

## **Training Methodology of Exercises That I Do in Low-High Bruses in Gymnastics Training**

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### **Abstract:**

The article highlights gymnastics training in the form of exercises in which the method of training exercises is performed in low-rise bruses.

**Keywords:** Bras, flutter, static elements, combinations, endurance, static exercises, rowing, inertia, acrobatics, rhythmic gymnastics, trampoline, sports gymnastics, agility, vertical.

The decisions of the president of the Republic of Uzbekistan on measures for the further development of Gymnastics sports of December 22, 2022 are aimed at increasing the popularity of gymnastics among the population. In particular, in order to increase the popularity of gymnastic sports (sports gymnastics, rhythmic gymnastics, trampoline, acrobatics) among the population, improve the system of sorting out talented athletes among young people, to ensure that our national teams achieve high results in prestigious competitions by training professional athletes based on international requirements and standards.

The structure of the projectile allows you to perform various exercises of basic and sports gymnastics.

The exercises of modern sports gymnastics in high-low bruses consist mainly of dynamic combinations consisting of vibration exercises. These elements are interwoven with Goho-slow rotations, twists and transitions from the hanging position to the reliance and back to the hanging, and Goho-random and complex flying transitions from one Wood to another with a shitob. Static exercises that occur in combinations of exercises on joints, without having independent significance. serves as a transient phase. The exercises are static elements in the initial stages of training, and also the simplest vibration exercises performed on hangers and supports are an important training material for high-low bruses.

The oscillatory haracter of exercises requires the correct use of the force of inertia, and physical exertion during the required time of movement.

An important condition for successfully mastering the performance of exercises in high-low bruses is the development of special physical qualities: agility (mobility of the shoulder, pelvic joints, waist and chest parts of the spine), speed strength of the muscles covering the shoulder and pelvic joints, endurance and other qualities.

There are the following variations of grip from logs:

a) hold over (in hanging). The inner side of the fingers will be pointed back, and the thumbs will be directed towards each other. All five fingers are covered over the wood.

b) grip from the bottom (on the hanger). The inner side of the fingers is pointed forward, and the thumbs are pointed outward. All five fingers cover the wood from the opposite side from the performer.

Holding wood from the bottom with five fingers also applies to different and inverted grips. In all types of grip in the leaning position, the four fingers of each hand are on the side that refers to the grip (as usual), while the thumb covers the wood from the opposite side.

Basic exercises:

Twists and turns. From the position of hanging on the upper Wood, the legs bend from the pelvic joint and Rise forward. Then it is necessary to fully adjust the pelvic joint until the waist part is tightened by swinging the legs down and orca, and at the same time to direct the shoulders forward, while hanging without bending the arms. All actions should be repeated as necessary, without stopping at a certain level.

Teach:

- a) make a corner on the wall of gymnastics and hang up (lagging) while standing;
- b) hanging by making an angle on a low turnstile and lying on your back with your feet hanging;
- c) hanging on the upper wood, bending and writing vibration.

Strahovka and help. The teacher stands to the right of the performer and grabs with his left hand the position of his right hand closer to the shoulder, and with his right hand, he helps from under the thigh.

Transition from hanging on the top wood to hanging on the top. After twisting and rocking forward, bending the legs from the pelvis and knee joint, they are raised closer to the chest and placed on the lower wood, holding the wood with the fingers (bending the fingers) from the top.

Hanging from the hanging position on the upper wood by bending and swinging the legs and lying on the lower wood. After twisting and swinging forward, swinging the legs consistently from the pelvic and knee joints, the legs are pulled closer to the chest, the ends of the legs are moved up over the lower wood, then forward, and the legs are straightened and placed on the lower wood with the butt of the thigh-di. In this, the hands should be kept straight. From the last position of the lying hanger, the taia should be straightened and slightly curled, the head gently bent back.

From the position of hanging on the upper wood, swing the legs backwards and hang lying on the lower wood. When twisting and rocking backwards, the shoulders are actively directed forward and adjusted from the pelvic joint, and then the legs are rocked down and directed as far as possible to the back. By swinging forward, the pelvis and waist are bent rapidly, ' the legs are written wider, and the lower wood is crossed by swinging. The legs are combined and folded with the entire torso, lying on the lower wood and coming to a hanging position.

