

FEATURES OF TRAINING HIGHLY SKILLED ATHLETES BY USMANOV COMBAT SYSTEMS

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Relevance and necessity of the topic. In Uzbekistan, martial arts have great potential for the development of mass sports among children and youth, the formation of a healthy lifestyle, their physical education and willpower development, upbringing and self-education, especially among them, the Usmanov Combat Systems (UKS MARDI MAYDON ZANGI “MMJ” – A) sport is gaining popularity. Competitions in the Usmanov Combat Systems (UKS MARDI MAYDON ZANGI “MMJ” – A) sport are held among the following age groups (see Table 1).

This sport is a full-contact competition between two highly trained athletes in the “standing” and “ground” positions using striking and grappling techniques, and at competitions of various levels you can see boys and girls from wrestling, Greco-Roman wrestling, sambo, judo, boxing and other martial arts who want to try themselves in this exciting sport. The Usmanov Combat Systems sport was presented in 2009 at the World Congress of Oriental Martial Arts Associations in Istanbul, Turkey, and was recognized as the Usmanov direction by the International Combat Aikido Association. In the Republic of Uzbekistan, the International “Combat Aikido” Association was state registered by the Ministry of Justice under No. 626-p. On November 18, 2019, the International Martial Arts Association (IMA) headquartered in Germany and on October 30, 2021, the International Association of Martial Arts Associations approved the World Usmanov Combat Systems Association, founded by Usmanov Fakhridin. It was registered with the Ministry of Justice of Georgia on February 12, 2020 under number 434176973. There are 10 competition disciplines within the Usmanov Combat Systems sport, which are: 1) UKS Exhibition, 2) UKS Lightweight, 3) UKS Full Fight A, 4) UKS Full Fight B, 5) UKS Martial Arts A, 6) UKS Martial Arts B, 7) UKS Kurash, 8) UKS Knife Fighting, 9) UKS Short Sword, 10) UKS Long Sword. The Usmanov Combat Systems World Cup was held in Andijan, Uzbekistan, from December 15 to 18, 2022. Uzbek athletes won the following medals at these competitions: 78 gold, 51 silver, and 16 bronze, a total of 145 medals. In general, the number of black belts among Uzbek wrestlers in Usmanov Combat Systems is increasing.

Table – 1

Group	Sex	Age	Weight class
Children	A boy	8-10	20-23-26-29-32-35-38-41+41кг
		11-13	29-32-35-40-45-50-55-60-65+65kg
Teenagers	Male	14-16	40-45-50-55-60-65-70-75+75kg

Young people	Male	17-18	50-55-60-65-70-75- 80-85+85kg
Adults	Male	19 and above	52 -56-60-65-70-75- 81-86-91-100+100 kg
Girls	A girl child	8-10	20-23-26-29-32- 35+35 kg
		11-13	29-32-35-40-45- 50+50кг
		14-16	40-45-50-55+55 kg
		17-18	45-50-55-60+60кг
Adults	Women	19 and above	45-50-55-60-65- 70+70 kg

The composition of physical and volitional efforts used during training and competitions in the Usmanov Combat Systems sport includes pedagogical opportunities for self-physical and volitional education. The process of self-education of qualified athletes engaged in this type of martial arts is necessary not only as a process of physical improvement, but, first of all, as a process of realizing the possibilities of the will development of the individual without external control and coercion. Therefore, the issues of educational, methodological and scientific support of the training process, which reveals the features of training highly qualified martial artists, are urgent. The fragmentary use of the existing basic methods in Uzbekistan, the description of only the main groups of methods and actions, does not allow us to understand the mechanism of achieving the effectiveness of each method, its biomechanical and pedagogical essence, and to reveal the features of the technique and tactics of movements [1]. Therefore, coaches, both with young wrestlers and with highly qualified wrestlers, work based on their own experience gained during their personal sports activities. This does not allow the coach to implement a scientifically based educational and training process for training wrestlers engaged in the Usmanov Combat Systems sport. The need to develop a system of technical and tactical training of wrestlers in the Usmanov Combat Systems sport is determined by the requirements in our republic and beyond. Therefore, the problem of scientifically substantiating the technical and tactical training of wrestlers through the use of film clips of demonstrating technical methods and the systematization of the technique of methods for developing recommendations on the sequence of studying methods remains relevant.

