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FEATURES OF DEVELOPMENT OF ACTIVE AND PASSIVE FLEXIBILITY IN YOUNG TURON FIGHTERS

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Annotation: The article discusses the research process of young turon fighters who were tested using a goniometer: active flexibility was determined (forced holding of the leg in front of you, sideways and back with the establishment of angles of flexion, abduction and extension of the hip in the hip joint); passive flexibility was determined (measurement of the angle between the thighs in the “twine” position - transverse and longitudinal).

Key words: turon, technique, active flexibility, passive flexibility, martial arts.

Introduction

The relevance of studying the features of the development of active and passive flexibility in young turon fighters is due to the fact that in the modern rules of turon competitions, three points are awarded to an athlete for hitting an opponent's head, and four points for hitting an opponent's head from a turn, which naturally dictates special requirements for the technical skill of the turonian fighters, and, consequently, the flexibility of the musculoskeletal system [1]. In addition to the fact that flexibility allows you to expand the range of affected areas of the opponent's body, it is an indispensable condition for the implementation of many technical actions and a means of preventing injuries [2, 3]. The presence of significant mobility in the joints makes it possible to expand the technical and tactical arsenal, as well as the defensive and counterattacking capabilities of the turon fighters.

To date, the issues of the relationship between the flexibility of the main joints and the special physical training of young turonian fighters have not been sufficiently studied. Although the role of flexibility in martial arts was previously studied by a number of authors [4, 5, 6], however, as a rule, these studies were carried out mainly on highly qualified, adult martial arts athletes [7].

In recent years, a noticeable increase in the intensification of the actions of athletes in a duel has been observed in Turon [8, 9]. It manifests itself in an increase in the intensity of the fight in sparring, in the reduction to a minimum of passive phases in



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the actions of each turon fighter. The number of hits to the head increases to the maximum. This trend is due to the very specifics of the turonian, which every day makes ever higher demands on the technical and tactical readiness of the turonian fighters, and, consequently, on the state of their musculoskeletal system [10, 11]. In order to successfully implement your technical and tactical skills in extreme conditions of sports competitions and training camps, it is necessary to develop excellent flexibility.

In martial arts, turon flexibility allows you to develop greater strength and speed of the actions performed, as well as expand the range of affected areas of the enemy's body. The presence of significant mobility in the joints is an indispensable condition for the performance of many technical actions, one of the best conditions for injury prevention, which allows expanding the tactical arsenal, the athlete's defensive and counterattacking capabilities, and maintaining and strengthening health [12, 13].

The development and improvement of flexibility is subject to certain patterns [14]. The optimal effect for the development of flexibility is provided by dynamic and static stretching exercises. Active flexibility develops with active and static stretching. And for the development of passive flexibility, isometric stretching and various techniques for its implementation are considered the most effective [15, 16]. There are two main methods of flexibility training - the method of multiple stretching and the method of static stretching [17]. The method of multiple stretching is based on the property of the muscles to stretch much more with repeated repetitions of the exercise with a gradual increase in the range of motion. The method of static stretching is based on the dependence of the amount of stretching on its duration [18, 19].

Mobility in the joints develops unevenly in different age periods. In children of primary and secondary school age, active mobility in the joints increases, but later it decreases [20]. The amount of passive mobility in the joints also decreases with age. Moreover, the older the age, the smaller the difference between active and passive mobility in the joints. This is due to the gradual deterioration of the elasticity of the musculoskeletal apparatus, intervertebral discs and other morphological changes.

Based on the doctrine of sensitive periods in the natural development of physical qualities, it is advisable to actively develop flexibility from 7-8 to 14-15 years. At this age, it develops 2-2.5 times more efficiently with the help of physical exercises than at a later age. In the hip joints, the increase in mobility is greatest from 7 to 10



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years, in subsequent years, the increase in flexibility slows down and by the age of 13-14 it approaches the indicators of adults.

The flexibility of a turon fighter is seen as the ability to perform kicks with a large range of motion. The most important is good mobility in the hip and ankle joints, which contributes to the correct execution of technical actions. Special exercises for the development of flexibility are necessarily included in the preparatory part of any Turon martial arts lesson, in morning exercises and other classes of turon fighters. Classes for the development of flexibility in young turon fighters were used at each training session 5 times a week for 6 months.

Martial art turon as a sport makes exceptionally high demands on the athlete's musculoskeletal system. In order to successfully implement your technical and tactical skills in extreme conditions of sports competitions and training camps, it is necessary to develop excellent flexibility.

The aim of the study was a theoretical substantiation and experimental verification of the effectiveness of the methodology for developing flexibility in young turon fighters aged 10-12 years.

To achieve the goal of the study, the author compiled a diagnostic program for studying the indicators of flexibility in young athletes 10-12 years old, engaged in martial arts turon, with the help of which the author experimentally tested the effectiveness of the developed methodology for developing flexibility in young turon fighters.

The control group trained according to the traditional training program proposed for the turon martial arts sports school.

In the experimental group, the author additionally used methods of developing flexibility: ballistic stretching, dynamic stretching, active stretching, passive stretching, multiple stretching method, static stretching method, springy movements, swings with subsequent leg retention, which were used during and after classes for 30 minutes for 9 months.

To solve the tasks, the following research methods were used:

- 1) analysis and generalization of scientific and methodological literature and regulatory documents;
- 2) pedagogical observations;
- 3) pedagogical testing using goniometry;
- 4) method of expert assessments;
- 5) pedagogical experiment.



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Conclusions

All indexes of flexibility of the spine and girdle of the lower extremities in all tests of active and passive flexibility in the experimental group at the end of the study turned out to be significantly higher than in the control group of young turonian fighters, which indicates the effectiveness of the methodology developed by us for developing flexibility in young turonian fighters 10-12 years old.

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