

## TESTING TECHNOLOGY OF INCREASING VESTIBULOSOMATIC STABILITY IN STUDENTS

**Artikov Zokhid Sobirjonovich**

Dean of the Faculty of Martial Arts. The Uzbek State University on physical training and sports  
Chirchik. Street Sports, 19

### ABSTRACT

In article the analysis of results of research of level of display vestibulosomatic stability at the sportsmen who are engaged in national struggle kurash is made. It is established, that right side wrestlers at rotary movements of a head and a body to the right preservation of balance of a body is more considerable, than at their rotation to the right. And at left side wrestlers on the contrary. It is supposed, that steady preservation of balance of a body at rotations both to the right, and to the left can is appreciable improve technical skill.

**Keywords:** Struggle, vestibulosomatic stagnation, balance, squat, squat, circular motion.