

MILLIY KURASH MASHG'ULOTLARI ORQALI TALABALARGA KURASHISH SABOQLARINI O'RGATISH

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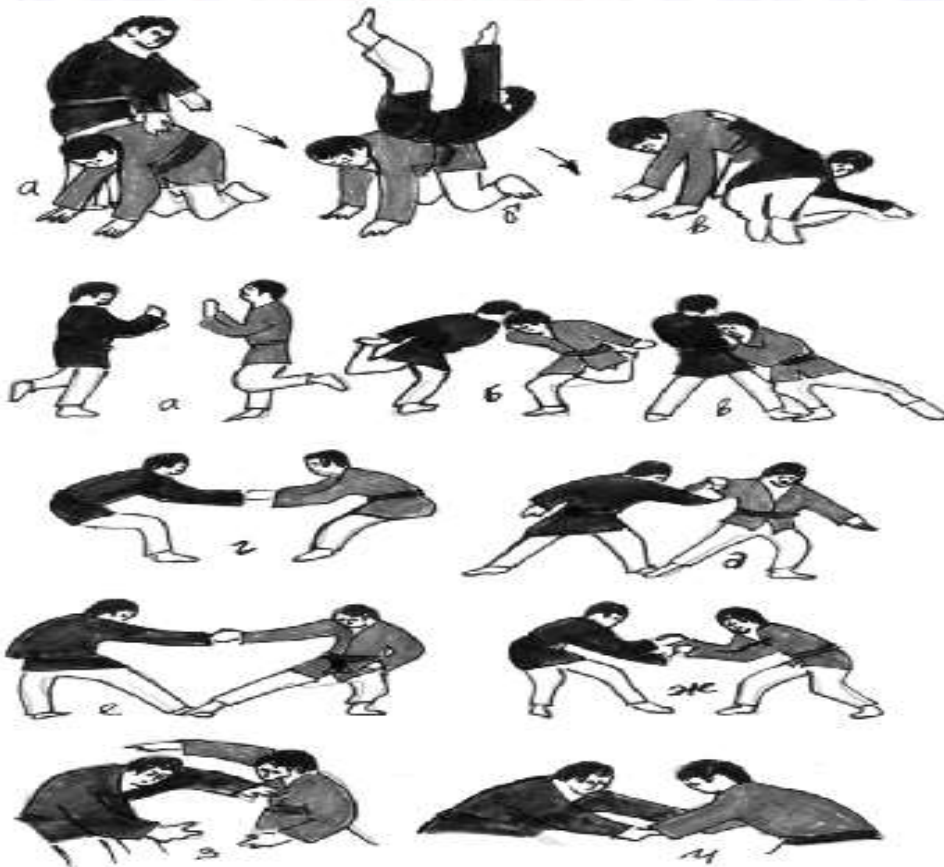
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Annotatsiya: “O'zbek kurashi turlari va uni o'qitish metodikasi” fanidan o'tkaziladigan amaliy mashg'ulotlar mazkur fandan o'zlashtirgan nazariy ma'lumotlarni, bilimlarni mustahkamlash, takomillashtirish hamda ko'nikma, malakalarni shakllantirish maqsadida tashkil etiladi. Amaliy mashg'ulotlar mashqlar, amaliy qo'l ishlari, mustaqil topshiriqlar, o'yinli mashqlar, pedagogik vazifalar, seminarlar, munozaralar, treninglar, annotatsiyalar tuzish, adabiyotlarni konspektlashtirish, jismoniy tarbiya mashqlarini bajarish, referatlar yozish namunaga qarab mashqlarni ijro etish, ko'rsatmalarni bajarish kabilardan iborat. Shuning uchun amaliy mashg'ulotlarga nazariy ma'lumotlarni amalda qo'llashda quyidagi ko'rsatmalar beriladi. - mavzu yuzasidan nazariy ma'lumotlarni chuqur o'rganib chiqish; - tavsiya etilgan adabiyotlarni ko'rsatmalar asosida diqqat bilan o'qib chiqish; - manbalarda ko'rsatilgan qonunlarning to'g'riligi, ishonchliligini aniqlash; - tavsiya etilgan ma'lumotlarni taqqoslash, muhimlarini ajratish, umumlashtirish; - o'rganilgan materiallarni kuzatish va tajribadan o'tkazish, qo'llash va h.k. Amaliy mashg'ulotlarda o'qitishning faol metodlaridan unumli foydalanishi maqsadga erishishni osonlashtiradi. Olingan bilimlarni ko'nikma va malakalarga aylantirishni tezlashtiradi. Shu sabab qo'llaniladigan metodlar o'quv materiallarini aniq takrorlashga, esda saqlashga, to'g'ri bajarishga qaratilgan bo'lmog'i lozim.

Kalit so'zlar: Keys stadi, DX, Zero, Qarshi usullar: ko'krakdan oshirib uloqtirish, Hujumchi oyog'ini.

