

ESTIMATION OF A STATE OF HEALTH OF THE STUDENT'S YOUTH, TRAINED IN HIGH SCHOOLS

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ABSTRACT

The study analyzes the throw technique morphological and biomechanics in the modern national wrestling. Throwing actions are performed in various types of wrestling including «Milliy Kurash». 5 phases of throws are considered of the technique of the reception with an analysis of the participation of anatomical structures and the influence of biomechanical factors. Research results will help to improve the technique of throwing actions.

Keywords: Technics, development, activity, results, the sportsman, a throw, reception.