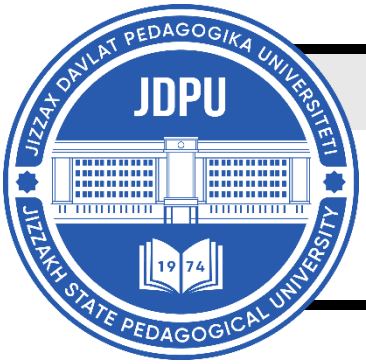
DOI: https://doi.org/10.37547/mesmj-V6-I8-31 Pages: 263-267

MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL



MENTAL ENLIGHTENMENT SCIENTIFIC – METHODOLOGICAL JOURNAL

http://mentaljournal-jspu.uz/index.php/mesmj/index

COORDINATION ACCURACY OF TECHNICAL METHODS IN BELT WRESTLERS AND ITS DEVELOPMENT USING BALANCE EXERCISES

H.Musulmonov
Independent researcher
Uzbek State University of Physical Education and Sports
Chirchik, Uzbekistan

ABOUT ARTICLE

Key words: Belt wrestling, competition, physical training, pair exercises, coordination accuracy, ability to balance, stabilization, development, model.

Abstract: This article provides information on the use of technical techniques in belt wrestlers aimed at developing coordination accuracy and balance-keeping abilities.

Received: 10.12.25
Accepted: 11.12.25
Published: 13.12.25

Introduction. Belt wrestling, which is increasingly gaining popularity worldwide as an ethno-sport, has long reflected the national values and socio-physical culture of various peoples and ethnic groups. In recent years, the sport has strengthened its position through World and Asian Championships as well as prestigious international competitions, and today it is on the verge of entering the Olympic arena. Over the years, almost all aspects of this sport have been studied, including its techniques and tactics, methods of teaching and improving technical-tactical preparedness, as well as the development of physical qualities and psycho-functional abilities. However, despite this progress, the fact that the combat process in this type of wrestling takes place with the athletes' hands "locked" on the belt—and that maintaining coordination of techniques performed in such a position primarily depends on balance stability—has remained almost unexplored. This gap determines the relevance of the chosen topic.

The purpose it consists in increasing the ability of qualified belt wrestlers to stabilize the technique of techniques and its coordination accuracy with the help of balance exercises.

Research objectives: 1. Creation of the "Video Expertise" methodology for assessing the coordination accuracy of technical techniques and their resistance to the influence of rotational movements in qualified belt wrestlers and studying the experience of forming these abilities in traditional training;

2.scientific substantiation of the dependence of the coordination accuracy and stability of technical techniques performed in various modes on the stability of maintaining balance in qualified belt wrestlers.

Belt wrestling, which has taken its place in the history of peoples living around the world and is revered as one of their national values, in recent years has become equal to the rating of international types of wrestling from the status of ethnosport. The fact that the competitive process in belt wrestling always takes place in a mutual contact mode shows, firstly, that it differs sharply from other types of wrestling, and secondly, scientific research has been conducted aimed at teaching the techniques and tactics of techniques specific to this sport, and developing special physical qualities. However, in this type of wrestling, the coordination accuracy of technical techniques, especially their stability, is based on the stability of maintaining balance, and there is a need to develop a scientifically based methodology aimed at increasing this ability.

The effectiveness of technical and tactical techniques performed in sports activities, including wrestling, especially in belt wrestling, where the opponent's hands are always "locked" to the belt, depends on specific types of strength. It is also known that the effectiveness of applying these techniques within the required time or throughout the entire match is determined by the required proportion of all strength qualities (speed dynamic strength, explosive strength, maximum strength, and strength endurance) demonstrated in concentric and eccentric regimes. It is also important to consider that the proportion of such types of forces is determined not only by their reserves, but also by the correspondence of the stress regimes applied to each technical method to its technical, coordination, and kinematic content. However, for the skillful execution of such movement elements with high accuracy, wrestlers must have a stable balance stability. This opinion, or perhaps, is confirmed by the results of subsequent studies. For example, the volume of lifting and lowering a 60-kilogram weight connected to the "PASKB-SHER" electronic simulator handle in concentric and eccentric modes from a neutral (N) position within 10 seconds in a state of rest (without the influence of vestibulokinetic loads) in qualified belt wrestling students participating in this study was

14.8±2.73 times at the beginning of MAS, and by the end of MAS this indicator increased to 15.5±2.77 times, or its absolute growth difference was only 0.7 times. The lifting volume by lowering the lever was initially equal to 9.6±1.15 times, and by the end of MAS this indicator increased to 10.8±1.18 times, or its absolute increase was recorded with a difference of 1.2 times (see Table 1).

