

Judo as a Means of Developing Physical Qualities and Coordinating Abilities of Students

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Abstract:

An important component in the structure of preparedness and successful performance at judo competitions is tactical and technical training, which combines all other aspects of the athlete's preparedness. Which, in turn, depends on his ability to apply them during fights at any stage of preparation.

Keywords: structure, preparedness, techniques, content, physical training, stage, sports improvement.

Introduction. According to well-known scientists, a person who is fluent in judo techniques has a significant advantage in a surprise attack under any circumstances, even if he is attacked with cold weapons - a knife, brass knuckles, a stone, a bayonet, etc. Among the many types of self-defense practiced by the peoples of the world, judo wrestling occupies a special place. The point is not only in a large number of various techniques, but there are over tens of thousands of them, but also in the fact that judo wrestling, without suppressing the national identity of many types of wrestling, was able to include their technique in its arsenal [1, 2, 3]. Judo wrestling combines the study of techniques and mastering the skills of self-insurance when falling on the back, side and stomach, as well as partner insurance during techniques. The arsenal of techniques and special skills includes:

- 1) grips for hands, legs, for a jacket, for a belt;
- 2) movements that create controlled contact with the support and the choice of a stable position for carrying out attacking actions;
- 3) wrestling techniques in the stance, bringing the opponent off balance;
- 4) sweeps, trips, hooks - kicking techniques aimed at winning points and developing attacking combinations [4, 5, 6].

Throws in judo require acrobatic dexterity and courage, they are performed in all directions: through the thigh, head, back, chest. The use of various techniques in judo places high demands on psychomotor ability: it is necessary to quickly and accurately coordinate the work of many parts of the movement when performing sweeps, trips, throws, grabs, hooks, turntables and other attacking actions and counter techniques, which in turn also requires good physical preparation [7, 8, 9, 10].

A well-trained judoka perceives significant loads better, adapts to them more quickly and achieves a higher level of development of motor qualities. An important role in general physical training is occupied by exercises that totally affect the entire body and force all organs and systems to work actively (for example, long running, cycling) (11, 12,13,14).

Judoists also need long-term exercises that strengthen the cardiovascular system, improve the functionality of the respiratory system, allow them to withstand heavy loads, and proceed faster in the recovery process after them. Judo wrestling in combination with general physical training ensures the development of such qualities as speed, agility, endurance, strength, and flexibility in wrestlers [15].

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Speed is an important quality of a judoist, because the learned techniques become effective only when they are performed clearly and with lightning speed, because often a wrestler does not have time to perform a technique in response to an attack, not because he does not know him or does not know him, but only because the opponent quickly performs his attacking technique or combination. Dexterity is manifested in the ability to quickly, accurately, purposefully and economically solve complex motor tasks that arise on the carpet [16].

Among the important factors that determine the level of dexterity of a judoka are the operational control of the parameters of movements performed on the mat and its analysis. For the development of agility, acrobatic exercises, running, jumping rope, exercises with a partner, sports and outdoor games, relay races, etc. are used. The endurance of a judoist is manifested in the ability to perform exercises effectively, overcoming fatigue.

It should be noted that interval-circular training gives the greatest effect: in groups of four, each fights for 6 minutes continuously, and then 3x2 minutes with a 4-minute rest. In just one round, the athlete must fight for 12 minutes. There can be up to 5-6 such circles, depending on the tasks of the lesson. There are many other special means for developing the endurance of a judoist. The strength training of a judoist solves the following tasks:

- 1) development of the main strength qualities;
- 2) increase in active muscle mass;
- 3) tissue strengthening; body shape harmonization.

In judo wrestling, grips must be strong, fast and precise in application. To do this, athletes systematically train and improve their technique, and to develop grip strength, they regularly perform special exercises:

- 1) flexion and extension of the arms in emphasis lying on the fingers.
- 2) flexion and extension of the arms in emphasis lying on the hands.
- 3) squeezing a tennis ball.

Flexibility in judo is the functional qualities of the body's musculoskeletal system, which limit the range of motion of a judoist. Judo wrestling also requires the persistent development of coordination abilities, thanks to which the athlete is able to maintain balance when performing techniques and various tactical actions.

The coordination of movements, as the ability for rational manifestation and restructuring of motor actions in specific conditions on the basis of the available stock of motor skills and abilities, is of particular importance for achieving high results in martial arts.

Conclusions. So, doing judo, an athlete goes through all-round development and repeated testing of his will, endurance, diligence, development develops perseverance in achieving goals, self-discipline, self-control of feelings and emotions.

Judo is the most favorable motive and a powerful stimulus to improve physical and moral-volitional qualities. In the process of wrestling, young men improve their coordination abilities, correct defects in physique and posture, and the development of physical qualities directly affects the improvement of health and working capacity.

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