



Judo in the System of Physical Education and Sports Position in Uzbekistan

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Abstract: This article contains information on the training stages of judo, the physical training of athletes. Again the functional functions of the judokas, movement functions are also mentioned.

Keywords: judo, physical fitness, movement, function, stage, training, skills, qualification.

The problem of judoka training has been one of the topical issues studied by the scientific community for many years. Until today, many scientific and methodological works and researches have been carried out. Nevertheless, the issue of teaching and learning judo has not lost its relevance. On the basis of the reforms implemented in Uzbekistan, the issue of personnel training in physical education and sports is considered as a separate direction. In particular, Decision PQ-4877 of the President of the Republic of Uzbekistan "On measures to improve the system of personnel training in the field of physical education and sports and increase scientific potential" is important in this regard. As stated in the decision,

Judo was established in Uzbekistan in 1972, that is, on the basis of the order of the State Sports Committee of Uzbekistan on the development of judo. A detailed plan for the development of judo in the republic was described in this historical document. The above order was the logical conclusion of the extensive preparatory work carried out by the initiative group together with the representatives of the International Judo Federation. In March 1972, the first judo seminar was held in Tashkent under the guidance of Japanese instructors. The participants of the seminar are representatives of the Republics of Central Asia. In this seminar, Kim VA, Istomin AA, Amashkevich BB, Zyablitsev AI, Prut VM, Alimov SU, Tashkhodzhayev H., Kim Yu.S., Pilipenko V., Schneider BI from Uzbekistan. , Bogdal VN, Haikin EL and others participated (Y.S.Kim, LPYugay, 2005). In the same year, the first All-Union seminar on the training of judo coaches was held in Moscow. Vladlen Mikhailovich Andreyev, one of the founders of modern judo in the former union, was the initiator, organizer and leader of the seminar.

For several years, he led the national team of the country, which achieved unprecedented results on the international stage. The participants note that the seminar was held at the highest scientific and methodological level. VAKim, AAistomin, BBAmashkevich, AIZyablitsev from Uzbekistan took part in the seminar. Yu.S.Kim and L.P.Yugay provide detailed information about the development of judo in Uzbekistan in their manual "Fundamentals of Judo" (Osnovy judo, 2005). According to him, the development of judo in Uzbekistan is connected with the name and activity of Kim Vladimir Alekseyevich. He was the head coach of the national national judo team for almost 10 years and made a great contribution to the development of judo in our country. The development of judo in Uzbekistan and its progress are directly related to the name and activity of VAKim and AAistomin. They are the founders of the development of judo in our country. Republican championships and championships were held, national teams were formed in different age categories, former UzDJTI (now UzDJTSU) and other educational institutions, educational institutions of the republic's Olympic reserves (ROZBYU , now OZK) and judo departments were



opened in sports schools, judo clubs were formed in sports societies of Tashkent city and regions, promotion of judo among young people was actively carried out.

At the end of 1991, preparations for entering the Asian Judo Union began, and in 1993, he was accepted into the ODI of Uzbekistan. From this year, Uzbekistan began to participate in the international arena as an independent judo team. Gradually, a judo "school" began to form in our country. Uzbek judokas have achieved many successes in international arenas. Importantly, A. Bagdasarov won the silver medal at the 1996 Olympic Games, and F. Toraev took the 2nd place at the 1999 World Championship held in Birmingham, Belgium. These results increased the feeling of victory and self-confidence in the hearts of judokas of our country. Today, sports policy has become one of the important and urgent tasks in our country. In this regard, the initiatives of our government and the leader of our country are of great importance. Sufficient conditions have been created for the development of judo and training of judokas who can adequately defend the honor of our country in international arenas. Especially in recent years, the further development and popularization of sports, the reform of the management system in the field of sports have been brought to a new stage.

Judo techniques are mainly divided into two large groups. They are classified from the point of view of defeating the opponent and using a technical method against him during the competition. Usually this classification is also called Kano's classification. Judo techniques are divided into the following classifications: Nage Waza - a standing throwing technique and Katame Waza - a lying technique. This classification was put into practice in 1882 after extensive research by the founder of judo, Dzigaro Kano. In turn, this classification is divided into a number of subgroups. We will consider them below. Nage Waza: Te-Waza, Koshi-Waza, Ashi-Waza, Mae-sutemi-Waza, Yoko-sutemi-Waza. Katame Waza: Osaekomi-Waza, Shime-Waza, Kansetsu-Waza. Mention here it should be noted that in judo there is such a classification of methods that technical methods included in this classification are not used in competitions.

