

Wrestling Problems and Methods of its Solution

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Abstract:

The development of wrestling and its popularization among young people is an important aspect among a huge number of martial arts, because wrestling includes many types and subspecies of standard, one might say classic, which lay the proper foundation for a person so that he can further develop and expand his range of techniques and in other areas of fighting sports. Therefore, it is very important to know the problems in this area in order to know what you may encounter in the future and to know the solutions to some of these problems, because it is very important to be aware in order to further develop in this area.

Keywords: wrestling, sport, athlete, fighter, competition, type, competition, injury, morality, problems.

Relevance. Wrestling is one of the most popular disciplines in the field of martial arts due to the huge variety of types, each of which has its own history and its own special styles, thereby offering different people a new experience. But, like any other sport, wrestling also has its problems, which are worth highlighting and suggesting methods for solving the problem. 1. Injuries. Wrestling has its own characteristics. This sport is a contact sport. In addition, fighting often involves clashes. It is precisely because of constant interaction with an opponent that the risk of injury increases. They are divided into light and heavy, depending on their nature and degree of damage. According to the nature of the injuries, they are classified into fractures, dislocations, sprains, bruises, etc. The area of damage (most often the lower or upper extremities) and their frequency also matter. And according to severity, injuries are divided into mild, moderate and severe.

According to experts, most sports injuries are average - 61.5%. Next in frequency of occurrence are mild - 30.5%, and then heavy - 8.0%. These ratios confirm the nature of the damage: abrasions and abrasions - 40%, bruises - 1.5% and ruptures - 11.5%; wounds - 7.5% and peripheral nerve injuries - 2.5%. Unfortunately, injuries are encountered at almost every stage of competition. And many types of injuries that lead to nosebleeds, soft tissue bruises and abrasions on the body.

Solution: Lack of flexibility, muscle mass, and lack of cardiovascular fitness are factors that increase the possibility of injury. An adequate level of flexibility is of great importance, since a high range of motion in the joints reduces the risk of muscle and ligament damage. Developing elasticity is a fairly lengthy process; it is recommended to use a method of constant stretching, in which the wrestler stretches the joint, holding the stretching position for 10-20 seconds. This process is repeated several times. Ballistic stretching, that is, exercises involving uncontrolled movements, should be avoided; such controls are mainly suitable for people with experience, since this carries a risk of injury. Fighters should pay special attention to the shoulder girdle, groin area, thigh muscles, lower leg and lumbar region, that is, those parts of the body that are most often tense.

Obviously, the result of wrestling in wrestlers is a loss of energy, so monitoring your own body weight is very important. After all, maintaining the concentration of fat in the body within 5-7% guarantees an exemplary level of physical activity. Therefore, it is important to analyze the ratio of physical energy losses and food consumed in order to train productively in the future and get much more results, and not have the need to correct body shape immediately before the competition. In addition, it is worth noting that it is necessary to constantly monitor injuries right before a competition or training. Also, do not forget about equipment that helps protect the athlete from injury. To protect the cartilage of the auricle from injury, it is recommended to use special ear protection, which should not have any metal base. In addition, the use of headphones has recently been approved for competition at any level. And the use of knee pads can help prevent knee injuries. Knee pads should also not contain metal parts. And in conclusion, it is worth highlighting one important idea, namely that injuries are a problem not only in wrestling, but in sports in general.

Therefore, it is necessary to improve the sports process as part of the prevention of sports injuries in conditions of increasing fatigue, as this interferes with achieving high sports results. Research shows that the higher the skill of an athlete, the less often injuries occur. 2. Moral. The emotional state, motivation and personal qualities can be largely determined during participation in wrestling. After all, when a wrestler puts all his effort into studying the art of wrestling, it motivates him to improve himself. And at the time of preparation and participation in competitions, the behavior of an athlete is very strongly connected with his personal qualities and how he sees a certain sports situation, affecting the intensity of the wrestler, what goals he sets to achieve a certain level of sports wrestling that satisfy his moral principles. This influence is especially pronounced during school years, when the child is faced with some of the first obstacles in his life, to overcome which rigidity and motivation are formed that will help not only in sports wrestling, but also in his life path. And in general, the growing popularity of sports wrestling can be justified not only by its entertainment, but also by the high emotional intensity of sports battles and the multifaceted effect on motor, mental, volitional qualities and, as a result, the development of personality. In addition, the historical, humanitarian and natural origins of wrestling should also be considered.

