

INTEGRATED ATHLETE PREPARATION IN KURASH: A MULTIDIMENSIONAL TRAINING FRAMEWORK

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Annotation. The aim of this paper is to discuss preparing types of the kurash athletes. There are some types of preparing are analyzed with the context of the authors' practical experience. Authors consider that all types of the preparation has a great importance in training process.

Key words: Kurash, training, preparing, significance, athletes, special qualities technical and tactical training.

1. Physical preparation

Physical preparation of athletes is a major base in shaping skills, vital qualities and forming experience that are essential to defend the country.

General and special physical training and preparation in accordance with goals together with individual abilities and their technical-tactical training of athletes supply sportsmen with high qualities.

In a sport theory and practice, in all types of sport, physical preparation of athletes contains two, general and special parts. General preparation serves to improve all skills of the athletes. Moreover, technical and tactical training is a vital means in preparing specially the system of athletes' organism.

It is important to consider the following rules for athletes in general physical training.

1. Exercises should be close to the nerve system and all working conditions in organism of fighters. Exercises should help to develop special qualities, for example, the elements of martial arts, some acrobatic exercises, exercises that are done with pairs and others.

2. Exercises should be completed with different actions that are changeable in the process of athletes and coordinates of actions. For example, sport games, gymnastic exercises and others.

3. Exercises should serve to recover fast the process of central nervous system and actions of sportsmen. These are included with walks, active games, swimming and other games.

Special bases of physical preparation have to be different in two group exercises:

a) Exercises that are directed to improve necessary qualities in kurash and certain group of muscles.

b) Exercises that are directed to develop kurash technique groups and elements of technical actions. It is important to combine elements of technical actions in kurash with high special qualities that are necessary in competitions.

As we pointed special physical training and preparedness of the kurash athletes plays crucial role in a matches. The following rules have to implement in special physical preparation of fighters:

- according to the structure and character of the action, choosing the exercises that are connected with making efforts directly. For example, moving particularly, imitation exercises in terms of lifting and turning round, turning round and turning;

- using exercises that are directed to develop some muscle groups serve to do major actions in combat situation. Some exercises that are necessary to develop the muscles of special types of muscle groups.

Selecting physical exercises in such ways enhances the collection of effective actions and improves technical sides of athletes. Diverse exercises are offered for general and special physical training of kurash athletes below. In our opinion, the following exercises are more irrefutable and acceptable to identifying the training load. Coaches and specialists should focus following pointers.

1. The age, physical development and functional condition of athletes before the training, training experience.

2. Weekly and daily training size or volume.

3. The amount of working conditions, training intensity, physic efforts and emotional actions.

It is obvious from the practical experience that many high skilled athletes use directly general and special physical preparation basis during the preparation period, in competitions, they reduce them till the minimum or do not use general preparation. Definitely, this is a rude mistake. Because, mutual connection between the collection of qualities is broken and their opportunities are shortened, this might cause to lose of sporting results.

Utilizing the basis of physical preparation during the year and in competitions, uniting these technical-tactical preparation with other types lead to increase skill of sport and gaining higher achievements.

Right planning of annual plan of the training injuries that are got in physical and technical-tactical preparation and controlling the amount and intensity of them are extremely important. There might be several versions of planning the injuries and efforts of training.

The quality of athletes' action who trained with kurash should include strength, speed, flexibility, endurance and elasticity tasks, and they assist kurash athletes to reach high success in competitions. Because, these skills can not separated from trying to get goals, enterprising, tolerance, boldness behaving in any situation, hardworking and being able to think independently. However, working hard and overcoming obstacles depend on achieving the goals.

It can be said relying on the theory of sport training and methodological knowledge that physical training is always divided into two parts, including general and special preparation. In particular, kurash also, obey this structure in its preparation period.

