



## IMPROVING THE PHYSICAL PREPARATION OF KURASH.

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**Annotation:** This article provides detailed information from leading experts and scientists in the field regarding the development of physical qualities of wrestlers today and its specific characteristics.

**Key words:** Kurash, sport, physical education, physical qualities, strength, agility, quickness, flexibility, dexterity, competition, sports, high results.

In order to achieve high performance in sports, it is necessary to create all the conditions for the formation and education of the necessary physical qualities in athletes.

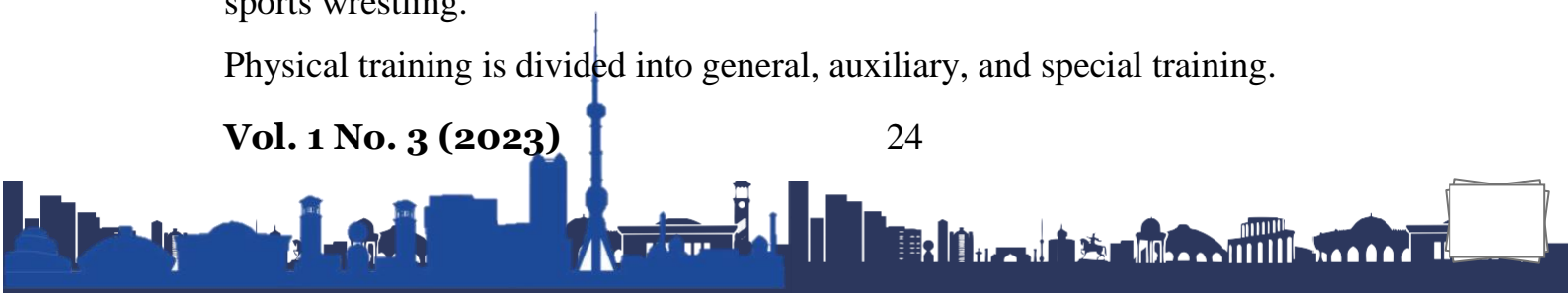
The main goal of physical training is to improve the basic physical qualities of athletes, such as speed, strength, and agility. Dexterity is one of the most complex qualities, as it includes parameters of strength, speed, and endurance at the same time. This feature is manifested according to the nature of the behavior being performed, so it is primarily related to technical training; therefore, when talking about dexterity, it is necessary to talk about the technical training of athletes first (VF Sopov).

The physical training of a wrestler is one of the important components of sports training and is a process aimed at developing physical qualities such as strength, endurance, flexibility, agility, and quickness.

### **The main tasks of physical training are:**

- increase the level of health of athletes and the functional capabilities of various systems of their bodies;
- development of physical qualities in a unit that meets the unique characteristics of sports wrestling.

Physical training is divided into general, auxiliary, and special training.





The general physical fitness of a wrestler is the foundation and necessary basis for achieving high results. It mainly provides the solution for the following tasks:

- all-round harmonious development of the wrestler's organism, increase in its functional capabilities, development of physical qualities;
- increase the level of health;
- the correct use of active rest during intense training and competition pressures.

The physical training of a wrestler is one of the important components of sports training and is a process aimed at developing physical qualities such as strength, endurance, flexibility, agility, and quickness.

**The main tasks of the physical training of KURASH are as follows:**

- increase the level of health of athletes and the functional capabilities of various systems of their body;
- development of physical qualities in a unit that meet the specific nature of the fight;

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The general physical fitness of a wrestler is the foundation and necessary basis for achieving high results. It mainly provides the solution for the following tasks:

- all-round harmonious development of the wrestler's organism, increase in its functional capabilities, development of physical qualities;
- increase the level of health;
- the correct use of active rest during intense training and competitive loads.

General physical training includes the collection of various tools.

Among them are exercises performed in shells and with shells, exercises performed with a partner on a special trainer, and general developmental exercises taken from other sports: acrobatics, athletics, sports games, swimming, and others.

Auxiliary physical training is designed to create a special basis necessary for the effective performance of a large volume of work aimed at the development of special movement skills.

**It has a rather narrow and specific direction and solves the following tasks:**





- development of qualities that are more typical for fighting;
- selective development of muscle groups that are largely involved in the wrestler's movements.

Such exercises are used as advanced means of auxiliary physical training and are both kinematic and dynamic.

According to the composition and nature of the nervous-muscular tension, it is suitable for the main actions of the wrestler during the competition.

Among such exercises, the following can be distinguished: execution of various methods of struggle by pointing; Exercises performed on special training devices- exercises with KURASH' mannequins The special physical training of a wrestler is aimed at developing the qualities of movement in strict accordance with the requirements set by the characteristics of the KURASH' competition. The special physical training of KURASH is mainly conducted on the wrestling mat and is focused on the development of the most important movement qualities. That's why competition exercises involving various possible complications are used as the main means of special physical training. Such complex exercises increase the impact on the body of the wrestler. For example, throwing a partner in a heavier weight category, training competitions are performed by changing partners, etc. All these exercises provide an opportunity to develop one or another mechanism of energy supply, have a comprehensive effect on the wrestler's training, and at the same time increase his physical and technical readiness. All the indicated types of physical training are inextricably linked. Inadequate assessment of any types of physical training during the training will ultimately prevent the improvement of sports skills. Therefore, it is very important to observe the optimal ratio of the types of physical training shown during training. Its numerical expression is not considered a constant size but changes depending on the skills of the KURASH, their special characteristics, the period of the training process, and the current state of the organism. strength and the methodology of its development." KURASH," which is a physical quality, means the wrestler's ability to overcome the opponent's





