



Boxing is a Type of Sport and Its Importance

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Annotation: the article describes the sport of boxing, its content, requirements and conditions, the uniqueness of this sport, attention to boxing in our country, the difference between boxing competitions and other sports, the training of boxers. Issues such as uniqueness, skills and professional competence of the coach, ensuring the successful participation of boxers in competitions were considered.

Keywords: boxing, boxing sport, coach's skill, professional competence.

Introduction

The word "boxing" means "punching" or "punching" from the English language. This sport is a one-on-one boxing competition based on the rules of two opponents wearing leather-covered gloves, and the history of boxing goes back to the one-on-one boxing competitions organized in Egypt and Babylon in BC. There were also such competitions in the program of the Olympic Games in Greece.

The homeland of modern Boxing is England, which dates back to the 16th and 17th centuries. The first rules of boxing were adopted in this country in 1867. The International Association of Amateur Boxers was founded in 1946, and by 1999, 160 countries had joined it.

Boxing has been included in the program of the Olympic Games since 1904, and since 1974 the World Championship and the World Cup have been held since 1979.

The boxing competition is held in a 6×6 m ring (supa) surrounded by ropes. Boxers use 270g (10oz) gloves. Competition 2 min. It lasts 4 rounds (section) from (minutes). There is a 1-minute break between rounds. During the competition, when the opponent falls, after the referee has stopped the fight, as well as below the waist, it is not allowed to hit the back of the head. The judge (referee) in the ring manages the competition, 5 judges around the ring count the exact blows given. As a result, the Boxer with the most points is declared the winner. The referee temporarily stops the fight and scores the Boxer, who is knocked down due to the impact, to regain his senses. 10 sec. If he does not indicate that he is ready to fight within (seconds), the referee considers him to have been knocked out (defeated). If one of the sides knocks out the opponent, the difference of points reaches 15, and if one of the sides admits that it is easy (if the coach is thrown on the rope), if the referee throws him out, if the blood flow from the injured part of the body does not decrease due to the impact of the blow, the fight will be suspended for the duration of the fight according to the conclusion of the medical officer. and the other side wins.

International Boxing competitions are held in 12 weight categories (48, 51, 54, 57, 60, 63.5, 67, 71, 75, 81, up to 91 kg and over 91 kg). The main competitions are open to those who have



reached the age of 18. Competitions are also organized between 16-17 and 14-15-year-olds. Also, some federations hold competitions among teenagers in more than 12 weight categories in order to popularize Boxing. Modern Boxing in Uzbekistan 20-a. of the 20th became popular. The first Boxing competition was held in 1922. It was held at the "Fortuna" sports society in Tashkent. It was organized by S. L. Jackson. This coach trained hundreds of boxers.

Boxing has been developing rapidly in Uzbekistan in recent years. Boxing Federation of the Republic of Uzbekistan has been a member of AIBA since 1993. The secrets of boxing are being taught to young people in 4 educational institutions of Olympic deputies and dozens of youth sports schools in our country. More than 20 modern boxing gyms are at the disposal of the participants.

The national boxing team took the proud 3rd place in the world championship since 1999. Uzbekistan's R. Risqiyev, N. Anfimov, G. Ilyasov, M. Abdullayev, O'. Khaidarov, R. Chagayev, T. Tolyakov, L. Zokirov, N. Otayev, T. Turgunov, H. Ahmedov, K. Tolaganov, R. Saidov, S. Mikhailov, D. Yorbekov, DAVEZBOYEV, etc. Boxers have achieved great success.

As a result of the policies of our honorable President and his great attention to the field of sports, the high achievements of our country's boxers in amateur and professional boxing today are certainly worthy of praise.

When it comes to the training of young athletes, it should be considered that most of the boxers who have just started training are teenagers. Therefore, it is permissible to dwell on age-specific features that should be taken into account when teaching and training them.

Boxers are divided into junior (11-15 years old) and senior (16-17 years old) groups, teenagers (18-19 years old) and adults (20 years old and older) according to their age. Each of these groups has its own characteristics, which are reflected in the rules of competitions. At the age of 14-18, the body develops rapidly, gains strength, improves agility, increases endurance, the work of all organs improves, especially the condition of the nervous system, the activity of the heart and respiratory organs changes, the body grows rapidly in length. . However, the hardening of the bones of the spine, chest, pelvis and limbs is not yet complete. Boyle's apparatus is much more elastic than that of adults. Therefore, at the age of 14-16, it is impossible to give large muscle tension. During this period, serious changes can be observed in the mentality of teenagers. Hormonological changes in them have a serious effect on the normal movement system of the body, and the amount of oxygen going to the brain is reduced due to the energy spent on the gonads. As a result, the squeamishness and curiosity characteristics that began to be felt in them become an obstacle both during physical training and to achieve success. At this time, taking into account such psychological changes in teenagers, the coach should be able to direct the teenager's attention to the factors necessary to achieve success without seriously affecting his mood. In adolescents aged 17-18, muscle tissue grows rapidly, pulse rate decreases, blood pressure decreases, and heart rate approaches that of adults. It is during this period that all-round harmonious development of muscles is very important, because the development of one group of muscles can lead to uneven development of internal organs and disruption of their work. Acquiring technical and tactical skills in boxing is associated with long-lasting physical and mental stress. When working with adolescents, it should be taken into account that the younger they are, the higher the excitation processes than the active inhibition processes. Prolonged exertion or missed shocks put the nervous



system in a state of excessive braking, so between individual exercises, there should be more frequent and longer breaks than in adults.

