

## **Wettkampftätigkeit von qualifizierten Boxern in Verbindung mit Besonderheiten der Kampftaktik.**

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**Zusammenfassung:** Boxen ist eine der beliebtesten olympischen Sportarten der Welt. Die große Popularität des Boxens erklärt sich vor allem durch seine Unterhaltung, die hohe emotionale Intensität des Ringens und die vielseitige Beeinflussung der motorischen, mentalen und willensmäßigen Qualitäten eines Sportlers.

Modernes Boxen erfordert eine deutliche Erhöhung des Umfangs spezieller Trainingsübungen. Besonderes Augenmerk sollte auf die Verbesserung der technischen und taktischen Fähigkeiten der Boxer gelegt werden. Die Analyse des modernen Boxkampfes an der Stelle der Aktivitätstheorie ermöglicht es, die sinnvolle Seite der Struktur des taktischen Könnens in Einzelkämpfen durchzuführen.

Das Problem der Erforschung von Taktik, taktischen Fähigkeiten und taktischem Training ist eines der schwierigsten Probleme im Boxen. Die Fragen bezüglich der Effektivität des taktischen Trainings sind sehr zahlreich und komplex, da solche Aspekte der Aktivität eines Boxers untersucht werden, die schwer zu quantifizieren sind. Es gibt eine kolossale Anzahl von Faktoren, die die Effektivität der Taktik und des taktischen Trainings eines Boxers beeinflussen.

Bisher wurde nicht untersucht, was die motorische Struktur des Kampfes ist, welche Art der Kräfteverteilung am rationalsten ist, was die Kriterien für die optimale Verteilung der Kräfte sind, die Methodik zur Verbesserung der Taktik der Kampfführung mit einer Betonung einer rationalen Verteilung der Kräfte wurde nicht entwickelt. All dies führte zur Relevanz unseres gewählten Forschungsthemas.

**Schlüsselwörter:** Training, Analyse, Boxen, Sport, Kampf, Runde, Kampf, Ergebnis, Sportler, Methode, Verarbeitung

## **Competitive activities of qualified boxers in connection with peculiarities of battle tactics.**

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**Abstract:** Boxing is one of the most popular Olympic sports in the world. The great popularity of boxing is explained, first of all, by its entertainment, high emotional intensity of wrestling and versatile influence on the motor, mental and volitional qualities of an athlete.

Modern boxing requires a significant increase in the volume of special training exercises. Particular attention should be paid to improving the technical and tactical skills of boxers. Analysis of modern boxing combat in the position of the theory of activity makes it possible to carry out the meaningful side of the structure of tactical skill in single combats.

The problem of researching tactics, tactical abilities and tactical training is one of the most difficult problems in boxing. The issues related to the effectiveness of tactical training are quite numerous and complex, since such aspects of a boxer's activity are being investigated that are difficult to quantify. There are a colossal number of factors affecting the effectiveness of tactics and tactical training of a boxer.

Until now, it has not been studied what the motor structure of the fight is, which way of distributing forces is the most rational, what are the criteria for the optimal distribution of forces, the methodology for improving the tactics of conducting a fight with an emphasis on rational distribution of forces has not been developed. All this led to the relevance of our chosen research topic.

**Keywords:** training, analyze, boxing, sport, battle, round, fight, result, athletes, method, processing

### **Purpose, objectives, methods and organization of the research.**

**The aim of this research is to increase the effectiveness of the tactical training of boxers on the basis of identifying the features of their competitive activity.**

**In accordance with the purpose of the study, the following tasks were solved in the work:**

1. Study the dynamics of distribution of boxers' attacking actions.
2. To identify typical variants of distribution of attacking actions in a fight among highly qualified boxers.

To solve the set tasks, the following research methods were used:

1. Analysis of literary sources;
2. Pedagogical observation;
3. Methods of mathematical statistics.

### **2.1. Analysis of literary sources.**

The analysis of literary sources made it possible to reveal the peculiarities of technical and tactical training in the types of combat sports, to systematize the data characterizing the basic means and methods of tactical training of boxers. Various approaches to individualization of tactical training, proposed by modern experts in the field of combat sports, are compared.

It was especially important to clarify the state of the problem concerning the means of purposeful improvement of tactical schemes for the distribution of attacking means over the rounds of the battle.

### **2.2. Pedagogical observations.**

Pedagogical observations were used to analyze the competitive activity of qualified boxers. Pedagogical observations of the battles were carried out at training camps and competitions of various levels of importance, held according to the calendar of competitions from 2020 to 2021 in Yangiabad and Tashkent. A total of 46 fights were analyzed, in which 12 highly qualified boxers took part.

