

The Place of Gymnastics in A Person's Life and the Terms Used in Training

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Anatatsiya: this article is of great importance in the formation of children and teenagers with physical gymnastics. Diverse means of gymnastics, and the term of the methods using the primary functions of physical education, success, the strength of resolve to a wider understanding about the terms are given which will help you out. Gymnastics very large hygiene-healthy 'lomlashtirish' the importance of also there are.

Keywords: osilish, jump, to fall, to bow, to rely on, to sit down, to rise, to turn, to throw down, to fly, earthquakes.

Gymnastics with all - beings, children, adults, and older youth, good preparation ko'rga now beginner, safely 'laam' man beings and even he noto those shug'ullanisblari can. Gymnastics with preschool age children in institutions, in schools, o'central and the high o'educational institutions, O'the republic of uzbekistan of the army and the unions also shug'were ullana. Ko'pchilik o'z in homes and on the radio hear, from tv ko'sits stand shug'were ullana.

The basic tools of gymnastics: gymnastics specific actions of the form of the typical tools (exercises) is. People using them vital driving skills will be improved. Many people exercise, labor, and marriage military activity (walking, running, tirmashib to jump on, crawled to keep the balance, to throw, to exceed the barrier, shipping, etc.) obtained from.

The pedagogical function and structure according to the driving of exercise gymnastics activities are the main groups in the following manner:

1. The number of exercise together in the ranks fulfilled, engaged to be trying structure activities according to their skills, there is also the contribution of rhythm and pace which adjust the body that they help to educate the action.
2. Umumrivojlantiruvchi some of the joints, in part fulfilled, i.e. for each yoqlama physical preparation of the body, and also expand the capacity functional-educate the body for exercise are used.
3. Free exercise - with some members of the body which make various actions, as well as to carry out the acrobat and the combination of exercise xoreografik added.
4. Practical exercise - walking, running, and throw out tirmashib, increased transition, transition crawled, to maintain balance, was increased in the barrier, and so forth.
5. Jump (do not rely on, and rely on) the development of sakrovchi, as well as the feet and hands, whose power, movement speed, accuracy, agility and is used for the development of persistence.
6. Snaryad fulfilled in exercise - gymnastics sports are the most characteristic means. Also containing implied workout combines them to keep the balance and static situations.
7. Artistic gymnastics exercises gymnastics instruments (arg'amchi, gar is the ball, the mean precipitate and so on.k.) gymnastics perform exercises with and without equipment.

Gymnastics basic tools to show how to find the identities of the man considered more maximum effects can be divided in the following groups without:

a) physical qualities in general, aimed at the development and the driving exercise (exercise of the ranks, URM exercises, games, and other).

b) the form, which is aimed at qualified necessary life skills and exercises (practical exercises, due to a jump on).

v) irodaviy exercises aimed at the development and improvement of intensive driving abilities and qualities (free), jump on review, snaryad fulfilled in exercise, akrobatika exercises and calisthenics exercises.

The basic tools for any type of gymnastics in all of this taxlit arranged in gymnastics, it facilitates you to choose different pedagogical tasks to the solution of certain exercises.

Terms of use in gymnastics: gymnastics to be short to describe more often, in many situations, actions or show received not the names of their workout. For example, did you fall rilgan the following words:

- "pre -", "forward"- —provision of the direction of the move, if the same action are the only way with the shortest possible (for example, pre-turned) is fulfilled;

- hands, feet and legs in three plaques qandayligi the state of network environment— if this condition is corresponding to that style belgilangan;

- "gavin" — engashtirganda;

- "foot" forward, back as well as shake the bottle, put in three of the legs;

- "lift", "pour" — methodology 'or when you do move forward with 1 foot; ""to the great nasi", "fry' a nd la ngi " — the cases that are more specific to certain natural gymnastics repository;

- "over" keep — it is the most common b o I

- fall inside" jump " (inwards condition or equipment);

- fall "jump" or "hop" — is in the name of m gymnastics so I a'lum repository;

- "down" — the performance of technics such condition is known.