Teach:

- a) standing in front of the gymnastic wall to hang climbing from the hanging position, standing on the gymnastic wall to hang with the legs bent until a standing net;
- b) Hang climbing from the position of hanging on the upper wood and ' hanging bending until the lower wood is bent upright, leaving the legs behind;
- c) from the position of hanging on the upper Wood to" lying down and hanging " on the lower wood, swinging the legs (bending over;
- d) from the position of hanging on the upper wood, shaking the legs backwards and hanging lying on the lower wood;

Strahovka and provide assistance. The teacher stands on the right—behind. When rocking backwards, the left hand grabs the handler from the position of the right hand closer to the shoulder, while the right hand is assisted by pushing it off the front surface of the thighs. When swinging, the teacher assists by grabbing the thighs with both hands.

Lying on your back on the bottom wood, turn right from the hanging position and sit in one thigh. From the hanging position lying on your back on the lower wood, the right hand should be held upside down by increasing it over the left hand. Turning to the side of the Ung and pressing on the wood with the right hand in a circular motion, caressing the legs and sitting on the right thigh. By lowering the left arm to the side, the left leg is extended further back, while the right leg is bent at the knee. When finishing the shot, it is necessary to lag.

Jumping from the sitting position to the right thigh. The Ung is held by hand by swapping the lower timber in front of the right knee. The body weight should be shifted to the right hand and pushed from the lower wood with the thigh, at the same time the left hand should be shaken up-to-the-side; the legs should be worn down, relying on the right hand held correctly. Such a jump can be performed by turning back from the right side and also turning back from the left side. In the first exercise, it is necessary to hold the left hand upside down from the lower wood in front of the right knee. The body weight is pushed by the thigh, passing it to the same hand, and it becomes necessary to lower the right hand, turn back from the right side, and then fall back together the legs. In the second exercise, the left hand should be held from the bottom of the lower log in front of the left thigh. It is necessary to turn back from the left side and gently land, moving the weight of the body to the left hand and pushing it with the thigh.

Lying on the bottom wood and sitting in a thigh, turning 270° by rotating the right leg from the hanging position. From the position of lying down, the right Legii is held by lifting it forward and turning to the left, alternating the right arm from the back of the left arm, above it. The turn is continued again to 180° and the right leg is shaken over the wood, pushing it with the left hand until the body is caught in a slightly strained position. Lowering the left arm to the side, the left leg is extended further back, and the right leg is bent, sitting on the right thigh and clenched.

Teach:

- a) lying on the bottom wood, sitting on the right thigh from the sitting position;
- b) to lay the right foot on the lower wood, lie with the legs backward and hold the left hand from the upper wood from the bottom and swing the left foot from the hanging position, turning to the left and sitting on the thigh;
- c) lying on the bottom Wood to turn left from the hanging position to 270° (pairing legs) and sit on the right thigh;
- d) lying on the lower wood hanging1 position by rotating the right leg and turning 270° to sit in one thigh.

Strahovka and provide assistance. The teacher stands on the left, holding the right hand at the waist, "holding" the foot of the left-handed practitioner. During the turn, the teacher slides back and right, grabbing the waist with his left hand and the right leg with his right.

From the position of sitting and hanging with the upper Wood, to hanging on the upper wood and jumping forward ssltanib.

The hylida, which focuses the face on the upper Wood, is directed downward-backward under the lower wood by a shitob until the upper Wood is pushed upward by straight hands from the position of the palm-lip sitting on the lower wood. When moving to a hanging position, it is necessary to quickly bend the pelvis, directing the legs forward before swinging forward. In a vertical position, it is necessary to straighten sharply, creakily from the pelvic joint. After passing the vertical position, it is necessary to bend and write successively from the pelvic joint,

directing the legs back and up with a swinging movement, and, quickly pushing off the wood with the hands, to slow down.

Teach:

- a) jump forward from the position of sluggish hanging in the upper woodsh;
- b) twisting and twisting swing - swinging forward and jumping;
- c) swing in a hanging position - jump forward swinging;
- d) sit on the bottom wood and hang on the top wood in a hanging position holding the top wood and jump by swinging forward.

Strahovka and provide assistance. The teacher stands on the left side under the upper Wood, holds and assists the left hand of the handler, and the right hand at the waist.

Stick on the bottom wood, climb up to the top wood from the position of the cream hanger. It is necessary to boldly straighten the legs from the position of the peaked hanger and stretch down and back with the torso, while maintaining a position that extends from the shoulder joints to the fullest. As soon as the legs are straightened, the ueroryx is placed on the wood in a position of depressing with the legs until it is sharply pressed back and forth with straight arms. The correct and consistent execution of all movements ensures the exit from the top to the leaning position.

Teach:

- a) hanging on the gymnastic wall standing upright from a climbing hanger;
- b) dangling in a standing net on the gymnastic wall! pulling the torso against the wall in the right hands with help from the position (half bending);
- c) to rely on the bottom wood by jumping with help;
- d) to rest on the wood above the position of the peaked hanging on the lower wood.