### **2.3. Methods of mathematical statistics.**

Mathematical statistics was used to process and interpret the data obtained as a result of pedagogical observations. We used the generally accepted methods in sports pedagogy, recommended by a number of authors. Calculated: M - arithmetic mean; standard deviation - G; coefficient of variability - V% reliability of differences - P.

### **2.4. Organization of research.**

The studies were conducted from September 2020 to November 2021. The research involved 12 qualified athletes, candidates and members of the national boxing team of the republic. The study was carried out in stages.

At the first stage, special literature was studied, the purpose, objectives and methods of research were determined.

At the second stage, periodic observations were carried out and partial processing of their results was carried out.

At the third stage, the results of the study were summarized and described, and the results (conclusions) and conclusions were drawn.

## **ANALYSIS OF COMPETITIVE ACTIVITIES OF BOXERS IN CONNECTION WITH PECULIARITIES OF BATTLE TACTICS.**

The majority of qualified athletes and even the leading boxers of the country have serious mistakes in tactical readiness. So, at the largest competitions of recent years, experts note that many of them in conducting tactical techniques, the inability to rebuild the tactics of fighting, insufficiently skillful conduct of a duel against "tough" and aggressive boxers, as well as in close combat and at medium distance. Shortcomings were noticed in the planning of battle tactics.

One of the conditions for achieving victory over an opponent is the boxer's ability to alternate periods of activity, with periods of temporary decrease in it, in order to rationally distribute forces throughout all four rounds of the fight. The rational distribution of tactical actions among the rounds of the battle is one of the features of sportsmanship.

The problem of the distribution of forces in a sports duel is complex, since this indicator is determined by the influence of many factors: tactical ideas, functional capabilities, its technical equipment, etc. The coach can judge how an athlete distributes his strength by how actively he conducts a fight; how tactical actions and periods of activity are distributed over periods of combat. Information about the dynamics of the distribution of tactical actions in a fight in each round, estimated strikes, allows us to judge how boxers distribute forces during a four-round fight.

The received actual results will be the basis for the directed influence in the training process on those sides of the boxers' tactical readiness, which are the most significant in the structure of the four-round fight. For this purpose, an ascertaining study of the boxers' tactical readiness was carried out. Similar studies were carried out in other sports and martial arts and showed high practical significance in increasing the level of tactical readiness of athletes.

The processing consisted in counting the number of punches delivered and missed during a competitive fight in rounds, boxers who lost and won fights.

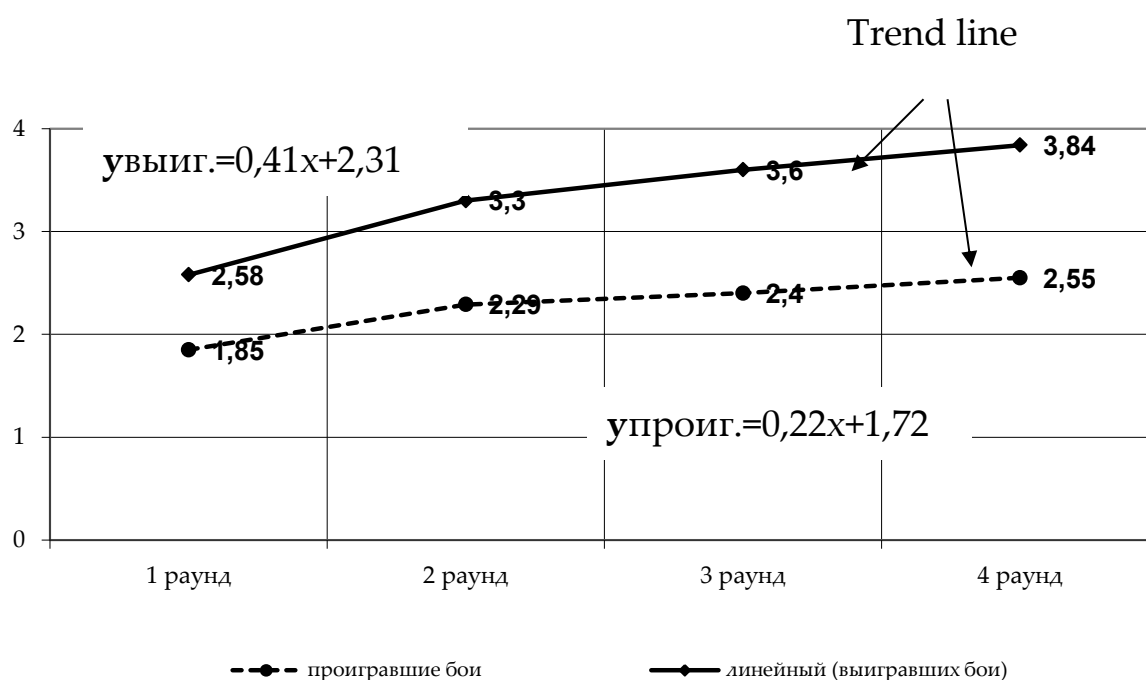


Fig. 1. Dynamics of the distribution of attacking actions over the rounds of boxers' fight depending on the result of the fight

Table 1 and Figure 1 show the results of statistical comparisons on the paired two-sample t-test for the average indicators of the dynamics of the blows delivered over the rounds of the fight between two groups of highly qualified boxers. The first group included boxers who lost fights, and the second - boxers who won fights.