Table 1

The volume of lifting-lowering and lowering-lifting (separately) of a 60 kg weight connected to the handle of the "PASKB-SHER" electronic simulator in a state of rest and under the influence of vestibulokinetic loads from the "N" position within 10 s and the growth rate during one SMI -n-25x3=75

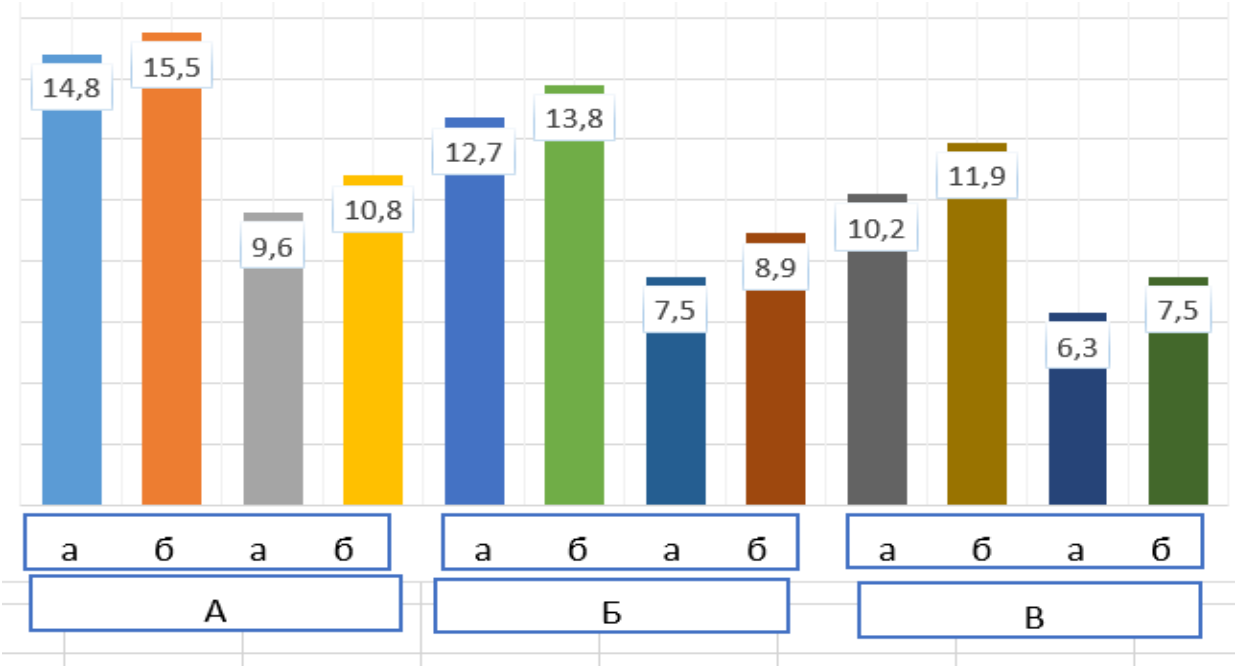
Dynamic acceleration force indicators	**At the beginning of the training session**	**At the end of the training camp**	**AO'F**
Raising and lowering lever (times)	14.8±2.73	15.5±2.77	+0.7
Raise and lower handle (times)	9.6±1.15	10.8±1.18	+1.2
Exposure to 10 rotations of the body to the left			
Raising and lowering lever (times)	12.7±2.21	13.8±2.26	+1.1
Raise and lower handle (times)	7.5±0.93	8.9±1.04	+1.4
Under the influence of 10 rotations of the body to the right			
Raising and lowering lever (times)	10.2±1.15	11.9±1.18	+1.7
Raise and lower handle (times)	6.3±0.47	7.5±0.86	+1.2

Note: "N"-neutral position of the lever; STR - year of training; during rotation of the body, a 60 kg mannequin is loaded onto the shoulder; APF-absolute growth difference.

