

**GYMNASTICS IN TRAINING PHYSICAL PREPARATION AND MOTOR FEATURES**

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**Annotation :** *Flexibility is essential in any sport in gymnastics that it was such as important Gymnastics the eye to himself pulling aesthetic art sports that it was for gymnastics necessary aesthetics and harmony provide for actions right technique with present reach for maximum flexibility have to be need With that together , flexibility shrinking muscle groups spreads . Movement provide and of injuries prevention get point of view in terms of other sports networks between important place holds*

**Key word :** *Flexibility element assessment in the rules never how tool for in the eye not caught However , the ground gymnastics ( dynamic ) and balance ( static ) exercises flexibility to the element very a lot of space is given . Diary in training flexibility to training preparation stage is also important place holds*

Gymnastics they are stretching actions with to training is it ready or that there is no checks and they are only well done stretching possible just in case ready that they know

Flexibility exercises immediately study to the program included, but body parts flexibility the following to factors dependence not to forget need

- a) age
- b) muscle elasticity and his development level
- c) muscle power
- d) structure ( weakness or strength )

**Coordination:** Muscular of groups one different mechanic at the point mandatory movement central nerve system by is activated neurophysicist coordination of action harmony and known energy to save determines

Coordination muscle system flexibility is based on and study during action constant respectively repetition through will improve

- a) optimal coordination;
- b) none how instrument without using of the body own weight with action to be performed and of actions infinite repetition,
- c) normal air conditioning speed with,
- d) assistant and helper tools with executable exercises through is achieved.

**Power:** Tools in gymnastics strength to action bringer, braker or prevention element as determination it is possible, the body is like that in gymnastics landing to the

situation it is brought that later with appropriate action different turning to his actions pass can Appropriate behavior technical as our description can

Gymnastics according to competition in the rules to power about the rules there is is considered

- 1) Standing and strength with holding stand up
- 2) Movable strength element.

Pulling, ring and in parallel instruments of strength consecutively visible way, to the rules suitable coming number and at the time application is required.

This is power external mechanic the work through is taken.

In gymnastics work of the process two type known.

- a) isometric,
- b) isotonic

a) isometric condition maximum tension is an expression of, in which never thing isn't it? None how external intervention no.

b) isotonic contraction - muscles of voltage expression is, and it is from the minimum to the maximum goes This is a skeleton system and of the body movement cause releases Maximum power increase main 18% better than prep the result gives, one isometric in case increases power by 15%.

Gymnast his own external exercise shape show for his muscles power different for to forms relative to the circumstances and show up manifestation to do need need will be

- a) Static area,
- b) speaker area,

c) in vibrational movement groups big speed, of these all of them in shock movement groups balance situation creates

Heavy use very long time during common advantages present did

However, later different reasons according to this from the criterion give up forgivable to the circumstances take bride processes too come back will be done.

1 - muscle of mass increase in body weight unwanted to growth take will come.

2 - This is in advance telling of body parts that cannot be strength increases.

3 - It's in sports action development need has been some muscle of groups development does not show.

4 - final to the result effect doer nerve system violation

**In gymnastics Talent:** It's natural physical condition with him sportsman to action and, in particular , to sports discipline adaptation demonstration is enough It is as follows explained :

I - actions fast learning ability with,

II - coordination with,

III - new forms of movement fast adaptation with.

Talent in his youth executable exercises through to maturity deliver it is believed that it is possible. Most efficient exercises neuromuscular cooperation apply through is achieved quickly maximum balance situation provides.

In youth done in preparations only special actions done not increase need, in exercises many different actions done increase through automation prevention get need

