



**GENERAL DEVELOPMENT AND QUALITY TAKKOMILLASHTIRISH
CHIDAMKORLIK FIGHTER GIRLS**

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Annotation: Research fighter girls general chidamkorlik of the quality of general and special exercises using develop. Issued research get to go in the process while its own distinctive style and principles and tools to use.

Key words: Struggle, principles of physical exercise. general chidamkorlik, tools, style.

National qadiryatlarimizni few century since adopted-we are jealously the reason for future generations to deliver to. Fight sports type also national qadiryatlarimiz as father and our grandfather the rest of me'ros from one if you say mubolog'a toe'was lmas. O'time of the people of the national sports of the types one is. The fight this 3000-4000 year history has, the fight is brief and make aytadigon we have by the individual alone get himself protect to for comfortable sport types, one diyish can. Also the following day the fight rivojlantirsh, popularization and the country across a wide promote to for a how measures tadbirbirlar taking it. Uzbekistan Republic president 2017 year 2 oktiyabrdagi "the fight for national sports type further development of measures on" № PP-3306-the number of the decision an example of be will, that , except 6-sentiyabr of the fight on the day that announcement was made, now fight sports our type "OLYMPIC" air get out to the the efforts efforts was the start. **Ministry of date:** Fighter girls umm chidamkorlik quality stagnant.

Research purpose: Fighter girls general chidamkorlik of the quality of general and special exercises using develop Bazifasi:

1. Tatqiqot from before fighter girls physical preparedness anishlash.
2. Tatqiqot to go for work out exercise complex of training all parts apply.
3. Survey after nati analysis to , the results on the basis of recommendations work out and wrestlers training process, recommend to.

Chidamkorlik of this man any action the activities of a long time for its effect pasaytirmasdan to complete the ability.

Tatqiqot of progress: Research part which fighter girls age 18-20yoshni up makes. Tatqiqot the get go in the continuity of the principle led to the osondan difficult depending on the exercise , giving will go.

Conclusion: Research at the end of the conclusion make we got out to go and research the process of effective that you will determine. We research provided has been exercise jamlanma of the style and the principles of productive use. Also fighter our girls are the total resistance and the development of competence will determine. Occupation me'zosikldan out did not go. Research get to go in the process of exercising the application at the time of downloads osondan – complicated looking fighter girls organizimiga giving will go. Above the given exercise, the

fulfillment speed pasaytirmagan case has been completed. Vomiting the results of fighter girls low one of the results is that I write you can.

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