

# The Role of Martial Arts in the Preparation of Defenders of the Fatherland

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**Annotation.** The fact that the Uzbek national struggle entered the world arena and became a tradition of different peoples and nations during the years of national independence is a universal event. This article discusses the peculiarities of the history of the Uzbek national struggle and its specificity.

**Key words:** national wrestling, national traditions, customs, physical exercises, wrestling, world events, sports, spiritually mature person.

**Introduction:** Strength abilities, their manifestation occurs as a result of the influence of the body, based on the qualities of mental, muscular, motor, autonomic, hormonal functions and other physiological systems of the body. Based on this, strength abilities will not depend on the simplified concept of “muscle strength”, since this will only be a mechanical description of their contractile properties. Muscular strength is a developing component of every motor act. It can have a qualitative characteristic depending on the speed, external resistance and duration of operation.

Muscle strength, as an indicator characterizing the physical capabilities of a person, is the ability to overcome or resist external resistance due to muscle tension. The possibilities of manifestation of muscle strength in the overcoming order are less than in the isometric and acclimatization orders. It should be remembered that the greater the speed of muscle contraction, the less it manifests itself, and vice versa, that is, there is an inversely proportional relationship between the force shown and the force of muscle contraction.

Speed-strength skills are manifested in situations where, along with strength, speed of movement is necessary. At the same time, the higher the external weighting, the stronger the movement, the lower the weight, the faster the movement.

**Methods:** The forms of manifestation of speed-strength abilities depend on the description of muscle strengthening in a particular movement. This character is manifested in an increase in the strength of various actions, its size and the speed of development of its duration.

Absolute strength describes a person's strength potential and is measured by the maximum free movement of muscles in an isometric order or by the maximum weight of the load being lifted. Relative strength is measured by the ratio of absolute strength to body mass,

that is, the force corresponding to one kilogram of body weight. This indicator is convenient for comparing the physical fitness of people of different weights.

Tools for developing strength skills. High resistance exercises are used to develop strength skills. According to the nature of resistance, they are divided into three groups:

- Exercises related to external resistance.
- Exercises related to overcoming your own body weight.
- Isometric exercises.

Musculoskeletal tissue is an organ of the human body, consisting of transverse or smooth muscle tissue, which contracts under the influence of nerve impulses. Skeletal muscles - skeletal muscles - form separate bundles surrounded by a thin sheath of connective tissue.

Muscles are attached to bones through ligaments and provide human movement. A coach, physical education teacher or athlete knows the location of individual muscle groups and the actions performed with them. Therefore, they better understand the essence and content of exercise programs, independently choose the necessary exercises for a set of exercises, or independently develop programs for these exercises. The thoracic-shoulder-shoulder muscles are located in front and on the sides of the neck and play a major role in lifting the chest when turning and tilting the head.

**Results:** The stirrup muscles are located inside the neck and help move the spine and lift the chest during breathing. Arms. The deltoid muscles cover the shoulder girdle. Consists of three bundles of muscles: anterior, middle and posterior; each of them helps to move the arms to the side. Breast. The pectoralis major muscle is located on the surface of the chest. Moves the hand along the body. The muscles of the front teeth are located on the sides of the chest. This helps to rotate the ribs towards the spine. Stomach. The abdominal wall is formed by several layers of abdominal muscles. The hamstrings divide these muscles into four parts. The abdominal muscles help straighten the body. The external falciform muscles are located on the side of the abdomen. With unilateral contraction, the body rotates, with bilateral contraction, it bends. Back. The trapezius muscle is located on the back of the chest and neck. Raises and lowers the ribs, brings them to the spine, pulls the head back and bends it to the side with one-sided contraction. Expanded muscles are located on the back of the chest. He moves his shoulder towards his body and pulls his arm back and forth. Long muscles are located along the spine. It bends and turns the body in all directions. Legs. The muscles of the buttocks move the legs in the hip joints and straighten the forward-leaning torso. The quadriceps muscle is located in front of the thigh.

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The leg bends the knees. Flexes and rotates the hip at the hip joints. The calf muscles are located above the knee. Helps to flex the foot and knee joints. Understanding intermuscular coordination. Factors that determine the mutual movement of muscles. In sports, it is impossible to perform movements using only one muscle. Many muscles or muscle groups are involved in solving any motor task.

The potential base of strength consists mainly of the cross section of muscle tissue, muscle

size, muscle structure, and intramuscular coordination. This again means that the nervous system focuses on using the muscles to solve specific motor tasks. Lying on the back in speed and strength, the arm is straightened and high resistance is overcome, while the number of movements of the triceps and muscle block is maximally accelerated, working together in impulses.

**Conclusion:** The development of our independent country requires serious reforms in the field of physical education, as well as in all areas of education. Therefore, this subject is useful for future physical education teachers, wrestling coaches, wrestlers in the organization of national wrestling, its types, sports wrestling, physical, technical, wrestling tactical and psychological training, management of training programs, the formation of a comprehensively developed personality from young people, the education in their hearts of pride for the Motherland, the effective use of gymnastic means to form the appropriate knowledge, skills and abilities in the younger generation. The main objective.

Not only the population of our country, but also our youth are fond of these kinds of sports now. The national wrestling is one of the means of educating a physically and spiritually mature person. At the present time in our country there is a national struggle types become popular and develop. In recent years, more than a thousand talented athletes have appeared in our country, among the national types of wrestling is belt wrestling. They successfully participate in the championships of Asia, Europe and the world of our republic. The fact that the peoples of the world are lovingly engaged in Uzbek wrestling, which is considered one of our national values, and the fact that the Uzbek words "ta'zim, kurash, yanbosh, halal, dakki" sound Uzbek in the language of the peoples of the world have increased the pride and status of our nation. When every Uzbek child participates in international competitions, he feels that his family, friends and compatriots stand behind him.

**Discussion:** Their achievement is the achievement and success of our people. The organization of international sports competitions in many sports in our country, holding them in high spirits, the participation of Uzbek athletes in international sports associations and clubs testifies to the wide development of sports in our country, as well as the fact that much attention is paid to professional sports.

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