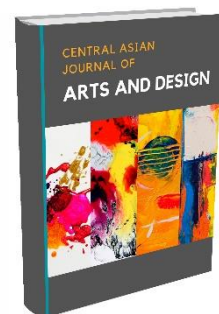




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The role and importance of armwrestling in Georgia

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Annotation:

It is still possible to put all your physical resources into the preparation process, however, when you are standing face to face with your opponent, your mind is necessary. One second can decide your fate, weaken or strengthen your physical preparation. You have to think fast, think about your action and technique, think about the steps of the fighter, you have to see his mind, beat him physically and mentally, this is the key to your success.

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Introduction.

In the history of mankind, sport has occupied an important place, it was a way of entertainment, sometimes of political importance and, most importantly, of demonstrating strength.

Armwrestling, as an ancient sport, occupies a worthy place among many current sports. The first elements of its existence can be traced back to ancient Egypt, the art of painting on the wall was widespread in Egyptian culture, and the hieroglyphs depicting armwrestling on the wall date back to 2000 BC.

Current knowledge of the history of arm wrestling is based on written and pictorial evidence, it may exist not only in ancient Egypt, but also in the history of other ancient and medieval countries.

Modern arm wrestling, which is a very popular sport in today's world and which is a part of my life, originated in America. At first, only school students and college students followed him. Young journalist Bill Soberanes took the biggest steps in popularizing arm wrestling and holding championships. It was he who held the first match in 1952 at Gilard's saloon in Petaluma, California.

Theoretical background

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What is arm wrestling? It is a weightlifting sport that develops personally, requires not only strength, but also mental readiness. This is a sport in which you invest a lot of time and energy, and in fact, your whole life. Skills, principles, discipline, endurance, physical and mental toughness play a big role in achieving success. Arm wrestling is a disciplined sport and requires hard work and dedication. No matter how hard it looks, falling in love with him is so easy. It is a source of excitement, a fascinating sight that keeps the viewer in constant tonus. If you attend a match at least once and let it enter your life, it will capture and charm you so much that it will become a goal and an integral part of your life. If you fall in love, it will strengthen you, make you more self-confident and bring you the most important thing: harmony within yourself.

Main part

Mental readiness and toughness is one of the most important components, without which it is difficult to achieve success and, moreover, to stay at the peak of success. It is possible to put all your physical resources into the preparation process, but when you are standing face to face with your opponent, your mind is necessary. One second can decide your fate, your physical preparation. to dissolve or strengthen. You have to think fast, think about your action and technique, think about the steps of the fighter, you have to see his mind, beat him physically and mentally, this is the key to your success. Take a lesson from every day, use it to your advantage, accept it Experience, learn and listen to your mind and body, every step you take Treat with respect, love every day dedicated to sports When you are in harmony with yourself, which you will definitely achieve, No obstacles and failures can hold you back, nothing can stop you On the contrary, the road to success, the road to the top will be much easier for you Going Thus, as I mentioned above, arm wrestling has an ancient history And the great past has found enormous popularity in our time and at such rates A huge future is unfolding. As long as these emotions are loaded and When you step into an exciting sport, you need to assess your willpower and prepare psychologically. An athlete has to go through a difficult path every day, as Physically as well as psychologically. You have to think not only On victory, which is decided in one meeting, but by each of you on the past day. Make decisions whether you will go to Daraz today or maybe Prefer to stay and skip? Your individual decision and The day spent will lead you to a great competition and will decide your fate. Arm wrestling is a daily decision, a daily struggle.

Discussions

Daily exercise of body and mind, because as I said mental Preparation will pour water on your mill, it will turn in your favor and That one moment will crown your work with victory. Every variety has its own strict rules, which you must follow. Everyone has unique techniques, laws. Although dryly written laws Following him is very pointless and in some cases even unprofitable. If you are an athlete It is not ready internally, nothing can be done with only physical data. The primary characteristics are also of great importance: unrelenting, strong, You should be principled, dignified, purposeful. You can live your life

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