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PSYCHOLOGICAL CHARACTERISTICS OF FEELINGS DISTANCE IN BOXERS

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Abstract: In this article, the author tried to shed light on the psychological features of feeling the gap in boxers through a new methodology. The author tried to explain the elements of feeling of distance in boxers using a device that allows measuring nine types of distance in boxers.

Key words: boxer, interval, distance, competition, psychological characteristics, device, result, technique, tactics, skill.

Introduction. In modern boxing sports, it is possible to achieve great results using new technologies and in the short term in the development of an athlete's sense of range. Because a boxer who feels the interval in the sport of boxing will also have a higher chance of winning. Correctly evaluates its capabilities, attacks when a situation of attack occurs, and immediately switches to defense. This means that the creation of modern technologies that measure and develop the perception of the range of boxers is considered one of the current pressing problems.

Considering the psychophysiological mechanisms of feeling distance, it can be noted that it is formed under the influence of specialized conditions of boxing activity: it is necessary to perceive the distance to the partner, as well as Hiss accuracy, speed, own movements, amplitude of partner movements. On this basis, a complex perception is formed, which allows you to assess the distance to the partner for the implementation of combat techniques. Given the above, the sense of distance can be characterized as a special perception that allows boxers to calculate the distance to a partner to perform fighting techniques. Yu. B.Nikiforov

The individual style of movement activity covers a wide range of interrelationships with elite sports. Today, in the face of the theory of elite sports results, theoretical and empirical materials collected from sports physiology, sports psychology and other disciplines allow us to generalize the problem and complement the complex multi-level structure of the individual style. The identification of new additional factors, especially in combat sports, is determined by the directions of scientific research. Taymazov, V. A., Bakulev, S. E., Fyodorov, V. V.

A big problem for many boxers is the feeling of distance and the time it takes to avoid a hit or a return shot. Why don't most boxers have the right sense of distance? Because intuition and perception do not work well. Instead of feeling, the boxer involves a count, which is never consistent with the action. Therefore, in boxers it is necessary to form a" sense of distance", and not a" distance calculation". Computing is the logic

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that serves the interests of the mind, and feeling is the intuition that serves the interests of the mind (whole and private at the same time). D. Yu.Ekomasova.

Perception spatial-time in sports, without which movement analysis cannot be imagined, and specialized musculoskeletal sensations are especially important. This is distance, time, orientation in the ring, body position, freedom of movement, feeling of influence, attention, combat thinking, reaction speed. They must be intertwined and affect each other.

The sense of distance is the boxer's ability to find the distance to the opponent in high accuracy. In boxing, the feeling of distance is manifested in two manifestations - in attack and defense. Thus, a boxer with a fighting style is characterized by a sense of distance associated with defensive movements. At different distances, this feeling is not the same for boxers. In middle-and close-range combat, muscle-motion sensations are of primary importance for assessing distance to an opponent. At long distances, this feeling depends on the degree of development of visual perception and reaction speed.

Boxers should know that a good sense of distance allows them to defend and attack more successfully. The best way to develop a sense of distance is to work with a couple. In conditional fights, the trainer must give the opponent assignments that require correct distance determination, which will help the boxers react consciously and actively to work on developing a sense of distance. When a boxer fights with his partner, he must constantly train himself to observe the slightest changes in the distance between him and the opponent and accurately record the time when the distance is suitable for the attack. Choosing the moment of attack requires the opponent to feel the distance associated with the sense of time. The feeling of time is determined by the peculiarities of the course of physiological and psychological processes in the body. The balance of excitation and braking processes creates the necessary conditions for preventing timely movement.

Yaroshenko D.V. in karate, kumite considers the importance of keeping the sense of distance in mind and its formation in young karate players at the stage of specialization in sports. Special exercises are offered to develop a sense of distance. This exercise has been cited as being effective in developing the sense of distance in the preparatory stage of the sports specialty.

The purpose of the study: to study and experimentally substantiate the psychological peculiarities of the perception of the oral in boxers.

The object of the study: Athletes of different categories engaged in the sport of boxing.