As noted above, in competitive matches, repeated sharp rotational movements, jerks, and pulling-pushing elements affect the morcosal-vestibular analyzer of the balance function, causing a "swaying" reaction. This situation, in turn, not only negatively affects the technique of techniques used during matches and their coordination accuracy but can also adversely affect the types of forces required to execute these techniques. From the results of our research conducted in this direction, it became known that under the influence of the load of loading a 66 kg mannequin onto the shoulder and rotating the body 10 times to the left-convenient side, the volume of lifting and lowering a 60 kg weight connected to the treadmill handle from a neutral position within 10 s decreased to 12.7±2.21 times at the beginning of the MAS. By the end of SMI, this indicator increased to 13.8±2.06 times, or the difference in its absolute increase was only 1.1 times. The volume of lifting and lowering this stone from a neutral position further

decreased under the influence of this load or decreased by 2.1 times compared to the corresponding indicator recorded at rest and amounted to 7.5±0.93 times at the beginning of the MYO. Even by the end of AMI, this indicator did not increase rapidly and was 8.9±1.04 times. During this period, the difference in its increase was 1.4 times (see Fig. 1).

Differences in the volume of lifting-lowering and lowering-lifting of a 60 kg weight connected to an electronic trainer handle at rest and under the influence of vestibulokinetic loads within 10 s, as well as their growth rate during one training session, in qualified belt wrestling students.



Note: A-at rest: B-under the influence of 10 rotations of the body to the left: C-under the influence of 10 rotations of the body to the right: a-at the beginning of the MAS: b-at the end of the MAS.

It is noteworthy that these indicators decreased even more than before under the influence of 10 rotations of the body to the right and to the wrong side. In particular, the volume of lifting and lowering of the stone from the neutral position within 10 s was 10.2±1.15 times at the beginning of the MYO and 11.9±1.18 times at its end. The lifting volume of the same weight when lowering it from a neutral position within 10 seconds under the influence of this load was 6.3±0.47 times at the beginning of the midline swing and 7.5±0.86 times at its end, or the difference in the growth of this indicator was 1.2 times.

References:

1. O‘zbekiston Respublikasi Prezidentining 2017-yil 2-oktabrdagi PQ-3306-son “Kurash” milliy sport turini yanada rivojlantirish chora-tadbirlari to‘g‘risida”gi qarori

2. O‘zbekiston Respublikasi Prezidentining 2020-yil 4-noyabrdagi PQ-4881-son “Kurash milliy sport turini rivojlantirish va uning xalqaro nufuzini yanada oshirish” chora-tadbirlari to‘g‘risida”gi qarori

3. Артиков З.С., Жанузакова Ў.Г., ЎзДЖТСУ Белбогли курашда ракибни кўтариб ташлаш усулларида мувозанат саклаш кобилятининг устувор аҳамяти // Ўзбекистонда жисмоний тарбия ва оммавий спортни янада ривожлантириш истикболлари’’ Республика илмий анжумани тўплами. - 2019. - №. – С.42-44.

4. Гафуров А., УзГИФК Контролъ тренировичных нагрузок как эффективное средство управления тренировичным процессом борцов. Жисмоний тарбия ва спорт: фан, таълим, инновациялар Республика илмий-амалий анжумани топлами.-2017.-№ С.220-221.

5. Ерембетов Б.К., Курашчиларнинг тайёргарлигини такомиллаштириш муомолари // Ўзбекистонда олимпизм гойалари ҳамда жисмоний тарбия ва спортни ривожлантириш истикболлари. ККДПУ 2017. - С.201.

6. Ходжамкелдиев, Г. Спорт машғулотлари жараёнларида тикланишнинг аҳамияти // Ижтимоий-гуманитар фанларнинг долзарб муаммолари/Актуальные проблемы социально-гуманитарных наук/Actual Problems of Humanities and Social Sciences., 3(7), (2023). 233-237.

7. Khojamkeldiyev, G. S. Medical and biological means of increasing working capacity and recovery of athletes // Mental Enlightenment Scientific-Methodological Journal, Jizzakh, 2023. - P.232-237.

8. Khujamkeldiyev, G. S. (2023). The importance of recovery in the processes of sports exercises // In Физическое воспитание и спорт в высших учебных заведениях: сб. статей XIX Междунар. науч. конф., Белгород, 25–26 апр. 2023 г./Белгор. гос. технол. ун-т.–Белгород: Изд-во БГТУ, 2023.–471с. ISBN 978-5-361-01170-4 (P. 462).

9. Ходжамкелдиев, Г. (2023). Спорт машғулотлари жараёнларида тикланишнинг аҳамияти // Ижтимоий-гуманитар фанларнинг долзарб муаммолари/Актуальные проблемы социально-гуманитарных наук/Actual Problems of Humanities and Social Sciences., 3(7), - С.233-237.

10. Khojamkeldiyev Gafur S. Medical and biological means of increasing working capacity and recovery of athletes // Mental Enlightenment Scientific-Methodological Journal, Jizzakh, 2024. - Pages: 232-237