

IMPROVING SPEED TRAINING OF JUDOISTS WITH THE HELP OF CIRCULAR TRAINING METHOD

Tangriev A.J
USUPhCS

ABSTRACT

The article describes special exercises that are involved in technical exercises to perform exercises in a circular manner. A new program of complex exercises has been created that adapts judokas to the conditions of the competition.

Keywords: Speed training, qualified judoist, circular training, technical and tactical skills, wrestling, competitive activity, dismember, sustainable progress, simulate, restoration, flexion, extension, experiment, indicators, squats, throws.