



# ABILITY TO NAVIGATE COMPLEX METHODS OF JUDO WRESTLING, ACCURATE INFORMATION AND ABILITY TO WORK

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## ABSTRACT

*The article focuses on the systematic preparation of judoists for competitions, training and freestyle wrestling, the formation of sophisticated methods of judo wrestling, the ability to navigate through accurate information, and the ability to do it.*

**KEY WORDS:** *successful training, physical qualities, enhancing athletic performance, athlete's achievements, freestyle wrestling.*

## DISCUSSION

Human beings have a wonderful ability to create something out of nothing. A man can perform great deeds of physical and mental strength (as well as the greatest mistakes). Wanting is the most powerful force in your goal. The mind is the driving force behind the development of humanity.

Therefore, one of the main tasks is to seriously engage in all stages of the training process, to properly understand all the components of judo, to analyze the level of wrestling on a scientific basis.

However, there is always a delay in the competition due to the fact that the analysis of the training process is not complete and effective. Understanding the mistake – we will never be able to link a positive action with regret. Nevertheless, sadness can change a person's life if directed properly. The feeling of regret is so strong that it is impossible for a person to go back.

The basic theoretical training in physical education is to provide a complete and effective course of training for the judo athlete, as a scientific interpretation for the sporting events and competitions that must be able to apply the rule of law. In particular, the development of a judoist must have the potential for a positive effect on the whole body, using a variety of techniques and maturing through various exercises. Every athlete knows exactly what exercises he or she needs, a clear understanding of the means, techniques, techniques of sporting techniques and tactics that allow for successful training of physical qualities and, of

course, the will and competence lead to better outcomes.

It will take months and years to prepare for the competition, with a gradual but steady increase in physical training, increasing the volume and intensity of workouts, gradually completing movement and tasks, and making a more positive change in bodies and systems. a perfect system must be employed.

Judoist should be guided by the principle that physical activity needs to be repeated in order to create relevant reflections in each other, to create relevant changes in their bodies and systems. It is impossible to grow, improve and strengthen the results of training without repeated repetition of physical exercises and regular training.

Requires a judoist to tailor his personal characteristics, his strengths and abilities according to the strength and flexibility of the workout. Exercises, their form, character, intensity and duration, as well as performance modes should be relevant to the gender, age, physical fitness and health of the trainees. An individualized approach is important in the selection and implementation of physical exercises to enhance athletic performance by strengthening athletes' bodies and systems.

The central nervous system needs to be carefully and gradually improved. The desire to focus on changes in the upper nervous system of the judo is one of the key issues. He is always motivated to do something, not to stay in one place, to create his own personality. The first and most important secret to an athlete's success in



training and competition is keeping internal motivation low.

Internal motivation is the "fuel" that can keep us warm and strong in times of failures and failures. It encourages action.

Examples:

"Champion, fulfillment", "Ideas, creativity", "Finding a place in life", "confidence", "Interest", "Health", "Feeling someone's need", "Personal development".

External motivation is something that demonstrates the athlete's achievements in the external social environment.

Examples are: "money", "career", "status", "recognition", "prestige (home, apartment, car)", "high aesthetics",

The "travel opportunity" of an athlete is constantly changing.

"Every athlete, along with the problem, receives the energy needed to solve it." It follows that an athlete will have energy only to solve the problem. The laziness is the lack of energy, that is, the lack of problems and tasks.

When motivating a team, it is important to remember that different factors influence different people. When one is motivated by the upward movement, the other is the back pain.

Those who go to the top pay little attention to comfort. They are motivated by personal accomplishments and organizational goals.

Those who are motivated by pain and the surrounding conditions try to avoid opportunities that will push them out of their comfort zone. They are more focused on the process than task. They move forward only if something from the back makes them move forward.

At the same time, job satisfaction depends on the correlation between motivating (internal positive) and supporting (external positive) factors. The supporting factors are money, conditions, special tools, security and reliability. Development, achievement, accountability and competence are the motivating factors.

It would not be possible if there were no factors in both groups.

If there are only supporting factors, the dissatisfaction rate will be minimal.

If there are only motivating factors, the athlete will love the job but cannot allow it.

If there are factors in both groups, the job is the most enjoyable.

### **SELF-MOTIVATION IN BALANCE**

If you know where you are coming from and where you are going, you can plan ahead and achieve it. Every successful move starts with a desire.

A leader is a person who is motivated by internal motivations and who for a certain period of time refuses external motives (delayed reward). Therefore, a leader's motivation is only internal positive or negative motivation.

- It starts with a dream.

- Long-term goals for achieving the dream are identified and recorded.

- Long-term goals are divided into short-term goals - short-term goals.

-Create a daily plan for short-term goals.

In this inspirational process, why ask for such boring things? This is because motivation is just the engine of the locomotive. To reach the destination, a driver needs to know the location of the address, the rails to get to this location, and the people who will ensure the car's operation. That is, motivation without specific goals is like a firework. There is plenty of noise and light, but it is useless.

I have written in other articles about planning and setting goals. So I'm not going to list them here. But remember that the most important thing is to set goals and plan.

### **HOW TO OVERCOME INTERNAL RESISTANCE**

Hide the internal sabotage within each of us. This is the negative side of our personality. He is very dangerous and cunning. It always appears when you don't expect it. It stops us from starting a promising business, or does everything it can to get back to where you started. Recognizing and understanding it is important for you to work on yourself. When you want to start doing something that is important to you, he raises his head and starts speaking quietly: "Why do you do this? Everything is useless "," Live like everyone else "," You cannot be better than everyone else, quit your job. "These and similar ideas from your negatives can stop you from starting a new business and undermine your interest in any activity.

Suppose you are hiring a company that can grow and develop. You are young and energetic. You want to post something that can be successful. This could be a new way of selling or technical innovation. But when you are just about to get started, your internal saboteur will lift up and quench your enthusiasm. He will tell you:

What if you don't feel like it?

What if your colleagues don't support you? They will laugh at you.

You have plenty of other things to do, and you have no time for it.

Every fool knows that this is impossible.

You are too young to do such things.



You cannot overcome so many obstacles.

One of his favorite ways is to postpone it. He uses this technique many times and bases it on: "Not now, I'm getting old", "No need to rush", "I'll start this next week (month, year)" and so on. Next week, he'll come up with an excuse to leave it for another week. It will find different excuses, weather, lack of time, conditions, and ensure that you do not succeed.

The way to get rid of its negative impacts is to navigate in clear form information.

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