

Organizational and Methodical Peculiarities of Training of Athletes on Judo in Sports Clubs

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Anatation. *In this article the work on judo popularization among population was carried out, mainly for athletes to achieve high results and to show results in Olympic sports. This article has studied the literature of scientists, developed a new methodology and established that the popularization of judo has been achieved.*

Key words: *Physical development, physical culture, physical exercises, physical movement, physical condition, development of strength quality, competitions*

INTRODUCTION

Due to independence, physical education and sports are developing within the priority areas of state policy, such as all areas of development of our country. In the law "on physical education and sports" (September 4, 2015, new taxriri), the decision "on measures for the further development of physical education and sports in Uzbekistan" (August 29, 1997), the emphasis on physical education and sports is an expression of the opinion expressed above.

The adoption of laws and decrees on physical education and sports in our republic indicates that physical education and sports have risen to the level of Public Policy. As a result of the approval of such laws and decrees, programs, which meet the requirements of the times as a result of their wide application in our Republic, sports complexes are being built, many prestigious competitions are being held. The practical product of these documents is the fact that in recent years Uzbek sports has been glorifying the fame of our country in front of the world community with the results of the yksak, thousands of sports complexes of international standards, the most prestigious international competitions are being held in different regions of our country. In the following years, judokas of the Republic also carry the flag of Uzbekistan to balants in international sports arenas. Rishod Sabirov, Diyorbek Urazbayev, Abdulla Tangriyev, Haitjon Olimova, Tursunposhsha Nurmetova, Sevinch Solayeva and many other judo leaders have matured and achieved high results. At the same time, one of the urgent tasks is the further development and popularization of judo wrestling, the organization of training and training processes on a scientific basis, the development of physical shells of young judokas on the basis of modern educational technologies. Physical education and sports in our republic have been made a priority of the policy of our state as one of the main means of further strengthening the health of the people, educating the younger generation in the harmonized barkomol. At the same time, the work of training skilled athletes is being given great importance. The fact that specialized sports schools, Olympic and papalimpia sports training centers, large-scale sports facilities are being built in all regions of our country, physical education and sports are becoming more and more popular among our people is proof of our opinion.

The upbringing of a healthy and barcomol generation has been one of the most important problems of primogeniture in all times of human history. Therefore, after the independence of our republic, our honorable first president I. At the initiative of Karimov, in creating the great future of the new state, historical national traditions are adhered to and a special tribute is paid to raising a healthy,

harmonious generation. That is why it provides great opportunities for the development of physical education and sports in our Republic. Dzigoro Kano (1860-1938) founded in 1882. It was modeled after the jiu-jitsu Solo Wrestling of Japan as a sport that takes non-destructive methods of human health and leads judokas to physical perfection. Judokas wear kimono (white short jacket and instrument) and compete on tatami yani (carpet) on a bare foot mostly in 7 vazin shoes (men 60, 66, 73, 81, 90, 100, 100 + 48, 52, 57, 6 different from these in the Ayas

MAIN PART.

They assume that the beginning of the struggle goes back to the distant past, that is, when our ancestors led a primitive lifestyle. Strong men would go hunting, compete in throwing stones, spears, archery. During the rule of the seven generations of Hoqon Nara (710-784), the Palace held very large contests in archery and sumo wrestling of infantry and cavalry. The experience of Palace competitions was used to suppress riots in the provinces. For example, sarkarda Sakanoueno Tamuramaro (758-811) ordered his soldiers to learn the methods of sumo wrestling from then on, regarded as part of military art, during punitive campaigns against the Indigenous and free-living Ainu tribe of Hokkaido island. In U Mahal, sumoists wrestled in everyday attire.

Fighting in the dospex and the sovut (erongumi and kattyugumi) was spreading during the inter-war period of the Minamoto and Taira (11th-12th century feudal dynasty. In the 12th and 14th centuries, the feudal government accumulated political power, bugey's military art (being able to use bows, shields, spears, horseback riding, etc.) remained an integral part of samurai temperance. The types of unicorns began to be regulated slowly. Sumo emerged as an independent type of wrestling. Until the last quarter of the 14th century and the second half of the 15th century, feudal punishments again began in Japan, and the rulers tried to gather strength to unite the scattered principalities. Therefore, not only representatives of the military class, but also ordinary people would take over the methods of military art. During the same period, judzyutsu wrestling was formed, which was then known as "Kogusoku" (exactly "the soap that always splits on your side") or "kosino mavari" (exactly "the soap that protects the waist"). "Dzy

In 1650, Sekiguti Yasugokoro Yawara of Kisyu (Wakayama Prefecture) created a wrestling school and began training his followers in methods of caution and self-caution. From this point on, it can be considered that a separate form of training-free retrieval (randori or kumite) - has appeared. Xisagetakarayama, Miurayesin, Seygo and other schools flourished. Judzyutsu, previously used by feudal lords in the wars of invasion 6, became a means of physical and spiritual improvement.

In 1670, in Tera, Canemon opened the Kitoryu school. In 1795, Jesus Mataemon graduated from Tensinsinye school in randori and kumite, yesinryu and Tensinsinyeryu schools with much emphasis on painful methods, judzyutsu and karate's combat departments.