For example, qo'shpoyalarda: forward to raise siitanib-fall jump back siitanib; " "look inside the plaques network" — was hands down, the forward transmission, transmitted opqaga the top in the raised position;

- "network plaques facing down" — chip or two hands to the left (to the right) in the transmission case;

- "yoysimon forward" — hands up if you do not move forward, explain, or dropped. The initial condition (d.. h) only appears at the beginning of the workout. Feet, hands, and gavin the way of action, most of the action or method is shown in bajarilmagandagina usually short.

Terms related to the free exercise and Umumrivojiantiruvchi

The initial cases — start stand mashqlarijrosi fountains and other circumstances. Tumhlar: the main stand (at)ji to stand in the ranks of fits.

There are the following types of stand; kerib your legs stand, legs wide kerib your stand, your legs less kerib stand, stand chalishtirib (it will juftli foot of plaques) and the wide leg is free.

The leg stand on the end of that term condition, is the comments. Stand knee (as well as. sit, lay and other hoIatIardan)straighten your legs to stand the word " transition "to stand erect" with the terms of is given.

O 'resurrection ver gymnastics equipment or review their position in a seat. There are the following types of sit: sit with your legs kerib sit burchaksimon sit, bend your legs kerib sit, sit, bend your legs, embrace, sit, or sit on the right heel to heel, sit and are the same as in the issue.

Cho'qqayib to: bruised legs going condition, yarimcho'qqayish, do'ngsimon cho'qqayib to do'ngsimon half cho'qqayib to yarimcho'qqayish back down, bending yarimcho'qqayish and others, this "floating starti also referred

Attacks: any side or base of the feet to bend then try to remove the condition. bending attacks, throw it to the right and down to the hard attacks, depending on the direction of the leg, and reverse such attacks (e.g., attacks from the left foot to the right).

Review: from the point of shoulders to the base cases are high. Rely on the following types: cho'qqayib to rely on, on the right knee, the right knee with the left knee with the left and the right qoi

capture to rely on to rely on, rely on a steep bend and lay the ankle to rely on to rely on from the back to the bed, and others.

Methodology and leg movements: action, turn-by-turn times in the series, as well as the right hand to the right hand the left hand to the left side of its direct opposite, parallel, symmetry, and can be superimposed. The main finds doing so despite whom they buk hands and bend in the plane and space is made, qoiatbend when terms are "options" added to the word.

For example, the methodology's transfer back to bend and the like. Bend your legs the term is used. For example, o 'ng to bend the leg, bend the right leg forward signals, o 'ng signals bend the leg back right leg to the side to bend, bend the knee of the right leg to one side and signals. The initial condition that have been left hands and shoulders, behind the head, the chest, in front of and others behind without chalishtirilgan. Concerning: qo'l the legs, moving around the girth of the head, as well as means to convert from gimnastik the top of your legs.

Down:gavin is a term which means to bend them. There are the following types of bending: to'la bending to kerishib down, half down pastlatib forward bend down to reach back down to the ground, and bend down to open your legs wide, bending to embrace.

Balance — standing feet going, as well as hang or stand on a horizontal mode. The difference is of the following types of balance: on the right leg, bending to maintain the balance, yonlama, anal needless, back bending, frontal, leg hold, chip wrote without your legs to maintain balance.

Gymnastics is fulfilled by means of the condition of the means to exercise at the name, which was either a'li toe the main character'lib is.

Moving your hand finds doing so prujinasimon whom — all bo'g 'ins baravariga bend, holistic prujinasimon is made to move in different directions.

The 'lqinsimon — do'ngsimon yarimcho'qqayishdan boshlanailir.Finnish toe'g 'who wrote one of the series that have been accounted for, the latter buk.complex consisting of li holistic try.To'lqinsimon there are the following types of action: looking forward to 'lqinsimon left and right to lomonga'lqinsimon action.

Fulfilled in terms of exercise equipment.

Keep — hold equipment for a method. Keep there are the following types: over to keep it varied from the bottom to keep, to keep, to keep, reverse chaHshtirma to keep to keep, wide, narrow to keep a unified, to keep to keep deep,keep the word to fall out according to the rules qoldirijadi reduction.

Osilish — equipment involved in a condition that is low to keep from yelkasi point, there are the following types of osilish: simple osilish, this equipment is often kept a certain part of the body with the hand, the mixture osilish — gavin used to rely on extra part of it any more. Simple osilish: osilish, whom finds doing so osilish hands bend, bend and osilish, kerishib osilish and the like. Mixed osilish: cho'qqayib osilish. standing osilish situation, lay osilish, stand osilish.