Asosiy qisim: Mashg'ulotning maqsadi: umumiy rivojlantiruvchi va maxsus mashqlar to'g'risida talabalarga ma'lumotlar berish, kurashchining umumjismoniy tayyorgarligini ta'minlash va harakatlantiruvchi jismoniy sifatlarni rivojlantirishni, talabalarda milliy iftixor va g'ururni shakllantirish, tafakkur va irodani mustahkamlash. Mashg'ulot jarayonida quyidagi vazifalar bajariladi: 1. Milliy kurashning xususiyatlari va kurashchining individual qobiliyatining rivojlanishi hamda jismoniy tayyorgarligi haqida ma'lumot berish. 2. Talabalarning mavzu mazmunini mukammal o'zlashtirishlariga erishish. 3. Umumrivojlantiruvchi mashqlar - kuch, tezlik, chaqqonlik, cho'ziluvchanlik, egiluvchanliklarni amalda bajarishni o'rgatadi. 4. Kurashchining jismoniy tayyorgarligini ta'minlovchi vositalar va metodlarni tushuntirish. 5. Kurashchining jismoniy sifatlarni rivojlantiruvchi mashqlar bilan shug'ullantirish. Mashg'ulot jarayonidagi qo'llanuvchi interfaol metodlar: suhbat,

savol-javob, 5x5x5 hamda “Keys stadi” metodi. Mashg’ulot shakli: seminar-amaliy. Ajratilgan vaqt: 4 soat O’tkaziladigan joy: - amaliy mashg’ulot xonasi. Mashg’ulotning rejasi: 1. Umumiy rivojlantiruvchi mashqlar va maxsus jismoniy tayyorgarlik. 2. Kuch va uni rivojlantirish. 3. Chaqqonlik, egiluvchanlikni rivojlantirish. 4. Maxsus jismoniy tayyorgarlik vositalari va metodlari. Tajribaning ko’rsatishiga talabalarning mashg’ulotlarda faolliklarini oshirish, mustaqil ishlash va mustaqil fikr oshirishlarida “Keys stadi” metodidan foydalanish samarali bo’ladi. Zero, “Keys stadi” yoki vaziyatni oddiy tafsilotdan farqli o’laroq, o’quv materiallarini o’zlashtirish uchun ko’maklashtiruvchi axborotni o’z ichiga oladi, bunga duch kelgan muammoni aniqlash va uning yechim yo’llarini izlash orqali erishiladi”. Mashg’ulotlar “Keys stadi” metodi bo’yicha tashkil qilinganda talabalarda fikrlash, mulohaza yuritish, voqealarni taqqoslash, tezkor xulosalar chiqarish rivojlanadi. Kurashchi jismoniy tayyorgarligining vositalari va metodlari. Kurashchining har tomonlama rivojlanishiga, maxsus sifatlarining takomillashishiga, kurashchining boshqa faoliyatga o’tishiga hamda jismoniy tayyorgarlikning ko’nikma va malakalarini egallashlariga yordam beradi.



2-rasm. Juft tushadigan umbaloq oshish mashqlari.

KURASH USULLARI: Kurashchi raqib yaktagini qulay joyidan ushlab, muvozanatdan chiqarib, o’ziga ishonch hosil qilib, har tomondan to’xtamasdan oyoq

