

## IMPROVING THE TEACHING OF TECHNIQUES AND TACTICS OF EXERCISES IN FENCING

Rajabova Mohinur Muzaffarovna

### ANONTATION

This sport is very foudali for human health and very kata important for health.

**Keyword:** fencing, technique, tactics, exercise, methods.

In modern swordsmanship, the system of conducting battle is based on the fact that in Rapira, sablyada and shpaga, the principle of forming the composition of action actions with a gun barrel and the method of action is unified, they have common signs that combine the conduct of battle. In addition, the fact that swordsmen fight in opposition, the participants ofnln impose an analogy requirement on the psychic and action characteristics in many cases. Therefore, the separation of descriptions of ichthyased activities that determine the criteria for assessing techniques and tactics makes it possible to improve the methodology of education and training in all types of fencing. 1. The multi-iniolality of moving with a gun barrel and the possibilities of mutual exchange between the different types of ulaming. 2. Resistance to attack and attack, the correct choice of methods of their preparation. 3. The variety of manifestations of the psychic characteristics and capabilities of the participants in the battle, which ensures the preservation of combat actions. 4. The unpredictability of a large number of cases. 5. The subtraction of the quest between tactical intentions. 6. Differences between tactical information sources and methods. 7. Technical-tactical priorities at the moment of conducting a battle in swordsman types. Considering objective conditions for improving the functioning of the competition, choosing inashqiami and dividing their orientation into separate components of technical-rakiik and functional training, makes them much more effective.

In swordsman types, the techniques and tactics of conducting a fight are unique due to differences in the magnitude of the areas of the participant being hit, in achieving the effectiveness of the attack and in anti — attack actions-methods of stinging or striking, in the criteria for assessing the effectiveness of the action during cross-attacks. The allocated regulations determine the choice of tactical intentions and technical method for the implementation of the ulami. So, when choosing the composition of action and training methods, it is necessary to analyze the effectiveness of the connection for its use in competitions, fights and competitions. Within the technical-tactical priorities, it is necessary to distinguish between the typical skills of moving with a gun barrel and the methods of movements, the psychic characteristics of sportchilaming manifested in a special specialized form, base movements and the most commonly used cases, in the ulaming the following are distinguished: - the initial position and movements of the gun barrel, the distances before starting It is also necessary to take into account the following situation, for example: - the effectiveness of special knowledge; - the comparative importance of the variety of actions against attacks and attacks, methods of preparation;-interrelated with the competition regulations!gan can use selective Mobility (“Tactical right”, “time to move ahead”, cross-attack assessment, prick or strike sector, etc.) the influence of factoring that governs the consequentiality of application.

Technique of movements with a gun mount. The basic requirements are distinguished on the basis of a generalization of experience and determine the content and orientation of the training to control the gun barrel. For example, through changes in positions and attachment improvement, position and attachment (pricks or kick, kick return, prick or shot showing, batsmen and hold), it is necessary to focus on mastering the following details of the execution of the ulami: 4 - armed people should focus on mastering the following details of the execution: defines the content and yoenal of masbqlaming. For example, improving positions and attachment; - to the straight linearity of the armed q o i movements in stings (strikes), in defense, in return of the gun heel to the position; - to the speed of performing stings (strikes), finches, batmaniar and holds, moving with the weapon tig4i during defenses; - in the rnomenti of performing stings (strikes), to the standard final positions of the torso during the execution of oppositions; -to the direction of; - to fix the moment during the implementation of the pricking (sword); - to carry out the pricking (pricking), to defend, to pass (taking), to carry out the batsmen, to carry out the intercepts, to catch the Rapira (sword, shpaga) handle with the M excellent tension of the palms and fingers in the rnoment. Each of the above-mentioned elements of the implementation of technical methods and combat actions requires clear attention, periodic control and improvement.

In terms of the years of training in fencing, there is also an increase in the number of competitions in which the level of qualification of the ulama increases, and in its njavbat, the level of requirements for the components of the readiness of participants in these competitions for actions /specific and mental will also increase. It is also noted that the qualitative composition of methods and tactical skills of training also changes, a condition that determines the increase in the size, intensity and level of complexity of exercises.

