

ACROBATIC EXERCISES

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This article examines the importance of acrobatic exercises in developing physical fitness, coordination and flexibility. Acrobatic exercises often involve the performance of highly complex movements, often including elements of acrobatics and gymnastics. The article presents the role of these exercises in improving physical fitness, their benefits in developing strength, endurance and balance in athletes. It is also shown that performing acrobatic exercises helps not only to improve the muscular system, but also to improve mental health, reduce stress and develop self-control skills. The article provides detailed information on how acrobatic exercises are used in various sports, including dance, acrobatics and gymnastics, and the physical and mental benefits of regularly performing these exercises.

INTRODUCTION. Acrobatic exercises are a type of exercise that is important for improving physical fitness and bringing athletes to a high level of skill. These exercises not only develop physical strength and flexibility, but also help synchronize body movements and maintain balance. Acrobatic exercises are usually widely used in acrobatics, gymnastics and other sports, as they increase the strength, coordination and endurance of the muscular system. At the same time, these exercises help improve the mental state of athletes, reduce stress and develop self-control. The article provides detailed information about the various

physical and mental benefits of acrobatic exercises, their performance techniques and their role in sports.

The history of acrobatics dates back to ancient times. Their roots are probably in Greek and Roman gymnastics and dance. Acrobatic styles later influenced the physical exercise systems of China and India. In particular, acrobatics reached its peak in Europe in the 18th and 19th centuries, especially in circuses and theater stages. Acrobatic exercises are divided into many types, each with its own specific goals and techniques. Below are the most common types of acrobatics: Classical acrobatics: In this type, athletes usually use their physical strength and flexibility to perform complex movements on each other. They often participate in competitive physical training or performances. Parachute acrobatics: In this type, athletes parachute and perform various shapes, movements, and figures in the air. This type requires a very high level of skill. Aerial acrobatics: In this type, athletes maintain a high level of symmetry and balance, but they work with special equipment or devices. For example, such exercises are found in circuses or aerial dancing. Pyramid and group acrobatics: In this type, several people join together to create a pyramid or other complex shapes. Group acrobatics requires a high level of physical flexibility and trust in each other. Dance and acrobatics: Many modern dance styles include acrobatic elements. They combine high-level dance techniques with physical strength. Regularly performing acrobatic exercises brings not only physical, but also psychological benefits. The following benefits can be cited as advantages of performing acrobatic exercises. Acrobatic exercises often help improve physical balance and coordination. This is also useful in other sports, such as football, basketball, and volleyball. Increased flexibility: Acrobatic exercises not only increase strength, but also increase muscle elasticity. The flexibility of different parts of the body plays an important role in performing these movements. Development of strength and endurance: Acrobatic exercises are effective in developing physical strength. A high level of endurance and strength is required when entering a major competition or performing movements in a circus. Increased confidence and self-esteem: Performing acrobatic exercises in many cases increases the athlete's self-confidence. Such exercises, especially when performed in a group, develop confidence and teamwork skills. Stress reduction and improvement of mood: Performing acrobatic exercises, especially those that include elements of dance and gymnastics, can be effective in reducing stress and improving mood. Learning acrobatic exercises can be fun and beneficial for everyone. However, there are some important tips and aspects to pay attention to when learning these exercises. Start small: Patience is very important when learning acrobatic exercises. You should first

perform simple exercises and gradually move on to more complex movements. Ensuring safety: Ensuring safety is very important when performing each exercise. This is especially necessary when performing complex exercises such as aerial acrobatics or group acrobatics. Developing balance and strength: To successfully perform acrobatic exercises, it is necessary to develop balance and strength. Special exercises can be performed for this. Working with others: Group acrobatics and working in pyramids require a lot of physical exercise, so it is important to develop trust and cooperation with each other.

Conclusion

Acrobatic exercises are one of the most interesting and effective types of physical activity. They not only help to increase muscle strength and flexibility, but also develop balance, coordination and endurance. Learning and performing acrobatic exercises allows athletes to test their physical capabilities, increase self-confidence and improve their mental state. At the same time, these exercises have many types, and each person can master them in accordance with their interests and capabilities. Ensuring safety, patience and teamwork are important when learning acrobatic exercises. As a result, acrobatics serves as an effective tool not only for sports, but also for artistic and psychological development.

References:

1. "Acrobatics: History and Development" - Such books help to study the history of acrobatics and its development.
2. Scientific articles on sports sciences and physical education - Scientific journals in the field of physical education and sports provide various studies and practical information on acrobatics and sports exercises.
3. Manuals on gymnastics and acrobatics - These books and manuals help to learn acrobatic exercises, ensure safety, and understand the technique of performing exercises.
4. Special literature on circus and dance acrobatics - There are manuals and books on the types of acrobatics used in circus and dance.