it increased. These are the indicators we have left style efficiency showed (See Table 9)

The value of relative growth of physical quality indicators of belt wrestlers involved in NG at the end of the study: 30 meters run 6.94 sec; 9.69 seconds of high jumps in 10 seconds ; Pull-ups times 8.62 in 10 seconds sec; 8.16 times in 10 seconds when bending and straightening them by leaning on the hands ; 10.51 seconds standing backbend times ; and 10 m in the case of a bridge. walking distance had a relative growth value of 7.41. The overall relative growth

rates proved to be 8.55.

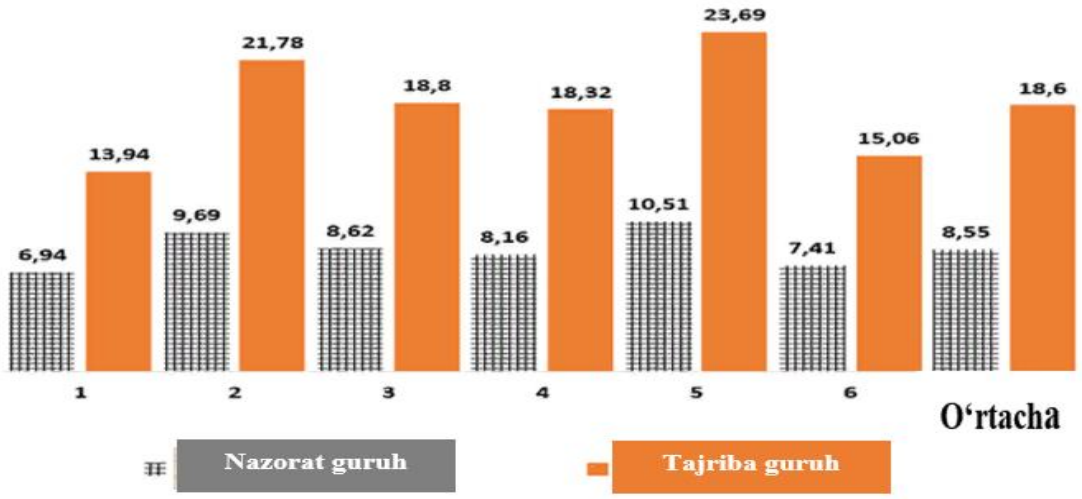

Figure 4. 75-82 kg in the control and experimental groups belted

Relative physical fitness of wrestlers at the end of pedagogical research growth dynamics of belt wrestlers involved in TG at the end of the study: 30-meter run sec, 13.94 sec; 21.78 times the height jumps in 10 seconds sec; 18.8 times pull-ups on the horizontal bar in 10 seconds ; 18.32 times in 10 seconds bending and straightening them Sec . Standing in 10 seconds backbend times 23.69 sec relative ; and 10 m in the case of a bridge. A relative increase of 15.06 was achieved in walking distance . The overall relative growth score was 18.06, which was significantly higher than that of the belt wrestlers in NG, demonstrating the reliability of our pilot test (see Figure 4).

of the belt wrestlers in the experimental and control groups were redefined and analyzed. The results obtained at the beginning and at the end of the study on the physical fitness of TG and NG belt wrestlers, based on the comparison of their statistical characteristics, the reliability of the change during the pedagogical experiment was determined.

Techniques used in the observation of skilled belt wrestlers were used to determine the effectiveness of the MJT optimized ratio of belt wrestlers in training over the course of the year in terms of optimizing the training program.

NG testers' performance of technical techniques 10 times to the right at the end of the study, it was as follows: carrying out the lifting method with the help of the knee 59.42 ± 0.14 sec; V-10.10%; execution of the blocking method with the help of the knee 57.55 ± 0.19 sec; V-12.13%; performing the throwback method 59.60 ± 0.23 sec; V-14.13%; and performing the breast lift method 56.19 ± 0.16 sec; V- was 13.18%.

Performance of TG group subjects performing technical techniques 10 times to the right at the end of the study was as follows: performing the lifting method with the help of the knee 52.33 ± 0.13 sec; V-10.11%; execution of the blocking method with the help of the knee 57.37 ± 0.17 sec; V-12.13%; performing the throwback method 59.49 ± 0.21 sec; V-14.16%; and 56.05 ± 0.14 sec when performing the breast lift method ; V- was 13.09% (see Table 10).