A military caste would establish the socio-political life of feudal Japan. Representatives of the ruling class studied not only military work, but also other disciplines in order to keep the common people in obedience. The Japanese proverb " Dziniite, ran O vasurenay" (run daily-do not forget about quarrels in races) was mainly because they had to be able to use both a pen and a spear and show their knowledge. In privileged educational institutions, descendants from the original studied ethics, philosophy, theology, in which great importance was attached to the development of student intelligence, therefore, training in improving techniques in judzyutsu and karate schools alternated with training in strengthening will and spirit. In the halls of struggle of different schools and directions, housework was installed and the ideas of Confucianism, Buddhism, Shintoism were promoted. The Wrestling Hall ("dodze") was considered a sacred place in strengthening the body and spirit. Each school has its own creed forward

As a result of the reform of the Mujmal bourgeois Meidzi, the official equality of the military, peasants, hunarmans and merchants had been declared. The Samurai were completely classless, as all forms of military art, including judzyutsu, were in dire straits.

FOUNDATION OF JUDO AND ITS DEVELOPMENT

Dzigoro Kano (1860-1938), a famous educator, educator and coach, founder of judo, who came to Kyoto from Hyego as a child, studied at the naritatsugaki and Ikuei boarding houses. From birth, he grew up to be a nymph, so he decided to master the methods of judzyutsu. After entering the Kaysey Lyceum, which later became Tokyo Imperial University, Kano began attending the Dzigoro Tensinsine Wrestling Hall, where he studied techniques under the guidance of coaches Fukuda Hatinosuke and Jesus Masatomi, and engaged in retrievals. Later, he was engaged in a school of a completely different direction, Kitoryu school, under the guidance of coach Ikubo Tsunetosi, thoroughly analyzed manuscripts on judzyutsu and studied methods of struggle, obsessed with the whole body. After his appointment as inspector and instructor at the Kano honors Lyceum in 1882, he summarized and regulated the achievements of most independent judzyutsu schools

The war brought much destruction to Japan. Almost all school and city judo halls had become unusable. As if all were not enough, in November 1945 the American occupation forces staff banned training in judo at schools and other official institutions. Beginning in 1947, Japanese trainers began teaching judo techniques to servicemen at American military bases. With the restoration of judo, misobakas began to be held in all districts of Japan, in 1948 the country's first was held. Soon the all-Japanese Judo Federation was formed, while in London the European Judo Federation arrived in bunyod. Beginning in 1951, the judo section of the High School Physical Education Federation, the all-new student Judo Federation, was launched. The First World Cup was held in Japan in 1956.

In March 1958, the construction of the New Kodokan seven-story building with the largest wrestling hall in the world, five small and medium wrestling halls, its own Judo Institute of learning and other auxiliary institutions was completed on Kasuga Street, Bunke district. Judo was officially approved as an Olympic sport in 1959, and was included in the program of the VIII Olympic Games in Tokyo in 1964. Currently, the International Judo Federation brings together almost 200 countries from five continents and is one of the most numerous in the world of sports.

HISTORY OF JUDO IN UZBEKISTAN

The history of judo in Uzbekistan can be divided into two large periods, conditionally divided by 1993. Let's briefly dwell on each period.

Judo in Uzbekistan in 1979, that is, the Order of the Ministry of economic development of Uzbekistan on the development of judo in the Republic, a detailed plan for the development of judo was described, and specific works in the near future were established. The above order was a logical conclusion to the large preparatory work of the initiative group, which was held together with representatives of the International Judo Federation.

In March 1972, the first seminar under the guidance of Japanese instructors in judo was held in Tashkent. The participants of the Seminar were made up of Representatives of the Central Asian republics. Kim V Of Uzbekistan At The Seminar.A., Istomin A.A., Elov A.N., Amashkevich B.B., Zyablitsev A.I., Prut V.M., Alimov S.U., Diabodjayev X., Kim Yu.S., Pilipenko V., Schneider B.I., Bogdal V.N., Haikin E.L. and others attended.

In the same year, the first All-Union seminar on training judo coaches was held in Moscow. The initiator, organizer and leader of the Seminar was Vladlen Mikhailovich Andreyev, one of the founders of modern judo in the former USSR. For several years he led the national team of the country, which achieved unprecedented results in the international arena. Witnesses and seminar participants remember that the seminar passed at the highest scientific and methodological level: for a month a deeply carefully thought-out theoretical and practical program of study of judo was carried out. V. From The Republic Of Uzbekistan At The Seminar.A.Kim, A.A.Istomin, A.N.Elov, B.B.Amashkevich and A.I.Zyablitsev became a representative. All of them, after the seminar, began to rapidly develop judo in Uzbekistan. The holding of Republican championships and firsts began, national teams were formed, in Uzbek and other higher educational institutions, Republic Olympic reserves educational institutions.

Now we refer to some sporting events almost 30 years ago. The first official competition in judo is the 1972 youth Uzbekistan Championship, held on 22-25 December 1972. Winners: Mukhamedzyanov K. (-63 kg), Vohidov I. (-70 kg), Radjapov M. (-80 kg), Dolzhenko A. (-93 kg and ABC), Kotov V. (+93 kg).

In August 1973, the XVI all-Ukrainian Spartakiad was the first to include judo in its program. In spartakia, the number of participants was 29, passing between Bsjs 9 and on a personal test. In the first place was Dynamo KSJ, in the second – “Labor”, and in the third - “Burevestnik”. 1973 All-Uzbek Spartakiad champions in individual test:

1. Choriev T. (-63 kg).
2. Alimov S. (-70 kg).
3. Philine A. (-80 kg).
4. Kochedikov A. (-93 kg).
5. Rodionov F. (+93 kg).

In the same 1973, the first individual championship of Uzbekistan was held, in which now 100 athletes took part. Champion of Uzbekistan.

CONCLUSION

1. Tahli's show that in recent years, judokas have been paying great attention to improving the training direction and Magnitude systems of the preparatory stage. The effectiveness of exercises aimed at the development of specific operational strength qualities associated with amalyot in non-Trinitarian forms and their associated with them has been studied from the side of the leading specialist scientists in judo
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