Materials and methods. Scientific methodological literature was used in the analysis, confirmation experiment, observation, correspondence, instrumental style and mathematical statistical methods.

The scientific novelty of the study: to create a new device for feeling the range in boxers. To put into practice a new approach to the feeling of a special specialized perception i.e. range in all-round boxers.

The importance of research in practice: it becomes easier to acquire technical and tactical skills and skills if we develop a sense of range in boxers from a young age. The strategy of fighting will improve. At the same time, the time to achieve high sports skills is reduced.

In the study and assessment of the Republican and foreign literature on the development of the sense of range in boxers, the following were found. Scientists of our country R.Halmukhammedov, S.Tajibaev, Yu.Serebriyakov, V. In the scientific and theoretical literature and dissertations of Anoshev and others, clearly measurable methodologies on the perception of the range are not sufficiently illuminated. One of the scientists who learned to make a gap in boxing in the world was initially K.While Gradapolov gave information in his book on Boxing tactics, later yu.B.Nikiforov recommended in his 1971 literature that the range in boxers should be developed at the expense of striking from different distances in the development of hiss. The first in our republic to do scientific research work on spacing is Z.Gapparov has provided information in scientific articles and books on the development of the sense of range in swordsmen and young boxers.

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In young boxers, methodologies have been used in various ways to make a device and test it to develop a sense of orality. But the creation of instrumental methodologies that accurately measure the intermediate distance has become one of the pressing problems of today. To this end, professor Z.Under Gapparov, it was for boxers that a trainer was developed that accurately measured the "intermediate" intermediate distance.

Results. The structure of the created device**.**

According to the analysis of the literature studied, we can see that boxers do not have special devices or simulators on the range. For this purpose, Z.G.Based on the ideas of Gapparov, a special device was created for measuring and developing intermediate distances. It was named "intermediate". See Figure 1.

Figure 1. The structure of the device for the development of the sense of range in boxers. (Range).

The image above shows the (intermediate) device and the process of its use. It consists of the following parts. 1-the bottom, which is mounted on the hinges. Column 2, mounted on the base of the device, is bricked in centimeters to column 3 with a height of 1.85 cm. The length of the measurement is up to 20 cmantimeters. The scale moves up and down the column. The range is moved up or down towards the boxer's height while being measured. The device is able to move to different sides, like an athlete.

The results of the study were carried out by students of the Uzbekistan State physical Tarbiya and sports university. The study attracted a total of 300 athletes from international categories of masters of sports, masters of sports, candidates for Master of sports, as well as various razryad. Thus, a boxer with a counter-attack style is characterized by a sense of distance associated with defensive movements.

Table 1.

Indivdual results conducted on the development of the sense of range in boxers.

	Internship	15	10	8	7	6	4
	qualifiers	Master of sports in international category	Master of sports	Candidate for Master of sports	I	II	III

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	Examinees	6	15	24	73	91	100
	Rival						
1	When it goes away	1.5	2.5	3.7	5.7	8.8	15.1
2	When approaching	1.6	2.16	4.6	7.6	12.2	17.6
3	When it becomes right	0.5	2.5	3.3	8.3	15.1	18.4
4	When turning left	0.33	2.33	4.8	9.8	10.5	19.1
	Me						
1	When I got close	0.71	1.66	3.9	6.9	16.9	24.7
2	When I moved away	1.7	2.5	5.6	8.6	18.6	26.4
3	When I turned right	1.0	2.5	4.3	10.3	14.7	24.3
4	When I turn left	1.4	3	5.2	14.2	15.8	23.2
5	Take a step	1.2	2	3.5	13.5	18.6	25.4

As can be seen from the table, it can be seen from the above indicators that boxers have ways and measurement options to feel the range of nine types. Looking closely at the numbers, we can see that the master of sports in the international category has had the following indicators during his 15 years of experience. At first we can see that at four different intermediate distances in the process in which the opponent is moving, 1.5 centimeters when the opponent moves away, 1.6 centimeters when the opponent approaches, 0.5 centimeters when the opponent moves in a right circle, 0.33 centimeters when the opponent moves in a left circle did not reach the specified part. In the process of the second study, however, the following indicators were obtained at intermediate distances of five types when acting on their own in relation to the opponent. We can see that there is an error of 0.71 centimeters when I approach the opponent, 1.7 centimeters when I move away from the opponent, 1.0 centimeters when I turn to the right in relation to the opponent, 1.4 centimeters when I turn to the left in relation to the opponent, 1.2 centimeters when I step on the opponent. In general, we can see that masters of sports of the international category on average have the greatest error of 1.7 centimeters.

