

METHODS OF DEVELOPING THE SPORT OF FENCING AND ITS SOLVE

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Abstract:

This article discusses the development of fencing and ways to solve problems in this area. Fencing has a positive effect on the physical and mental development of the younger generation, as well as developing skills such as discipline, agility and strategic thinking. Measures that should be implemented in our country in such areas as popularizing fencing, improving infrastructure, training qualified coaches and studying international experience are analyzed. Also, detailed information is provided on the methods of solving them, such as creating conditions for young athletes, organizing competitions and promoting them through the media.

Keywords. Fencing, development, problem solving, physical education, sports infrastructure, training coaches, international experience, competitions, young athletes, sports promotion.

Introduction

Fencing, as an ancient martial art, is recognized as one of the most important types of physical education and sports in modern times. This sport requires not only physical strength and agility, but also intellectual potential. The development of fencing in the Republic of Uzbekistan has grown significantly in recent years. For example, at the Asian Games held in 2024, Uzbek fencers won the gold medal for the first time, which led to an increase in interest in this sport in our country. Fencing is of great importance as a means of developing physical fitness, mental agility and character among young people. In the Republic of Karakalpakstan, special attention is paid to creating a healthy environment through the development of this sport.

Fencing has been participating in the Olympic Games since 1896 and is currently practiced by children and adults of both sexes and without age restrictions.

Uzbek fencers are successfully participating in international competitions, winning prizes at the World Cup and Asian Championships.

Also, at the 2024 Olympic Games in Paris, Egyptian fencer Nada Hafez, who was 7 months pregnant, showed an example of determination and perseverance in sports.

Literature review

The analysis of scientific literature on the development of fencing is aimed at studying existing scientific approaches, methodologies and experiences in this area. Existing scientific sources allow us to identify important factors in the development of fencing and apply them in practice.

The following main areas of development of fencing are highlighted in the scientific literature:

Development of physical fitness and coordination skills: Studies show that there are no scientifically based approaches aimed at developing coordination skills in the fencing training system. Specially designed training sets of exercises can increase the coordination skills of qualified fencing athletes.

Psychological preparation and motivation: The psychological state and motivation of athletes directly affect their results. In the literature on the issues of motivation and encouragement, methods of increasing children's interest in gymnastic exercises and motivating them are studied. The books "Sports motivation of children and adolescents" contain information about motivation methods, interesting exercises and motivation strategies.

Coach training and advanced training: The qualifications of coaches directly affect the quality of athletes' training and their results. The scientific literature emphasizes the need to develop modern training programs and methodological manuals for coaches. For example, the article "The importance of methods used in the field of physical education and sports" examines the general rules for managing the process of improving sports training.

Methodology

The following methodological approaches are used in conducting research on the development of fencing:

Theoretical analysis and generalization: Scientifically based conclusions are drawn on the development of fencing through the study of scientific literature, analysis and generalization of existing experience. For example, the article "Scientific articles: types, characteristics, rules for writing and formatting" provides recommendations for writing and formatting scientific articles.

Empirical research: Practical data is collected through pedagogical observations, interviews, questionnaires, tests and pedagogical experiments with athletes. Based on the data obtained, the physical and psychological state of athletes is assessed. For example, the article "The importance of methods used in the field of physical education and sports" studies the general rules for managing the process of improving sports training.

Mathematical-statistical analysis: Reliable conclusions are drawn by analyzing the obtained data using mathematical-statistical methods. This method is important for objectively assessing the results of athletes and determining future development directions. For example, the article "Types of data in statistics. Forms, types and methods of statistical observation" provides information about statistical methodology and stages of research.

The above methodological approaches are widely used in conducting scientific research on the development of fencing sports and serve to develop effective strategies aimed at improving the physical, psychological and technical training of athletes.

Results

The development of fencing in the Republic of Uzbekistan has grown significantly in recent years. In the country, 648 athletes (189 of whom are women) are engaged in fencing under the guidance of 46 coaches in 13 children's and youth sports schools and clubs specializing in fencing.

Thanks to the created sports infrastructure, Uzbekistan has become a venue for major international competitions, including the World and Asian Fencing Championships.

It is also planned to hold the World Fencing Championship among adults in Tashkent in 2027, which will play an important role in qualifying for the 2028 Olympic Games in Los Angeles.

A survey of fencing coaches was conducted to determine the content and direction of experimental training complexes aimed at developing the coordination skills of qualified fencing athletes.

The above results indicate that fencing is rapidly developing in Uzbekistan. Regular physical exercise, including fencing, has a positive effect on a person's physical and psychological health. In the future, it is necessary to implement measures such as improving the infrastructure, training qualified coaches, and studying international experience to further develop fencing.

Conclusion

The results of this study on the development of fencing and methods for solving it show that fencing in Uzbekistan continues to develop at a high pace. In recent years, the expansion of the country's sports infrastructure, the establishment of specialized sports schools and clubs, and the improvement of the system for training qualified coaches have led to significant results.

According to statistics, currently 648 athletes are engaged in 13 fencing schools in Uzbekistan, and this figure is increasing every year. The successful participation of athletes in international competitions, in particular, winning prizes in the world and Asian championships, is also contributing to the recognition of fencing in the international arena.

The problems identified during the study, including the lack of infrastructure and equipment, qualified coaches, and the need to study international experience, are limiting the development of the sport. To solve these problems, the following measures should be taken:

- Modernization and expansion of sports infrastructure;
- Introduction of new technologies and innovative methods;
- Organization of international seminars and trainings for coaches and athletes;
- Popularization and promotion of fencing among young people.

It is predicted that if the recommended measures are fully implemented, in the next 3-5 years, Uzbek fencing will occupy higher places in international rankings and will have the opportunity to participate in the Olympic Games with more athletes.

In general, efforts aimed at developing the sport of fencing not only improve sports results, but also serve to form a healthy lifestyle of the younger generation, educate them in the spirit of patriotism and discipline.

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