

Acrobat exercise and sports gymnastika sessions through the power of development method

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Annotatsiya: *This article gymnastik exercise through the body power development and this with in conjunction akrobatik occupation of the occurrence - bearing action ketmaketlik the show be on wide coverage is given.*

Key words: *sports gymnastics, to tirmashib, rope, balance, gymnastics skamenkasi, gymnastics wall, bench, wood, rope.*

Gymnastics training in the process gymnastics wall and the bench around tirmashib out, from the fence increased jump, the rope tirmashib out will be implied. This exercise is of practical importance has if, smart interaction, power, courage, strength-enhancing, action in the compatibility of the development, gymnastics wall and the bench to tirmashib out while the body on the formation help will.

Teachers tirmashib to exercise somewhat high in snaryad the implementation into account taking, mashq'ulotning clear up was to achieve. must be. Snaryad to approach and from them get away, exercise and, especially, qaddi-body formation effects which the exercise of the execution of both the beginning and the end , the very clarity with understand and viewable should be. Tirmashib to exercise children for very difficult accountlwere those of. This is from the teacher constantly, relatively simple exercises to more complex exercises later to go requires is.

In this exercise, power, agility, efficiency, durability, dovyuraklik, determination of development, assist in, in space mo'ljalka to take it teaches, vestibulyar hardware function improves.

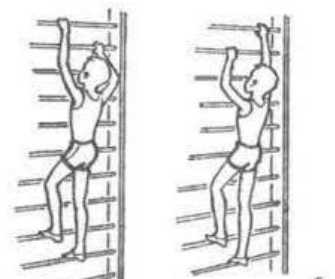
Tirmashib the exercise of conduct for children available gimnastik the wall of the range and gimnastik bench number depending on the groups will be. Each of a group of a number convoy is tizib and a wall or countertop in the face stands.

Dastlabki times exercise groups on is carried out. The first group exercise performs, the rest , while the observed is. Later, that children have the skills and the necessary certificates to achieve so'ng teacher of exercise that can flow in the form of certain ranges saved without holds. For example, the first child of the bench to the middle reaches , the second child of the workout begin and so on.

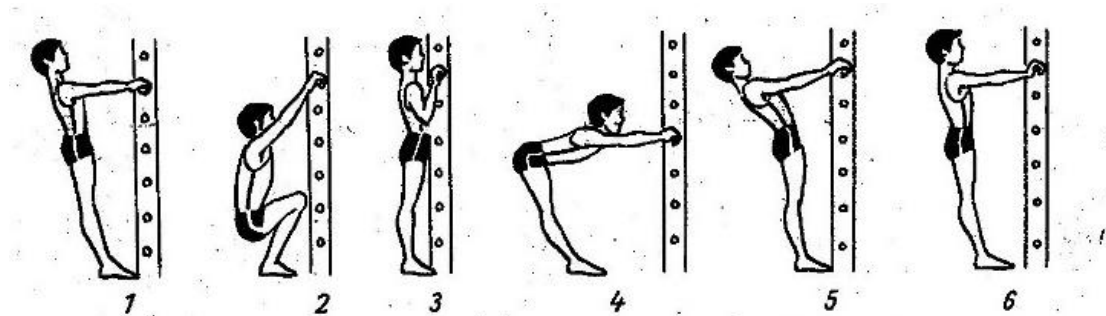
tirmashib to teach to gymnastics wall, bench, wooden, rope, ladder, horse, bum, pligi and the other from snaryad are used.

Gymnastics wall tirmashib out.

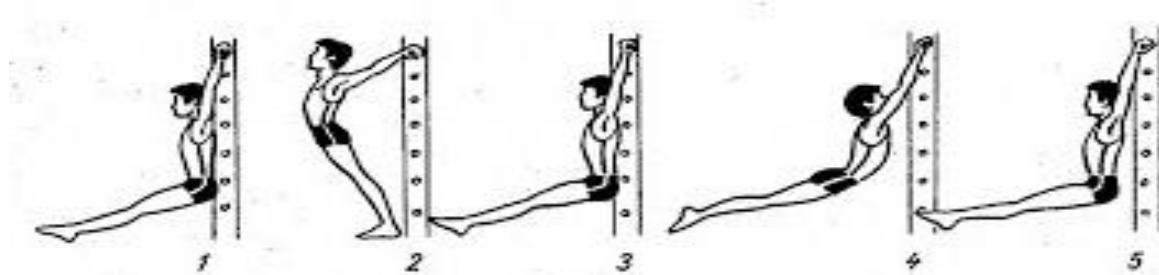
1. Specified balandlikkacha free without up tirmashib out and down the dream work.
2. Every a reyka to turn with two feet put out go up, down and not look.