bilan urib bajaradigan barcha usullar «Qo'shsha» deb nomlanadi. Orqadan, tashqaridan qo'shsha qilish: raqib orqaga olgan paytda tashlash usulini bajarish qulay. DX — kurashchilarning olishuvni boshlash holati. Ushlash yenglarning ikki umizidan olingan¹. Hujumchi oyoq bilan raqibni tayanib turgan oyog'iga yaqinlashib, chil solish. 2,3,4,5. Raqibning oyog'i tomonga uning tayanchini o'tkaza borib, o'sha oyog'iga hujumchi oyoq, bilan silkitib va shu oyoqqa 132 raqibning chap yoki o'ng oyog'ini mindirib, uni burab, orqasi bilan gilamga uloqtirish. Ushlash variantlari: yengdan va oyoq qaytarmasidan; yengdan va oyoqdan; yengdan va umizidan; ikkala umizidan; yengdan va yaktakning yelka qismidan; belbog'dan va oyoq qaytarmasidan. Aldamchi harakatlar: ichkaridan supurish; oldindan chalish; tovon bilan ichkaridan ilib olish; orqadan chalish. Himoya: qarshilik ko'rsatayotgan tomondan qarama-qarshi tomonga egilish; hujumdagi oyog'ini orqaroqqa qo'yib, raqibga ko'krak bilan burilish: raqibning orqa tomoniga qadam qo'yish; hujumchini hujum qilgan oyog'i tomonga burab yiqitish. Qarshi usullar: hujumdagi oyoq yordamida oldidan supurish; hujumchini hujumdagi oyoq yordamida beldan oshirib uloqtirish; ko'krakdan oshirib, orqaga qayishib uloqtirish. Ikki oyoq pastidan qo'shsha: raqib oldinga bukilgan yoki harakat qilayotgan paytda bu usulni bajarish qulay; DX — Raqibning olishuvni boshlash holati. Ushlash yengdan va oyoq qaytarmasidan bajarilgan. 1. Raqibga qarab yarim qadam qo'yib, oyoq yuzini ichkariga burib, shu vaqtning o'zida raqibning tayanch nuqtasini qo'llar yordamida chap oyoq tovonini uchiga o'tkazish; 2. Raqibni muvozanatdan chiqarayotib, chap oyoqda o'tirib va oyoqni ozroq egish bilan raqibga yaqinroq qo'yish. (21-rasm. 1,2,3,4,5,6 ko'rinishlar). 3, 4, 5, 6. Raqibning chap yoki o'ng oyog'ini pastdan urib ko'tarib yuborib, qo'shsha qilib uning gavdasini aylana shaklida yonga, oldinga, pastga burab yuborib yelkalari bilan gilamga uloqtirish. Ushlash variantlari: yeng umizidan va oyoq qaytarmasidan; yengning ikki umizidan. Aldamchi harakatlar: orqadan chalish; tashqaridan oyoq tovonini ildirib tashlash. Himoya: raqibning orqasiga o'tib olmoq; chap yoki o'ng oyoqni tovon bilan ilib olmoq; raqib burilgan tomoniga hamohang holda yurmoq; raqib qo'llariga tiralib, biroz pasaymoq; gavnani rostlamoq va hujumda bo'lmagan oyoqni oldinga qo'ygan holda raqibga yon tomon bilan turmoq. Qarshi usullar: ko'krakdan oshirib uloqtirish; orqa bilan keskin burilish. Uchraydigan xatolar: hujumchi oyoqni raqibga yaqin qo'yilishi; raqibning muvozanati yetarli kuch bilan hujumchi oyog'iga o'tkazilmagan; kurashchi tayanch oyog'ini yetmagan va gavnani pasaytirmagan. Ichkaridan qo'shsha: raqib oyoqlarini keng qo'yib oldinga egilganda yoki harakatlenganda usulni bajarish qulay; DX — raqibning olishuvni boshlash holati. Ushlash chap yoki o'ng yengdan va oyoq qaytarmasidan. 1. Hujumchi oyog'ini yarim qadam oldinga qo'yib, oyoq yuzini ichkariga burish 2. Bir vaqtning o'zida raqibning muvozanatini hujumdagi oyoq tovonini uchiga keltirish, raqibni muvozanatdan chiqara turib, hujum¹³⁴ dagi oyoqda aylanib, tayanch oyoqni raqibga yaqin qo'yib, tayanch oyog'ini biroz bukish. 3,4,5,6. Raqibni

hujumchi oyoqqa mindirgan holda qo'llar yordamida uning gavdasini o'ngga, pastga, yonga, ostiga burab yelkasiga uloqtirish. Ushlash variantlari: yengdan va oyoq qaytarmasidan; yengdan va oyoqdan; yengdan va yaktakning yelka qismidan; ikkala yengning umizidan. Aldamchi harakatlar: tashkaridan oyoqg'ozini bilan ildirish; ichkaridan oyoq kafti bilan supurma qilish; ichkaridan boldir bilan ildirib olish; muvozanatdan chiqarish. Himoya: raqib orqasiga o'tib olish; raqib burilgan tomonga o'tib olish; hujumchi ustidan o'tib olish; qo'llar bilan hujumchini itargan holda o'tirib olish. Kurash usullari: boldir bilan bir xil nomli oyoqni tashqaridan ildirish; hujumchi oyog'i ustidan oyog'ini tortib olib, gavdasini oldinga burib yuborish; orqaga qayishgan holda hujumchini uloqtirish; yengi va belbog'idan ushlab oldinga aylantirib, (yuklama) usulini qo'llab uloqtirish.

Xulosa: Uchraydigan xatolar: hujumchi oyoqni raqibga yaqin qo'yilishi; raqibning muvozanati yetarli kuch bilan hujumchi oyog'iga o'tkazilmagan; kurashchi tayanch oyog'ini yetmagan va gavnani pasaytirmagan. Ichkaridan qo'shsha: raqib oyoqlarini keng qo'yib oldinga egilganda yoki harakatlenganda usulni bajarish qulay; DX — raqibning olishuvni boshlash holati. Ushlash chap yoki o'ng yengdan va oyoq qaytarmasidan. 1. Hujumchi oyog'ini yarim qadam oldinga qo'yib, oyoq yuzini ichkariga burish 2. Bir vaqtning o'zida raqibning muvozanatini hujumdagi oyoq to'voni uchiga keltirish, raqibni muvozanatdan chiqara turib, hujum 134 dagi oyoqda aylanib, tayanch oyoqni raqibga yaqin qo'yib, tayanch oyog'ini biroz bukish. 3,4,5,6. Raqibni hujumchi oyoqqa mindirgan holda qo'llar yordamida uning gavdasini o'ngga, pastga, yonga, ostiga burab yelkasiga uloqtirish.

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