

## **YAKKAKURASH SPORTIDA KURASHCHILARNING TAYYORGARLIGINI RIVOJLANTIRISH USULLARI**

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### **ANNOTATSIYA**

Maqolada yakkakurash sport turlarida zamonaviy tayyorgarlik tizimi, ularning tarixi, rivojlanish bosqichlari haqida fikrlar bildirilgan. Shuningdek, kurashchilarning tayyorgarligini rivojlantirish usullari ham ochib berilgan.

**Kalit so'zlar:** yakkakurash, sport, tayyorgarlik, nazariya, metodologiya, musobaqa, moslashish

### **ABSTRACT**

The article expressed opinion about modern preparations systems, their history, development stages of development. Methods of development of wrestlers are also revealed.

**Keywords:** Martial field, sports, training, theory, methodology, competition, matching