

Strengthening the Techniques of Greco-Roman Wrestling in the Standing Position

Jumaniyazov Dawran Qaljanbaevich
Teacher Karakalpak state university

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Annotation: In this article, in the Greco-Roman wrestling competition, the wrestlers in the standing and parterre positions must master the technical methods during the implementation of various attack, defense and counter-attack actions, as well as lifting from the waist and chest, the coach's movement, throws, counter techniques, or today's young teenagers are given information on how to perform their technique while standing.

Keywords: Greek rum, wrestling, bout, attack, standing position, parterre, frontal, counter.

In Greco-Roman wrestling, competition is carried out in a standing position and parterre. In this case, asalwans can perform various attack, counterattack and counterattack actions.

In a standing position - frontal, right and left tomonte can stand, each of them is divided into upper, middle and lower situations. Asalwans usually carry bellesiwdi in middle and upper cases.[1]

When standing right, the right leg of the bee is in front of the left leg (Figure 1). When standing on the left side, he has a kersinche, that is, his left leg is in front of his right leg. In the frontal standing position - asalwannı's legs are in one line compared to the opponent (Fig. 2).



1- Fig



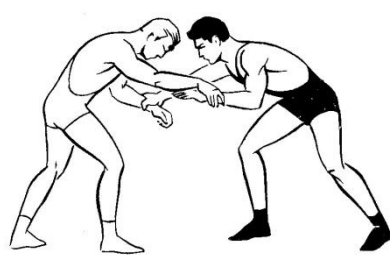
2- Fig

The Greco-Roman wrestler stands in a high position - without bending the spine, holding his head up and controlling the opponent, only the knees of his legs can be bent, and every single movement of his signature is visible.

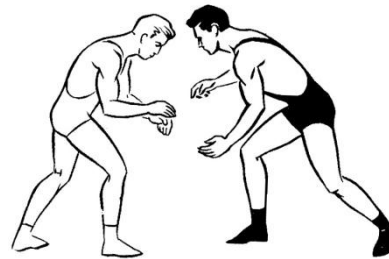
Standing in the middle position of Greco-Roman wrestling - the spine is imperceptibly bent, the head is turned to the side of the opponent, the legs are bent at the knees, and the movements are visible with signatures.

The Greco-Roman wrestler standing in the lower position - the spine is significantly bent, the head is turned towards the opponent, and the legs are bent at the knees, performing various movements with signatures (Fig. 3).

In the standing position, the following distance should be - far (photo 3), from the grip (Fig 4), medium (Fig 2) and close (Fig 1).



3- Fig



4- Fig

A Greco-Roman wrestler should choose a position that is comfortable for him in each standing position, focus on the center of his body, and perform precise movements with his feet and hands to carry out the actions he has set in front of him.

A Greco-Roman wrestler can constantly lose and regain equal weight under the influence of various movements, that is, moving along the mat, moving forward, backward, and to the sides, and under the influence of this conflict in one line. It is necessary for the opponent to move correctly along the carpet so that the opponent does not use the lost balance. It is necessary to teach those who engage in these activities in the initial period, that is, during the period of imparting basic knowledge. For example - moving forward, backward, side to side by stepping with legs. These actions can be performed with or without a conflict, without conflict and with conflict.

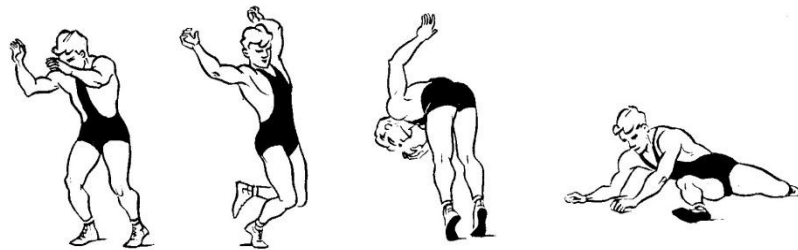
When performing the method of lifting from the waist, it is necessary to pay great attention to the front and back legs. To perform the method, the most difficult thing is to put one foot in front, then the three hind legs are placed on the outside of the leading leg, and two legs are turned for the jakbora. If two legs are in a frontal position, it becomes difficult to turn.[2]

