

ANALYSIS OF COMPETITIVE ACTIVITY MARTIAL ARTISTS

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ABSTRACT:

This article examines the analysis of the process of competitive activity of martial artists, substantiation of the content of the system of control of physical fitness, condition and operational decision-making of athletes in the process of competitions. The theoretical validity of the issue under consideration is confirmed by the research of many scientists.

Keywords: sport, physical fitness, sports duels (competitions).

INTRODUCTION:

A comprehensive analysis of the results of the participation of Uzbek athletes at the XXIV Olympic Games Tokyo 2020 showed that many members of the national Olympic team of Uzbekistan need to work to eliminate negative aspects of spiritual and physical training.

As practice shows, sports competitions are aimed at maximizing the spiritual and physical capabilities of a person, demonstrating and comparing the level of moral preparedness, achieving the highest results. The atmosphere of sports competitions is always restless, as each of the athletes competes to achieve the same goal, i.e. victory. It should be noted that any competition is associated with great nervous tensions, which are accompanied by a surge of

emotions, and in case of defeat -stressful effects, when achieving the planned goal - social status euphoria, improvement of sports skills and control over the level of preparedness.

All sports competitions are aimed at realizing the spiritual, physical and psychological capabilities of an athlete, demonstrating their comprehensive preparedness, achieving high results and working on themselves. It should be emphasized that this type of activity is quite difficult and not everyone can master any sports knowledge and skill, and bring it to professional mastery.

To achieve any goal, you need a strong discipline, mastering all three blocks of sports activity. As N.B. Stanbulova emphasizes, mastering sports activity is primarily associated with mastering its psychological structure: motivation, means for performing special exercises inherent in this sport and the results obtained as a result of everyday hard work and victories at competitions. The variability of motives is characteristic of sports activity. In sports activity, as in other human activities, there is an inherent goal, means, discipline, consistency, that is, the repetition of everyday exercises and the result. The goal is a rapid end result, which a special process is consciously aimed at to achieve it. The means is a holistic process of education, that is, special techniques

or actions of an athlete characteristic of a particular sport.

In the studies of Matveev L.P. conducted in 1983-1997, it is emphasized that competitive activity in sports is considered at various levels: at the general level of general characteristics of competitive activity in sports; at the level of generalized characteristics of groups of sports and specific characteristics of a particular sport. The essence of these types of activities is a sports result.

Characteristic features of competitive activity of athletes-martial artists:

In martial arts, the difficulty of the conditions of the competition is determined by the difficulties that arise in making quick decisions and performing actions due to the wide variety and choice of exercises. The reason for this is the constant change of the situation and tactics during a competitive battle, the limit of space, time, and rules.

A characteristic feature of competitive activity is that the opponent intentionally aggravates the extreme conditions of the competition, which creates difficulty in carrying out special actions and increases psychological tension aimed at winning the battle. Orientation and correct assessment of the battle situation in space and time are very difficult, which often aggravate the situation of athletes. Athletes are often accompanied by violent outbursts of emotions, while emotions are closely related to stress. On the issue under consideration, it should be noted that Nikiforov Yu. B. and Nekrasov V.N. in 1982, it was noted that all of the above conditions are determined by the uncompromising nature of competitions in the presence of numerous fans who are not always benevolent; subjective assessment of the correctness and wrongness of the actions of rivals and judges; the need for repeated development of maximum physical and

psychological efforts depending on the variably changing situation of the competition.

The effectiveness of competitive activity of athletes is significantly influenced by environmental conditions, the characteristics of judging, the behavior of the coach (psychological approach and emotions), confidence, physical and psychological preparedness of the athlete himself. The features of competitive activity in sports arising from the functional structure of an athlete's activity and determining its specifics are:

- 1) Perception of information in conditions of disguise and falsity of the enemy's actions;
- 2) Information processing and decision-making in conditions of limited and shortage of space and time;
- 3) Implementation of the decisions taken in the conditions of an actively opposing opponent and not always in favorable conditions of the environment and the activities of partners. (Matveev. L.P., 1999; Nikiforov Yu.B., Rodionov A.V., Ovakyan I.A., 1981).

Based on the above considerations, based on theoretical and experimental studies of many scientists, the general structure of competitive competitions of martial artists can be divided into pre-combat activities, which include motivating factors and combat activities (naturally competitive). As a rule, the goal of pre-combat activity is to set the right tactics in combat, in processing all possible technical techniques-exercises and achieving a state of readiness for the upcoming performance. In addition, combat activity is completely different from pre-combat activity by the presence of predictability and variability of the process throughout the sports competition.

However, it is worth emphasizing that during the fight, motives that have already been formed in pre-combat activities manifest themselves and affect athletes.

According to the above materials, it can be concluded that the factors (pre-combat and

combat) of sports activity are closely related to each other. The essence of the above is reduced to the analysis of sports activities in competitions, which has a huge presence of various influences on the athlete performing at sports competitions. In conclusion, it should be said that sports installations (propulsion system, technical and tactical installations determined by the manner of combat inherent in the athlete, situational installations associated with the willingness to instantly and selectively apply the acquired combat actions in certain situations of the duel) aimed at athletic readiness play an important role in achieving a sporting victory.

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