

TERMS IN GYMNASTIC EXERCISES.

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Annotation: *Gymnastics terms* are gymnastics exercises, general concepts, gymnastics equipment, equipment names briefly expression reach for applied special Names (terms) structure, exercises to write of forms structure and use are the rules.

Knowledge in various fields work release, movement activities object, phenomenon, concept, processes briefly to express in order to special of terms is used. Physical in education, including behad a lot exercises applied in gymnastics term very important role plays.

Key words: *gymnastics, term, pronunciation, squatting, tool, general developer, exercise.*

Terms training on time teachers with of students mutual relationships relieves, to gymnastics about literature publication in doing gymnastics exercises definition in simplification help will give.

Gymnastics the term from gymnastics also wide in other sports is used .

Gymnastics of exercises sure name without knowing standing up , him learning difficult For this reason them to teach in the process term the importance is especially great . Briefly term words action skills to form incomparable effect shows . Research according to confirmation , those who are involved exercise perform for himself himself preparation help gives , training process while more compact and to the goal according to take to go tool will be

Term of the lexicon department as the content and theory of this science and practice with closely depends . In gymnastics term means an action or of understanding briefly conditional name is understood . Other in the fields like , gymnastics the term is also physical education progress with one in line , improve goes because practice and in science how news appear if so , it is in the language inevitable reflection reach him rich goes

Gymnastics terminology ex In the Union in 1938 current done is Russian literary language dictionary fund based on built was That's why for it is gymnastics with of practitioners different to classes quite a bit understandable and near , as well as Russian of the language another to languages correct (exercises to the content depending on) translation to do opportunity will give . new term advantage from that consists of was , terms make up and them to apply new was approached . Authors terms make up each system of action the most expressive features display only with limited to the same at the time that's it action sure and short describe enable giving by doing set .

Ex councils gymnastics system develop course , theory and in practice achieved new-new achievements gymnastics the term more improvement requirement did Gymnastics in 1957 according to conducted discussion , 1962, 1963 Union conferences are the same to the matter dedicated was

Physical education institutes , especially Moscow, St. Petersburg and Kiev physical education academies gymnastics departments teachers gymnastics the term development big contribution added . Take it went research and discussions in 1965 as a result ex Union gymnastics federation valid to terms last change and additions entered This study in the manual given terms international in languages occurring and Uzbek literary to the language come in came terms , that's it of the field big expert-scientists , associate professor A. Efemenko by

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practical in training apply for recommendation done terms , H. Rafiev's " Physical education and sports dictionary " book and " Uzbek of the language explanatory dictionary". relying on terms to the composition some news to enter trying was seen .

To the terms to be placed requirements . Terms own the meaning of accuracy and specialization with usual lexicon from units difference does

Words to term after turning , it is necessary was one the meaning means (enter , bend , throw , bridge , down throw , hang , lean and etc.).

In this terms any understanding , action just saying not only him kindred spirit understanding , from actions separate and define will give .

To the terms this requirements put : *Comprehensibility* . Term mother language dictionary composition and another from languages received words are also international terms based on built this is people in the language the word to make and grammar to the rules full suitable will be Only then terms understandable , vital and stable will be Mother tongue criteria violation of terms understandable not to be take will come .

Accuracy . Term the described action (exercise) or of understanding essence about obviously imagination giving to be need Term accuracy exercise about right imagination harvest to do for big important have is the exercise faster by learning in getting help will give .

Brevity . Terms short , pronunciation to do comfortable that it was ok

Naming exercises and them to write alleviating abbreviation the rules also serve this purpose to do need

Gymnastics of terms rules

Terms to make methods

Terms make the most a lot spread out method is available to words new meaning give (them different understanding). For example , bridge , entrance , passage , exit such as words that's how it is in gymnastics of terms is considered Often , terms of words , for example , low-high brusias , like high and far (jumping) . mutual It is also made from a combination . Hanging , leaning , swinging , sitting and that's it such as some words term as is used . Static circumstances means terms such as leaning on the wrists leaning on the elbow rely on in spades standing , in the beginning standing , in hands stand up etc support point account is taken ; hanging , angular hanging , bent hanging , leaning to hang like cases while body status (its joints to each other relatively how) into account take is made . Vibration of exercises terms certain mover activity features account take is made . For example , wrists relying on standing up forward shaking rise , height correct shaking rise , leg in pairs or one on the leg the climb and etc

Jump and jump landing terms in sports gymnastics your body in the air to the situation looking defined , for example , legs coming jump , upheaval ; artistic in gymnastics body with legs to the situation looking defined , closed jump , open jump , step jumping , scattering , relying umbalok increase , throw away jump , shake jump turning around jump and etc

Terms apply rules .

Gymnastics the term of practitioners qualification account received without application need

For example , work release morning gymnastics hygiene gymnastics and another health gymnastics forms in transfer general developer exercises main from the terms only by using not only they people literary in the language words with filled in will go

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Sports of gymnastics with engage those who started exercises learning with one at the time , also knowing the terms to go necessary

Good preparation saw gymnasts , acrobats , training singers and coaches for term separately one special language to be remains .

Everyone terms as follows to groups to be came out ok :

General terms . These are of exercises separately groups , general concepts and etc describe for is used . For example , saf exercises , free exercises and others

Basic (specific) terms . These are of exercises content signs sure describe enable will give . For example , up , down throw , turn , turn , hang , lean , jump landing , leaning , throwing and others

Additional terms . These are main to terms accuracy enters and direction of action , execution method , reliance condition and etc showing will give . For example , height straight , arched overturned and others

Exercise The name is usually his essence expression which main from the term and action , his consistency identify giving addition from the term consists of will be Necessity execution expression emphasizing to fly words is used (eg manually sudden action, relaxation , calm is moved and etc.).

Abbreviation rules (some expressions down leave) Statement to do shorter to be for usually a lot in gymnastics situations , actions or they are of exercises names do not show acceptance done For example , the following words down is omitted : " In front " , " Forward " - the direction of movement in showing , if this action is the most short , possible there is only one way with (e.g. pre turn) to be executed if hands , feet , feet tips , palms of the situation how if this condition defined style suitable if

" **Gavdani** " - when leaning ;

" **Foot** " - forward , back on the move , leg tip in putting

" **Raise** " , " **lower** " - hand or legs when performing an action with ;

" **Lengthwise** " , " **crosswise** " - specific gymnastics to the device more special was natural in cases ;

" **On top of it catch** » - eng a lot spread out that it was for, « in jump fall » (or device internal status);

" **Jump fall** » or « **jump** » - gymnastics of the device on behalf so to be done known if

" **Bending** " is like that condition execution from the technique known if For example , in brusias : forward shaking rise - back shaking jump fall

« Palms inside looked at " - hands down lowered , forward forwarded , back transmitted , high raised in case « Palms down looked at " - hands two to the side or transferred to the left (right) . in case

" **Go ahead arcuate** » - hands forward by moving if raised or if dropped .

Initial case (dh) only exercise At the beginning of is displayed .

Legs , hands and the movement path of the body , the most movement short or usual method only if not done is displayed .

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