During the turn, the knees of your legs are bent (about 1200-1300). Implementation of this movement plays an important role in the movement of signatures. Since Asalwans mainly perform the method from the right side, throwing to the right side can be considered as an example of the "hand and shoulder throwing above the waist" method. In this case, the dispute is settled by holding the elbow of the right hand from above with the left hand and holding it with the right hand. Before the above turn, asalwannin's left hand attracts the opponent's right signature to his side, it is better to take the attracted signature to his left hand side as much as possible, and turn his face to the throwing direction. The wrestler should not take the fight with his other hand, that is, he should grab it and pull it by his elbow.

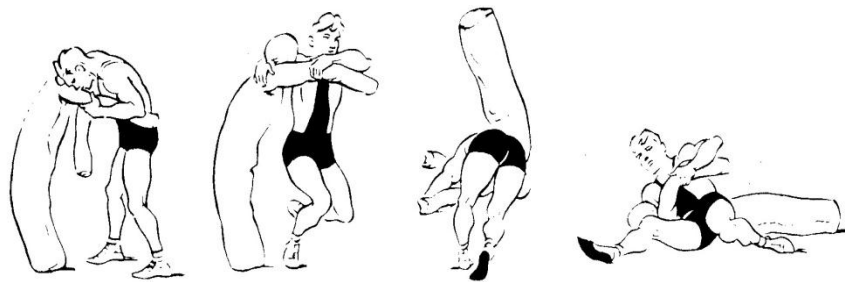
When grasping with the right hand, it is appropriate to hold the wrist under the shoulder of the discord. Only after turning, the dissident is drawn onto the honey, the bent knee of the leg is immediately pulled, and the waist is slapped upwards. Managing a conflict in the air will affect how it falls to the mat. For that reason, after being slapped with the waist, it is necessary to throw the hand and the asalwan towards his left leg. After the throwing is done, in the last situation, i.e., in a dangerous situation, it is necessary to

hold the hand and shoulder and touch the blue carpet. When implementing this method, there are always different conditions, that is, asalwannin's left hand is held close to the body, the elbow of his left hand is passed along the edges of his contradiction. Asalwan raised his left signature as far as he could, and it was difficult for him to carry out the method by raising his hand up. It is necessary to pay attention to these cases - then the correct execution of the method is ensured.

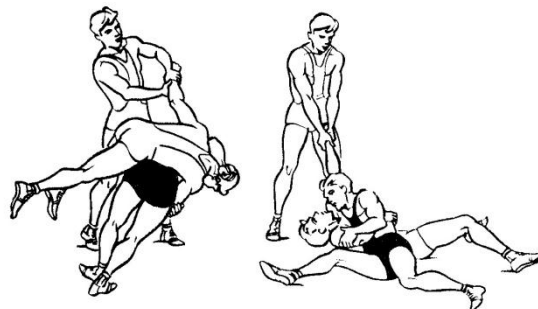
It's clear that using simple-to-perform adduction exercises to learn how to slim your waistline is a good way to do it. They are mainly imitation exercises with the dissident (Fig. 1), with mannequins (Fig. 2), and safety measures for uncomfortable noises (Fig. 3). Only after these actions, the asalwans are allowed to carry out the methods of removing the excess from the waist with a dissenter.[3]



1- Fig



2- Fig



3- Fig

Grabbing the leg from below and the neck above the waist (Fig. 4).