Combat standing position. In the case of combat standing in all types of fencing, the legs are opened at the width of the velka, with the body and pelvis half-turned towards the opponent, the face will be directed straight at him.

Swordsmen moves in competitions! it is basically made up of a combination of different methods. To maneuver, step back and forth, back sawing series are used in priority. For attacks, step forward, hamla, saphish and hamla, "the practice of performing Spears together.

1. Combination Step forward Series.
2. Combination Step back series.
3. Combination Series of steps back and forth.
4. Combination Step forward Series and hamla.
5. Combination Step-back series, forward sawing and hammering.
6. Combination Step forward Series and hamla, step forward Series.
7. Combination Step forward Series and "spear".
8. Combination Step back series and "spear".
9. Combination forward sapping and hamla, step-back series.

Forward sawing and hammering, repeated hammering, "spear". Movements are regularly practiced, both in separate activities and in warm-up exercises, or are a component of independent exercises. Them successful mastering makes it possible to raise the level of stability of sports nalijas in competitions.

It is necessary to determine with which hand it is convenient to carry out swordsmanship and, above all, manipulation with a gun barrel, this is necessary in order to learn swordsmanship with the same hand. In most people, this is considered the right hand, with which most specific actions are performed.

Combat standing position. The arbiter's "get ready for Battle!" is a mandatory situation that the swordsman receives before the start of the battle. During all forms of exercise, it is also used to start them. In a combat standing position, the Rapirac-hi will face the opponent (trainer, partner), with legs slightly apart and bent, and the heel of his weapon, in the sixth position, will be extended forward. The palms of the feet are located at a relatively large boim agan step distance and are at a right angle. The body is vertical and semi-curved relative to its opponent, while the arm held by the weapon is positioned along the outside of the body (shoulder area, shoulder) with a slightly bent and forward-extended gun barrel. Go unarmed! I is bent at the elbow, tisarized back, and the corridor is elevated with the shoulder area parallel to the CJIA Preliminary position before the fight (individual lesson, at the moment of performing an exercise with a partner). The swordsman stands in a half-turn position (assuming position) relative to his opponent. The Rapira will be in a straightened hand and will be facing forward and down. The palm is twisted with the fingers pointing upwards. The empty hand extends back and down in a lowered or diagonal projection.

Salyut (applause). Mandatory status before each fight and before performing the exercise. In competitions, the opponent, the arbiter and the audience are applauded, and in training - a partner or coach who performs joint exercises. Salyut begins by lifting the Rapira in a vertical position upwards in the bent arm and stopping it in front of the swordsman's face. The Garda settles in front of the athlete's chin. The arm holding the weapon is then extended forward and bowed to the side of the applause athlete or arbiter, after which it returns to the starting position.

General physical training is aimed at increasing the level of functional capabilities of the body, its comprehensive development and the acquisition of skills related to various actions. For the resolution of these tasks, all means of physical education are used in general. However, in combination with fencing, in sports such as basketball, football, tennis, hockey, boxing, acrobatics, the requirement for movement skills has specific descriptions that coaches and athletes are advised to use exercises in priority in each of these mentioned sports.

Special physical training is directed to the manifestation and development of action-specific adjectives in swordsmanship for the improvement of methods and mobility in a specialized description. The means of special physical training are formed from methods and actions used by athletes in fencing battles.

An urgent problem of the theory and methodology of fencing is the determination of the nature of cross — linking between individual anthropometric indicators and the content of specialized mobility in competitions. Tall qualified rapier women perform a simple attack more often than others, the factors that determine the effect of performing attack and maneuver techniques in swordplay in sablya include the athlete's torso and the length of their legs as part of the guru hi. In addition, the fact that the swordsman has established a correlation between successful actions and the qualities of his movement is a complex of manifestations for the resulting performances that are currently necessary for a qualified athlete.

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