



THE DEVELOPMENT OF JUDO IN UZBEKISTAN.

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ANNOTATION

Judo is a Japanese martial art, philosophy and martial art without weapons, created at the end of the 19th century on the basis of jujutsu by the Japanese martial artist Jigoro Kano (Jap. 嘉納治五郎 Kano Jigoro: 1860 - 1938), who also formulated the basic rules and principles training and competition. The following article is devoted to the development of Judo in Uzbekistan.

Key words: judo, federation, martial arts, technique, philosophy, spirit, wrestling, sambo.

The date of birth of judo is considered to be the day Kano founded the first Kodokan judo school (Jap. According to the classification adopted in Japan, judo belongs to the so-called modern martial arts (gendaibudo, as opposed to traditional martial arts - koryubujutsu).

Unlike boxing, karate and other martial arts styles, judo is based on throws, painful holds, holds and chokes on the ground. Strikes and some of the most traumatic techniques are studied only in the form of kata. Judo differs from other types of wrestling (Greco-Roman wrestling, freestyle wrestling) by a smaller use of physical force when performing techniques and a greater variety of permitted technical actions.

With a significant philosophical component, judo is based on three main principles: mutual help and understanding to achieve greater progress, the best use of body and spirit, and succumb to win. The goals of physical education, preparation for hand-to-hand combat and improvement of consciousness are traditionally set before those involved in judo, which requires discipline, perseverance, self-control, adherence to etiquette, understanding the relationship between success and the efforts necessary to achieve it.

Currently, the so-called traditional judo (represented by the Kodokan judo and a number of other judo schools) and sports judo, competitions in which are held at the international level and are included in the program of the Olympic Games, are developing in parallel. Sports judo, developed by the International Judo Federation (IJF), places more emphasis on the competitive component, while traditional judo has an additional emphasis



on self-defense and philosophy, which, not least, has influenced the differences in competition rules and allowed techniques. .

Judo technique was the basis of many modern styles of martial arts, including sambo, Brazilian jiu-jitsu, KawaishiRyu jujutsu, Kosen judo. MoriheiUeshiba (the creator of aikido), Mitsuyo Maeda (the founder of Brazilian jiu-jitsu), VasilyOshchepkov (one of the creators of sambo) and GozoShioda (the founder of the Yoshinkan style of aikido) were engaged in judo in their youth.

Development of judo in Uzbekistan.

The Judo Federation of Uzbekistan was established in 1972 and was reorganized in 1992. Since then, among the priority tasks of the federation is not only the achievement of high sports results by the country's judokas in the international arena, but also the education of young people harmoniously developed, physically strong. In achieving the latter, one of the main components is sports. The Olympic discipline of judo is one of the most popular sports in the country. More than 20 thousand people are engaged in judo throughout the Republic, a considerable number of them are representatives of the fair sex. Girls not only participate in competitions of the Republican and international scale, but also win medals. Judo skills are taught by qualified coaches and mentors. There are more than 400 of them in the Republic today. Judo sections successfully function in absolutely all regions of the Republic. Each region hosts its own championships, as a result of which the strongest judokas get the right to fight in the main Republican tournament - the national championship .Returning to the successes of Uzbek judokas, the first truly significant triumph of Uzbek judokas after Uzbekistan gained independence was the silver medal of Armen Bagdasarov at the 1996 Olympics in Atlanta (USA). The medal tread at the most important competitions - the Olympic Games was continued by Abdulla Tangriev (silver medalist of the 2008 Olympics in Beijing), Rishod Sobirov - two-time bronze medalist of the 2008 and 2012 Olympic Games in Beijing and London, respectively. Rishod Sobirov, moreover, was recognized by the International Judo Federation as the best athlete in the world in 2011. Andrey Shturbabin, the head coach of the Uzbekistan national team, also received a high award and the title of the best coach of the 2011 season. We can be proud of the success of our Paralympic judo team. For example, at the 2014 Para-Asian Games in Incheon, our Paralympic judokas won 7 gold, 1 silver and 1 bronze medals.



A bright page in sports history was written by Uzbek judokas at the Youth Olympic Games. In 2010, at the 1st Youth Olympic Games in Singapore, Mansurkhoja Muminkhojaev won a silver medal. In 2014, at the II Youth Olympic Games in Nanjing, China, our judoka SukhrobTursunov won a bronze medal in the individual event and “gold” in the team event.

An important milestone in the development of judo in our country was the opening in 2011 of the Asian Olympic Training Center in Tashkent. The complex is equipped with all the necessary infrastructure for holding both Republican and international training camps.

The year 2013 entered the annals of judo in Uzbekistan with large-scale events - the holding of a major international Grand Prix tournament in Tashkent for the first time. The high achievements of judokas of Uzbekistan in the international arena, the excellent infrastructure of sports facilities in the country are the factors that influenced the choice. Uzbekistan received the right to host the Grand Prix for a period of 4 years until 2016. The traditional tournament in memory of Uchkun Muradov also acquired international status and entered the official calendar of the Asian Judo Federation. Work on the active development of judo in the country, the conquest of sports peaks continues. The Judo Federation of Uzbekistan was established in 1972 and was reorganized in 1992. Since then, among the priority tasks of the federation is not only the achievement of high sports results by the country's judokas in the international arena, but also the education of young people harmoniously developed, physically strong. In achieving the latter, one of the main components is sports. The Olympic discipline of judo is one of the most popular sports in the country. Throughout the Republic, more than thousand people are engaged in judo, a considerable number of them are representatives of the fair sex. Girls not only participate in competitions of the Republican and international scale, but also win medals. Judo skills are taught by qualified coaches and mentors. There are more than 400 of them in the Republic today. Judo sections successfully function in absolutely all regions of the Republic.

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Each time, Uzbek judokas also perform medals at the small Olympiad of the Asian continent, as the Asian Games are called. At the XVI Asian Games in Guangzhou in 2010, judoists of Uzbekistan won 7 medals of various denominations, at the XVII Asian Games in 2014 in the city of Incheon (South Korea), the judokas of the country won 5 medals.



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According to judo experts, the technical and tactical training of judokas is still unresolved. An example of this is the fact that judokas today are not able to use a wide range of technical and tactical tools.

The reason for this can be seen in the exercises given to teenagers. That is, it takes several years to teach some elements that are difficult to convey very slowly. As mentioned above, in the preparation of high-class skilled athletes, of course, it is necessary to improve teaching methods. To do this, you need to know the general didactic laws of teaching methods. Teaching is about providing participants with theoretical, practical, consistent requirements and skills.

The methodology of teaching judo is subordinated to the general tasks of physical education and is based on dialectical materialism, didactic principles of Uzbek pedagogy and the development of movement skills and abilities. Instructors should strictly monitor the organization and conduct of training with judokas to ensure that the training regime and conditions meet sanitary and hygienic requirements.

The organization of the training, the methodology of the training should be focused on the main goal, it should be selected taking into account the age, gender and personal characteristics of the participants, their general physical and combat readiness. The development of sportsmanship in modern judo depends on the methods of teaching technical and tactical movements. Therefore, we need to get acquainted with the methods of technical and tactical training in the scientific literature on judo, as well as the views of many experts.

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