

## **THE ROLE OF FLEXIBILITY OF THE SPINAL COLUMN ON THE BELT WRESTLERS AND ITS IMPACT TO THE EFFECTIVENESS OF THROWING**

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### **ABSTRACT**

The article has analyzed the results of a study to determine the role of flexibility of the spinal column on the belt wrestlers in the manifestation of throwing of the opponent to the right and left. It has been established that for wrestlers with a high level of development of flexibility of the spine, the time of a 5-fold throw is shorter, and the number of throws is longer. In wrestlers with a low level of development of flexibility of the spinal column - on the contrary.

**Keywords:** Belt wrestlers, flexibility, spinal column, throwing to the right, throwing to the left, time of throws, number of throws, weight category.