resistance or resist him due to muscle tension. The following types of strength are distinguished: general and special, absolute and relative, quick and explosive, strength endurance. General strength is the strength displayed by an athlete without reference to specific movements of the wrestler. Special strength is shown by the athlete in special movements corresponding to the competition movements. Absolute strength is characterized by the power capabilities of the athlete, which are manifested in the movements of a very large nature. In a fight, it is important that he can get one-on-one with the help of force. Relative strength, that is, the strength corresponding to 1 kg of the athlete's weight, is an indicator of the wrestler's ability to overcome his personal weight. It is important to perform these methods quickly. Quick strength is reflected in the ability of muscles to quickly perform movements associated with overcoming relatively small external resistance. Explosive power describes the ability to manifest large stresses in a short time according to its intensity. Endurance is the athlete's ability to exert muscle tension for a relatively long time. The following techniques are used to develop the wrestler's strength: repetitive stresses; - short-term maximum voltages; - increasing weights, impact, and combined effect; - variability; isometric tension styles. The method of repeated stress is that the athlete repeats the exercises with weights equal to 70–80% of the maximum weight while performing the exercise "to the last breath." This method involves performing a series of strength exercises. Each series - "until the last breath", 3-4 series in total, the rest interval between series is 3-4 minutes.

One type of repeated stress method is the dynamic stress method. It is characterized by performing exercises at a limit speed of 20-30% of the maximum weight. In this case, a large muscle tension is achieved not at the expense of heavy weight, but at the expense of high-speed movement.

The short-term maximum tension method is currently the most effective for increasing absolute muscle strength.

It involves working with weights at the limit and close to the limit. In muscle





training, the style of maximum tension is manifested in simulators and in one approach with the help of one or two movements, in exercises performed with a heavy barbell (silent, swinging, lifting a hand, sitting and standing). A total of 3-4 approaches are performed during the training. The rest interval between approaches is 3-5 minutes.

### **Speed and its development methodology**

A fighter's speed is his ability to perform certain actions and techniques in the shortest possible time. It is impossible to achieve high results in a fight without developing speed. A wrestler who moves faster than his opponent even by one hundredth of a second will have a significant advantage over him. The agility of a wrestler depends largely on the mobility of his nervous system, the conditions, and the degree to which he has developed sensitivity to noticing invisible changes in the opponent's actions. The ability to instantly accept and correctly assess the situation that arises every time in the competition depends on the timely and accurate execution of tactical actions. The following methods are used to develop speed: A method of performing exercises in relaxed conditions. Movements and individual movements were performed with great speed and repeated many times in light conditions. For example, perform the method with a partner in a smaller weight class, focusing on speed. Stimulates the performance of very fast movements that exceed the speed of the exercises performed under normal conditions. The method of performing the exercise in aggravated conditions. Many repetitions of movements are performed at maximum speed in conditions that are more difficult than those encountered in wrestling competitions. For example, doing special exercises with a heavy weight partner.

### **Agility and its development methodology**

A wrestler's agility is the ability to control movements, to move quickly and accurately in a suddenly changing situation in a competition, and to perform appropriate actionstion, and to perform appropriate actions. Agility is the sum of





the coordination abilities of an athlete. One such ability is the speedy acquisition of new actions; the second is the rapid reconstruction of actions in accordance with the requirements of a suddenly changing situation. Agility is developed in the process of training an athlete. For this, it is necessary to regularly acquire new skills. Any exercise can be used to develop agility, but it must have elements of novelty. The second way to develop agility is to increase the coordination complexity of the exercise. Such complexity can be determined by the increased requirements for the highly accurate execution of actions, their compatibility, and their suitability for a suddenly changing situation. The third way is to deal with unreasonable muscle tension because the demonstration of agility depends to a large extent on the ability to relax the muscles when necessary.

### **Flexibility and methods of its development**

Flexibility is the wrestler's ability to perform large-amplitude movements. Flexibility is determined by joint mobility. It, in turn, depends on a number of factors: the structure of joint bags, ligaments, muscle elasticity, and their ability to stretch. There are several types of flexibility. Active flexibility is the ability to perform movements with a large amplitude at the expense of individual muscle tension.

Poor elasticity is the ability to perform movements with a large amplitude due to external forces (weights, opponent's movements). The volume of slow elasticity is higher than the corresponding indicators of active elasticity. Dynamic flexibility is the flexibility shown in exercises with dynamic properties. Static flexibility is the flexibility shown in exercises with this type of flexibility. General flexibility is the ability to perform movements with a large amplitude in the largest joints in different directions. Special flexibility is the wrestler's ability to perform movements with a large amplitude in joints and directions related to technical and tactical characteristics. Stretching exercises—simple, springy movements, swinging while holding oneself, movements performed with external assistance—are the main means of developing flexibility. In wrestling training, in order to bring





the body to a relatively calm state after a large physical load, the fights are aimed at relaxing the muscles and calming the breathing (movements of shaking extremely relaxed muscles, exercises that expand the lung cage for deep breathing, etc.). It is necessary to teach students to perform these exercises independently.

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