The techniques of this category consist of a total of 22 blows with hands (16) and feet (6) and are called Atemi-Waza. Both classifications are described below and can be compared. Nage Waza is a very important technique in Judo. For example, the author's personal observations showed that the proportions of standing and ground competitions in different weight categories differ significantly. Large differences were observed in the techniques of different classifications when the weights of the weight categories were calculated together. It should be noted that coaches are focusing on standing competition and as a result judokas are trying to use standing throwing techniques. Katame Waza - fighting in the parter position also has its own principles. In this case, the judoka's body is in a horizontal position, and the approach to performing the method and surrendering the opponent is carried out in a unique way. In parter competition, in contrast to throwing, a judoka can press the opponent's shoulder on the tatami (Osaekomi Waza), pain the joints of the shoulder girdle (Kansetsu Waza), or choke him (Shime). Waza).

These procedures are carried out according to special rules, of course. Today, it is known that special importance is attached to the organization of training in most mass sports, effective use of various methods and means of training athletes, and organization of the training process based on modern requirements. This issue, as a scientific problem, poses new and complex tasks for sports theory. We would like to emphasize that this process is reflected in judo as well as in all sports. It is natural, of course, that the judoka training system and its current trends are of interest to specialists in this field (coaches, athletes, judges, researchers, etc.). Because this issue has been developed at different levels on a global scale and is interpreted differently from the point of view of experts. Summarizing information about the modern system of training judokas and describing its development trend allows you to be aware of valuable information about this field. Analysis of the



literature on the subject shows that the increase in the number of training sessions and competitions in modern sports leads to an increase in the intensity and volume of training and competition loads. This condition requires the athlete to be regularly in sports uniform during the annual competitions. This situation, in turn, creates the need to further improve the cooperation between the athlete and the coach and to be more knowledgeable than the coach. Judoka training process is based on several factors. In our opinion, the planning of the preparation process and preparation of judokas for competitions should be carried out taking into account the conditions of the competition. Analysis and summarization of a number of sources on the topic shows that there are different opinions on the preparation of judokas.

The opinions of a number of leading experts on a certain topic are close to each other in some cases, but in most cases they differ from each other. For example, there is a significant difference in the opinions of experts and the results of experience regarding the organization of the training process and the selection of judokas. However, it should be noted that the experiences and views on psychological preparation, improvement and control of the athlete's working ability, and training of judo coaches are close to each other (A. Osipov and co-authors, 2017). Some scientists emphasize that technical and tactical training is important in judo. The level of technical-tactical preparation plays a decisive role in the conditions of competitions. Technical and tactical preparation is of fundamental importance in recording high results in judo. The problem of training judokas is directly related to the popularization of this sport and its inclusion in the program of the Olympic Games, of course. The early literature on judo theory and methodology contains valuable information on the training of judoka. Later, the development of judo theory and methodology led to the implementation of new approaches and methods of training athletes in this direction. To date, many valuable literature and scientific articles have been published on judo.

Analyzing the work experience of some judo coaches operating in our republic and summarizing their opinions made it possible to determine the important aspects of the subject under study. According to coaches and experts, organizing training sessions and achieving high sports results is becoming more and more complicated. It is recognized by coaches that a number of factors should be taken into account when recording high results. Among such factors, it is possible to include the selection, selection, preparation process of the athlete in accordance with the purpose. Judo is characterized by high intensity as a sport. The preparation process plays an important role in achieving high results in competitions. For this reason, some foreign scientists emphasize that special importance should be attached to the preparation process. Experts have researched the content of training loads, dividing the 14-day training process into two microcycles. The results of the study showed that the proportions of general and special training changed during the training process.

As the competition approaches, the share of special training increases, and in this process training competitions (randori) are the most important training exercise. The increase in the ratio of special training is of great importance in the activity of the competition. For example, special training is important in final competitions, in large numbers of competitions in several competitions, and in the recovery process between competitions. In the sources of modern sports theory, it is noted that the training system should be organized on the basis of several small, but goal-oriented series of exercises. Each exercise should develop a specific characteristic of the athlete and optimize the sports form. In this, during the annual training period, the athlete takes the top point of the sports form several times, unlike the traditional periodization. The issue of periodization is of particular importance. The modern training system of judoka puts on the agenda to be aware of high-level theoretical and practical knowledge and experience and to effectively apply them in practice. It is



recognized by the sports community that it is increasingly difficult to achieve high sports results without using the results of advanced experience and leading training methods.

The 2022 World Judo Championships was held at the Humo Ice Dome in Tashkent, Uzbekistan, from 6 to 13 October 2022 as part of the IJF World Tour and during the 2024 Summer Olympics qualification period, concluding with the mixed team event on its final day. In the table below, we can see exactly how ready Uzbekistan is for judo fights.

#	Nation	1.	2.	3.	5.	7.
> 1	Japan	5	4	3	3	1
> 2	Brazil	2	1	1	-	2
> 3	Uzbekistan	2	-	-	1	2
> 4	Mongolia	1	1	1	1	-
> 5	Croatia	1	1	-	-	-
> 6	Georgia	1	-	3	2	2
> 7	France	1	-	3	-	-
> 8	Cuba	1	-	-	1	1
> 9	Canada	-	2	1	-	2
> 10	Italy	-	1	1	2	2

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