As general physical preparation basis for athletes, running for long distance, swimming, walking might be used. As special preparation basis for athletes, a collocation of exercises that are directed to increase the chances of fighters in contests, to develop special muscle groups and improve the most necessary qualities is utilized.

The attributes of special and general physical preparation changes in the qualities and personal characters of athletes, respectively. Together with being a great importance, physical preparation needs to develop other types of preparation. In particular, technical and tactical training is crucial in this condition.

Table-1. The indicators of General and Special Physical preparation in annual plan of kurash athletes

Age Categories	Percentages of General and Special Physical Preparation (%)	
	GPP (%) ¹⁷	SPP (%) ¹⁸
8 – 10	80	20
10 – 12	80	20
12 – 14	60	40
14 – 16	60	40
16 – 18	50	50
18 – 20	50	50
Over 20 age old	40	60

As it is mentioned in the table-1 above that the attributes of physical preparation changes rapidly in training process. This will be base for the process of training to modify regularly and improve gradually.

It is advisable that the essence of general and special physical training should be suitable for the classification of diverse sports with the following order (table-2).

Table-2. Different exercises for General and Special Physical Preparation in different ages of kurash athletes

10-12 age athletes	
Preparation	Exercises character
GPP	Action games, running, walking, tourism

SPP	Special physical exercises (for short time), dynamic exercises
12-14 age athletes	
GPP	Action games, running, swimming (one time in a week)
SPP	Special physical exercises (more long time), dynamic static exercises, special competitive exercises (sometimes)
14-16 age athletes	
GPP	Sport games, running (two times in a week), swimming, fitness training for developing muscles (one or two times in a week)
SPP	Special exercises (mainly long time), dynamic and static exercises, competitive exercises, additional exercises
16-18 age athletes	
GPP	Sport games, running (two times in a week), swimming, fitness exercises for developing muscles (two times in a week)
SPP	Special exercises, mainly static exercises, special-competitive exercises, organizing competitive model in training and monitoring them, controlling and measuring
Over 18 age old athletes	
GPP	Sport games, running (two times in a week), swimming, fitness exercises for developing muscles (two times in a week)
SPP	Special exercises (full static character), special competitive exercises

General and special Physical preparation is usually interconnected in every physical training of fighters. This is not possible to put clear limitations between them. They should be appropriated according to their meaning.

As time passes, the attributes of SPP increases, the attributes of GPP decreases. It should not be forgotten that there will not be the lowest and the highest degree of them. For example, highly skilled athletes are less the beginning of the year than the middle of the training year.

End of this part of the article, authors consider that physical training is a major task to prepare the kurash athletes. Because, kurash is acyclic and high intensity sport which physical capacities need to develop in high degree. However, coaches should give their attention to another skill of the athletes. There we would like to show technical-tactical preparedness of the training. The technical and tactical training of the athletes and its particular features will be discussed next part of the manuscript.

2. Technical-tactical preparation

The techniques and tactics are demonstrated together in kurash. Kurash technique is methodology of doing standing, action, gripping and throwing to solve different tasks during the struggle. In this situation, fighter should pay attention to the opportunity of opponents and his/her own condition, of course. This is a main factor influencing technical-tactical training of the athletes.

Teaching different throwing techniques and tactical actions of kurash, improving them with the following principles on base of new throws and combining them with other technical actions should be explained thoroughly.

Technical preparation of the kurash is the most important side of the training. It is perfected during the training year and become individual. Therefore, it is put much emphasis on the more techniques of the sportsmen is rich, some programs and the meaning of tactical actions are understood the more tactical preparedness of the athlete is high.

Having high degree in technical preparation, that is, doing experienced actions concretely together with other developing the most important physical and special qualities depends on the basis of understanding the tactics. Thus, athletes should gain high technique and able to utilize them skillfully to win the struggle. Indeed, the technique and tactics are not only mutually connected with one another, but also, moral and tolerant preparation is close to each other.

Technical preparation of the athletes means doing throwing actions automatically. The main purpose of the technical preparation is to form sport techniques.

