

Training and Education of Boxers

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Abstract: *The contribution of our President Shavkat Miromonovich Mirziyoyev to the development of physical education and sports in our republic is very great. Thanks to him, today the attitude towards physical education and sports has changed significantly. We can see this from the modern sports complexes that are being built. Including Boxing, which is part of the martial arts, is also one of the most interesting sports, which we can clearly see from the fact that it has become increasingly popular in our republic in recent years. Boxing, as one of the martial arts, is characterized by its one-on-one combat and clear rules.*

When attracting students to boxing, we need to determine the goals and objectives of training and educating them in hand-to-hand blows, and determine their methods. In order to bring them to a high level of technical readiness in a short period of time, we divide them into groups according to their physical condition:

- those who have previously engaged in martial arts;
- those who have high general physical fitness;
- initial training group. or we need to equalize their general physical fitness.

The following tasks are set for the group of those who have previously engaged in martial arts:

- Development of technique and tactics, carrying out pre-competition exercises;
- study of theoretical issues of boxing;
- active participation in competitions held during the training camp;

The following tasks are set for the group of those who have high general physical fitness:

- Study and improve special physical training exercises;
- study and comprehensively master boxing techniques and tactics, study theoretical issues of boxing;
- actively participate in competitions held during the training camp.

The following tasks are set for the initial training groups:

- strengthen the health of participants and strengthen their bodies;
- form and develop the qualities of speed, strength, endurance, agility and flexibility, and also study theoretical issues of boxing;
- Study special physical training exercises;
- study and comprehensively master boxing techniques and tactics;

Initial training groups consist of 20-30 trainees (cadets) and train 6 hours a week (2 hours every other day), the group of those with high general physical fitness also consists of 20-30 trainees (cadets) and train 12 hours a week (2 hours every day), the group of those who have previously practiced martial arts can train 24 hours a week (2 hours in the morning, 2 hours in the evening every day) without any

restrictions. If we are not divided into groups according to physical condition, we can train 2 hours every other day for the first month (mainly to equalize general physical fitness), 2 hours every day for the second month (develop special physical fitness and physical qualities), and from the third month we can train 2 times a day for 2 hours (technical tactical training, pre-competition exercises, sparring). In the third phase, we can bring the training load to the highest point.

MAIN EQUIPMENT AND THEIR CLASSIFICATION

General physical training exercises (walking, running, jumping, squats, exercises that develop physical qualities), special physical training exercises (boxing stance, learning the boxer's gait, moving with defenses, looking into the mirror, shadow fighting, the game of piatnashki, etc.), ring, bag, small bag, boxing gloves, lapa, sherki, skagalka, helmet, cape, bandage, tennis ball, weights.

BOXING HELMET (HELMET) - protects the boxer's eyebrows, ears and jaw. It is made of leather and filled with horsehair or a similar substance. Special pads are sewn to protect the ears and face. The back has two soft plates connected by a thread. This allows you to change its size depending on the head. Helmets are used in competitions according to a single model established by the organizer. Amateur boxers are required to use them in competitions. Professional boxers use helmets only in training. Weight 480 grams.