3. Every reyka to a foot put, down despite up tirmashib out.
4. Your legs and to each other , close , put, down despite up tirmashib out and fall.



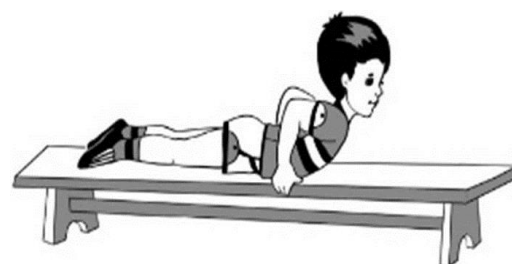
5. To the right and to the left free tirmashib (foot 3-4- in reyka) walk.
6. The right foot and right hand, left foot and left hand with a xil action to, the right and the left chip tirmashib ytlrish.
7. Up and down a xii in the method of tirmashib out and fall. This action awal left (right) hand and the left (right) from the feet and then right (left) hand and right (left) from the feet begins.



8. Yitto kary and down each xil the method of bilan to tirmashib, earlier the right methodology'l and left leg action not bosha, then left hand and the right feet will take
9. The same 7 - 8- points like, but the legs each have a reyka to put or one-and two - reyka in the meantime leaving pressed.
10. Optional method in the diagonal in the direction tirmashib out
11. Entrusted methods with diagonal direction tirmashib out, tiny and intersection steps with tirmashib walk.
12. Gymnastics wall tirmashib walking, 25° to the angle under o'mata the bench to switch and it through fall.
13. Gymnastics wall across tirmashib to walk gymnastics bench around tirmashib of various of the methods with add.
14. Gymnastics wall side, the side with tirmashib walk.
15. The back with gymnastics wall tirmashib yubrowsing.
16. Become tirmashib walk.

Gymnastics bench tinnashib walk.

1. Floor standing gimnastik bench tirmashib walk: knee on crawled, forward and back, the bench from the edge of the hand with hold to walk.
2. The same I-point, but a 10-15° angle under the put on a bench tirmashib walk.
3. The same 2- in points as, however, the hands and feet of various xii unit made tirmashib walk.



4. Gymnastik bench from gymnastik wall tirmashib transition and fall.

5. The same the same the same, but the 30° angle under installed the bench across tirmashib walk.

6. Same the way only the legs of different tests: bruised, arranged in the case, of the leg at the end, the whole foot to plaques pressing tirmashib walk.

7. Tirmashib of the same types, only to tilt tirmashib walk.



The rope to be the oldest and largestrmashi, he 's out

Children tirmashib out 3 xil the method through better mastered , they can:

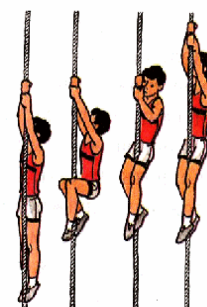
The initial condition - arranged at hand hanging stand.

1- the method Afeet forward leans , and the rope, knees and feet of the mound with the surrounded is, hands a little buking is;

2- the method - a at the time of feet arranged, hands buking was and the body up is pulled (hands to get caught not put you should).

3-the method - the rope the foot with holding stood, hands with them one by one after another yuqoriroqda the hold.

Tirmashib out o 'in rgatish from each other 15-20 cm at a distance of situated chain (tugunli) of the rope , use the recommended is.



Education consistent:

The Foot node tirab rope hang stand.

2. Toss out standing on the rope to hang stand (chayqalgan the scale of 25 % up to).

3. On the rope to hang stand with your legs shift.

4. On the rope to hang stand qo'ljarni shift.

5. Hang stand legs chest pull.

6. Tugunli rope tirmashib out.

7. Feet of the mound with the rope cross to hold.

8. 1-5- workout node without the rope in complete.

Rope the feet with to hold initially in a chair, uloqda (kozyol), horseback (mining) sitting in the position to learn can.

Ready for a workout:

The Floor (on a mat) to sit and hands with rope osilish and whom hand finds doing so when he moved, lay osilish position switch.

2. Same is the situation stand in osilish to switch.

3. Bed hanging position, the floor, the foot with the right (left) step remove.

4. Bed hanging in the position to couple a hands, sometimes the second hand you put send.

Balance to maintain exercises

Balance to maintain exercise are narrowing the base landing on a body to hold stand and mobility exercises consists. They're the movement and the ratio of development, attention, himself, to keep, the persistence, the persistence to nurturing, in the space next to get to will help. Balance to maintain your workout for a good body in the formation of the importance of great. Thin and clear action the muscles feeling you will develop. Simple balance to maintain their exercise without equipment perform , you can: foot to raise the foot at the tip of the stand, one on foot to stand, set (drawing) a line on a walk, unstable initial cases and others. Balance to maintain exercise

performance for gymnastics bench, gymnastic wood and bum from used. You balance to maintain exercise high - links(bum, wood)and carried out if, in the exercise of conduct during security to ensure (carpets put, the earth soften; of the coach and partner of the help) should be.