It is certain from practical experience that technical preparation is organized according definite requirement depending sport types. These following forms of mastering technical training are offered:

1. Mastering technique by the help of the coach.
2. Mastering technique in doing exercises wholly.
3. Mastering technique in doing exercises by dividing them.

Using modern technologies in the system of training is offering great chances. The role of technological breakthroughs is huge in forming technical training. However, the participation of sportsman should be considered into account. Therefore, the athlete is a major factor in learning technique.

The tasks of learning kurash technics and strengthening them should be done. Afterwards, the elements of learned will be experience. This process will be carried out by the help of regular and systematic training.

The coaches need rely on effective plans in the process of technical preparation. Few defect in mastering of technique may be harmful and negative. Especially, it might be common for young fighters. Clearly, incorrect learning of technique might be usual for fighters and these mistakes will be repeated in the competitions.

The other feature of organizing technical training is defining mistakes and correcting them fast.

Repeating the some mistakes owing to emotional wreck or being tired in the competing process might be observed. When coach notices his/her followers' mistakes during the competitions, they need correct and find solutions to these mistakes. Therefore, providing definition and clearness of technical actions are very important and it is widely explained in children's sport.

Special exercises that are clear from sport practice serves us to develop technical preparation. Correctly using special exercises in training process in accordance with goal offers the opportunity to learn the technique of the kurash. In order to understand a mutual dependence of kurash technique should be learned. Preparing actions are actions that provide defending actions successfully. These include prospecting, defining weak points of the opponents, maneuvering and planning actions.

Prospecting – about opponents, their body system, characters, condition and features: fighting style, active or passive, about attackingly or other. Prospecting can be done during the competitions and before the struggles.

Athletes get full information about their opponents: name, surname, nationality, experience and status. During the combats defining the athletes' favourite standing posture, what kind of throwing technique they use and the strength of them, how actions trying to get by their feet, how much they prepare, how they attack, goals, being defended defining adroitness and tolerance is extremely crucial.

Using trick – doing exercises in order to catch in different movements, creating comfortable conditions, choosing opportune moment to attack and counter attack. Trick can utilized in different situations, including deceiving actions and others. By using tricks, fighter tries to take a lead, make carpet or seldom to go from the opponent.

Some technical actions of the fighters are camouflages so as to hide real aims, lose vigilance of opponents and confuse them. In camouflaged actions, an experienced and skilled fighter show themselves freely or sluggish, attacks suddenly using all energy and skills.

Every fighter has camouflaged technical actions and competitive methods. Therefore, it is sometimes difficult to define what is the real purpose of the fighters.

Strong attacking actions, defending and standing again actions are tactical actions. Simple an attack method is very helpful in defeating opponents. An attack method includes pulling, showing the presenting the false attacks, defensive posture, sharply action and others.

A comparative attack contains in attacking – deceiving in two manners, throwing that is done together with fake actions and different manoeuvres.

Different throwing techniques and tactical actions they are actions of defending and making come back. The actions of defense hold the followings: the struggle style of the opponents, counterattacks or escaping from them.

Counter attack actions – fighting against the attacks of the opponents, taking the leads, defending in a sharp manner, and be ready for making attacks. Counter attack with its name might be concluding attack of the competition.

When it is said about tactical preparation that is necessary to interpret popular scientists' opinions. F.Kerimov (2001) gave valuable ideas about the tactical preparation. According to his opinion, the technical and tactical training are mutually done.

Tactical training – gaining tactics, necessary knowledge for deciding correctly in struggles and competitions, it forms the qualification and experience. In general, tactics is to be able to discuss and argue.

Tactic preparation is becoming a scientific issue in today's world in preparing fighters. After learning and mastering tactic methods of kurash, it is advisable to connect them mutually in accordance with the goal. The kurash athletes should understand a clear condition, time and situation, the coaches should help them, also. These indicators show high degreed conclusion of tactics.

