

DZYUDODA TEXNIK HARAKATLARGA O'RGATISH

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ОБУЧЕНИЕ ТЕХНИЧЕСКИМ ДВИЖЕНИЯМ В ДЗЮДО

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TEACHING TECHNICAL MOVEMENTS IN JUDO

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Annotatsiya. Dzyudochilarni texnik harakatlarga o'rgatish metodikasi nazariyasiga bag'ishlangan maxsus adabiyotlarni, shuningdek, dzyudochilarning texnik va taktik elementlarini o'rganib chiqib, turli xil dasturlarga muvofiq tayyorlanadi. Maqolada dzyudochilarni texnik tayyorgarligida jismoniy tarbiya vositalari va usullari o'rtasidagi aloqaning oqilona nisbatini o'rnatish muammolari, hozirgi vaqtda texnik tayyorgarlik sifatiga bevosita ta'sir qilish masalalari ko'rib chiqiladi.

Kalit so'zlar. Dzyudo, Olimpiya o'yinlari, texnik tayyorgarlik, jismoniy qobiliyatlar, sport mashg'ulotlari, sport tayyorgarligi.

Аннотация. Специальная литература, посвященная методике подготовки дзюдоистов к техническому опыту, изучению техники и тактики дзюдоистов и подготовке их по различным программам. В статье рассматриваются проблемы правильного соотношения физкультурных работ и методов в технической

подготовке дзюдоистов, проблемы специфического влияния на качество технической подготовки в настоящее время.

Ключевые слова. *Дзюдо, Олимпийские игры, техническая подготовка, физические упражнения, спортивная тренировка, спортивная подготовка.*

Abstract. Special literature devoted to the methodology of training judoists for technical experience, studying the technique and tactics of judoists and training them according to various programs. The article examines the problems of the correct ratio of physical education work and methods in the technical training of judoists, the problems of specific influence on the quality of technical training at present.

Key words. *Judo, Olympic Games, technical training, physical exercises, sports training, sports training.*

Wrestling sports have existed since ancient times as a means of physical development of the human organism and military-practical training. They were widespread among the peoples of ancient Greece, Rome, China, India, Egypt, and other countries. In the pages of Homer's "Iliad" and "Odyssey" poems, colorful descriptions of wrestling competitions are given, testifying to the fact that wrestlers' sporting skills have been passed down from generation to generation [1].

Like other practical sports, the main reason for the emergence of judo wrestling was the necessity of training warriors in Japan. During the evolutionary process, various peoples gradually developed their own national wrestling styles [1,4].

The source of judo wrestling is jiu-jitsu, whose technique migrated from China to Japan. The founder of judo is the famous Japanese pedagogue, teacher, and coach Jigoro Kano. Having carefully studied the jiu-jitsu schools that existed at that time, D. Kano "noticed that the techniques of various schools were not always praiseworthy." The conviction of the necessity to refine jiu-jitsu developed in this way. "I began by systematizing the best methods of jiu-jitsu. I added my own to them and gave them a different meaning. Thus, a new system emerged that embodied mental and physical principles."

D. Kano called his new martial art judo. "Ju" means soft, modest, "do" means way, behavior, viewpoint, or thought. Thus, judo is soft, modest behavior that reflects the judoka's attitude toward the opponent and life [2,4].

Technical Movements in Judo Wrestling

All types of motor activity are characterized by the following parameters:

- Level of coordination abilities
- Number of complex coordination movements
- Quality and speed of information processing
- Accuracy level of future movements
- Requirements for the quality of strength types

- Requirements for movement speed
- Requirements for movement duration
- Level of mental loads.

Almost all qualities are necessary in wrestling sports. However, technical movements are ultimately evaluated in competitions, and their assessment depends on the appropriateness of their use in the changing conditions of wrestling [2].

If this is the case, experience in martial arts prevails. Therefore, the longer a person engages in combat sports, the more experienced they become, and their sports life should be maximally extended (unlike sports where pure physical qualities predominate).