Solution: Physical achievements in wrestling are largely tied to harmony with the inner world of the wrestler. Therefore, it is important, along with physical development, to create conditions for the education of the individual, based on his uniqueness and individuality. Thus, with the help of martial arts, we have the opportunity to instill in the growing generation: tolerance and necessity. And regular physical exercise leads to future work and social activities. It is worth noting that many sports clubs and sections are already working on the psychological health of wrestlers. After all, this approach stabilizes the athlete's condition, thereby increasing his chances of winning competitions. Wrestling has a lot to do with spirituality, religion and philosophy. Practical exercises strengthen the body and spirit, develop fortitude, patience and self-control. That is, increasing the number of exercises aimed at strengthening morale is also important.

Coaches can also form a certain professional personality in the minds of novice athletes through his achievements in the field of wrestling in order to motivate him to continue wrestling, regardless of the failures facing the wrestler. 3. Doping. A huge problem of our time is increasingly growing - the

use of drugs to gain an advantage in wrestling matches, doping. Doping most often has a very negative effect on the body and causes a lot of complications, sometimes even leading to death. Therefore, many states are concerned about protecting their athletes from such cases and in recent years have developed enhanced controls and methods of punishment for the use of drugs. And the fight against doping will be introduced to ensure the integrity of sports competitions and to preserve the health of athletes. Doping itself gained popularity mainly in the post-war period, but it was mentioned back in Ancient Greece, then athletes used everything that supposedly could help in competitions, which was either wine, sesame seeds and even garlic. But with the discovery of the "beneficial" properties of amphetamines in 1929, their stimulant effects were used by many athletes in major tournaments, including the Olympics, ultimately resulting in fatalities or even death for some. For example, Danish cycling participant Knut Jensen died in 1960, and Briton Tommy Simpson died in 1967. And in subsequent years, due to the huge number of such incidents, committees began to be formed to control the use of doping. In 1999, the World Anti-Doping Agency was formed, where the Anti-Doping Code writes the rules for the suppression of doping, and each year WADA issues a list of prohibited substances and testing standards, and an international standard for issuing therapeutic exemptions. Russia also has the Association of the Russian Anti-Doping Agency "RUSADA", which was formed in 2008 to combat doping at the national level, as well as the development of All-Russian Anti-Doping

Rules. Solution: Many sources highlight several solutions to this problem, namely, the introduction of administrative liability for the use of drugs, increasing the advantage among athletes, or even criminal liability or a fine for coaches who allow their athletes to use drugs. But in any case, an athlete with a desire to achieve high results in wrestling, for example, will bypass any restrictions, because victory is more important to him. Therefore, it is important to popularize among schoolchildren and young men the idea that achieving the heights of sports in this way can lead to undesirable consequences for your health, including death or a shortening of your life. It is also possible to create government control institutions that will come to check sports sections and conduct lectures in schools and institutes about the dangers of doping and its consequences.

Conclusions. Thus, wrestling is an actively developing sport. It affects various areas of a person's life and contributes to the development of many skills and abilities. However, wrestling also has a number of specific problems. Currently, the issue of moral education of wrestlers is acute. This serves as a reason for more careful attention to the psychological preparation of athletes. Currently, in sports sections, in addition to physical training, the development of good morals also plays an important role. From childhood, athletes develop certain principles and worldviews. In addition, the problem of injuries plagues any sport. Turning directly to wrestling, we can confidently talk about the spread of injury prevention. For this purpose, wrestlers wear special equipment that protects those parts of the body that are most often damaged. It is also worth noting that proper physical training of a fighter also affects the risks of health problems.

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