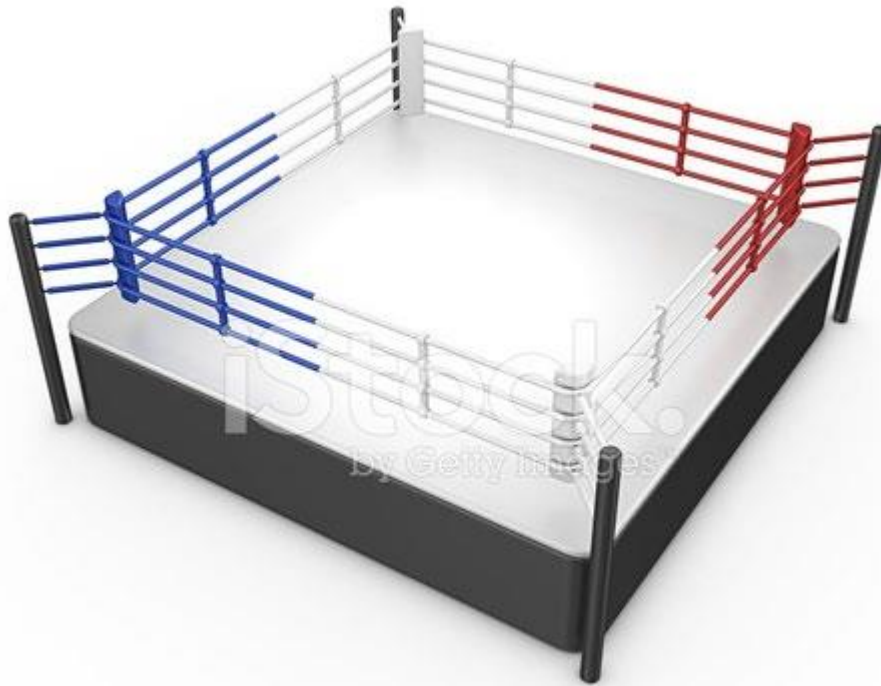
BOXING GLOVES - protect the boxer from serious injuries to the opponent's face. Modern gloves are designed to reduce the risk of knockouts and prolong boxing. The weight of the gloves varies from 4 oz (ounces) to 20 oz (ounces), depending on body weight. 1 oz (ounce) = 28.35 g



BOXING FLAT GLOVES (LAPA) - a circular device filled with soft foam, with a target drawn in the center. It is used to work on the technique of precise and targeted strikes, to improve various defensive movements (bends, twists, dives). While boxers work on defensive movements, the coach delivers various strikes with a flat glove.



RING - a rectangular area with sides from 4.9 to 6.1 meters, bounded by 3 or 4 ropes. According to the rules of professional boxing, the sides of the ring should be from 6.10 to 7.10 meters. If the ring is bounded by 3 ropes, they are attached to the corner posts at a height of 40, 80 and 130 cm from the floor. If the ring is bounded by 4 ropes, they are attached at a height of 40.4, 71.1, 101.6 and 121 cm from the ground. The thickness of the ropes should be from 3 cm to 5 cm. The ropes are wrapped in soft and smooth fabric and connected with tapes 3-4 cm wide. The tapes should not slide on the ropes. The ring is installed on a platform 91-122 cm above the ground. The dimensions of the stand should not be less than 50 cm from the ring. The floor of the stand is covered with felt, felt, rubber or similar material with a width of 1.3 to 4 cm. A tarpaulin is spread on top. Soft rollers with a thickness of 5 and a width of 20 cm are fixed along the corners of the ring (from the bottom rope to the top). The corner closest to the jury (chief referee) is covered with a red cover, and the opposite corner is covered with a blue cover. The threads connecting the ropes to the ring posts must be covered with soft material. Steps are fixed to the sides of the white, red and blue corners of the stand intended for participants, judges and seconds. Bags are fixed in two neutral corners for throwing cotton and tampons that the referee has stopped the boxer's blood. When holding competitions indoors, there should be a distance of 2 meters from the ropes to the objects and to the walls. Places for spectators are set up 3 meters from the ring. The lighting level of the ring should not be less than 1000 lux. And it should be only from above. Lighting from the sides is prohibited. Ring equipment includes: two small trays or boxes for crushed rosin, two seats for seconds, two swivel seats for boxers, two bowls and two containers for water, two bowls with sawdust and two buckets with clean cold water. Tables and chairs for the referee and jury are placed in front of the ring. The timekeeper must have a 1-2 second timer, a gong or a bell with a hammer. In addition, the following items must be present: a set of referee records, a microphone, a first aid kit, stretchers (under the stand), the required number of telephones, and one of these for the head doctor of the competitions.



In conclusion, boxing training is mainly held in specially equipped sports facilities (gyms) in open areas. During training, special attention is paid to increasing the level of physical fitness of employees, developing practical movement skills and academic knowledge.

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