The purpose of the study. The aim of our research was to scientifically substantiate the content of technical and tactical training of wrestlers engaged in the Usmanov Combat Systems sport, taking into account the systematization of the techniques of this sport. Based on this goal, the task of our research was to identify ways to further improve the Usmanov Combat Systems sport in the context of unifying the technique of performing technical and tactical training methods, based on the use of retrospective analysis and generalization of data on the formation of the Usmanov Combat Systems sport.

As an object of research. The training process of highly qualified Usmanov Kombat Systems at the competition stage was taken, and the technical and tactical training method taking into account the systematization of Usmanov Kombat Systems sports methods was put forward as a subject.

Results and discussion of the study. The development of high-performance sports in the world and its increasing social significance have led to a sharp increase in physical and mental

loads in sports activities. At the same time, the process of acceleration is becoming more and more relevant not only for international competitions, but also for the system of sports training in general. These traditions have increased the importance of the requirements for athletes' reliability in competitions. In recent years, many coaches of national teams have been trying to solve the problem of increasing the reliability of the technical arsenal of wrestlers. An analysis of the results of team competitions at the World, European and Asian championships shows that solving this problem is a complex, multi-profile problem that requires special research and substantiation. Therefore, the problem of individual pre-competition training of highly qualified wrestlers engaged in the Usmanov Combat Systems sport is quite relevant, and its solution is extremely necessary for the theory and practice of high-performance sports. The practice of training the world's strongest wrestlers, the results of comprehensive research conducted in recent years in the field of high-performance sports, allow us to state that the main resource of sports training in the near future will be, first of all, the further development of the scientific foundations of sports training management. A theoretical concept of the system for managing the training of athletes in martial arts has been developed, which, as a result of scientific research on the scientific and methodological support of national teams, was supplemented with a meaningful structure (winning model, elemental and integral analysis of competition activities, comprehensive control, correction tools and methods) and proved its effectiveness and expediency of application in martial arts.

We will consider the initial stage of the formation of a "combat" arsenal on the example of the offensive actions of fighters engaged in the Usmanov Kombat Systems sport, because an effective attack is the core of a successful competition. The initial and very responsible stage of the formation of the skill of a concrete attack is to create a whole image about it. In this, along with the information about the structure of the athlete's action, its spatial, dynamic and other parameters, the first information about the tactical content of the method being studied and the possibilities of using it later in the conditions of the competition is also received, which is extremely important. Thus, conditions are created for a wrestler practicing the Usmanov Combat Systems sport to consciously and actively approach the formation of solid movement skills. In the process of repeated repetitions of the attack movement in variable conditions, the resulting program of movement organization and the corresponding mechanisms develop more qualitatively - they become more complex, sharpened and automated. This, in turn, allows the wrestler to preferentially emphasize attention in its content structure when performing movements. Therefore, during the formation of movement skills, for example, in simulated situations of wrestling, real opportunities are created for practical mastering of tactical options for applying blows to the opponent, which ensures the successful solution of the main pedagogical task of the athlete's technical and tactical training - the transformation of the method into the movement practice, and the latter into the sports result.

The tradition of expanding and complicating the technical arsenal of wrestlers practicing Usmanov Combat Systems is clearly visible, which is maintained, firstly, by the creation of new effective techniques and actions by outstanding athletes and trainers, and secondly, by the creation of more complex attack combinations. For example, analyzing international competitions in Usmanov Combat Systems, the use of new effective technical and tactical moves and their combinations by leading wrestlers in competitions is a surprise for their opponents, and therefore this indicates that athletes and trainers are constantly searching for new forms and variants of wrestling techniques and tactics. Such a wrestler's movements are unpredictable and cannot be adapted to by his opponents.

The expansion and complexity of the technical arsenal of wrestlers engaged in the Usmanov Combat Systems sport poses a number of problems for coaches and other specialists in organizing and managing the technical and tactical training of athletes. The essence of these problems is that the need for athletes to master a greater number of movements and techniques requires specific answers to the following questions: a) how to organize their study and in what sequence should they be mastered? b) how to manage and control their mastery?

In conclusion, it is no secret that technical-tactical perfection is the process of mastering a set of interconnected elements, each of which must be brought to a high level of automatism. The more these elements a fighter practicing Usmanov Combat Systems has mastered, the higher his potential. At the same time, the interconnection of the elements in all situations must be strong, flexible and reliable. Only then can the athlete easily switch from one variant of the technique to another, reacting in time to the opponent's movements. However, in practice, little attention is paid to this interconnection, and the question is not so much how to approach the self-training of technical elements (methods, counter-methods and defenses) by a fighter practicing Usmanov Combat Systems and their purposeful selection for his technical arsenal.

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