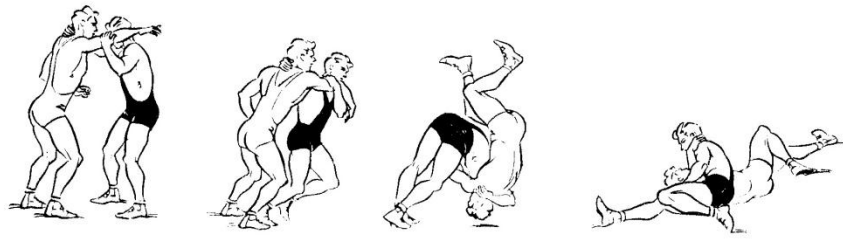
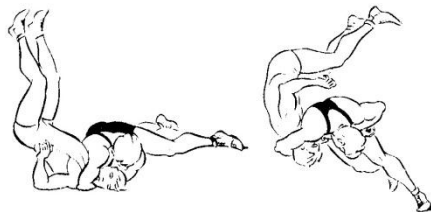
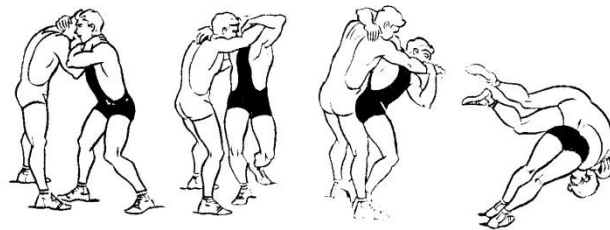


Fig 5 Grab the arm and neck and throw it from the waist.



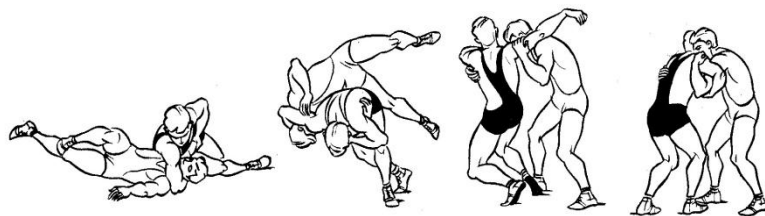
6- Fig

Lifting the wrist from below and above the waist.

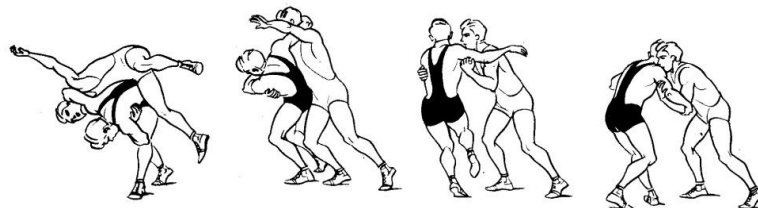


7- Fig

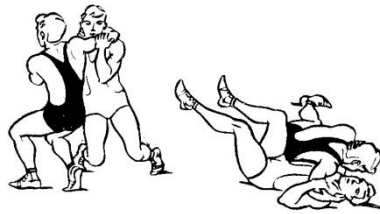
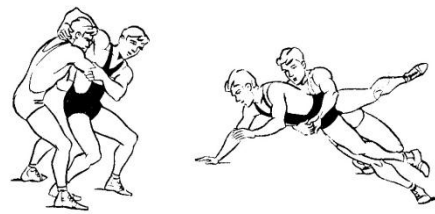
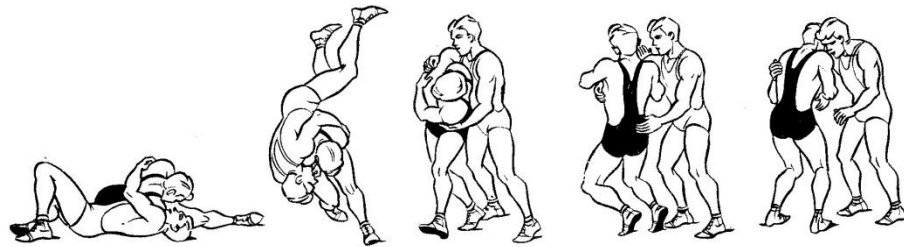
Throwing from the waist with a thick top and neck. The opposite method is "grabbing the hand and shoulder with a thong", "holding the waist and diving into a parterre condition".



