

## Fencing Training Methods and Rules

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**Annotation:** This article is about the application of the art of swordsmanship methodology, technique, etc. in mind when teaching swordsmanship the laws and regulations that must be followed are discussed, an explanation of terms in the art of swordsmanship is given.

**Keywords:** Tactical information, movement technique, movement technique, backward step cinemagram, combination.

Fencing is a different sport today one of the reasons that the effectiveness of art is also increasing one is that people are addicted to the art of fencing in our society is the result of significance. The art of swordsmanship also has its own style, attack tactics, effectiveness of the organized attack, counter attack compliance of actions and others are important in this help in increasing the efficiency of this sports field by becoming a profession will give.

In fencing, it is necessary for each opponent to cooperate with each other there are rules of the international normative law, in which the sword multi-purpose, mutually geographical attack quick exchange of locations - any geographic at that being able to fight in the territory, in the opponent's position, to organize an attack and appropriate fighting styles in showing opposition attacks selection, achievement of tactical and technical superiority of both opponents.

"The technique of movement with a weapon blade - The main requirements are experience is divided on the basis of generalization and to control the blade of the weapon determines the content and direction of the exercise. For example, Improvement of positions and attachments, positions and attachment (stabs or blows, striking back, whether to show jabs or punches, bats and grabs) through changes, including the following details of implementation it is necessary to pay attention to mastering". [1] In the art of fencing moderate maintenance of the achieved state or this state is acceptable to the participant it is recommended to change the forecast. Fencing a person directly engaged in physical and having formed the skills of mental preparation, opponent the team member's technical actions based on his social experience be able to evaluate correctly according to the situation and circumstances to be able to apply the methods in practice when able to choose them - a software tool for a participant to gain an advantage over his opponent serves as Both sides during the competition readiness to attack, qualification level is also considered important, the results of the preparatory system are achieved at the end of this case evaluated by results.

**FENCING** — "Child-like dexterity, brevity, in the development of characteristics such as ambition, perseverance and stubbornness limited only to action games in physical education classes should not stay. In their free time, they spend time in the yard, street, and squares freely engage in sports games, gymnastics, he will fail in sports such as athletics and wrestling. [2] This practical activity with the field of classical fencing there are also walking swordsmen, common and the following program based on the theory of communicative perspective Kishida concluded that tools are effective in fencing forms. They are as follows:

- the principle of agility;
- the principle of durability;

- management techniques;
- styles in difficult situations;
- the principle of patience.

"The importance of swords in fencing and in the country the growth of junior fencing teams achieving the indicators, comparing the final results" of fencing that it is clear that the persons active in the field will be caught" a reason for the joy of fencers and other sports lovers it can be said that the upbeat mood was able to sleep.[3]

In conclusion, it can be said that the practice of sports in our country the general result of the work being carried out in the development of the method as well as in the fencing art of sports among various fields the work that is being done makes a person happy. Fencing to the position of the chairman of the federation "Kapitalbank" ADB supervisory board

Maqsud Abdusamatov is the chairman of the Kylichbozliuk Federation of Uzbekistan various practical and theoretical works in this field since being elected. It is of great importance that it is being implemented.

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