The text knew only that I the place is not, but of snaryad there on the edge , which is to a habitat. Mutual help of two parallel located in snaryad a time exercise doing children from the hands to keep a way with, as well as, exercises, and individual in a way fulfilling who is a student, his friend from the hand of Dhose stand the way with is shown. Oddiydan complicated looking to go the principles to follow to this earth, especially, is necessary.

Education consistent: 1. Each xil stand review and this stand include hand and gavin movement: heel juftlab, of the leg at the end, a oyoqIarni oldinma-then (lengthwise) put stand.

2. Methodologyl's every xil dastIabki tests, during, second - feet, gavin move of explaining a foot stand.

3. Beigilangan (drawn) line across a walk (in the ground or floor).

4. Gymnastics bench hands various cases keep, explaining the move, the ball with, plaques me a-one hit (to the bench despite) walk.

5. The floor lying on the wood in the hand of each xii in cases keep, move, explain and walk.

6. The floor lying on the wood in a large ball with, plaques are also in harmony hit walk.

7. Height 50 cm up to the wood in the hand of the various cases keep, hands explaining the move, the ball with, the kaft kaft to hit YUlish.

8. In the wood a foot in standing second leg ahead of, chip, back signals (picture).

9. In the wood side, the side with ytlrish, a foot in dwell, second leg ahead of, chip, back transfer.

10. Gymnastics bench in reyka , and the wood from the place the stand (away with the side with the standing position).

11. Gimnastik bench reyka in the wood in a walk ..

12. In wood, gimnastik bench reyka the side the side with during various cases, keep, move, explain ytlrish.

13. The wood in the ball throwing and hold walk (picture).

14. Wooden column 25-30 cm at the height of the pull from the rope take a walk.

15 wood in the ball throwing and hold to take and from the rope xatlab walk (picture).

16. Wood on to'idirma the ball from passing the walk.

17. In wood on raised foot under chapak accompaniment and your legs bend walk (picture).

18. Wood angle put gymnastics bench through out, walk.

19. Gymnastics on the bench, in the wood and gymnastics bench on reyka back turned, and back walk.

20. In the wood dwell and a knee, stand to take a walk.

21. In wood, gymnastics bench reyka the things with (wood, bush, argamchi with) walk.

22. In the wood tiny and xii every steps with forward, back, chip walk.

23. In the wood stop and sit , walk, hands on and hands without the help of stand.

24. In wood, gymnastics on the bench for a quick walk, just that leg at the end complete.

25. Place stand, gymnastic bench of the device, in the wood, two feet with a jump.

26. Gymnastics bench of reyka around the leg at the end ahead, chip, back walk.

27. Gymnastics bench reyka in every xii assignments (hands, feet movement, the ball throw and ilish) with a walk.

children to particular balance to maintain exercise in teaching complex the compound workout to bajartirib Iozim. Such exercise, walk, turn, the leg on the end stand, knee stand, hands, feet movements , and others include.

Balance to maintain mashqJarini the following with compounding can be: of his hand, initial incidence change: the hands, gay, legs movement; additional objects (ball, tayoqcha, arg'amchiq, ring) add; action methods (in the heel, the leg of three, tiny and every xiI step) change, additional assignments (to hatlab, from the bottom, jump, throw, iii); the base of the landing the narrows; the base of the landing to balandlatib (80 cm up to).

Summary

Conclusion in the place that to tell the transition needless to sports with an early age to deal with a person not only physical maturity in reaching but also spiritual, mental and spiritual aspects in the development proud of a big importance has. Gymnastics sport type with a deal of girls early yoshdanoq physical quality improvements, health - positive effects display with a number , they are also of the body and gavin structure on the formation of an important role to have. Also, every way in healthy adults who have reached the girls in the future healthy generation identities find leading role is. That healthy mother - healthy child built will be. Today's the day to come and in the country the family health strengthening great attention given are: family, health , strengthen, motherhood and childhood protection to make, mothers and children, the quality of medical service use , expand, them specialized and high technology based medical assistance, rendering the action of strategic their expression find that no accident that it is not. Gymnastics with a regular deal , while the girls are healthy to be with a number in our country a healthy child into the world is coming to ground creates. Healthy to be for also physical education and sports with regular basis deal must.

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