

ANALYSIS OF THE INTENSITY OF COMPETITIVE FIGHTS OF ATHLETES OF COMBAT SAMBO

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Annotation

This article presents an in-depth analysis of the load intensity of combat sambo wrestlers during the pre-competition preparation period. The PWC-170 method had chosen as the scientific method for analyzing competition intensity. It has established that the method of determining the intensity of the load in competitive competitions can be effective in managing the training process, as well as in sports sambo.

Аннотация. В данной статье представлен углубленный анализ интенсивности нагрузки боевых самбистов в период предсоревновательной подготовки. В качестве научного метода анализа интенсивности соревнований был выбран метод PWC-170. Установлено, что метод определения интенсивности нагрузки в соревновательных соревнованиях может быть эффективен при управлении тренировочным процессом, а также в спортивном самбо.

Annotatsiya

Mazkur maqola jangovar sambochilarning musobaqa-oldi bosqichidagi mashg'ulotlarda o'tkaziladigan bellashuvlarining yuklama shiddatlarini chuqur tahlilini namoyon etadi. Bellashuvlarning shiddatini tahlil etish maqsadida ilmiy uslub sifatida PWC-170 uslubi tanlab olingan. Raqobatbardosh bellashuvlarda yuklamaning intensivligini aniqlash usuli sport sambosida ham bo'lgani kabi o'quv-mashg'ulot jarayonini nazorat qilishda ham samarali bo'lishi mumkinligini aniqlangan.



Introduction

Combat sambo in a specialized angle maybe complex and different don that combines punching and kicking strategies, standing tossing methods, ground wrestling methods, choking and difficult methods. Such a variety of technical and tactical arsenal imposes strict requirements on the conduct of a competitive duel in combat sambo by athletes. The complexity and variety of techniques used, the acyclic nature of muscle activity, the presence of pauses of relative rest - all this makes it difficult to measure the duration and intensity of the load. [1, 2].

Measuring the load of athletes in combat sambo under the specific conditions of competitive and training bouts is associated with great difficulties. The specifics of the duel does not allow determining the amount of load in the microcycle in terms of volume and intensity, as in other sports. Obviously, in wrestling it is advisable to focus on the physiological shift in the body that causes a competitive fight. The importance of this approach is because the integral assessment of the abilities of a fighter to implement a complex of specific motor skills in conditions of intense muscular activity could be reliably assess only under conditions simulating a competitive duel. [4].

In the methodological and specialized literature, there is enough information about ongoing research to study the adaptation of the activity of the cardiovascular system to specific and non-specific loads of sports sambo wrestlers. [1, 3, 5]. In our studies, heart rate had recorded during training fights of combat sambo wrestlers.

The aim of the research is to decide the level of concentrated of competitive battles of combat SAMBO competitors within the pre-competitive period.

