

## LOVE SPORTS, LIVE SPORTS

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**Abstract:** *Sport (eng. sport - game) is a component of physical culture, a means and method of physical training, a system of organizing, preparing and conducting competitions in various sets of physical exercises. The goal of sports is to strengthen people's health and general physical development, as well as achieving high results and victories in sports competitions. The first sports competitions were held in Greece. After the establishment of the International Olympic Committee, sports began to develop very quickly. In 1896, the 1st modern Olympic Games were held.*

**Keywords:** *physical training / sport / karate type of sport / education / mental training / aesthetic training / labor training / Uzbekistan championships / Asian championships*



Tursunboeva Sabrina is engaged in karate-do type of sports along with her studies. Due to his interest in sports, he has been continuously improving his skills and taking part in prestigious sports competitions with the help of qualified coaches. Engaged in sports, took part in the regional and republican championships of Asia and received the nomination of Master of Sports. In addition to excellent mastery of subjects in the curriculum He has been practicing karate since he was 11 years old. Effectively using the opportunities created for young people to grow up physically and mentally healthy in our country, he actively participated in the republican.

My teacher is Sherali Choriyev, a 5-time black belt. My teacher, is the chairman of the Kashkadarya Karate Federation. He motivates us outside of training. This is what Sabrina says about her teacher. Our teacher enthusiastically explains to us a lot of knowledge and skills about the secrets of karate. At the same time, my teacher prepares new methods for each training and increases our interest in the sport. I would like to express my gratitude to my teacher Sherali Choriyev. Manythanks to my teacher



Sabrina has a good understanding of the IT field outside of sports. He has his own studio. At the same time, he has financial income from his studio. In her spare time, she is engaged in sewing. He worked as a senior teacher in textiles in foreign cooperation. In addition, he perfectly mastered the secrets of cooking. She makes flowers at home from soap, paper, and various ribbons.

Those who do sports will gain strength. Start a new life with morning exercises, not Monday Strong in body - rich in practice. In sports, as in casinos, it is very difficult to win by chance. In sports, megalomania is a bad help. But chase mania helps a lot. You are not friends with sports - you will be squeezed several times. Walking is a long life. A person who loves sports is healthy and cheerful. And ingenuity is needed and persistence is important. Where there is health there is beauty. Move harder, live longer. Sun, air and water always help us. A person who gets up before noon will be healthy during the day.



It is natural that a person who is familiar with sports from childhood will be physically healthy, and a person with a healthy body will grow up to be a mentally mature, strong-willed and healthy-thinking person. Sports also make a person's psyche healthy. A person with such qualities will be active and active in all aspects of the state and society and will have the opportunity to reach high heights during his life activity.

We can see in real life examples that a person who is constantly familiar with physical education, regularly engages in a certain type of sports and follows a healthy lifestyle, has achieved high goals in the course of his work, regardless of the sphere of society in which he operates. . oing sports is good for health. For example: Playing sports is a great way to stay active. It's so much better than sitting around playing video gam es." The game brings people together. "Almost every game has some kind of competition. But continuing to enjoy playing is a great way to spend time with friends.