Discussion. In sports masters, however, we can see that the above indicators did not reach the specified section of 2.5 centimeters when the opponent moved away, 2.16 centimeters when the opponent approached, 2.5 centimeters when the opponent moved in a circle to the right, and 2.33 centimeters when the opponent moved in a circle to the left. In the process of the second study, however, the following indicators were obtained at intermediate distances of five types when acting on their own in relation to the opponent. We can see that there is an error of 1.66 centimeters when I approach the opponent, 2.5 centimeters when I move away from the opponent, 2.5 centimeters when I turn to the right in relation to the opponent, 3 centimeters when I turn to the left in relation to the opponent, 2 centimeters when I step on the opponent. In general, we can see that the fact that sports masters make different intermediate distances hiss is up to a maximum of 3 centimeters. It was observed that when taken at the expense of boxing gloves,they move with an accuracy of up to 0-0.5 centimeters. This can be clearly seen from the picture below.

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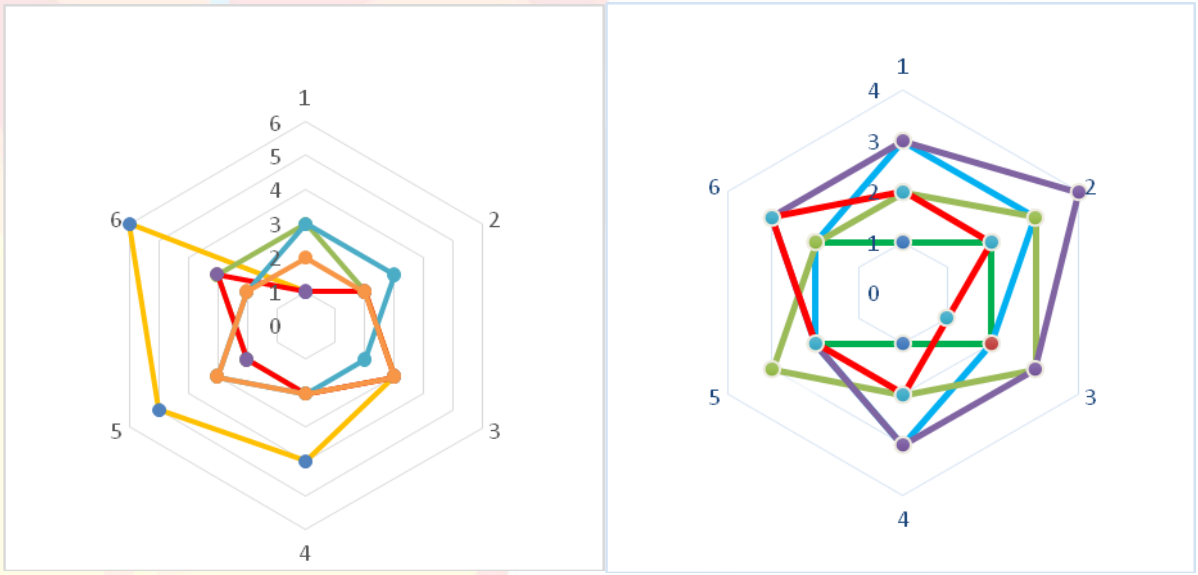

Figure 2. Results of feeling the interval in the boxer obtained in different cases

From Figure 1, it can be seen that in the graphic representation of the indicators taken by the boxers in the "intermediate" device, the mistakes of the boxers are depicted in the form of a curve.

