



NATIONAL WRESTLING SPORT WITH PRACTITIONER STUDENTS
PHYSICAL ADJECTIVES DEVELOP

Mamanazarov Akmal

Bukhara state university

Sports theory and methodology department teacher

Abstract : *This in the article national wrestling sport with practitioner students physical adjectives develop roads about word goes . Physical also separate for qualities attention National wrestling students interest methods saying passed .*

Support words : *National wrestling , physical qualities , strength , endurance , flexibility , speed and agility adjectives .*

National wrestling sport with practitioner students physical adjectives development is athletes strength , speed , endurance , flexibility , and balance such as physical skills to increase aimed at wide comprehensive process become is considered . National in the fight to success achieve for students only technician skills not , maybe high physical also develop preparation need .

Physical adjectives development main directions :

1. Strength develop

The force is national. in the fight the most important physical from adjectives is one . In the struggle the opponent management , methods to perform and position in change strong It is required to be . The power increase for following exercises done increase need :

Weight with work : sit -ups , barbell lift , lying down to get a press without such as weight exercises .

Ear reinforcement : ring and machines with work , braking exercises .

Strong methods application : various struggle in techniques strong hand movements and blue crack lift exercises .

2. Speed increase



National in the fight speed very important because every one method and tactical decision quickly done increase Speed increase for following exercises need :With pictures Running : 30-50 meters fast running , sprinting exercises .

Reaction exercises : fast steps and to actions adaptation , also colorful the lights observation and their instead quickly replacement .

Interval Exercises : speed and agility increase for short and far interval training at distances .

3. Endurance increase

Endurance physical and spiritual in terms of athlete far term during high in intensity to fight capable to be provides . In the struggle high in intensity physical and psychological endurance develop for :

Far remote Runs : 3-5 km running , heart and muscles far term during to work to put

Interval running Exercises : short and fast runs to relax with their time replacement .

Endurance increasing exercises : big in the direction exercises , for example , physical construction according to exercises .

4. Flexibility develop

In the struggle good flexibility and to balance has to be necessary , because every how in case opponent's to their actions against right reaction This is a physical quality develop for :

Stretching : to stretch the muscles stretching and preparation and gymnastic from exercises use to the goal appropriate is considered .

5. Coordination and agility

National in the fight quickly adaptation and actions done increase important . Coordination and agility develop for following exercises to perform Need : Advanced actions : struggle clear technician elements exercise to do , for example , various throws and holding to take movements fast and effective to do .



Coordinate sion exercises : from positions quickly exit and new to the situation to pass Exercises . Strong agility exercises : fast actions and test exercises transfer

In the struggle physical adjectives with together , spiritual preparation is also very important . Every wrestler positive spiritual to the situation has to be , competitions during oneself management , stress and pressure overcome ability is expected .

Motivation and attention sum : positive thinking , self encouragement and yourself reliable catch

Spiritual preparation exercises : meditation , visualization competition to do and oneself spiritual analysis to do

Each the student individually assessment and his/her physical in preparation disadvantages to determine , necessary exercises choice and regular inspections transfer It is important . These students development efficiency to increase help gives .

Physical adjectives develop In the process , students regular accordingly exercises to do them , right in technology and high at the level to do Also , qualified coaches with permanent in touch to be , students for the most suitable exercises choice and them motivation It is also important to do .

LITERATURE

1. Ostonov J. S., Ibragimov M. M. Bokschi sportchilarda psixologik muhofazaning ijtimoiypsixologik xususiyatlari //Science and Education. – 2022. – T. 3. – №. 4. – C. 1534-1539.
2. Arslonov Q. et al. Experimental testing of the effectiveness of the Turan struggle in higher education //E3S Web of Conferences. – EDP Sciences, 2024. – T. 538. – C. 05040.
3. Mukhammadovich I. M., Kyzi S. F. O. Building Endurance Abilities of Young Boxers //European journal of innovation in nonformal education. – 2024. – T. 4. – №. 3. – C. 170-173.



4. Ибрагимов М. М. РАЗВИТИЕ ФУНКЦИОНАЛЬНОГО КАЧЕСТВА СТУДЕНТОВ-БОКСЕРОВ //Теоретико-методологические основы и методико-практические аспекты. – 2025. – С. 48.
5. Ибрагимов М. М. РАЗВИТИЕ СКОРОСТНО-СИЛОВЫХ КАЧЕСТВ СТУДЕНТОВ-БОКСЕРОВ //Теоретико-методологические основы и методико-практические аспекты. – 2025. – С. 53.
6. Ibragimov M. INCREASING THE EFFICIENCY OF TRAINING BY DEVELOPING THE SPEED AND STRENGTH OF BOXERS //International Journal of Artificial Intelligence. – 2025. – Т. 1. – №. 2. – С. 644-647.
7. Ibrahimov M. IMPROVING THE TRAINING EFFICIENCY OF VARIOUS QUALIFIED BOXERS WITH THE HELP OF MODERN EXERCISES //Journal of Multidisciplinary Sciences and Innovations. – 2025. – Т. 1. – №. 1. – С. 117-121.
8. Ибрагимов М. БОКСДА ТАКТИК ҲАРАКАТЛАРНИНГ АҲАМИЯТИ: 10.53885/edinres. 2022.26. 82.028 Ибрагимов М. Бухоро давлат университети 2 босқич магистранти //Научнопрактическая конференция. – 2022. – С. 90-92.
9. Mukhammadovich I. M. The Main Methodological Instructions for the Development of Speed-Strength Qualities of Boxers //Web of Synergy: International Interdisciplinary Research Journal. – 2023. – Т. 2. – №. 5. – С. 550-554.
10. Mukhammadovich I. M. et al. Evaluation of quick-power of boxer in boxing competitions //Int. J. Form. Educ. – 2024. – Т. 3. – №. 1. – С. 68-71.
11. Qoraboyev F. F. NEW WAYS OF WORKING WITH STUDENTS //Educational Research in Universal Sciences. – 2023. – Т. 2. – №. 16. – С. 106-109.
12. Qoraboyev F. F. CREATION OF A NATIONAL SYSTEM OF EDUCATION //Educational Research in Universal Sciences. – 2023. – Т. 2. – №. 16 SPECIAL. – С. 102-105.
13. Shuhrat o'g'li Q. A., Qoraboyev F. F. SPORTCHILAR UCHUN KUCH MASHQLARINI QANDAY TO 'G 'RI TANLASH KERAK //Новости образования: исследование в XXI веке. – 2023. – Т. 1. – №. 8. – С. 279-283.



14. Qoraboyev F. F. CARRYING GAMES DURING SPORTS TRAINING //MASTERS. – 2024. – T. 2. – №. 4. – C. 69-71.
15. Faxriddinovich Q. F. TALABA KURASHCHILARDA MUSOBAQA MASHQLARI TEXNIKASINI O'RGATISHDA MAXSUS YORDAM BERUVCHI MASHQLARNI QO'LLASH SAMARADORLIGI //MASTERS. – 2024. – T. 2. – №. 4. – C. 65-68.
16. Qoraboyev F. F. et al. THE ADVANTAGE OF INTERACTIVE METHODS IN IMPROVING THE QUALITY OF THE EDUCATIONAL SYSTEM //PEDAGOGICAL SCIENCES AND TEACHING METHODS. – 2023. – T. 2. – №. 19. – C. 42-45.
17. Faxriddinovich Q. F. Importance of Weight Categories and History of Changes in Weightlifting //Vital Annex: International Journal of Novel Research in Advanced Sciences. – 2023. – T. 2. – №. 3. – C. 165-172.