

## SELF-CONTROL WHEN EXERCISING KICKBOXING SPORTS

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**Abstract:** Self-control is a form of control over the state of health, physical development and subjective and objective indicators of the state of the body engaged in physical exercises related to the sport of kickboxing, using simple and convenient techniques. The results of self-monitoring are considered an addition to the results of medical control. Self-control Helps students to identify the negative effects of exercise on the body in a timely manner.

**Keywords:** *kickboxing, physical exercises, Physical development, self-control, physical qualities.*

All results are recorded in a self-control diary and must always be analyzed. Based on the state of health, indicators of tests and tests, it makes it possible to plan the processes of physical fitness. Self-control tests can be of 10-20-hil form. The types of controls can be selected according to the types of exercise or sports activities. When practicing cyclic sports, it will be advisable to carry out tests for assessment of YUUS, blood arterial pressure, ulcers, endurance. When performing exercises on trainers, however, it is also necessary to control changes in body weight and the development of strength qualities.

The results of self-control are divided into subjective and objective indicators. Subjective indicators can include self-esteem, mood, sleep, appetite, ability to work physically and mentally, pain sensations. Objective indicators include indicators of physical development, functional state of the body, number and quantity of physical training levels. These indicators are indicators of YUUS, oat, blood arterial pressure, respiratory frequency, body weight, anthropometric oat, as well as physical fitness assessment test tests.

Taking into account subjective indicators: after physical education and sports training, it is necessary to feel good, refreshed, to be in a high mood, there should be no head and other pain, there should be no relaxation and exhaustion. When discomfort is felt in the body – it is recommended to stop training in case of numbness, drowsiness, irritability, pain in the muscles. Mantazam in those who are engaged in exercise and sports, sleep should be good, clear and quiet. The inability to sleep well and nighttime restlessness can be seen from the fact that the physical loads on the person involved are not in accordance with the level of physical fitness. After training, the appetite should be good. Properly organized training has an effect on improving performance. It is recommended to reduce the effect of physical loads on mood drops, sleep disorders and loss of appetite. The pain that occurs when exercising can be caused by injuries, multiple seizures, or illnesses. Pain can occur in the muscles, in the area of the heart

and liver, in the head. Training should be stopped temporarily when rapid pain occurs. It is especially important to be attentive when pain or inhospitable sensations occur in the heart area.

Taking into account objective indicators: determination of the number of heartbeats YUUS and blood arterial pressure AB. Physical loads have a negligible effect on the functioning of the cardiovascular system in comparison with other organs. To study changes in the vascular system of the heart under the influence of physical loads, the number of heartbeats is measured in YUUS and blood arterial pressure AB. In practice, these techniques are widely used for the convenience and ease of inspection conditions and for the accuracy of the results obtained.

At the same time, YUUS is determined 5 minutes before training and at the end of training. If, at all times, after training, the YUUS is well restored, the development of functional capabilities of the body indicates that it is in a positive way. When acute changes are observed in the body, it is considered a sign of exhaustion or changes in the cardiovascular system.

Arterial blood pressure can also provide complete information on the functioning of the cardiovascular system. Under the influence of physical loads, the systolic of the blood increases more, and the diastolic pressure increases slightly. When determining the body and blood arterial pressure, it is necessary to identify and study the causes of changes in these indicators under the influence of physical loads. Under the influence of small physical loads, 5-15 should be enough for the load and arterial pressure to recover to the initial indicator. Recovery processes after heavy physical loads take some time.

The purpose of the competition period of the training is to prepare for competitions and successfully participate in it. The main tasks of this period are to have a high level of training, to strengthen and improve technical and tactical actions even later, to expand the knowledge of tactics of conducting competitions, to strengthen, to achieve a high level of physical, Will and spiritual qualities, to expand theoretical knowledge.

At this stage, athletes, depending on their qualifications, participate in responsible competitions.

The transition period of training is characterized by a decrease in training nagruzka. The main tasks of the period: strengthening health and conditioning the body, increasing the level of general physical fitness.

Basic tools: sports games, swimming, etc. A properly structured transitional period provides favorable conditions for the development of the functional capabilities of the body even later, improving the special training of the wrestler.

The General (Group) plan of sports training includes the following sections: a brief description of the group; the purpose and main tasks of multi-year training; the main direction of the preparatory stages and the training process by stages (main tasks, their share in each stage); Sports-technical indicators and control norms that characterize the training of athletes; pedagogical and medical supervision.

The promising planning of the training will certainly entail the development of annual plans. A detailed description of the tools and training nagruzkas applied to the

annual plans is included. In daily planning, scientific laws of the dynamics of Sports form (occurrence, stabilization and temporary decrease) are used. The structure of daily planning is influenced by various factors: the order of study and work, the content of training, the number and the total sum of the dimensions of the nagruzkas, the individual characteristics of the reaction to the nagruzkas of training and the qualifications of wrestlers.

Rapid planning is based on daily planning. Such a type of planning provides for the clarification of tasks, tools, methods, nagruzka khajmi and severity. The structure of training sessions is determined primarily by the fact that it is aimed at achieving the maximum training effect. In accordance with the operational plan of the training, a synopsis of training is drawn up, in which the preparation (body heating) describes the main and final parts, the number of repetitions, the duration of breaks and the nature of rest.

In the process of training, three periods are distinguished: preparation, competition, transition periods.

During the preparatory period, trainings are aimed at ensuring a gradual transition from active rest to intense special work, the further development of physical qualities, the acquisition of wrestling techniques and tactics, as well as improvements. During this period, it is necessary to create a solid foundation for the successful functioning of athletes in the period of competition ahead of them. The main tasks of the preparatory period are to increase the functional capabilities of the organism, improve general physical fitness and develop the physical qualities necessary for the wrestler, master and improve technical-tactical actions, eliminate shortcomings in their implementation, and educate Will and spiritual qualities.

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