

**“MAIN ASPECTS OF POPULARIZATION OF WOMEN’S FITNESS KICKBOXING
IN UZBEKISTAN”**

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**”ОСНОВНЫЕ АСПЕКТЫ ПОПУЛЯРИЗАЦИИ ЖЕНСКОГО ФИТНЕС
КИКБОКСА В УЗБЕКИСТАНЕ”**

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**O‘ZBEKISTONDA AYOLLAR FITNES KIKBOKSINGINI
OMMALASHTIRISHNING ASOSIY JIHLTLARI**

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Annotation: *The article discusses the possibilities of promoting fitness kickboxing and mass involvement in fitness kickboxing classes of various segments of the population, in particular women. The directions of research work are determined and proposals for the development of this innovative type of kickboxing are developed.*

Key Words: *kickboxing, optimization, fitness boxing, public health promotion, healthy lifestyle, cardiovascular and respiratory system, kilocalorie, overweight.*

RELEVANCE

Each state, striving for a great future, first of all seeks to create the most favorable conditions for the life of the population, recognizing the health of its people as the highest asset. Indeed, at the present stage of development of society, strengthening the health of our people - the creators of "New Uzbekistan" is one of the important tasks. The experience of pandemics has shown that improving the health of the population, engaging them in regular physical education and sports, and developing a healthy lifestyle in them will undoubtedly help strengthen immunity, reduce the likelihood of infection and help people recover faster. Therefore, the mass attraction of the population to physical exercises and the formation of a healthy lifestyle in them is becoming one of the priority issues. The adoption of a number of presidential decrees and resolutions of the Cabinet of Ministers on the development of physical culture and

sports, as well as popularization among the population, determines the scale and relevance of the events held in this area. The implementation of presidential decrees and resolutions of the Cabinet of Ministers are yielding the expected results. In particular, the kickboxing team of our country has been achieving high results at the international level in recent years. Thanks to the achievements of our kickboxers, today our country is becoming even more famous all over the world. Along with the task of further increasing the prestige of Uzbek kickboxing, the resolution also sets tasks to popularize kickboxing among the population. The first paragraph of this resolution reads: "the transformation of kickboxing into one of the most popular sports among the population, the establishment of a new system for identifying, selecting and selecting (selection), as well as training talented athletes as professional kickboxers." In order to effectively solve the problem set by the President, as well as to ensure the mass participation of kickboxing among the population, including among women, it is necessary to expand the opportunities for attracting them to classes by optimizing kickboxing training activities. Kickboxing is a complex sport, in combat all actions take place with great speed and intensity, and applying strong blows can lead to injuries and serious damage to health. Therefore, kickboxing and participation in competitions require appropriate training from those involved, as well as many years of regular training. In this regard, it seems impossible to involve representatives of various segments of the population, including women, in kickboxing. But the results of the research, in particular the analysis of scientific literature, pedagogical observations, a questionnaire survey, an analysis of the educational and training process and competitions, make it possible to assume that, by optimizing the means and methods of classical kickboxing, taking into account the physical capabilities and level of preparedness of those involved, including women, will allow us to successfully solve this problem. Based on the above provisions, the goal of our research work was formulated, which is "Studying the possibilities of popularizing and mass attracting women to fitness kickboxing." To achieve this goal, the following tasks are defined: analysis and generalization of scientific and methodological literature and Internet sources on women's fitness kickboxing; studying the content and quality of women's fitness kickboxing classes in fitness clubs; development of proposals to promote and increase the effectiveness of attracting women to mass fitness kickboxing classes. To accomplish the tasks set, the following research methods were used. Analysis and generalization of scientific and methodological literature and Internet sources: about 21 sources were analyzed, including 1 dissertation for the degree of candidate of pedagogical sciences (Russia). Pedagogical observation: 30 training sessions in women's fitness kickboxing were analyzed in the following private sports clubs in the city of Tashkent: fitness center "STENBRIDGE", development center "CHALLENGE", sports club "ABSIDIAN". Questionnaire survey: in the course of the survey, 84 respondents were interviewed from among those involved (69 people) and trainers (15 people), aged 21-40 years. Questionnaire type: open. According to the

results of the research, the following differences were identified between the classic kickboxing and fitness kickboxing, in particular women's fitness kickboxing. The main difference between fitness kickboxing and classic kickboxing is that there are no sparring and training takes place almost without rest breaks. The trainees receive a load in short intervals, aerobic work in kickboxing bags and on the paws alternates with strength exercises. The work is based on the constant movements of the legs and the application of a large number of different blows to the musical accompaniment. According to the researchers, on average, 600-1100 kilocalories are burned per workout, depending on the intensity and volume of the load. Exercises during training are aimed not only at burning fat deposits, but also at correcting the figure. Part of the exercises is aimed at building a sports figure, which is very important for modern women. Due to the pace and the lack of rest intervals during classes, the cardiovascular and respiratory systems are perfectly trained. At the initial stage, fitness kickboxing classes are recommended to be carried out 3 times a week for 45-60 minutes according to the developed program. In the process of training sessions at the initial stage of learning and improving kickboxing techniques, such methods as work 470 in front of a mirror, "shadow boxing" moving freely around the hall, specially developing exercises in pairs, work on kickboxing bags and on paws with a trainer are used. Fitness kickboxing will contribute to the formation of a healthy lifestyle, health promotion, physique correction, weight loss, improvement of the psycho-emotional state, and also positively influence the development of the female reproductive system, which is one of the urgent problems of our society. But at the same time, along with the benefits of fitness kickboxing, there are also a number of disadvantages, in order to eliminate which, it is necessary to conduct research work. In particular, the influence of fitness kickboxing on the development of a person's physical qualities, functional state, the activity of the cardiorespiratory system, the dynamics of the physical and psychological development of women involved has not yet been studied and scientifically substantiated at the proper level; the intensity of physical activity, the methodology of training sessions, taking into account age, gender and functional state.

Conclusions. In order to increase the effectiveness of attracting representatives of the female population to mass fitness kickboxing and to qualitatively solve the above problems, the following proposals are proposed: and psychological development of women involved; - development of a medical control system for fitness kickboxers; - development of technology for individual determination of the volume and intensity of physical activity for fitness kickboxers; - development of a methodology for training sessions, taking into account age, gender and functional state for those involved in fitness kickboxing; - development and publication of scientific and methodological literature for trainers and fitness kickboxers; - training of trainers-specialists in fitness kickboxing; - development of a strategy for mass involvement in fitness kickboxing and popularization of this type in Uzbekistan. In conclusion, I would like to say that the

implementation of these proposals will have an effective impact on the process of popularization and mass involvement in fitness kickboxing. Undoubtedly, this will contribute to the formation of a healthy lifestyle and health promotion of the female population of Uzbekistan, especially young people.

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