

TODAY'S DEVELOPED TYPES OF FIGHTING SPORTS

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Abstract: Modern fencing is one of the most complex and attractive sports in terms of technique, tactics and style. Currently, fencing has developed in three main directions: foil, epee and sabre. Each direction has its own rules and requires different physical and mental abilities from athletes. In the foil direction, only body parts can be struck, and the rule of the right to attack applies. In the epee direction, any point of the body is a target, and there is no right to attack. In sabre, strikes are fast, and parts above the waist are considered targets. Each type of fencing teaches the athlete discipline, quick thinking, accuracy and a strategic approach. Today, the development of this sport with electronic systems, the popularization of para-fencing and team competitions make it even more attractive. Young athletes are also being trained in these directions in Uzbekistan and are participating in international competitions.

Keywords: Fencing, foil, epee, sabre, sports, right of attack, team fencing, para-fencing, strategy, technique.

Introduction: In today's age of globalization and technology, sport has become not only an integral part of a healthy lifestyle, but also an important indicator of national pride and international prestige. From this perspective, the development of various sports, their popularization and attraction of the new generation to sports are one of the important directions of state policy. Fextonia is one of such sports. Although the development of this sport in Uzbekistan has gone through its own stages, today its importance is growing.

Fextonia is a sport that does not rely only on physical strength and speed, but also requires strategic thinking, accuracy in movements, balance and patience. With these aspects, it has a great impact not only on the physical, but also on the mental development of young people. Young people involved in Fextonia learn to think in terms of their thinking, control their movements, self-control, analyze their opponents and, most importantly, correctly assess their own capabilities. This creates the basis for their success not only in sports, but also in life.

The sport of Fextonia comprehensively educates young people. Students and athletes participating in this sport learn mutual respect, subtle ethical standards, discipline, patience, endurance and determination. Fextonia plays a great role in achieving psychological stability, especially in adolescence. Each session of this sport is a lesson, a school of upbringing. During the training, the athlete forms positive qualities such as diligence, perseverance, and dedication.

Today, promoting a healthy lifestyle among young people is one of the most important tasks. Through the development of the sport of Fextonia, young people are widely attracted to sports. In particular, this sport attracts many students with its unusual style, aesthetic appearance, and graceful movements. Currently, Fextonia departments operate in dozens of sports schools in our country. There, young people regularly practice under the guidance of professional coaches. Another advantage of Fextonia is that this sport creates equal opportunities for both sexes. Women and girls are also actively participating in this sport. This serves gender equality and strengthens self-confidence in the younger generation.

Within the framework of the resolutions and decrees of the President of the Republic of Uzbekistan on the promotion of a healthy lifestyle and the development of sports, as well as the

sports development strategy for 2021–2025, special attention is paid to the sport of fencing. The National Olympic Committee, the Ministry of Physical Culture and Sports of the Republic of Uzbekistan, and the Fence Federation are actively working in this direction.[1]

Today, Uzbek athletes are participating in the Asian and world championships in fencing. The achievements of young athletes, in particular, indicate that this sport has prospects. Work is underway to form a national fencing team for the 2024 Olympic Games and beyond.

In the development of fencing, it is important to create the necessary infrastructure, modern sports equipment, improve the skills of coaches, and strengthen the material and technical base of gyms. In recent years, new gyms for figure skating have been built in various regions of Uzbekistan, and existing ones have been reconstructed. Work is also being carried out to provide sports equipment in accordance with international requirements.

In particular, the potential of coaches plays a decisive role in the development of figure skating. Therefore, advanced training courses are being organized in our republic for experienced coaches, foreign experiences are being studied. Scientific and methodological literature on figure skating is being created, seminars and conferences are being held.

The development of figure skating affects not only the sports sector, but also the socio-economic stability of society. The development of sports industries creates new jobs, meaningfully organizes the leisure time of young people, protects them from negative trends - drug addiction, crime, and the harmful effects of social networks. Figure skating forms an atmosphere of healthy competition among young people, contributes to the development of disciplined and goal-oriented people.[3]

Today, fencing has developed in three main directions:

Rapier - the lightest and fastest style, only strikes are allowed to the front parts of the body.

Rapier (Foil)

Weapon: The lightest type of sword - rapier (weighing about 500 g).

Strike zone: Only the body (chest, back and sides), the head and arms are not included in the strike.

Rules: Strikes are made only with the tip of the blade. The principle of "right of attack" (priority/right of way) is applied - that is, whoever attacks first, the right remains with the attacking athlete, even if the opponent counters.

Characteristics: Requires speed, accuracy and tactics.

Suitable for: Usually popular with young people and women who are just starting out in fencing.

Epee - a heavier sword, which can be used to strike any part of the body.

Epee (Épée)

Weapon: A heavier sword - the epee (weighing approximately 770 g).

Strike zone: The whole body - from the feet to the head, any point can be struck.

Rules: There is no "right of attack" for the strike. Whoever strikes first or both athletes strike at the same time, both are awarded points.

Characteristics: Requires patience, discipline and careful defense-attack tactics.

Suitable for: Widely used by both sexes and experienced athletes.

Sabre - attack and defense are carried out simultaneously, striking and cutting movements are allowed.

Sabre (Sabre)

Weapon: Sabre - a sword of medium weight with a wider blade.

Strike zone: Parts of the body above the waist (arm, shoulder, head).

Rules: The strike can be delivered with the tip or side of the sword. The "right of attack" rule applies.

Characteristics: Very fast, attack-based combat. Reaction and quick thinking are important.

Who is suitable for: Mainly experienced, fast athletes, including men and women, participate.

Additional areas and trends

Para-fencing

Designed for athletes with disabilities. Included in the program of the Paralympic Games. It is held in a sitting position in special wheelchairs.

Team fencing

Teams are formed in fencing, and competitions are held in the form of a relay. This form is used in international competitions, including the Olympic Games.

Electronic fencing systems

Today, all types of fencing are conducted using modern electronic devices. The places of impact are determined by sensors. This brings the sport to a higher technical level.[4]

Conclusion: In conclusion, fencing today is developing in three main areas - foil, epee and sabre. Each is distinguished by its complexity, technique, and strategic approach. Athletes in these sports are also being trained in Uzbekistan, competitions are being held, and successes are being achieved on the international level.

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