It is also necessary to avoid strong blows. Along with the rapid growth of the whole organism, the heart muscle also grows. However, it should be taken into account that the development of the heart still lags behind the development of other organs, and if the muscular system and internal organs adapt to high loads and can withstand the demands, the heart works with extreme strain. In such cases, cardiac hypertension (increased blood pressure in the artery) may occur. General physical training helps to increase the work capacity of the cardiovascular system. In it, the nervous and physical load gradually increases, mainly in natural exercises: walking, running, swimming, etc. With age, blood pressure gradually increases in children and adolescents, and the speed of blood movement decreases. It should be taken into account during functional diagnostics to determine the reaction of the cardiovascular system to this or that physical load. Blood pressure reaches a fairly stable level by the age of 18. An increase in the activity of the cardiovascular system is observed with an increase in the activity of the respiratory system: the heart rate increases, breathing also increases. The violation of the compatibility between them affects the flexibility of the body, which is very important to take into account when practicing boxing, because the actions in boxing are cyclical and the amount of stress changes frequently. At the age of 16-18, there is a rapid increase in lung mass, so its life capacity increases.

The rate of gas exchange in children and adolescents is much higher than in adults. It is known that the activity of muscle activity, its working capacity depends on the amount of blood reaching the working muscles. The more active the muscle activity, the greater the need for blood to nourish the muscles. Therefore, during boxing training, for example, during a training fight, breathing is not well established, the muscles that move most actively during the fight (legs, arm muscles) are not trained enough, boxers whose basic movements have not become automatic they get more tired. Young boxers (even when trained) experience fatigue much earlier during a fight than older boxers. Therefore, it is advisable to conduct training as much as possible in the open air. Because teenagers need more oxygen than adults. In boxing, the function of the vestibular apparatus is important. He will have reached his development in teenagers. As adolescents exercise, their ability to maintain strong dynamic balance increases, but because the muscles are not yet strong, the nerve centers responsible for balance are highly reactive to mechanical stress. Such a reaction is especially typical for teenagers with loose muscles or asthenic body. One of the main factors of teaching and training is taking into account the psychological characteristics of age. At the age of adolescence, these qualities begin to form, so the coach's individual pedagogical approach to each athlete is the key to success in training boxers. Adolescents have sharper senses and better visual memory during puberty. At this age, athletes have high coordination and master technical skills successfully. Adolescents gradually gain consistency in thinking and control their actions. Their perception is unstable, their strength and endurance depend on individual characteristics, and their strongest imagination is the imagination of movement. They can quickly learn a new technique by simulating this or that action well. If a teenager tries to recreate the movements he has seen in the boxers he is trying to imitate, such imaginations will be clear. Seeing a good athlete in a fight in the ring, young athletes remember his actions and strive to return him. A fight with an imaginary opponent ("a fight with a shadow") is built on the imagination of the "opponent", about oneself and



his actions. Therefore, the coach should demonstrate the technical methods correctly, sometimes conduct training together with highly qualified boxers, organize demonstration training, go and watch competitions with strong athletes, watch movies. very important. The more vivid and impressive the visualization of actions, the more clearly they will be demonstrated and performed. During puberty, general memory declines somewhat, but visual and motor memory are much higher than in adults, so teenagers remember images. In addition, the desire to achieve faster results with less time and effort, characteristic of teenagers, can cause a little laziness and haste. Therefore, the trainer-pedagogue should spontaneously instill in the mind of the teenager that the main attention should be paid to physical work and mental preparation during the preparation process.

It is worth noting that teenagers remember exercises performed in different combinations and variations better than one long and monotonous repetition. The more knowledge and skills a boxer has, the faster and more accurately he remembers complex movements. Many special training exercises should be built on this principle. The quality of perception and action depends on the attention to the subject being studied. Boxing requires a high level of attention from athletes not only during the training process, but mainly during competitions. Even the slightest inattention and loss of vigilance will cause you to miss many serious shots. During the fight, boxers should not only pay attention to their own actions, but also seriously monitor the opponent's actions. It is very difficult for young boxers to concentrate on one task during training, they are often distracted and bored by the monotony and long duration of training, so they do things that are interesting to them.

Therefore, the trainer should change the tasks often, thereby creating more interest in the trainees. In addition, the exercises should not last too long. In order to develop concentration in boxers, the coach must first of all demand discipline in performing tasks, conduct training in an interesting manner, explain each element, whether it is easy or complex, in an interesting way, thereby instilling strong concentration in athletes. It is very important to choose the right partners for training together, to have a well-equipped hall, to conduct the training in an emotional, interesting and creative way. In conclusion, since the most important task in adolescence is all-round physical and mental development, which is considered the basis of successful acquisition of boxing skills, it is appropriate to organize the training in such a way that the exercises should ensure the solution of these tasks in many ways.

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