**Flexibility-Strength-Speed-Coordination-Strength Relationships** All situations of athletes coordinator abilities above note done five main to the feature technical and sure depends . Above telling passed from the features one's lack of course physical to work effect does Physical exercises during of the muscle reduction and thickening the muscle nourishing into a vein pressure passes and that's it with of blood movement (blood rotation) ensures . So so that 's it reduction and relax of muscles power with depends that it was because of this on the ground flexibility , strength , endurance and of coordination rectangles separate stands At a glance of endurance effect heart-blood , though not visible vein systems to fatigue against stand up ability , of course , endurance with depend Accordingly , athletes training during not working muscles relax ability flexibility feature belongs to Continued reduction fast to exhaustion take coming due to , flexibility endurance with depends it seems of muscle good strength to use ability its optimal rest ability means Movement amplitude size This is a muscle big relief optimal reduction in the case to the situation transition ability depend If it is enough relaxed if , muscle more strength to show can Such without , it is flexibility-strength relationships open will give . in America take went studies that's it showed that from warming up after stretching internal friction and of antagonists resistance reduce through strength increases and that's it with reduction speed, step the length and step frequency increase through the speed increase provides . So so , strength - flexibility - speed - coordination relations all clarity with open given

Motor characteristics autonomous and another of skills independent respectively there is said impression not to leave need Movement characteristics in the middle mutually dependence and dependencies there is that it was like, this traits are also skills with closely depends. Both are permanent adaptation events under the influence of The last one observations point of view from today's point of view movement characteristics during daily sports activities and skills different in periods separately not but one of time in itself attention centers differently even if it is appropriated. Special program as discussion to be done thing long, medium and constant short term is planning. This always planning to sports typical will be and very complicated and personal factors account requires receiving.

#### **Gymnastics in training physical preparation**

In every sport that it was like , two in gymnastics important preparation stage there is :

- 1 - Physical preparation
- 2 - Technician preparation

A few years before athletes technical of preparation sufficiency with to success they think they will achieve was So so , organic prepared It was this time in vain to spend or not so much benefit it is believed that it will not bring Even present athletes in days too their own high to their talents despite the last action do it they can't . Every sport according to champions achieved results of this on the contrary shows . That's two of the situation continuously criteria with take went preparation more good the result will give . The same and monotonous actions repetition in the form of executable Exercises usually develop slows down . So if gymnastics one different technical to the topic strictly attention focusing on basic URM exercises aside push it is new actions more difficult and it gets complicated and time pass with technique his own final as a result negative way achieves

Physical education is weight day by day increased going for on the shoulder rise possible the cargo that Actions perfect when , fatigue decreases and of fatigue decrease with tension extension can This in the section we cultural movement and his characteristic features about we talk Many researchers common and physical formation part leave they did , but sports discipline norms based on physical education theory again restored .

Exercise to do two main to the base based on :

1 - Value

2 - Option

1 - Physical of preparation importance of an athlete age , preparation level and personal physical to the situation depend

Each subject to create possible has been external abilities time pass with tension because of development changes ( changes ) . coming can From time to time with organism high level adaptation for suitable to be it is possible physiological and morphological heights . Physiological and morphological growths an athlete to the border take goes This is repetitive promotions steps higher has been Chanon stairs with is compared .

This is an exercise more difficult and easier in becoming continue is doing Chanon image adaptation for necessary has been education quality and of the amount straight away ratio shows . Time pass with of an athlete biophysiological status improvement with external of muscle new to the situation get used to with to training adaptation increased to go observed . This Chanon on the ladder we adapt of the era the length step by step describe as well as above in the heights of loading increase we will show

Value At the beginning of two issues separate stands for :

a) Continuity or systematic ,

b) Repetition .

a) Continuity the basis is based on that . Sports result time pass with stretched out to work is based on this while unwanted delays and mental and physical relapses cause

releases Training to stop adaptation development to slow down means this physiological of efficiency to increase and neurophysiological to grow take will come .

In fact , training continue reach and time pass with increased going physical load of the body new regularly developments cause brings out , adaptation through muscles strength expand through his durability increases .

b) Repetition : This is training periods between to time looking changes , that is long study to periods , short to training and many short to training applies . Training frequency organic adaptation development and , the most important , neurophysiological to development depend Known to be should be physiological development is 100% repeatable to exercises depends and therefore for common physical preparation level is also necessary .

2 - diversity: to the situation according to diversity study programs and of common motion signs diversity with is expressed.

It's in training methodized types of action. Action repetition mental in equilibrium important role plays, monotony not only fatigue, maybe hardness , that is of ability causing it to slow down releases

General traffic signs variety of sports activities shape returns a lot of numerous body points mutually effect the most suitable the motor acceptance to do develops, that is the most suitable sports ability will give.

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