

## TESTING TECHNOLOGY OF INCREASING VESTIBULOSOMATIC STABILITY IN STUDENTS

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### 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 be appreciably improve technical skill.

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

### INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Relevance of the study. Although the fate of the competition in wrestling competitions is relatively short-lived in terms of priorities, the wrestler will need to master the effective vestibulosomatic loads. In other words, the wrestler has to turn in different directions while holding his opponent's sleeves and collars during the competition, lift the opponent and turn to the right or left, and often even perform the elements of rotation many times. In such a situation and circumstances, both he and his opponent are subjected to severe loads related to rotation. In which of them to the right and to the left If the ability to rotate "without load and with load" is highly developed, it will be able to effectively carry out both attack and defense. The results of some research in other sports confirm this opinion (Isroilov Sh.Kh., Pulatov F.A., 2014; Kazilov MM, 1970; Pulatov A.A., 2017).

The purpose of the study. The purpose of this study was to study the ability of students struggling to maintain balance under the influence of rotational movements using specially designed functional tests.

The results of the research and discussion. Experiments have shown that a wrestler has to turn in different directions, lift the opponent to the right or left, and often perform the elements of rotation many times during the competition, holding his opponent's sleeves and collars. This function was performed on the basis of the following functional tests:

1. In a circular line with a diameter of 1 m, the maximum number of turns to the right while standing in a wrestler's position: the number and time of turns are determined.
2. This test is applied only on the basis of left turn.
3. Standing with the legs together, closing the eyes and turning the head to the right: time is determined.
4. The same test is applied only on the basis of turning the head to the left.

It is noteworthy that the ability to maintain balance under the influence of vestibulosomatic movements or, in other words, rapid rotational movement of the body and head, which is crucial in most situations in wrestling, is also very poorly formed in wrestlers. In particular, both the

equilibrium time and the number of balances under the influence of turning the body to the right and left around its axis within a circular line with a diameter of 1 m were recorded with very low values (table).

Table: The degree of formation of vestibulosomatic indicators in right side and left side wrestlers

Functional tests	Right side	Left side
Tests for vestibulosomatic: 1 test – Rotate at an average speed to the right while standing in a wrestler position within a circle line of diameter 1 metr - number (times) - time (sec.)	3,90±0,08 5,42±0,12	4,71±0,13 7,63±0,24
2 test – this test is performed only by turning to the left: - number (times) - time (sec.)	3,72±0,09 5,64±0,14	3,43±0,07 4,95±0,11
3 test - tight fit of the legs in an upright position, balance by closing the eyes and turning the head to the right (sec.)	4,58±0,63	6,74±0,87
4 test - this test is performed only by turning the head to the left (sec.)	6,54±0,94	5,14±0,72

It is well known that people (including wrestlers) by nature easily turn and turn to the left, turning to the right is very inconvenient for them. The claps are the opposite. In the same wrestlers who participated in our study, the number of right-turn turns within the circle was expressed as an average of  $3.90 \pm 0.08$  times, while the time to demonstrate this figure was  $5.42 \pm 0.12$  sec. formed. In left-handed wrestlers, these values were  $4.71 \pm 0.13$  times and  $7.63 \pm 0.24$  seconds, respectively. represented by. It can be seen that the rotation time ranged from 4.95 sec to 7.63 sec in both tests in both oncology and left-handed wrestlers, while the number of revolutions was only 3.43 to 4.71 times. This means that not all wrestlers, whether right or left, could turn to either the right or the left even once every second.

According to the 3rd test - "Keeping the balance by standing with the legs tightly closed, eyes closed and turning the head to the right in an upright position" was  $4.58 \pm 0.63$  sec in oncologists and  $6.74 \pm 0.87$  sec in left-handed wrestlers. did. When performing this test (test 4) with the head turned to the left, the balance time was  $6.54 \pm 0.94$  sec in single-handed wrestlers, compared to  $5.14 \pm 0.72$  sec in left-handed wrestlers.

Thus, both test results 1 and 2 and test results 3 and 4 confirm that it is convenient and easy for left-handed wrestlers to turn their body and head to the left, while for left-handed wrestlers, they turn their body to the wrong side (right-handed, left-handed). and as long as they are unable to maintain their balance well under the influence of dizziness.

## CONCLUSION

The analysis of the above-mentioned results showed that the ability to maintain static balance in wrestlers under the influence of dynamic movements of rotation to the right and left indicates that the ability to maintain body balance is very poorly developed. The most important thing is

that for these wrestlers, turning the body and head in an awkward direction, both in the normal position and in the wrestler's position, leads to a rapid loss of static balance.

It is likely that regular shaping of the head and body rotation function with special exercises will increase the functionality of the central-vestibular analyzer that controls the balance process, as well as allowing wrestlers to perform attack techniques with the same skill on both the right and left sides.

## REFERENCES

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