Table 10

indicators of performing technical methods 10 times to the right of belt wrestlers in the control and experimental groups in the weight category of 75-82 kg

No	Technician method	Control group (n=18)			Experience group (n=18)			t	R
		$\overline{X}$	s	V, %	$\overline{X}$	s	V, %		
1.	Using the knee carrying throw, times	59.42	0.14	10,10	52,33	0.13	10,11	2.76	<0.01
2.	Using the knee blocking throw, times	57.55	0.19	12,13	54.37	0.17	12,14	3.10	<0.01
3.	Returning throw, times	59,60	0.23	14,13	56.49	0.21	14,16	2.51	<0.05
4.	From the chest by increasing throw, times	56.19	0.16	13,18	54.05	0.14	13.09	2.78	<0.01

NG testers' performance of technical techniques 10 times to the right the result of the relative increase at the end of the study: 6.94 sec. 8.16 seconds when performing the blocking method with the help of the knee; 7.93 sec when performing the throwback method; and a relative increase of 8.93 in performing mastectomy . At the end of the study, the overall relative growth rate was 7.99 organized the

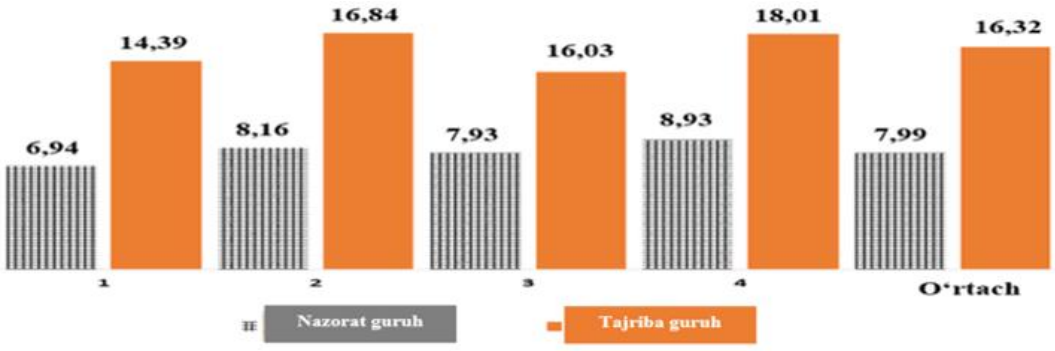

Figure 5. At the end of the pedagogical study, belt wrestlers in the control and experimental groups of 75-82 kg weight used technical methods to the right side.

When performing 10 times relative growth dynamic of TG testers performing technical methods 10 times to the right the result of the relative increase at the end of the study: 14.39 sec. 16.84 sec when performing the blocking method with the help of the knee; 16.03 sec when performing the throwback method; and a relative increase of 18.0 in breast augmentation. At the end of this study, the total relative growth index of 16.32 proved that NG achieved relatively reliable growth (see Figure 5).

In conclusion, we can say that our long-term pedagogical experience has been scientifically proven and serves as a scientific basis for the high results of qualified belt wrestlers.

Conclusions. As a result of the analysis of the literature, it was found that scientific approaches in planning tools and methods for belt wrestlers to succeed in competitions due to modeling of situations compared to the pre-competition preparation stage in the mesocycle in the pulling, striking, and approximating microcycles during the preparation for the main competitions are not enough. Due to the methods used in the pre-competition preparation stage, their direction, and the rational use of tools, the effectiveness of the training was increased to the maximum level.

During the pre-competition preparation of belt wrestlers, improvement of offensive actions, performance of technical and tactical actions; application of special exercises selectively directed to each situation, formation of competition preparation tactics, application of basic support methods for preparation for pre-competition mesocycle, at the expense of combining a sequence of counterattack methods in a favorable situation through defense, lifting with the help of the knee before the experiment: TG was 60.55±0.17, V-10.98%, and by the end of the study - 52.33±0.13, V-10.11% second improvement was achieved. NG was 60.52±0.16, V-10.58 % , and by the end of the study it was 59.42±0.14, V-10.10 % . 13.6-15.9 effectiveness of lifting and blocking methods with the help of knees % increase achieved. During the training, it was found that the physical fitness of the experimental group was significantly greener than the control group.

During the study, there was a positive change of the corresponding indicators in the TG in relation to the positive change during the pedagogical experience on the learned tests of the NG examinees (the average relative growth rate in the studied tests group was 8.55%). changes (the average relative increase in the group according to the studied tests is 18.60% , i.e. 10.05 times compared to NG) is high and statistically reliable (the changes in 2 tests in NG are normal

It was found that P<0.05 at the level of significance). These indicators confirmed the effectiveness of the program used in TG .

Depending on the direction of the impact of this training load on the athlete's body, usually the time of intense work can be calculated in three zones: Zone I is mainly aerobic, 140 to 150 pulses per minute: II zone is mixed: aerobic - anaerobic, 156 to 180 pulses per minute min and zone III - anaerobic, it was confirmed in the experiment that it is 186 cells/min and higher. The total time of the work performed in the first zone was 28 minutes and 30% of the total time, and the loading size was 36 conditional units. In the second zone, the training time was 52 minutes and 65% of the total time, and the loading size was equal to 536 conditional units. In the third zone, the athlete performed work for 10 minutes and 10% of the total time, and the loading size was 210 conditional units. The athlete's training load was 782, in this formula, the organization of training as a large load was scientifically justified.

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