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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –  
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**RATE OF PHYSICAL FITNESS DEVELOPMENT IN TRADITIONAL  
COURSES OF QUALIFIED JUDO STUDENTS****Malik Anarbayev**

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E-mail: [anarbayev@mail.ru](mailto:anarbayev@mail.ru)**ABOUT ARTICLE****Key words:** Belt judokas, dummy, fast power, throws, anaerobic endurance, maintaining balance.**Received:** 09.11.23**Accepted:** 11.11.23**Published:** 13.11.23**Abstract:** One of the features of judo that is sharply different from other types of wrestling is that during the competition, the wrestlers are always busy with the grip while performing all the movements, including the techniques of lifting the opponent to one side or the other.**INTRODUCTION**

That is why a number of experts have paid serious attention to the need to develop the physical qualities in a specialized manner, which play an important role in training the technical and tactical movements related to the methods of lifting the opponent in judo athletes and ensuring their effectiveness (N.N. Chelyshev 2013, p. 191-196; M.A. Pravdov; N.N. Chelyshev, B.P. Bubochkin, Yu.M. Bazhenov 2013, p. 1-32; R.F. Gaynonov 2008, p. 112)

The purpose of the study is to study the pattern of growth of a number of components of physical training, including the volume and intensity of lifting mannequins during the academic year in qualified judoka-students.

15 wrestlers belonging to the 61-66 and 67-73 kg weight categories were involved in the study, and all the applied pedagogical tests were taken 4 times ( $n=15 \times 4=60$ ).

**RESEARCH RESULTS AND THEIR ANALYSIS**

The results of the research showed that the maximum dynamic strength of the arm flexors in the 61-66 kg weight category wrestlers at the beginning (September, 2021) was  $15.3 \pm 2.05$  times, after 10 months or an academic year by the end, this indicator increased to  $16.7 \pm 2.16$  times.

In the wrestlers of the 67-73 kg weight category, these parameters were recorded as  $13.7 \pm 1.77$  and  $15.5 \pm 2.06$  times, respectively. It can be seen that, firstly, the number of pull-ups in the second weight category was relatively less and the difference was 1.7 times. Secondly, in wrestlers of both weight categories, the strength of flexor muscles increased by only 1.4-1.9 times by the end of the academic year.

Representing the quality of quick strength - 10 sec. number of pulls during 61-66 kg. in weight class wrestlers, it was  $5.5 \pm 0.48$  times at first, and  $6.4 \pm 0.53$  times at the end of the academic year. For wrestlers in the weight category of 67-73 kg, these indicators were represented by  $4.7 \pm 0.38$  and  $5.8 \pm 0.50$  times, respectively.

At the beginning of the academic year, the number of hand bending-writing in the wrestlers of 61-66 kg weight class increased up to  $16.8 \pm 2.17$  times. In wrestlers of the next weight category, these indicators were equal to  $14.6 \pm 1.77$  and  $15.5 \pm 2.11$  times, respectively.

**Growth rate of general and special physical training of qualified judoka-students during the academic year –  $\pm s$**

Pedagogical tests	Weight categories		Indicators difference
	61-66 кг. n=15x4=60	67-73 кг. n=15x4=60	
Pull-ups (times)	$15,3 \pm 2,05$	$13,6 \pm 1,72$	$1,7$
	$16,7 \pm 2,16$	$15,5 \pm 2,06$	$1,2$
10 sec on the turnstile. pull (times)	$5,5 \pm 0,49$	$4,7 \pm 0,38$	$0,8$
	$6,4 \pm 0,53$	$5,8 \pm 0,50$	$0,6$
Bending hands-writing in Brusia (times)	$16,8 \pm 2,17$	$14,6 \pm 1,77$	$2,2$
	$17,3 \pm 2,39$	$15,5 \pm 2,11$	$1,8$
Brush your hands for 10 seconds. fold-write (times)	$5,5 \pm 0,57$	$5,2 \pm 0,48$	$1,3$
	$6,9 \pm 0,62$	$5,5 \pm 0,51$	$1,4$
30 m. run to (sec.)	$5,5 \pm 0,37$	$5,9 \pm 0,32$	$0,4$
	$5,2 \pm 0,35$	$5,6 \pm 0,29$	$0,3$
5x6 m. run to (sec.)	$9,8 \pm 1,21$	$10,3 \pm 1,28$	$0,5$
	$8,3 \pm 1,06$	$8,5 \pm 1,05$	$0,4$
1000 m. run to (min.)	$3,43 \pm 0,32$	$3,46 \pm 0,37$	$0,3$
	$3,37 \pm 0,28$	$3,41 \pm 0,33$	$0,4$
Mannequin 10 sec. Raise with right knee inside (times)	$5,07 \pm 0,54$	$5,29 \pm 0,77$	$0,22$
	$5,25 \pm 0,58$	$5,38 \pm 0,88$	$0,13$
Time to lift the mannequin 10 times with the right knee (sec.)	$24,3 \pm 3,87$	$25,1 \pm 3,32$	$0,8$
	$24,1 \pm 3,24$	$24,5 \pm 3,29$	$0,4$
Mannequin 10 sec. the number of lunges to the left over the chest (times)	$4,75 \pm 0,48$	$4,89 \pm 0,62$	$0,14$
	$4,87 \pm 0,53$	$5,08 \pm 0,53$	$0,21$
Time to throw the mannequin 10 times from the chest to the left (sec.)	$25,7 \pm 3,31$	$26,2 \pm 3,44$	$0,5$
	$24,3 \pm 3,19$	$24,7 \pm 3,33$	$0,4$

Note: - in the picture – indicators in September 2021;

- in the denominator – indicators in June 2022.