By creating artificial competition models, making different sudden conditions appear, tactic preparation will improve. According to the some specialists' opinions (J.Toshpulatov, 2000), creating diverse complicated situations

diminishing the time of the contests and area in the process of tactic preparation are great importance. Moreover, the essence learning technical actions and doing these actions should be explained thoroughly by the coaches regularly. Fighters should have theoretical knowledge about the actions they are learning.

As it known from the practical experience of the authors, young athletes have difficulty in distributing correctly their physical and spiritual opportunities, different from high skilled athletes. As a result of this, they are not able to use their all chances. These actions are common for young athletes. Despite this, the tactics of sport is being made progress among young people.

The following are offered to put into practice general opinions about tactical training:

- teaching the essence of sport tactics and its role in tactic preparation;
- creating possible models of opponent's opportunities, mastering and assessing;
- learning the combinations, tactic methods and using them;
- forming tactic thought and thinking fast;
- being able to hear abstract conditions of competitions and forming qualification and experience of ability to decide independently.

Putting tactic preparation into practice has both theoretical and practical aspects. According to theoretical aspects, giving explanations to the sportsmen, the importance of tactics, tactic theory should be paid attention thoroughly. The basis of theoretical tactic is learning literatures connected with the field, listening the special lectures of specialists. Usually, abovementioned stages help to learn tactics perfectly and assist to create full understandings.

As it is clear that tactics has also practical sides. In this condition, learned kurash techniques and technical actions are combined and systematized. This process are checked and developed in competitions and educational meetings.

The most pleasing way of mastering in tactical practice is clear training to competitions. Training on the base of goals and plans are important in tactical preparation. Also, operating athletes with different signals by coaches during the

process of training and creating abstract conditions for fighters improve artificial preparation. Both tactic actions are substitute for one another. Theoretical knowledge is used and achievements and shortcoming are defines. In that way, future process will put on the way.

3. Psychological preparation

The story of the sport psychology began in ancient Greeks. Greek historians vividly illustrate how training methods of ancient Greek athletes owed as much to psychology as to any other science, and indeed how organized and professional that training became over time (Britton W.Brewer, 2009).

Psychological preparation is important and distinctive for all aged, gender and different qualification athletes. A main task of psychological training is to supply athletes with spiritual stability and impact positive moral and mental qualities of the athletes (Masharipov, 2010). Additionally, another crucial duty of the psychological preparation is to provide sportsmen with optimum psychological unanimity during the competitions.

As other type of preparation, there are certain methods and approaches, too. Some specialists compare psychological preparation with moral preparation. However, the aspects of psychological training are distinguishable.

In recent years, sport psychology is developing, gaining a number of successes and carrying out studies which prove the importance of psychological preparation.

Psychological preparation requires special approaching from fighters. Firstly, coaches should teach about psychological training relying on its different characters. Moreover, coaches assist fighters to be able to behave sudden condition of competitions and respond to these actions during the training.

Usually, strong hesitation, depression, changing of the psychological stability is observed on athletes in competition process. The coaches are the most effective and influencing means to implement psychological preparation. According to the impact of coaches, fighters become ready psychologically.

Basic methods and forms of implementing psychic training appear in kurash according to practical experience and observations of authors:

1. Explaining. Coach gives personal opinions and intentions about the tasks that should be done to athletes.
2. Persuading. The form is an important aspect of psychic preparation that coach is obligated to persuade the athlete and followers that they have the same or more physical, technical and tactical opportunities as opponents.
3. Directing correctly. As it is an task done by coaches that coaches should give effective and promising advise in terms of their future training plans, deeds and other process. These forms assist to shape an educational, moral and mental characters of the fighters.

