

## Classification of Methods of Sports Wrestling, System

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**Abstract:** Depending on their common signs (classifications) of various methods of struggle taqsimlash allows specialists to develop theoretical and practical knowledge about sciencetirishga and at the same time helps to identify shortcomings in this knowledge. In sports wrestling, the technical movements of the athlete are many and because of the variety, it is different from other sports.

This article covers the methods of sports wrestling and the terms used in their classification, system and training. They can be widely used in the preparation of wrestlers.

**Key words:** sports wrestling, methods, classification, system, terms.

In order to regulate the technical actions of the wrestler and create an opportunity to be kind among specialists in this field, the classification, system and terms of wrestling technique have been developed.

Classification is a system of concepts (classes, objects, phenomena) that are subject to each other in one or another field of knowledge. The classification is made on the basis of the accounting of the general character of the objects and the legal link between them. Classification helps to behave correctly on various objects and is also a source of knowledge about them.

Depending on their common signs (classifications) of various methods of struggle taqsimlash allows specialists to develop theoretical and practical knowledge about sciencetirishga and at the same time helps to identify shortcomings in this knowledge.

Internal links between the methods of struggle are considered on the basis of systematization. Systematishatrish-this means putting the fighting technique into one system, placing it in a certain order, setting a certain sequence. [1]

In systematization, unlike classification (since the objects under consideration in the course of it will be educational to that or that division, taking into account their similarity and interdependence), objects are subject to each other in order to determine, determine their sequence. Systematization reveals the possibilities of this classification scheme, reveals its shortcomings. [2]

The task of classifying and systematizing the sport struggle is to reflect the essence of the struggle. Concepts of classification and systematization (removal, transfer, demolition, overthrow, etc.the G.) work on the definition is not carried out without preliminary work.

A well-structured classification is the basis for the creation of scientifically based terms.

The term struggle is the sum of the terms that specialists use in their scientific and pedagogical work activities.

The terminology compiled on the basis of classification and systematization of these many disciplines provides information on the essence of Science and the possibility of purposefully improving it is possible. Such a term is called scientifically based terminology.

So, when thinking about the classification, systematization and terminology, listed in the same order of their origin by paying attention to the passage, it is possible to see the sequence of work on the classification in it. That is, first the classification is carried out, as a result of which a certain system is formed, and then on its basis are given scientifically based names (terms) of all methods of struggle.

Different types of struggle are subject to common law (a.The P.Of kupsov) and they consist of the following:

1. In the fight, two athletes take part, each of which with the help of methods or counter-methods will win over his opponent. Thus, in each individual moment of the fight there is a fighter who is attacking and is being attacked, that is, a fighter who is performing a method or combination, and a fighter over which a method or combination is being organized (the fighter who is performing a counter-attack is called a counter-attacker).
  2. One of the main tasks of each wrestler's movement activity is to maintain the chosen position.
  3. The task of the attacking fighter is to get him out of balance in order to change his position in relation to the opponent's carpet. In this, the circumstances of the wrestlers in relation to each other can vary in different ways.
  4. Changing the position in relation to the carpet is thus facilitated by the fact that in the bun, the weight force of the wrestlers aimed at the carpet is used. [3]
  5. Giving the necessary force to a given point of the opponent's Gav (that is, the formation of moments of force, the creation of a pair of forces, the use of forces of gravity and moments of inertia) forms the biomechanical basis of each method.
  6. The method allows you to win by force and consists of several parts: preparatory movement, capture, basic movement, attack and yakuzha.
  7. Each method can be changed and complicated depending on the dynamic situation as well as the characteristics of the opponent. Each method has its own rhythm descriptions. It can be changed in those or those situations of the competition, or in the whole competition.
1. The place of execution of each method is limited by the dimensions of the wrestling rug.[4]

The content of different types of wrestling, in each individual type of wrestling, the movements of wrestlers, despite the fact that they have their own characteristics, have a common basis and are classified according to the same signs.

Based on the reason a.The P.A single classification and system of sports wrestling techniques was developed by kupsov (Table 1). In Such, only the specificity of each species is fully preserved, as the characteristics inherent in this species are preserved.

1. In the development of a single classification and system of basic methods of fighting techniques, the following tasks are put forward:
2. reflect its essence by revealing the diversity and consistency of the interdependence between the technical efforts of the fighttirib;
3. to reflect what is happening on the carpet without comparison with the type of struggle;
4. to help determine the generality for all types of struggles;
5. to preserve the characteristics of each type of struggle;
6. to create an opportunity for each type of struggle to master the best methods from other types (as well as from the national struggle;

7. classification of basic technical methods to "performance in school";
8. to help formulate technical concepts and definitions that are common to all types of struggle and to create terminology based on the general principles of each species. [5]
9. The main feature of the unified classification and systematization in the sports struggle is that all its levels are a step-by-step expression of the technique of any type of sport (as well as national) struggle, and also contribute to the regulation of the number of elements.
10. The first level-classes-shows in what condition the fight is carried out. Technical efforts of the fight are performed both on the standing position and on the parter.
11. The second level - subclasses-is what is performed in the fight (throwing, passing, overturning, etc.)the G.) shows.
12. The third level - groups-method, that is, shows how the attackers perform the types of basic actions that are possible at the time of the execution of the methods. For example, strikes bend forward, bend backwards, turn, etc.the G. it is done.
13. The fourth level - a small group-shows the possible hand-to-hand grip, movements with the feet, as well as other features of the execution of the methods, that is, its variability of the methods within the group. [6]
14. Using such a structure of the system, it is possible to form the name of all methods and, depending on the increasing complexity of their execution, to sort them out in one order. This is also the system. Any technical effort that can be performed on the carpet is included in this classification table.
15. In the formation of the name of the methods, the first degree, that is, standing or performing in the parter, is not indicated. This implies something or, if the sentence goes about the methods that exist both in standing and in parter (for example, throw), in these cases it is further explained. The name of each method begins to form from the second level, that is, from the lower class.
16. Of the Har one full name of the methods, there should be three parts, which correspond to three levels of classification and thus indicate the position of this method in the general system.
17. To describe the methods, it is necessary to know the following:
18. What was done on the carpet (casting, transferring, overturning, etc.the G.), that is, the method depends on which subgroup (2-th degree).
19. How the method was performed (bending back, bending forward), that is, the method that characterizes the basic movement of the attacking fighter depends on which group (3-degree).
20. How the method was carried out by the catch and other characteristics, that is, in this case, what variant of the method is implied (4-th degree).
21. For example, taking hold of hands and Gav (4-th degree) bend back (3-th degree) throw (2-th degree).
22. In conclusion, the terminology of sports wrestling, developed on the basis of a single classification according to a single method, is extremely important for the entire scientific and methodological and sports-pedagogical activity of specialists.

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