10 sec in Brusia. the maximum number of times of bending and writing the arms in wrestlers in the 61-66 kg weight category was  $6.5 \pm 0.57$  times at first, and  $6.9 \pm 0.62$  times after 10 months of traditional training.

In wrestlers in the weight category of 67-73 kg, these indicators were recorded as follows:  $5.2 \pm 0.48$ ;  $5.5 \pm 0.51$  times, or the rate of increase in quick strength was extremely low in both groups.

30 m. running speed was  $5.5 \pm 0.37$  and  $5.9 \pm 0.32$  sec. and after 10 months it was  $5.2 \pm 0.35$  and  $5.6 \pm 0.29$  sec.

In wrestling, wrestlers move quickly along the tatami in changing directions in mutual opposition, looking for an opportunity to attack in a favorable situation. Such moves require variable quick power from the wrestler. Therefore, we use 5x6 m in volleyball practice. we took the shuttle run test. Studies have shown that 61-66 kg. 5x6 m in weight class wrestlers. the shuttle running speed is initially  $9.8 \pm 1.21$  sec. if it was, after 10 months this speed was  $8.3 \pm 1.06$  sec. was found to be reduced to For wrestlers in the weight category of 67-73 kg, these indicators are  $10.3 \pm 1.27$  and  $8.5 \pm 1.05$  seconds, expressed with respectively.

It is known that competitions in wrestling are held in anaerobic mode. Therefore, they should have sufficiently developed anaerobic endurance. However, it has been proven that anaerobic endurance is based on the quality of aerobic endurance. That is why it is customary for wrestlers to use long-distance running exercises. 1000 m. It was found out from the results of the running test that the speed of running for this distance in wrestlers in the weight category of 61-66 kg was  $3.43 \pm 0.32$  min. was, after 10 months this indicator was  $3.37 \pm 0.28$  min. reduced to 67-73 kg. in wrestlers of the weight category, these indicators are  $3.46 \pm 0.37$  and  $3.41 \pm 0.33$  min, respectively. expressed with The level of these indicators indicates that the quality of aerobic endurance is not sufficiently developed in the wrestlers who participated in the study. It cannot be said that they have developed enough special work skills related to lifting the opponent. For example, 50 kg. mannequin with 10 sec. in the number of lifts using the right knee (favorable side) 61-66 kg. in weight class wrestlers, it was  $5.07 \pm 0.54$  times at first, and  $5.25 \pm 0.58$  times after 10 months. The 10-month growth rate of this ability was recorded at 0.17 times. 67-73 kg. and in weight category wrestlers, these indicators were equal to  $5.29 \pm 0.77$  and  $5.38 \pm 0.82$  times respectively, or the 10-month growth difference of this indicator was 0.19 times.

The time to lift the mannequin 10 times with the right knee is 61-66 kg.  $24.3 \pm 3.27$  seconds in weight class wrestlers. ni, after 10 months  $24.1 \pm 3.21$  sec., or there was almost no sign of growth at the time of lifting the opponent. 67-73 kg. these indicators were not significantly different from each other in the wrestlers of the weight category.

Mannequin 10 sec. 61-66 kg. in weight class wrestlers, it was  $4.75 \pm 0.48$  times at first, and  $4.87 \pm 0.53$  times after 10 months. 67-73 kg. in wrestlers of the weight class, these indicators were recorded with  $4.89 \pm 0.62$  and  $5.08 \pm 0.53$  times, respectively.

The time to raise the mannequin 10 times from the chest and throw it to the left is 61-66 kg.  $24.7 \pm 3.91$  seconds in weight class wrestlers. expressed by, after 10 months this indicator is  $24.3 \pm 3.19$  sec. reduced to only 67-73 kg. in weight category wrestlers, these indicators are  $26.2 \pm 3.44$  and  $24.7 \pm 3.33$  was recorded during seconds, respectively.

### CONCLUSION

In qualified judoka-students who participated in the research, as mentioned above, it was found that the components of general and special physical training were insufficiently formed, and it was observed that they were not distinguished by the dynamics of obvious changes even during 10 months of traditional training.

Based on the results of the research, it should be noted that in traditional training with wrestlers, neither general physical exercises nor special physical exercises are used, firstly, in a targeted and differentiated manner, and secondly, the number or volume of repetitions of the exercises, the time of their execution, especially their effectiveness, are not strictly controlled. maybe it can be done.

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