

FENCING SPORTS ROUTE TYPES AND ACTIVITIES

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ANNOTATION: Fencing is a sport involving cold weapons (rapira, shpaga, or sablya) between two athletes and requires agility, precision, attention, and strategic thinking. This sport developed from ancient military art, which is now included in the composition of international competitions, including the Olympic Games. The article provides information on the main types of fencing, fighting styles, weapons and the state of its development in Uzbekistan.

KEYWORDS:

- Fencing
- Rapira
- Špaga
- Sablya
- Sport
- Olympic Games
- Martial arts
- Sport of Uzbekistan
- Types of weapons
- Fencing Federation

INTRODUCTION

Sport is one of the most important means of strengthening human health, achieving physical and mental perfection. Today, a special place among sports is occupied by fencing, which has an ancient history, requires high skill, agility and strategic thinking. While it was originally formed as a military art, it has evolved over time into a competitive sport. In fencing, athletes compete in a special arena with three different weapons — rapira, shpaga and sablya. In this introduction, a general understanding of the origin of fencing, its current importance and its role as a sport is given.

MAIN PART

History of the sport of fencing

Fencing is one of the most ancient martial arts in human history, originally emerging as a means of enhancing military skill. In antiquity and the Middle Ages, sword fighting was considered the basic skill of every warrior. Over time, fencing moved from battlefields to sports fields. Fencing took shape as a sport in Europe in the 19th century, and from 1896 it was included in the modern Olympic Games.

Types of fencing

Modern fencing is divided into three main types:

1. The Rapira is the lightest and most flexible type of sword, and in combat only the front of the body is counted as a target. Striking is done only with three parts of the sword.
2. Shpaga is considered one of the heaviest weapons. In this species, the whole body is a target, and athletes exchange direct blows.

3. Sablya is a weapon that can also be hit with the side of the sword when hitting. The target area is the upper part of the body (above the waist).

Each round features a unique fighting style, speed, defense, and attack tactics.

Race rules

Fencing competitions are held on a special field — a runway (14 meters long)—. Athletes will be equipped with protective clothing and electronic sensors. Each shot is determined by an electronic system and scored points. Fights usually consist of 3 rounds, with each round lasting 3 minutes, or the first to be won by an athlete who scored a set point.

Physical and mental training in fencing

Fencing athletes must have a high level of agility, coordination, reflexes and tactical thinking. Training includes not only physical, but also psychological training. Each decision — attack or defense — is made in a matter of seconds, which requires a high level of attention and experience from the athlete.

Development of fencing in Uzbekistan

Fencing has a strong foundation as a sport in Uzbekistan. Specialized sports schools and academies in fencing operate in the Republic. Uzbekistan has been making achievements by participating in the Asian Games, World Championships and other prestigious competitions. In recent years, there has been a growing interest in the sport among young people, creating an important foundation for the future of fencing.

Fencing — it is a combat-based sport conducted with cold weapons between two athletes, in which athletes attempt to hit each other under special rules. This sport mainly requires relaxation, agility, precision and tactics.

Qilichbozlik sportining asosiy xususiyatlari:

Weapons: Three different types of weapons are used in fencing:

1. Rapira (French: *fleuret*)

2. Shpaga (French: *épée*)

3. Sablya (ruscha: *сабля*)

In each type of weapon, striking rules, aiming points, and styles differ.

Fighting style:

- Rapira and shpaga are hit only with three parts of the weapon.

- In sablya, however, it is also possible to strike with the side of the blade.

- Goal: to score points by hitting the opponent on allowed points. Usually fights are assessed using an electronic system—the system records this if the athlete's weapon touches a special suit.

History of fencing:

Fencing was part of military training in ancient times. Over time, it has become a sport. The sport is particularly developed in Europe. It was introduced to the Olympic Games starting in 1896.

Fencing in Uzbekistan:

Uzbekistan also participates in international fencing competitions. Federations operate in this sport in the Republic, with increasing popularity among young people.

Comparison of fencing types (table)

№	Weapon type	Target area	Stroke method	Weapon weight (kg)	Battle speed
1	Rapira	Front of body	With only three	0.5 – 0.6 kg	Medial
2	Shpaga	Whole body	With only three	0.75 – 0.85 kg	Slower
3	Sablya	Starting from the top of the	With three and	Around 0.5 kg	Too fast

№	Weapon type	Target area	Stroke method	Weapon weight (kg)	Battle speed
		waist	side		

RECOMMENDATION

Fencing is a sport that provides not only physical conditioning, but also intellectual development and mental stability. Among young people, it is necessary to widely promote this sport, open fencing sections in sports schools and support the activities of qualified coaches. It is also possible to bring Uzbekistan's fencers to a higher level by studying international experience, organizing the qualification of athletes abroad. Promoting the benefits of this sport through public sporting events and media — will be an important factor in attracting the younger generation to a healthy lifestyle.

OFFER

In order to further develop the sport of fencing in Uzbekistan, the following proposals can be put forward:

- 1.The organization of fencing clubs at the school and college level — this increases the interest of young people in sports and helps to identify potential athletes early.
- 2.It is important to increase specialized sports schools in fencing in the regions — to create conditions for this sport even outside the capital.
- 3.Holding international competitions in Uzbekistan-this, along with increasing the prestige of fencing in our country, gives a lot of experience to domestic athletes.
- 4.The promotion of fencing in the media — social networks, TV shows and sports magazines should publish more material about this sport.
- 5.Setting up training programs-it is difficult to develop sports without coaches with experienced and modern knowledge.

CONCLUSION

In conclusion, fencing is a sport with historical roots, equally demanding physical and mental potential, aesthetically and strategically rich. This sport not only increases a person's agility and strength, but also develops his ability to have patience, quick thinking and self-control. It is gratifying that fencing is also gaining popularity in Uzbekistan, and by promoting it more widely, involving the younger generation in this sport and developing infrastructure, it is possible to grow athletes who will protect the honor of our country in international fields in the future. Therefore, attention and support for the sport of fencing will always remain relevant.

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