

HISTORY OF THE DEVELOPMENT OF BOXING AND ACHIEVEMENTS

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P. S. C. Sport, Football, Athletics, Gymnastics, Methodology

ANNOTATION

This article fully covered the history of the development of Bok and the achievements made in it. The article covered the history of the development of boxing in different states and the changes that were there.

Keywords: boxing, Baghdad, archaeological, Empire, Olympics, various games and organizations

The history of boxing goes back to ancient times. Even in Egypt, in relief paintings, Sumerian caves, marked by modern scientists for more than two, three millennia BC. Before BC, images of fistfights were found. Images of ancient martial arts were also found during archaeological excavations in Iraq near the city of Baghdad. There is a lot of evidence that both in ancient Greece and in the Roman Empire there were fistfights at that time.

In 668, punishers were introduced to the Olympic Games in Ancient Greece. From that moment on, this type of Solo Wrestling can be considered recognized as a sport. Only free Greeks could become warriors. Fist fights were very popular and were seen as an example of Courage, Strength, Dexterity, speed. Poets, writers and statesmen took part in them. Well-known Pythagoras, for example, the benefits of which are considered many mathematical discoveries, were also excellent wrestlers and often participated in wrestling competitions.

Boxing (ing. box-punching, forging) - a sport, a competition for punching on the basis of a rule in gloves with a leather, soft coating on the surface of two opponents. Boxing. its history goes back to the punching competitions organized in Egypt and Babylon in the period BC. Greek. There were also such competitions in the program of the Olympic Games. Modern Boxing. his homeland is England (16th-17th centuries). initial provisions of the adopted in that country (1867). The international amateur boxers Association (AIBA; founded 1946) is a member of 160 countries (1999). B. Since 1904, the Olympic Games have been included in the program, since 1974 the World Cup, since 1979 the World Cup competitions have been held.

Boxing. the competition is held at the 6x6 m ring (supa), which is surrounded by ropes. Boxers use gloves weighing 270 g (10 ounces). Competition 2 min. it will take 4 rounds (sections)from (minutes). A break of 1 minute is given between rounds. When the opponent falls during the competition, it is impossible to give a blow to the back of the headboard after the referee stops the fight, as well as from the waist down. The referee in the ring (referi) manages the competition, counting the exact tattoos given by the 5 judges around the ring. As a result, a boxer with many points (points) will be recognized as the winner. B. who fell into a garangsiragan (nokdaun) state under the influence of a tattoo. For CHI to come to his senses, referi temporarily stops fighting and opens an account. 10 srch. referi believes that he was knocked out (overcome) when he did not indicate that he was ready for the fight in time (seconds). When one of the parties knocks out an opponent, brings the difference in points to 15, as well as one side recognizes a light Gani (the coach scatters on the rope), is eliminated by

referi, the blood flow from the injured area of his body under the influence of the blow is not reduced (according to the conclusion of a medical officer).

The side of the boxing battle is held in a 5-6-meter quadrangle. The ring circumference is wound with four rows of rope. Boxers wear boxing gloves. Boxing matches usually consist of 1-3 minute rounds each. When one of the participants falls and referi does not stand until he counts for 10 seconds (knockout) or becomes unable to continue the battle again (technical knockout), his opponent is declared the winner. If there is no such situation until the end of the match, the winner is determined by the judges (according to the points scored).

Boxers are determined that it is only necessary that their weight fall into the ring against opponents equal to their own. For this reason, the concept of weight categories came from.

The rules of the battle changed over time. In those days, it was possible to hit only on the head, the hands were wrapped in leather strips for protection, the fights were very fierce, until one of the wrestlers clearly won, and the number of rounds was not determined. Such battles of the division ended in severe injury and death. There is information about the legendary boxing champion of Ancient Greece - Theagen. In boxing history, he participated in more than 2,000 fights and killed 1,800 opponents.

Henry Amstrong. 150 wins, 21 losses. His career did not start very well, but then he climbed the mountain. In his battles there was a period when he won 27 fights in a row. This winning series was recognized as the best in boxing history.

Jack Johnson. 80 wins, 13 losses. African American. He had a very interesting style of struggle, which opponents could hardly predict, as a result of which for ten years he repeatedly won. Jack Johnson was really the greatest boxer.

Mike Tyson. 50 wins, 6 losses. Its popularity knows no boundaries. This fighter even entered the Guinness Book of records for the fastest knockout in the world. His strength and speed knew no bounds. This warrior was considered a real bloodthirsty. There are many incredible and real stories about him, such as how the enemy bit his ear. Mike Tyson stole in his life and was in prison. His personal life was always in full swing. Three official marriages. Mike Tyson has children from every marriage, as well as two unmarried children.

There are different directions in boxing: professional, semi-professional, amateur, French Boxing. Currently, Thai boxing is at the peak of popularity in Russia. Although he came to our country literally at the end of the 20th century. Since then, its rapid development has continued in Russia, Thai schools and the Muay Thai Federation have appeared. In 1994, trained athletes won three first prizes at international competitions.

Thai boxing is also called free. In it, fists are allowed not only with fists in gloves, but also with legs and elbows. It is currently considered one of the most brutal martial arts.

The history of Muay Thai began more than two thousand years ago. The kingdom of Thailand has repeatedly had to fight conquerors in close battles, and Warriors are trained in martial arts and tactics. The first official battle on Muay Thai took place in 1788.

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People are interested in the history of boxing to this day. The first mentions of such battles are found in Egyptian frescoes. Punching without any adaptations and attributes was carried out in 4-7 Thousand Years BC. Sport was included in the program of the ancient Olympics in 688 BC. At the beginning of the 17th century, interesting martial arts became popular in England. The country is rightfully considered the birthplace of such boxing, which can be watched by the public today.

A straight long blow with a forward movement is called a jab. The technique is needed to maintain a useful distance and counterattack. Clinch: a person presses his head or body against his opponent, then wraps his hands around him. Clinch is needed to curb the boxer, restore strength and reduce the speed of the fight.

The top line is a classic hit. It is usually used in close combat. If the top touches the opponent's jaw, then a knockout is possible.

The difference between a knockout and a knockdown: in the first case, the fighter falls to the floor and cannot get up in 10 seconds, in the second, the player falls to the floor, but gets up in 10 seconds.

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