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METHODOLOGY FOR DEVELOPING STRENGTH QUALITIES IN ATHLETES PRACTICING KURASH

G. Rakhmonova,
Associate Professor of Karshi State University

Abstract

This article examines a methodology for developing strength qualities in athletes practicing Kurash, a traditional form of wrestling that requires a high level of physical preparedness. The study focuses on the systematic development of strength abilities through specially designed training programs that take into account the specific biomechanical, physiological, and technical demands of Kurash. Particular attention is paid to the use of functional strength exercises, resistance training, and sport-specific drills aimed at improving explosive power, maximal strength, and strength endurance. The effectiveness of the proposed methodology is analyzed in terms of athletes' physical performance, technical execution, and competitive readiness. The results demonstrate that a scientifically grounded and sport-specific approach to strength development significantly enhances athletic performance and reduces the risk of injury.

Keywords: Kurash, strength qualities, strength training methodology, physical preparedness, athletic performance, combat sports.

Introduction

Modern kurash is recognized as both a national and an international sport and requires a high level of physical fitness from athletes, especially well-developed strength qualities. Success in kurash competitions largely depends on the athlete's maximal, speed, and endurance strength capacities, and these qualities are crucial for the effective execution of offensive and defensive actions. Therefore, developing strength qualities in kurash practitioners through scientifically grounded methods that correspond to their age and level of preparedness is one of the urgent tasks of modern sports training. Proper

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planning and implementation of strength training contribute to improving sports performance, reducing the risk of injuries, and enhancing the athlete's functional capabilities.

To develop the strength capacity of athletes practicing kurash, the following methods are used in training practice: repeated effort, short-term maximal effort, progressively increasing loads, shock (plyometric) method, combined influence, variability, and isometric effort methods.

In the repeated effort method, the athlete performs exercises with loads equal to 70–80% of the maximal weight and repeats each exercise until complete exhaustion, that is, "to the last breath." In this method, exercises are performed in 3–4 sets, with rest intervals of 3–4 minutes between sets. This method is widely used to develop strength qualities in athletes. One type of the repeated effort method is the dynamic effort method. In this method, exercises are performed with loads equal to 20–30% of the maximal weight at high speed. In this case, high muscle tension is achieved not due to heavy weight, but due to the high speed of movements.

The short-term maximal effort method is currently considered the most effective for increasing absolute muscle strength. It involves working with maximal and near-maximal loads. The maximal muscle effort method is manifested in exercises performed on training machines and in exercises with heavy barbells performed in one or two repetitions per set (such as the bench press, snatch, clean and jerk, squat, and similar exercises). In total, three to four sets are performed during a training session. Rest intervals between sets are 3–5 minutes.

The progressively increasing load method предусматривает a gradual increase in resistance not only within a single training session but also across subsequent sessions. During training, it is recommended that in the first set the athlete begins with a load equal to 50% of the weight that can be lifted 10 times (10RM). In the second set, the exercise is performed with 75% of 10RM, and in the third set, with 100% of 10RM. During the training session, 3 sets are performed. Rest intervals between sets are 2–4 minutes. In each set, the exercise is performed at near-maximal speed until clear fatigue occurs.

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The shock (plyometric) method is based on strongly stimulating muscle groups by using the kinetic energy of a falling load and the athlete's own body weight. In this method, the muscles absorb the energy of the descending load and shift into an active working state within a very short time. As a result, working muscle tension develops rapidly and additional strength potential is formed. The shock method increases the speed and intensity of subsequent pushing movements and ensures a rapid transition of muscles from a relaxed state to active work.

In developing the explosive strength of the leg muscles, exercises performed using the shock method—such as depth jumps followed by vertical or horizontal jumps—are considered effective. This exercise is performed by jumping down from a height of 70–80 cm, landing with the knees slightly bent, and then immediately jumping upward quickly and forcefully. The jumps are performed in 2–3 sets, with 8–10 jumps in each set. Rest intervals of 3–5 minutes between sets are recommended. It is advisable to perform this exercise no more than twice per week.

Through the combined influence method, the development of a wrestler's strength capacities is carried out directly in the process of performing specialized exercises. At the same time, both the wrestler's strength abilities and technical-tactical actions are developed. As an example of the combined influence method in kurash, one can cite exercises aimed at performing and improving technical actions against an opponent from a heavier weight category. Determining the optimal load is very important. Excessively large loads lead to disruption of movement skill structure, which in turn negatively affects movement technique.

The variability method involves performing special exercises with partners or loads of different weights. The exercises are carried out in sets with opponents from different weight categories. In one set, first 10–12 throws are performed with a heavier opponent, then 15–16 throws with an opponent of equal weight, and after that 10–12 throws with a lighter or same-weight opponent. A total of 3 sets are performed, with rest intervals of 3–4 minutes between sets. This method is especially effective for developing speed-strength qualities. Training with a heavier opponent helps increase strength capacity, while exercises with a

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lighter opponent help develop speed. As a result, sports performance improves during competitions.

The isometric muscle contraction method involves producing maximal static tension in various muscle groups for 4–6 seconds. The advantage of isometric exercises is that they do not require large volumes, do not take much time, and are easy to perform. In addition, these exercises make it possible to target specific muscle groups and, when necessary, to perform exercises at appropriate joint angles during flexion or extension of body parts.

To develop speed-strength qualities, it is necessary to widely use various stretching exercises, shock (plyometric) режим, jumping exercises, complex methods, and training machines. For the development of speed-strength qualities, Y. M. Zakaryaev notes that the use of reactive fast-movement and jumping methods gives good results in kurash and recommends a number of exercises, including: standing long jump, running long jump, high jump, depth jumps and bounding upward, throwing a special ball, shot put, kettlebell throwing, two-handed forward and backward throws, movement games closely related to speed, running-based relay races, obstacle relay races involving jumping, sports games (tennis, football, basketball), single-leg jumps, two-leg jumps, forward jumps, two-leg jumps with forward movement, backward and lateral jumps, jumps in place, and jumps after a run-up (with a ball, basketball, or handball).

The development of strength qualities in athletes practicing kurash occupies an important place in the modern sports training system. Achieving high sports results in kurash is directly related to the sufficient development of the athlete's maximal, speed, endurance, and explosive strength capacities. Purposeful and systematic use of repeated effort, short-term maximal effort, progressively increasing loads, shock (plyometric), combined influence, variability, and isometric effort methods in improving strength qualities yields high effectiveness. When these methods are applied in accordance with the athlete's age, level of physical fitness, and specialization, they ensure an increase in muscle strength, development of speed-strength qualities, and improvement of technical and tactical actions.

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In particular, combining strength training with technical actions through the combined influence and variability methods creates conditions close to competitive activity. Shock and jumping exercises, in turn, play an important role in increasing the explosive strength of the leg muscles.

In conclusion, the комплексное and scientifically grounded application of various methods in developing wrestlers' strength qualities serves to improve sports performance, reduce the risk of injuries, and further enhance the athlete's functional capacities.

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