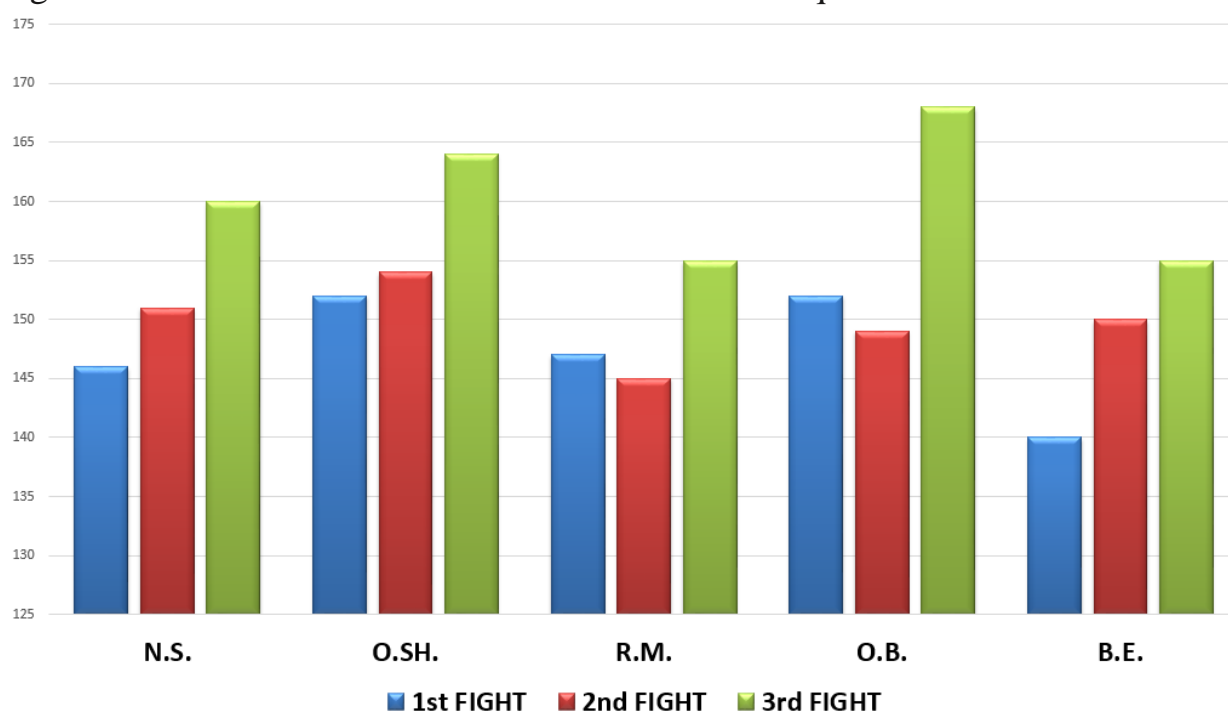
Methodology and organization of the study. Based on the above, we have carried out experimental studies to study the intensity of competitive duels of combat sambo wrestlers and sport sambo wrestlers using a heart rate monitor. The study took place in the sports club "POWER" in Tashkent during the training process in the pre-competitive period. The study involved 5 sambo students specializing in sports sambo and having sports qualifications of CMS and MS, and the first team of Uzbekistan in sambo - MS, MSMK, ZMS.

The following methods had used during the research: analysis of scientific and methodological literature, pedagogical observation, testing. The PWC-170 method had used during the observations.

It should be noted that both combat and sports sambo are contact types of martial arts, which are characterized by grips, strikes, technical actions, accompanied by

collisions and falls. However, this circumstance did not affect the correct operation of the PWC-170 sensors, which continued to register heart impulses, even if, due to the above circumstances, they moved out of the place of attachment on the chest.

Research results and discussion. The conducted studies have shown that the use of a heart rate monitor makes it possible to determine the individual response of athletes to the intensity of individual elements of the training load, simulating competitive activity. The intensity of competitive fights, recorded using the PWC-170, was different. On fig. 1 shows individual indicators of the intensity of fights for 5 combat sambo wrestlers of CMS and MS qualifications.



1st diagram. Intensity of competitive fights.

In our case, the intensity of the load assessed as medium and large. At the same time, the value of heart rate in qualified combat sambo wrestlers in competitive fights ranged from 137 to 173 beats/min.

According to the data of pedagogical observation, the wrestlers, on average, performed 8–9 attempts to perform technical actions in the standing position, including throwing and striking techniques, and in the stalls (painful holds, suffocating, deductions) evaluated by the judges, on average.

E- Global Congress

Hosted online from Plano, Texas, USA.

Date: 20th January, 2023

Website: <https://eglobalcongress.com/index.php/egc>

A similar examination of elite sports sambo wrestlers was carried out as part of the scientific and methodological support of the Russian national teams in order to determine the level of workload at the final stage of preparation for the Championship of Uzbekistan in Tashkent (Japan). The results obtained were taken for comparison with the indicators of the intensity of competitive bouts of combat SAMBO athletes.

Conclusion

Having carried out a comparative examination and comparison, we found that the strategy of deciding the escalated of the stack in competitive bouts among qualified combat sambo wrestlers in planning for capable begins could too successful for controlling the instructive and preparing prepare, as in sports sambo. The sportsman we conducted on combat sambo competitors beneath comparative conditions appeared comparative comes about, depending on the weight category of the competitor.