In most cases, coaches have a tendency to ignore psychological training or just encourage to be active in competitions. These situations are observed mostly before the matches. Giving instructions just before the competitions is useless. Because, hesitating and psychic condition before the matches do not receive any other instructions given by their coaches. Therefore, coaches should attempt to make their followers keep calm, cope with stress and hesitation instead of giving extra tasks.

According to the advantages of sport psychology, there are three psychic conditions of athletes before the matches:

- shaking before starting (before matches);
- fearing before starting;
- fighting spirit before starting.

Previously findings show that the third psychic condition is the most promising (Masharipov, 2010). In general, psychological preparation is a great significance of training. Psychic training encourages other types of preparations. Furthermore, it is connected with other athletes' skills.

4. Moral preparation

A moral preparation is upbringing moral characters, ethics and will of athletes. It contains to form ethics and respect opponents, referees and spectators.

During the moral training, the status in community, activities out of the training and upbringing degrees of fighters are defined and learned.

A moral training has special aspects. Being ignored by coaches, fighters might be caused to face some problematic issues. Moral instructions by coaches shape the whole activities of sportsmen. This preparation is directly connected with other type of preparation.

The basic meaning of moral preparation should include the followings:

1. Recognizing oneself and trying to achieve a goal.
2. Being patriotic and recognizing national values.
3. Mutual respect, justice, hard working.
4. Strong will, believing in oneself.

Abovementioned components are connected the whole lifestyle of the athletes and they play crucial role in the moral training.

It should be noted that particularly taking the age, sex and character of the athletes into consideration is vital aspect. The age, gender and other distinguished features of athletes receive different type of preparation. For example, some moral activities are common for some fighters, at the same time they cause difficulties for another fighter.

Thus, individuality is the most important aspect of moral training. This means that the coach implement the preparation according to personal characters of fighters.

In fact, the main task of moral preparation is to form healthy condition, mutual respect among the kurash athletes and improve friendship. For this, coaches should organize some moral activities out of the training. Participating diverse performances or general spectacles, watching films and walking together with the teach is effective.

Theoretical preparation

Theoretical preparation is a type of preparation that serves to help athletes to gain special knowledge connected with the chosen sport. In this preparation, athletes acquire the knowledge of the history, the refereeing rules, technique and

tactics of chosen sports. Special time should not be separated to learn that information, because they might be studied during the competitions or training. It is prohibited to give theoretical knowledge in other types of preparation.

Rapid developments in sport and diversification in the meaning of training is causing theoretical preparation to be in need of sportsmen. The followings might be reason for this:

1. Sport is being advanced more sharply. There are no scientific, theoretical and practical aspects of it.
2. Sport training is becoming more important that encourages specialists to carry out studies.
3. Particularly, in sport especially, kurash is experiencing a number of improvements and modifications.

The following tasks are offered to be implemented in the process of theoretical training in kurash:

- acquiring the knowledge of kurash history;
- learning refereeing rules of kurash;
- studying theoretical and practical knowledge of kurash technique and tactics;
- studying kurash ethics, mutual attitudes and the behavior of kurash;
- controlling the behaviors of competitions, controlling oneself;
- being able to obey the rules of coaches.

Theoretical preparation's meaning is contained abovementioned tasks and they should be studied carefully. Because, each tasks is a great importance in influencing the outcome of competition and upbringing of athletes. The theoretical knowledge and preparation of athlete might be noticeable during the competitions. In authors opinions, the results and achievements depend on the preparation period and how they are organized.

Theoretical preparation is interconnected with other types of preparation (physical, technical and tactical, etc.). In conclusion, theoretical preparation has an outstanding contribution to increase the opportunities of athletes.

In general, achieving high successes are result of preparing regularly. These are based on choosing sportsmen, training with him/her and controlling regularly.

In kurash, separating one type of preparation from another one is inappropriate. But, these types might be mastered requiring one another conditionally. Example, when technical preparation is organized effectively, there will be need to improve tactic skills. Behaving oneself, respecting the opponents and being aware of the rules in kurash is highly-demanded.

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