Thus, the foundation of the judo system consists of the technique of performing wrestling methods that differ in each section according to the specific characteristics of the relative positions of opponents [2,3].

In standing combat, the specificity of the grip taken for performing technique is of great importance. It is impossible to perform technique without a grip (around). This article proposes the most suitable grips that allow throwing in horizontal and sagittal plane projections against an opponent standing in any position [2,5].

Standing Wrestling Grip Positions (Standard and Non-standard)

It should be remembered that according to the rules of judo wrestling competitions, the use of close-distance grips (holding the belt from front and back) and one-sided grips is limited in time, which eliminates the possibility of waiting for a favorable starting position to execute a throw and immediately requires active actions to create such positions (conducting dynamic exercises or combinations).

Grips can be located at the same points, but in the same or different mutual positions they differ in kinematic parameters and determine the implementation of different techniques in different directions [2,4,6].

In modern judo, since the main attention has shifted from demonstrativeness to sporting style, some grips used to show turns in competition are now contradictory.

To execute throws, carry out defense, and prepare for throwing, the athlete must unbalance the opponent. This topic is presented in full as follows.

Throws

A throw is a method that leads to transferring the opponent from a standing position to their back or side.

There is virtually no traditional description of this throwing technique, because during the process of learning this method, a systematic description is given by type, class, unit, and group of combat technique. To describe any throw, the student must refer to finding a logical basis for similarities or differences in the biomechanical structure of the technique. Such a long and, at first glance, tedious method of mastering material allows for a deeper understanding of the biomechanical foundations of

throwing technique and equips the coach with the ability to accurately identify the causes of errors and effectively correct them [6].

Throws During Turning (“Turn” Type)

These are throws of the opponent (Uke) with an initial turn to their back or side. When performing them, the attacker first turns at an angle from 90° to 270° in front of the opponent and touches them with their near side, back, or far side. Then, continuing the turn, they throw them forward.

The main element affecting the quality of these throws is turning the athlete's head as much as possible toward the direction of the opponent's future fall and beyond.

When gripping at long distance, it is necessary to turn 270° before making contact with the opponent's body to successfully perform the throw.

When gripping at medium distance, it is necessary to turn 180° before making contact with the opponent's body to successfully perform the throw.

When gripping at close distance, it is necessary to turn 90° before making contact with the opponent's body to successfully perform the throw.

In the first case, high speed is required, in the second, great force.

All throws of the “turn” type have a common spatial-tactical structure and differ from each other in dynamic characteristics: upward movement, horizontal balance, ensuring full support [1,6].

The most important stage determining the success of a throw is the transition from the initial position to the starting position (stage 1 of the throw). This stage is especially important when performing turning throws, because the attacker has very difficult coordination during the transition from the initial position to the beginning of the throw, being in a single-support state for a long time with little stability.

Therefore, in this type of technique, the technique of starting the throw is most responsible and requires special attention.

Also, turning-type throws are given for various methods of entering the start, which, according to the wrestling technique classification, belong to the throwing class. For each throw, the method of entering the start is added to its main name (“entry,” “exit,” etc.). With a turn of the back foot's toe, passing the front foot past the opponent's side to the starting position (outside the opponent's same-named leg) [1].

Controlling the Technical-Tactical Preparedness of Judokas in Competition Conditions

All positive and negative aspects of judokas' preparedness are clearly manifested in competitions. To assess the essence of their competitive activity, the following is necessary:

- 1) Recording the athlete's competitive activity
- 2) Evaluating it according to certain criteria.

The first problem can be solved by optical methods (photo and filming, video recording, etc.) or pedagogical methods (observing the athlete's movements and recording them in protocols). Currently, it is common to record competitive movements in reports using special symbols (abbreviations). This is explained by the labor intensity and high material costs of recording competitive activity using optical methods, as well as the need to still fill out special protocols when subsequently analyzing film or video recordings [1,2,4].

However, optical methods allow obtaining fine details of movements that a stenographer cannot record. Therefore, it is recommended to use optical and pedagogical methods in combination to record athletes' competitive activity, complementing each other.

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