

JUDO ACHIEVEMENT AT THE 2021 SPORTS COMPETITION AT THE UNIVERSITY

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ABSTRACT

To bring up students studying in higher education institutions to be physically mature and morally mature, in the spirit of devotion to the Fatherland, as well as the President of the Republic of Uzbekistan in February 2017 "On the Action Strategy for further development of the Republic of Uzbekistan" Decree No. 4947, the implementation of the level of development of physical fitness and mass sports activities in accordance with modern requirements, PQ No. 3 of June 3, 2017 "On measures for further development of physical culture and mass sports" to make of interest, demand.

Keywords: Mature, competent, loyalty, global, sport, experience, decision, Remedy, event, wrestling, judo, talented, capability, development, gratitude, wrestlers, the commander, our homeland, vigilance, unversiyada, national team, laws of medicine, slogan, tactical, technician, stature, famous.

INTRODUCTION

Decree No. PF-4956 of February 15, 2017 "On measures to further improve the management system in the field of culture and sports" in the correct and meaningful organization of free time after school. PF-3306 of October 2, 2017 "On measures to further develop the national sport" Kurash "" In order to further strengthen the principles of a healthy lifestyle in society, the selection of young talented athletes, the development of their professional skills and abilities, the continuous involvement of students in sports, the most prestigious student Universiade Navoi region Higher Education Institutions In order to promote a healthy lifestyle and increase the efficiency of judo among students, the regional stage of higher education institutions was held. In January, in the city of Karshi, the land of wrestlers, not only the city of Karshi, but every inch of Uzbekistan, which is our country, is the land of wrestlers, which means that the sport of wrestling has long been widely promoted in our country; We can learn from historical sources that the first president of our country, I.A. KARIMOV'S "When we turn to history, we must keep in mind that the idol is the memory of the people! Just as there is no perfect human being without memory, there is no future for a nation that does not know its history." "Memories of history teach a person to be vigilant, encourage courage, strengthen the will," - said the students of the Navoi State Pedagogical Institute. Speaking of martial arts, it is worth mentioning Jaloliddin Manguberdi, one of the great figures in the history of the Uzbek people, who leftwell-prepared, enhancing martial arts, zabardast www.kelbat "*" was a fighter. Athlete students of Navoi State Pedagogical Institute, descendants of such commanders, took part in the Republican final stage of judo. 4 wrestlers of our team returned with medals. All conditions were created by the administration of the

institute, the technical and tactical training of teachers, theoretical knowledge of pedagogical, psychological, mental training, teachers of our region polished the participants through sports competitions and training sessions, as well as the most prestigious in the country. The concept of physical training at the Universiade, technical, tactical and psychological training, organization of training sessions, management of the training process, rules of organization and conduct of competitions, as well as training of athletes hygienic and hazardous The rules of the game, the specifics of the training sessions with women, and modern knowledge of the Student Universiade for teachers of physical culture, sports coaches. This knowledge regularly encourages future physical education teachers and coaches to develop a clear understanding and understanding of the training of athletes by incorporating general, tactical, technical and special training methods and tools into their work. it also helped to raise the level of indicators. At the end of the competition, the winners and prize-winners were awarded by the organizers of the competition.

Students of the Faculty of Physical Culture 2nd stage Ochilov Maksud 2nd place, Suyunova Zukhro 2nd stage, Davlatova Sabina 2nd stage, Tursunova Marjona Zafar Qizi 1st stage students took 3rd place.



The winners became members of the national team of Uzbekistan and began training for participation in the upcoming World University Games. The bachelor's degree of the Pedagogical Institute was held among all faculties of the Navoi State Pedagogical Institute with the involvement of students of all faculties and master's departments. Our students, who achieved good results in the competition, competed with students of Navoi State Mining Institute in the most modern and prestigious sports facilities of the city in all sports of the Student Universiade. they won a ticket to the Universiade and started training. Our students, who did not achieve results in this competition, have increased their enthusiasm for technical, tactical, physical and spiritual sports. . We think that they will continue to improve their skills until they achieve these goals, because they are the descendants of great commanders, tomaris. It is no exaggeration to say that the spectators who came to this competition, as well as our

spectators, saw the great opportunities for sports and youth in our country, and their interest in wrestling and judo increased. It's so quiet. it is a great happiness to live in the country. Thanks to the efforts of President Sh.M.Mirziyoyev, new sports facilities are being built in every city, district and in every remote village. we are standing In the morning, you can clearly see that all sports, big and small, are involved in the morning, whether it is a sports field or a gym. As our great ancestor Abu Ali Ibn Sina said, in the books on the guarantee of sports health and the laws of medicine, the following; Morning exercise helps a person stay alert and energetic throughout the day. We must conclude from this that the youth of Uzbekistan came to our homeland, to the peace of our homeland. in the presence of feelings of gratitude. As long as our young people, who love their homeland, have passionate leaders, our country will surely conquer the Alps.

LITERATURES

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