In the image above, the indicators of 9 different types of punches of one boxer are expressed. We can see that at the moment when the opponent is moving, 4 types of strokes are obtained, as well as 5 types of stroke indicators in his actions in relation to the opponent. The picture shows the results of the 9 types of shots of the master of sports, in which we can clearly see from the picture above that curves close to 0 indicate that the most optimal and accurate shots are scored from a more ambiguous shot away from 0. Khuddu such indicators were obtained in all categories of boxers. Their overall average comparative performance is expressed in Figure 2 below.

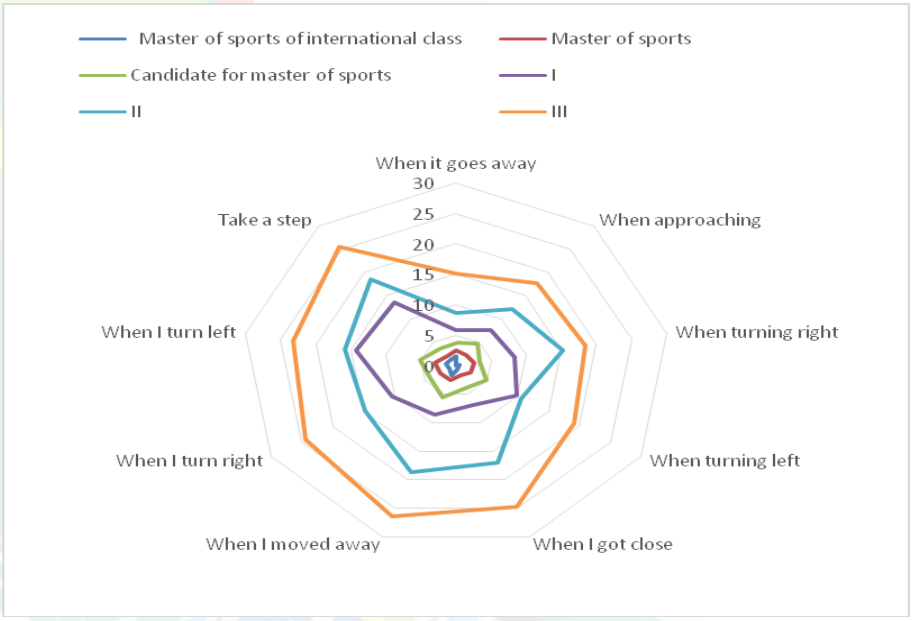

Figure 3. Performance of the interval in boxers with different sports qualifications

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From this picture we can see that in 300 boxers with six types of sports qualifications, that is, if the mistakes made in relation to the movement of the opponent are considered with attention, then the errors in sports collisions also decrease. In sports masters of the international category, up to 1.7 centimeters, the mistakes of sports masters are up to 3 centimeters, in candidates for sports masters up to 5.6 centimeters, 1-razors 14.2 CM.up to, we can see that there are maximum errors of 2-razors up to 18.6 centimeters, and 3-razors up to 26.4 centimeters. So in 1-15 years, there were cases when professional activity decreased or increased in age due to the development of a sense of range.

Conclusion

1. From the literature studied, it turned out that in boxing sports, there are no specific tools and techniques for the development and measurement of interval hiss, as well as training for special development is not provided. It became known in the results of the taxing, in which the boxers were carried out that the feeling of the interval in the process of conducting a fight is growing emperically.

2. In order to further improve the sports skills of boxers in our republic, it is necessary to find a sense of their individual intermediate distances from the very first period of their activity and to fight in this felt range, as the time to achieve high sports skills is reduced if skills and qualifications are formed.

3. The advantage of the style is that the device "measures the length of the intermediate distance and provides an opportunity for sharp development, its co-existence, high results with little effort and time, does not get injured, has the opportunity to use it in different places, is comfortable, the athlete has the opportunity to independently develop these specialized perceptions in himself, does not.

4. The experiment carried out confirmed that XTSU, Su and Suni were proven in the obtained indicators that more accurately measure an intermediate distance of 2-3 times compared to athletes with a 1-2 - 3-discharge.

5. The special requirements for the newly created methods in experiments are: high differentiating (differentiating) strength, prognostic value, scientific justification, objectivity, reliability and stability of the result, uniqueness and stratification, the adequacy (similarity) of quality in order to further increase, it is desirable to create a sensor option in the future.

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