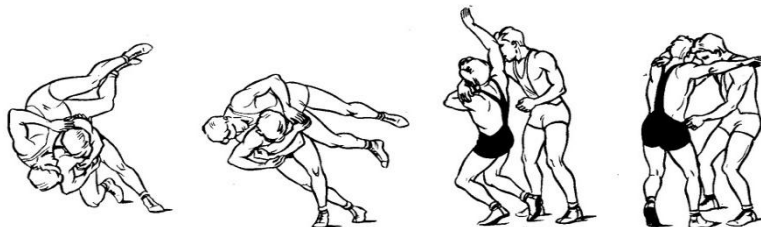
8- Fig



9- Fig

**10- Fig****11- Fig****12- Fig**

Hold it with both thick arms and kneel it down from the waist (Fig. 13). Qal'asiw "bend the knee and hold the hand and the waist" (picture 14), "jump by stepping in the direction of the throw" (picture 15).

**13- Fig****14- Fig****15- Fig**

With the careful movement of the trainer - raise the chest by holding hands and waist (Fig. 16). In this case, the trainer's action is to catch the unused signature of the receiver of the attack by the wrist and shoulder, grab it along the trajectory in the air after the start of the throw, and pull it up when it is close to landing on the mat.

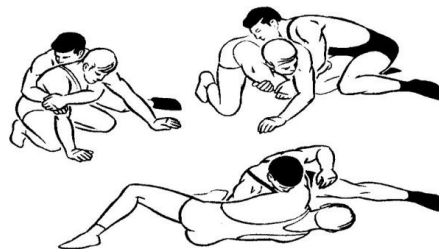
**16- Fig**

Parterre position

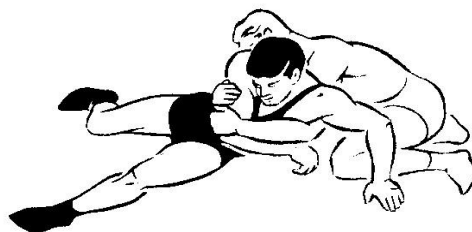
Throwing techniques are performed without raising the opponent's mat in the case of a parter. Complete throws in competitions are evaluated with two points. Throws are divided into the following groups - bye, running, transition banks, tumbling, spinning, and breaststroke.

Throw back

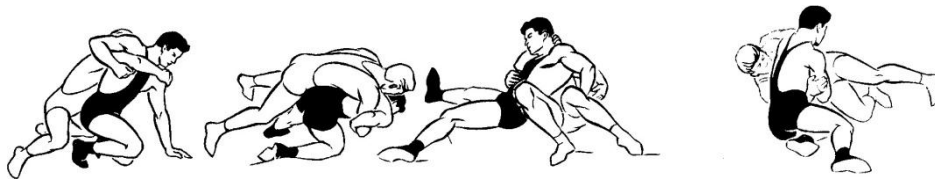
Catching and throwing the signature moving from the north side (Fig. 17). It is advisable to perform this method as parter. In the case of a high parter, the disputant falls into a dangerous situation when he grabs the signature from the armpit and strikes with the chest doubt. In the next case, it is necessary to firmly hold the two signatures of the dissident and touch his chest to the carpet.

**17 -Fig**

Protection. The opponent's slave can be quickly turned to the side of the target by taking out the leg that is far away, leaning on it and going up (Fig. 18).

**18- Fig**

The opposite method. The opposite of this method is to throw the opponent from the waist while grabbing the signature from the arm (Fig. 19). In the next case, if the disputant starts to move to catch the signature from a distance, the movement of shaking the north of the second hand with the back of the shoulder blade of the second hand is used (Fig. 20).



19- Fig

20- Fig

Grab the back-side far signature and the neck from the inside and throw it back (Fig. 21). Performing the method in the case of a top parter with the above method gives a good result. In this case, it is necessary to catch the signatures like a hook, i.e., hold the dissident's far shoulder with two hands, and knock with the chest. The defense and countermeasures of this method are similar to the method above.[4]



21- Fig

Turning the arm from the front in a reverse key shape (Fig. 22).



22- Fig

The opposite method. Turning the slave from the front with a reverse key - try to perform the method of lifting from the shoulders and pulling out (Fig. 23). In a more advanced way, turning the signature by holding it with an open hand - holding it by the hand and waist and clinking it with a hammer (Fig. 24). Forward - from above, turn the signature while holding it in the opposite direction - to fall down while holding the hand and shoulder (Fig. 25).



23- Fig

**24- Fig****25- Fig**

LITERATURE

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