Strahovka and provide assistance. The teacher is supported by standing on the right side of the handler under the upper wood, with his left hand under the pelvis, and with his right hand in front of the thigh.

Rely on the bottom wood rolling out. One leg is extended back from the hanging position in the arms bent while standing. Then, shaking with this foot and depressing with the other, boldly pointing the legs up and back over the wood without spreading the arms, placing the upper surface of the thighs on the wood. Tense the muscles on the front surface of the legs, are boldly straightened (without lowering the legs) from the pelvic joint and lumbar part until the arms are straightened, and the head is raised and clenched.

Teach:

- a) bending the torso<sup>^</sup> forward from a leaning position on low wood or low turn. Then straighten up and return to the position of leaning with the arms straightened;
- b) swinging with one leg and depressing with the other, leaning with the legs against the upper wood, hanging backwards on the lower wood and then leaning out with one leg swinging and the other with the depressing upside down (with help);
- c) fluttering with one foot and depressing with the other.

Strahovka, and provide assistance. The teacher stands on the left side — in front, helping with the left hand by holding the legs, with the right hand by holding the waist, and helping with the left hand by holding it from under the shoulder and with the right hand by holding it from the lower-to-lower legs when going into a leaning position.

From the position of climbing and hanging on the bottom wood, climbing up to the top wood to rely on. The hanging on the ung leg is extended back to the left leg, bending the arms from the

hola-Ti. The Ung is shaken with the foot and with the left White, the depsinib continues to bend the arms, the legs are joined with the shitob by pointing up and back over the upper wood. From the pelvic joint, bend and the legs are placed on the wood with the upper part of the thighs. All the rest of the movements are performed in the same way as when rolling out on the bottom wood.

From the position of leaning on the upper wood, fall forward and lie on the lower wood to hang. From a leaning position on the upper Wood, the head is bent forward, the arms are bent and then the torso is bent forward. It is necessary to slip and caress the legs to the knees from the wood, stretching the muscles of the back of the thighs, continuing to bend from the pelvic joint and descend forward.

Then it is necessary to straighten the arms, straighten the torso as well, lower the legs and lie on the lower wood to come to a hanging position and lean.

From the position of leaning on the upper Wood, throw the torso back and swing the legs backwards and hang lying on the lower wood. From the tainysh position on the upper Wood, keeping hands straight and boldly starting to fall back with the shoulders until the pelvis is held close to the wood! must. The pelvis is then bent over the thigh, and the legs are removed over the lower wooden top, straightened and placed on the lower wood until the legs are paired. In the position of lying down and hanging, the head is bent back.

In the lower wood, jumping by swinging the left (right) leg and turning 90 and 270° from the position of leaning back the legs with the right (left) leg in front. Ung is caught with the foot in front and the right hand swapped from below in the position of lagging the legs. Moving the left leg boldly, you need to swing with the legs to the left, push with the left hand, and swing the left leg over the wood and turn to the right, while shifting the weight of the torso to the right hand. Pulling the legs together and extending the left arm upwards' outwards, the right side of the instrument should be gently jumped tu-shish. This jump turned 270° after pushing with the left hand when executed, it is necessary to turn 180° to the right again by holding the right hand upside down from the right side of the right hand with the same hand and pushing it with the right hand. In this, the projectile is jumped with the left side of the needle.

Lean back to the bottom wood forming an angle and jump backwards while sliding backwards from the sitting hblat. In a sitting position, leaning against the transverse, forming an angle to the lower wood, the legs are pulled back until the upper Wood is held with the left hand. Leaning forward, the right hand is held in front, between the legs, upside down from the lower wood. The left foot is shaken back over the bottom wood and the left hand is released by pushing from the top wood. It is necessary to turn back from the left side, fold the legs together and stretch the left arm to the side. The bruises are jumped right-sided.

Jump into the lower wood from the sitting position in the thigh, forming a back angle. The Ung sits in the thigh from the sitting position, swinging the legs forward, forming an angle, while simultaneously holding the left hand upside down from the lower wood below the thigh. Ung goes backwards from side to side, boldly twisting with the left hand and swinging over the bottom wood. It will be necessary to straighten and strain completely, pushing the upper wood with the right hand, relying on the left hand. After that, it is necessary to jump gently, half-climbing with the left side in relation to the brooches. When performed by jumping and turning backwards, it is necessary to grab the right hand by swapping it over the lower wood while swinging the legs and push it with the left hand, turning back from the left side.

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