

ADVANCED STRATEGIES FOR ENHANCING PHYSICAL CONDITIONING PARAMETRES IN MARTIAL ARTS

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Abstract

Optimal wrestling performance necessitates a robust physical conditioning program that integrates the development of key physiological attributes: flexibility, strength, speed, agility, and endurance. Effective technique refinement is inextricably linked to physical preparedness, minimizing injury risk and ensuring readiness for training and competition. A comprehensive assessment of fitness demands, specific to both training and competitive environments, is crucial. Wrestlers must achieve a balance of health-related fitness and skill-specific capabilities to meet the rigorous demands of the sport. This article examines the diverse exercise strategies employed to enhance the physical conditioning of freestyle wrestlers, addressing both general and targeted fitness components.

Keywords: *physical preparation, general and specific physical preparation, technical and tactical preparation, physical qualities and physical development.*

INTRODUCTION

The principal aim of physical conditioning lies in its capacity to synergize with athletic training regimens, thereby amplifying an individual's capability to participate in sporting activities. This facet plays a crucial role in refining physical attributes and bolstering overall performance. Furthermore, it serves as a pivotal mechanism for injury prevention and hastening recovery. Attaining comprehensive physical preparedness requires a meticulous overhaul of all physiological functions within the body, encompassing the distinct actions and properties of organs or bodily components. This undertaking necessitates a profound comprehension of the nuanced impacts of exercise on both the functional and structural dimensions of the body.

In the quest for heightened athletic prowess, the athlete's attainment of a high level of general physical preparedness is deemed crucial, alongside the refinement of

specific physical attributes. Within the realm of general physical preparation, athletes engaged in disciplines such as wrestling devote themselves to augmenting overall fitness. This endeavor involves deliberate enhancements in physical traits including strength, velocity, stamina, and suppleness, which synergistically foster comprehensive and balanced physiological advancement.

Materials and methods

The study aims to elucidate the intricacies of comprehensive physical conditioning strategies for freestyle wrestlers, providing detailed insights into a diverse range of exercises specifically crafted for implementation with both adjustable barbells and dumbbells, as well as tailored for utilization on a Multifunctional Fitness System. This apparatus, equipped with high and low pulleys, enhances its adaptability to facilitate a wide spectrum of exercises targeting various muscle groups in the upper and lower body. Its ergonomic design ensures smooth and uninterrupted motion during each exercise, thereby effectively strengthening diverse muscle groups including those in the back, arms, and core.

The recommended exercises are advocated to promote holistic physical readiness. Furthermore, this article conducts a thorough investigation employing the subsequent methodologies:

- ❖ scrutiny of scientific and methodological literature;
- ❖ observational analysis;
- ❖ conducting interviews;
- ❖ Implementation of surveys.

General Physical Preparation – is initially utilized to enhance physical fitness, the focus of athletic training must be tailored towards a specific sport. Wrestling often comes to mind when contemplating physical fitness and well-being. While wrestling training aims to elevate an athlete's overall physical conditioning, it is particularly geared towards preparing individuals for international competitions where participants exhibit exceptional fitness levels. The following exercises are conducive to enhancing general physical fitness:

General Physical Preparedness (GPP) endeavors to enhance the proficiency of ancillary movements that are tangentially connected to competitive endeavors. It encompasses vital knowledge and skills requisite not only for subsequent technical-tactical refinement but also for physical conditioning, thereby facilitating effective training modalities. To illustrate, inadequate aerobic endurance in a wrestler may

precipitate premature fatigue during speed-strength exercises; in such instances, GPP serves as a preemptive measure to avert such occurrences.

Anatoly Kolesov, a thrice world champion and victor of the XVIII Olympic Games, emphasized the imperative nature of augmenting his overall physical fitness following his triumph in Tokyo. The acknowledgment of the athlete's perceived deficiency in general physical preparedness, despite accolades from the global press lauding his unmatched prowess, underscores anew the pivotal role of General Physical Preparedness (GPP) in attaining pinnacle achievements in wrestling.

As widely acknowledged, a strategic emphasis on discrete exercises within the realm of Freestyle Wrestling is deemed suboptimal. Instead, an encompassing training regimen is advocated, one that integrates a diverse array of exercises geared towards fostering both specialized and comprehensive physical readiness. Paramount within this framework is the cultivation of general physical preparedness (GPP), wherein the overarching objective is the enhancement of key attributes such as velocity, muscular robustness, nimbleness, suppleness, and stamina. Consequently, activities spanning the spectrum from running and brisk walking to swimming and gymnastics routines are pivotal constituents in augmenting GPP levels.

Velocity plays a paramount role in athletic endeavors, particularly within the context of competitive engagement. A superior pace relative to one's adversary confers a formidable advantage, whether in offensive maneuvers or defensive strategies. However, velocity represents only one facet of performance; strength constitutes the complementary component of this dynamic equilibrium. Power, epitomized as the product of strength and velocity, assumes pivotal significance in executing maneuvers such as completing a double-leg takedown or exerting force to force an opponent onto their dorsal surface. In the absence of robust muscular power, velocity loses efficacy, and conversely, without swiftness, strength remains ineffectual. The selection of exercises aimed at cultivating General Physical Preparedness (GPP) exerts a positive influence on the physical evolution of freestyle wrestlers.

In conjunction with wrestling, athletes ought to possess proficiency in a spectrum of physical activities, encompassing running, walking, jumping, rope climbing, engaging in various sports, weightlifting, executing intricate acrobatic maneuvers, and analogous exercises. A comprehensive regimen of general physical preparedness augments an athlete's functional aptitude across multiple domains, facilitating

heightened training intensity and fostering the attainment of elevated athletic accomplishments.

Wrestlers, following the culmination of their competitive season, typically observe a hiatus of 2-3 weeks devoid of rigorous physical activity. The subsequent period required for their reconstitution to peak performance levels may extend up to twelve weeks, mirroring the duration needed to regain the athletic prowess and conditioning attained during the competitive season. As posited by prevailing theory, the initial phase of this recuperative process, spanning the initial two to three weeks, is believed to primarily focus on establishing the fundamental groundwork of General Physical Preparedness (GPP).

CONCLUSION

The significance of general physical preparedness (GPP) days cannot be overstated, as they offer an invaluable opportunity to engage in physical exertion with reduced intensity. By prioritizing the refinement of movement quality during these sessions, individuals can enhance both their endurance and capacity to handle varying loads over extended durations. Moreover, GPP days afford the chance for our bodies to acclimate to novel weights and unanticipated movements, fostering adaptability and resilience. Regrettably, many individuals erroneously perceive GPP days solely as designated periods for rest and recovery.

Whether or not one places trust in this assertion, diligent cultivation of one's overall readiness through targeted efforts to address individual weaknesses invariably yields superior performance during abbreviated exercise sessions. Indeed, empirical evidence suggests that the incorporation of general physical preparedness sessions into one's training regimen often results in noticeable improvements in lifting capabilities. Thus, it behooves individuals to acknowledge the significance of honing high-quality movements that bolster the strength of the entire physique, and to refrain from neglecting the aforementioned preparatory sessions.

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