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Annotation: The article is dedicated to the history and development of fencing as a sport and martial art. The main stages of the formation of fencing, the features of modern sporting fencing, and the role of the athlete's technical and tactical training are considered. Special attention was paid to the comparative analysis of three types of weapons - rapiers, swords, and sabers - and their impact on the training process. The material can be useful for beginner fencers as well as for coaches and researchers in the field of sports pedagogy.

Keywords: sport, formation, physical qualities, sword, modern society, Olympic.

Introduction: Sports fencing is a dynamic and intellectual sport that combines elements of strategy, speed, agility, and psychological stability. Being a descendant of ancient martial arts, fencing has come a long way from sword duels to high-tech Olympic sports. In modern society, fencing continues to develop, combining traditions and innovations.

The relevance of the topic lies in the fact that fencing not only develops the athlete's physical qualities but also shapes analytical thinking, reaction, and self-discipline. Despite its relatively limited popularity compared to other Olympic disciplines, fencing deserves close attention as a cultural and sporting phenomenon.

The purpose of this article is to analyze the historical development of sports fencing, examine its technical and tactical features, current state, and role in society.

Fencing as a form of combat has its roots in ancient times. The first mention of fights using cold weapons dates back to thousands of years before our era. Egypt, Ancient Greece, the Roman Empire - these cultures developed their own forms of combat fencing, predominantly military in nature.

In the Middle Ages, fencing acquired the characteristics of a knightly art. The sword served as a symbol of status and dignity, and possessing it was an object of honor. During the Renaissance, fencing gradually went beyond military applications and became an art and way of self-affirmation among the nobility.

By the 17th century, fencing began to be perceived as a form of dueling, requiring not only strength but also skill, dexterity, and precision. It was during this period that the first treatises on the technique of wielding the sword and rapier appeared, and schools of fencing were established in Italy, Spain, and France.

In the 19th century, fencing began to acquire the characteristics of a sports discipline. Deaths from duels are decreasing, protective equipment elements are being introduced, and the first international competitions are appearing. In 1896, fencing became one of the first disciplines at the Athens Olympic Games [1].

Fundamentals of technique and rules: Modern fencing includes three types of weapons:

- the sword is the strictest and most technical type. Strikes are inflicted only by injection into any part of the body.
- rapira is a light and fast weapon. Strikes are inflicted by injections into the body.
- the sword is the most dynamic type. Strikes are applied both by pricking and by cutting movements on the upper body.

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The safety of athletes is ensured by special equipment:

- a mask with a metal mesh, a jacket made of durable fabric, protection for the neck, chest and arms, gloves, trousers, shoes with a slippery sole, electronic touch registration system [3].

The bout will take place on a 14 meter fencing track. The competition is divided into three rounds of three minutes or up to 15 points. Electronic sensors record touches. The referee monitors the correct execution of attacks, defenses, and retreats.

Fencing requires a quick reaction, analysis of the opponent's actions, and the ability to change tactics throughout the bout.

Current state and trends: Today, fencing is actively developing in Europe, Asia, and the USA. The International Fencing Federation (FIE) has more than 150 member countries. Athletes undergo a multi-stage training system: from children's sections to national teams [4].

Modern fencing uses electronic sensors, LED tracks, video repetitions. This makes sports more fair, spectacular, and technically precise. Video analytics of the training process, biomechanics, and sports psychology are also applied.

Previously dominated by men, fencing has been actively developing among women since the 20th century. Today, women's disciplines are completely equal in status and number of competitions. Fencing women are achieving high results, participating in world championships and Olympics.

A successful fencing master is not only a physically developed person, but also a strategist. Training includes:

- development of reaction and coordination;
- studying tactics and countermeasures;
- psychological training;
- analysis of video recordings of fights;
- development of leadership qualities and stress resistance.

The importance of fencing in the development of the individual and society.

Fencing requires comprehensive physical training. During training, the following are developed: strength and endurance; flexibility and coordination; accuracy and speed of movement; reaction and motor skills.

Regularly engaging in fencing strengthens the cardiovascular system, develops muscles, especially the legs, torso, and shoulder girdle. Posture and breathing are also improved, and the risk of injury in everyday life is reduced [2].

One of the unique features of fencing is its intellectual component. The match is a kind of "chess game" on speed. The athlete must: quickly analyze the opponent's actions; anticipate strikes; use tactical moves; make decisions in fractions of a second.

Fencing develops concentration, strategic thinking, and self-control. Being able to maintain composure under pressure from an opponent is an important quality not only in sports but also in life. Fencing cultivates discipline, respect for the opponent, and rules. It is a sport in which honesty and nobility, patience and endurance, respect for traditions are highly valued.

Many coaches claim that fencing shapes personality, makes a person more composed, confident, and responsible.

Fencing was traditionally included in the educational programs of European universities and military academies. It is considered not only as a sport, but also as a cultural element contributing to the harmonious development of the individual.

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In some countries, fencing is included in the physical education courses of higher educational institutions, especially those of a humanitarian and military profile. It contributes to the formation of leadership qualities, strategic thinking, and physical resistance to stress.

Conclusion: Sports fencing is a unique combination of art and sports, traditions and modernity. It went from martial arts to a highly intellectual form of competition. Today, fencing unites millions of athletes worldwide, including children, youth, and adults.

Its significance extends far beyond the sports arena. Fencing develops body and mind, cultivates character, and shapes a culture of respect and discipline. In the rapidly developing world, where reaction speed, thinking, and psychological stability are particularly important, fencing remains relevant and attractive.

The development of fencing in Uzbekistan and other CIS countries requires further state support, the introduction of innovative training methods, and the involvement of young people. It's not just sports - it's a school of life where every fight teaches us to be better.

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