

## Characteristics of Mutual Positions in Judo Competitions

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### *Abstract*

*The distance of a judo wrestler allows a physically weak fighter to successfully shoot due to the initial spread of his body while touching the opponent. When in close contact with him, the attacker's "live force of the firing machine" becomes so great that the enemy can no longer resist him.*

**Keywords:** *Judo, attack, wrestling, technical, position, victory, movement, tactical, general training, endurance, athlete, race, heart.*

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In judo, the initial individual and mutual positions create a kinematic situation that determines the ability to conduct different combat modes.

So, if both wrestlers are able to throw the ball in a draw, then the set of technical actions that will lead to victory in the lying position will be completely different.

Distances and grips represent the initial kinematic conditions for performing technical actions in the same way. These concepts are interrelated.

The upright shooting feature provides versatile shooting. For example, when you hold your hand by the elbow, the wrestler can throw the same group to the left and right. When you hold one hand to the waist and the other to the waist, the wrestler no longer jumps towards the nearby handle with large amplitude to start.

In the same way, they predetermine the properties of holding each other (sideways, head-to-head, etc.) when struggling with painful reception, asphyxia, and lying down.

In judo, long-distance jumping (for the knees and sleeves) is a traditional shot, which allows the opponent to move relatively freely.

The distance of a judo wrestler allows a physically weak fighter to successfully shoot due to the initial spread of his body while touching the opponent. When in close contact with him, the attacker's "live force of the firing machine" becomes so great that the enemy can no longer resist him.

At the same time, a stronger but slower fighter can perform close-range shots, which allows him to reduce the time it takes to start shooting with great initial effort.

In order to perform technical and tactical movements in judo, it is necessary to have enough speed and strength potential for the muscles of almost the whole body. This potential However, the technique of physical performance should include judo skorostno, strength component endurance developed using training endurance. When developing speed-enhancing exercises for a particular sport, special attention should be paid to the general physical training means (OFP), which should be mainly the separation of the muscle groups most actively involved in performing competitive exercises.

Numerous studies have shown that in wrestling, such muscle groups are distinguished: the flexors and extensors of the arms, trunk, and legs. According to the kinematics of technical movements, in wrestling, these muscles carry the main load during the most active and competitive activities.

Judo training should include exercises aimed at developing and improving muscle and muscle coordination, increasing the speed of the impulse, all of which should lead to an increase in the effectiveness of anabolic hormones and the ability to perform technical and tactical actions.

To prepare an athlete for the main competition of the season, he must go through four stages of preparation: preparation, pre-competition, competitive and transitional period. Disruption of this cycle leads to insufficient development of any component of functional training and stable or weak competition.

***The training phase*** is divided into general training (aerobic energy supply mechanism), which recommends the development of special training (mixed energy supply mechanism) that develops muscle coordination and intramuscular muscle coordination to improve speed quality.

Intramuscular coordination of muscles is achieved in exercises in which there is an interaction of flexor and extensor muscle groups, synergists and antagonists. This interaction improves the quality of the movements and helps to improve the technical skills. Intramuscular coordination is the interaction between muscle fibers: slow, mixed, and fast. This is achieved by performing exercises of varying intensity.

**Pre-race stage** aimed at developing a mechanism of anaerobic glycolytic energy supply, in which the main competitive actions are carried out. With the development of the speed-power potential, the speed of nerve impulses increases.

**Competition stage** aimed at developing an anaerobic alactate energy supply mechanism that supports glycolytic processes and improves explosive action, leading to increased effectiveness of the effects of anabolic hormones and the implementation of technical and tactical actions.

**Transition period** due to the aerobic mechanism of energy supply aimed at saturating and restoring the body with oxygen.

A skilled judoka is an athlete who is well versed in the techniques of training at a skill level and will be stable throughout life. Any veteran athlete can demonstrate his or her acceptance of the crown, but he or she will not be able to compete due to poor physical fitness, which will vary depending on how much time is spent developing it and, of course, how many years have passed. Therefore, tactical training (especially in the precompetitive and competitive period) should pay special attention to the development of physical qualities, without diminishing their technical importance. And with the development of physical qualities, the main focus should be on increasing endurance and speed.

Thus, it should be noted that the athlete must go through four stages of preparation for the main competitions of the year: aerobic, mixed aerobic-anaerobic, anaerobic-glycolytic and anaerobic-lactate. This phase of training should end with an aerobic transition period.

**Aerobic recovery zone.** Heart rate 140 to 150 beats per minute, lactate not higher than 2 mmol / l, oxygen consumption 40-60% of IPK. Fat oxidation (50% or more) provides energy through muscle glycogen and blood glycolysis. Slow muscle fibers (MMV) work. The upper limit of the threshold zone of aerobic metabolism (lactate 2 mmol / l). Exercising for 30 to 90 minutes stimulates recovery processes, fat metabolism, and develops aerobic ability, flexibility, and agility. The method is permanent.

**Aerobic development zone.** Heart rate 150 to 175 beats per minute, lactate 4-6 mmol / l, oxygen consumption 60-80% MPC. Provides energy through the oxidation of carbohydrates (muscle glycogen and glucanose) and fats. Slow and fast oxidizing muscle fibers work. Exercise for 30 to 90 minutes develops aerobic ability, special, endurance, agility, flexibility. Methods: continuous and intermittent.

**Aerobic-anaerobic zone.** Heart rate 176 to 185 / min, lactate 7 to 10 mmol / l, oxygen consumption 80-90% MPC. Energy supply through the oxidation of carbohydrates (glycogen and glyclanose). Slow and fast muscle fibers work at the upper limit of strength, which increases the formation of pulmonary ventilation and oxygen debt. Exercise for up to 35 minutes develops aerobic and glycolytic abilities, endurance. Methods: repeated, intermediate.

**Anaerobic glycolytic zone.** Heart rate is 185 to 200 beats per minute, lactate is 20 mmol / l, and oxygen consumption is up to 100% MPC. Energy transfer through carbohydrates (aerobic and anaerobic methods). Mixed and fast muscle fibers work, increased lung ventilation and oxygen

debt, exercise load for 30 seconds, followed by 30 seconds of rest, five repetitions of exercise, and 3 to 5 minutes of rest between exercises. In all, there will be seven series. Develops glycolytic ability and special endurance. Methods: strictly regulated, intermediate.

Anaerobic-lactate zone. Heart rate 190-200 beats per minute, heart rate up to 5.5 mmol / l, rest at maximum power 10-20, 3-5 minutes, only five approaches. Large oxygen debts. Power supply due to ATP and KRF. The work is provided by fast alactate muscle fibers. The total training does not exceed 300 s. speeds, speed-power, produces maximum power.

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