

# Methodology of development of physical qualities in highly skilled judokas

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**Abstract:** This in the article qualified of judokas physical readiness improvement methodology and his efficiency experimental justification according to conclusions given is the results and belongs to practical recommendations illuminated.

**Keywords:** physical quality, strength, Special force, repeated voltages, max voltage, special power, explosive strength

## INTRODUCTION

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, "...in the field of physical education and sports, the main goal is to improve the quality of training qualified personnel with comprehensive knowledge in accordance with international standards, to rapidly develop science in sports, and to further improve the processes of training highly qualified competitive trainers, specialists and scientific staff " <sup>1</sup>is counted.

At present, our judokas are achieving great results in the world sports arenas and winning important victories. Improving the educational training process and increasing attention to the physical training of athletes is important for maintaining the achieved victories and maintaining optimal training in the future.

The development of physical fitness in training sessions with qualified judokas is one of the main places for winning important victories in competitions. The development of five physical qualities based on the development of physical fitness in training sessions creates the basis for showing good results in competitions.

“Strength”, a physical quality, means the athlete’s ability to overcome the opponent’s resistance or resist him due to muscle tension.

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<sup>1</sup> Uzbekistan Republic President of November 3 , 2020 " Physical education and sports in the field personnel preparation system improvement and scientific potential increase measures on" PQ-4877 - no The decision .

It is accepted to distinguish the following types of strength: general and special strength, absolute and relative strength, quick and explosive strength, strength endurance.

General strength is the strength displayed by the athlete, regardless of the specific movements of the judoka. Special strength is shown by the athlete in special movements corresponding to the competition movements. Absolute strength is characterized by the power potential of an athlete, which is manifested in movements of a very large nature. In judo, it is important for getting one-on-ones with power.

Relative strength, that is, the strength corresponding to 1 kg of the athlete's weight, is an indicator of his ability to overcome his personal weight.

Quick strength is reflected in the ability of muscles to quickly perform movements associated with overcoming relatively small external resistance.

Explosive strength describes the ability to exert large stresses in a short period of time relative to their intensity.

Endurance is the athlete's ability to exert muscle tension for a relatively long period of time. The following techniques are used to develop the power capabilities of a judoka: repeated tensions; short-term maximum voltages; ever-increasing heaviness, combined influence styles.

The method of repetitive stresses is that the athlete performs the exercise repeatedly with weights equal to 70-80% of the maximum weight while performing the exercise at high intensity. This method involves performing a series of strength exercises. Each series is 3-4 series in total, the rest interval between series is 3-4 minutes.

Repetitive voltages style one type dynamic tension style is considered He exercises 20-30% by weight from the maximum on the border at speed perform with is described. In this big muscle the strain weight weight at the expense of not but high speed movement at the expense of is achieved.

He is on the border and to the border near was weights with to work mean holds Muscles in training maximum voltages style on trainers and one in approach one or two actions performed using In training, 3-4 approaches are performed in total. The rest interval between approaches should be 3-5 minutes.

As a method of using a striking method of developing the explosive power of the legs, we can say high jump exercises performed with high or long jumps. The exercise is performed by falling to the ground from a height of 70-80 cm with the knees slightly bent, and jumping up quickly and violently. Jumps serially: in 2-3 series, each one 8-10 in series jumps is done with Series rest between the interval is 3-5 minutes . Exercise per week a lot with two times will be done.

Together effect to show style that's it It depends on the judoka strength opportunities development directly specialized exercises perform during happen will

be One of time in himself judoka strength abilities and technical and tactical actions is developed and will be improved. Judo in judo together effect show from style to use example as so exercises to bring maybe a judoka this in exercises own technical actions heavier weight category rival with improves .

Methods much heavy rival with improvement separately strength opportunities to develop, small weight category rival with while promptness opportunities to develop help will give.

Muscles isometric Voltage style\_different muscle groups in 4-6 seconds continue which static maximum voltage mean holds Isometric of exercises value is that their volume so much big no, many p time can not be done much easy

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