On — going high point yelkasi from the base condition. Due to rely on simple and mixed. Simple review: to rely on the ankle to rely on to rely on the qollari, bend to the seat to rely on, to rely on the back, to rely rectangular. To rely on mixed; o 'ng to put on the back left leg back three feet cho'qqayib boosting the transfer or transmission, gavin lay on hands to bend, transfer back to the left foot and the like.

Sit — sitting at the equipment condition. There are the following types of sit: sit with your legs in the number of sit qo'shpoyalarda kerib and other. Fulfilled by the onset of exercise can be described with the following terms means: jump, come running, hang on, stood on, sit on your hand, and the like.

Carry — hang higher or lower, switch to lean on rely on to stand out. There are the following types of rise: alternating-time power to carry with, to raise the voltage, a foot siltab the revolution he raised a foot to pick it up, raised both feet on to the rosti is raised gavin and the others.

To throw down — up trying to reverse. Remove down gradually.

Rotational — start to lean in gymnastics, the equipment around the rotary axis scan. There are the following types of circulation: kerib your legs become lean forward, lean forward or back to turn, to become great.

Turn — around gavin harakallanishi the steep axis. There are the following types of turn: forward siitanib turn, turn back siitanib the leg to the sky stand up, turn and other.

Foot stand transferred to heaven — athletes on any part of the body, feet stretched up the erect

condition. There are the following types of such stand: yelkada hand in a manual and others. Methods of implementation: kuchanib, siitanib, bend, and kerishib and the like.

Vibration — rotational axis relative to free scan, the method of execution: with the power, bend and jump to complete.

There are several to shake the bottle — vibration is called.

Yoysimon vibration — swipe yoysimon try to lean switch.

Nara tebranma going to fly in conjunction with devices that. To stand a couple of flying to fly is called.

To become among the hand — luraltirib yelka unit of a particular situation, gavin's work o 'qi atro when turning. Such rotation can be o'nalishiga looking back and forth. Of necessity, the implementation is shown using a vibration janda, larakatlarini set to shake the bottle to the following terms are used

Rotational — holistic feet moving, turning below the of I boise types: circulation in his right leg, o 'ng aylatish foot to left from left to right, turning back, turning back from the right, turned ylanish and others. Buk unity despite ylanish fulfilled your legs, ko'ndahng to become kerishib turning and the like.

Chalishtirib to the opposite i'tkazish ovni one of your legs. Such a simple and authorized persons/.short chalishtirib is called to the work. 'halishtirishning while he types the desired accuracy estimate is referred to.

Flying o 'teeth — qoi gimnastikthe twigbee to put, send, to the second side of and equipment as well as equipment from two or dent a man had two sons from two wood qo'shpoyaning a man had two sons.

Jump to fall — or hang in the type of situation rely on gymnastics equipment down to the ground to jump. Jump forward to the fall of vibration, back vibration, forward or back siitanib turned yoysimon, rotation, revolution, out of whose hands like from among salto types.

Jump — oyoqiarda deysinib in free flight after a certain distance from the barrier or pass.

Jump on — supplement is carried out on the qoi. Bend your legs and jump jump, jump your legs kerib, yonlama jump, jump, rectangular, revolution he like jump types.

Earthquakes — deysinib after initial siitash your legs back. How many of a similar atamalrni gymnastics apply.

Summary: k gymnasticsto work every yoqlama show the effects of the body. Gymnastic exercises is to improve the functions of all the bodies of the men using. Therefore, the overall physical development of the person and driving functions to deliver any of his abilities with the help of gymnastics yoqlama identities will be solved. Physical exercise incredibly diverse applyingtto select those that show the effectso'the norms and regulation of the educational process of physical goods strictly in particular, m iscontinuous and combined go ashqlarni complex, and in order of capacity qn can use in the same workout. However, the exercise of options is passed to the study of the time-the same time the exercise itself also murakkablashtirilgan, element, however, a man had two sons two you're done adding a new combination is included in the act reaches etc. The methods they use to solve the different tasks of the same exercise a diversity of ways by way of a change can be made.

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