Figure 1 shows the dynamics of attacking actions in the rounds of the fight of two groups of boxers, depending on the result (won-lost the fight).

Calculation of the regression equations and building a trend line on its basis (the trend line shows the general trend of the indicator dynamics by rounds of the battle - an increase, increase or without visible changes in values) revealed the same tendency to an increase in the number of strikes from round to round of the battle in both groups.

As can be seen from Table 1, in the group of boxers who lost fights are significantly lower than the value in the indicator of the number of strikes in all rounds of the fight, and at a high reliable level ( $P < 0,001$ ).

table 1.

*Paired two selective t-test for the average dynamics of the strikes delivered over the rounds of the fight between two groups of highly qualified boxers (n=12).*

Losing battles					
Statisticians	1 round	2 round	3 round	4 round	cost
The average	1,85	2,29	2,40	2,55	9,06
Standard error	0,06	0,07	0,07	0,08	0,22
Standard deviation	0,98	1,13	1,16	1,27	3,49
Winning battles					
Statisticians	1 round	2 round	3 round	4 round	cost
The average	2,58	3,30	3,60	3,84	13,30
Standard error	0,08	0,09	0,08	0,09	0,25
Standard deviation	1,29	1,42	1,26	1,38	3,93
t - statistics	-8,87	-10,88	-12,72	-12,70	-16,72
P (double-sided)	<0,001	<0,001	<0,001	<0,001	<0,001

For example, in the group of losers in the first round, the value of the number of strokes is  $1.85 \pm 0.06$ , and in the group of winners,  $2.58 \pm 0.08$ . we can say that the boxers who won the fights outnumber the losers in all rounds of the fight. Moreover, this also applies to the total amount of four rounds. In the group that lost battles, the sum averages  $9.06 \pm 0.22$  strokes, and in the group that won battles, it was  $13.30 \pm 0.25$  strokes (the differences were significant for  $p < 0,001$ ).

Thus, the winning boxers have a significant advantage in points won in all rounds of the fight.

The results of mathematical processing of the primary data, in the group of winning battles, there is a dynamics towards a significant increase in the number of strokes from round to round. A feature of this group is that the differences in the increase in the number of strikes in all rounds turned out to be significant. In contrast to the group of boxers who lost fights, where there were unreliable changes in the number of hits that reached the target between the second and fourth rounds.

The actual results obtained are the basis for a directed influence in the training process on individual sides of the tactical readiness of boxers to form the tactics of rational distribution of forces and capabilities in the dynamics of conducting a competitive fight.

A.S. Martynov investigated some of the factors influencing the effectiveness of attacking actions, and came to the conclusion that the number of effective strikes per fight of the first round to the fourth inclusive decreases for the winners, and becomes the largest in the final fights. This is probably what makes them successful. The defeated in the final blows reach the goal less, which leads to their defeat. Consequently, as the author concludes that the boxer's ability to distribute his own in the tournament so that they are manifested to the greatest extent in the final fights, can be considered indicative of his sportsmanship.

Until now, the motor structure of a boxer's fight has not been studied, and, in particular, which method of distribution of forces of technical actions is the most rational in the alignment of forces and capabilities, a methodology for improving the tactics of conducting a fight with an emphasis on the rational dynamics of distribution of forces by rounds of the fight has not been developed. Taking these features into account will make it possible to effectively use attacking actions, depending on the functional and tactical capabilities of the boxer.

Naturally, the more options have to be envisaged, the more pronounced the probabilistic nature of competitive activity in the chosen sport (especially characteristic, as already indicated, for sports games and single combats). The expediency of sports tactics, first of all, depends on both the general tactical design and the concretizing plan (model) of the competition, if. Of course, they are developed taking into account the real possibilities of the conditions of the upcoming competitions, they are based on knowledge of proven effective forms of sports tactics and a realistic forecast of the most probable outcome of the competition.

Theoretical analysis, own sports experience and pedagogical observations of the course of competitive fights show that when conducting fights, athletes use various options for the distribution of attacking forces in four rounds of combat. Some boxers constantly from round to round increase the reliability or activity of performing attacking actions, others can decrease in some rounds and increase in others. All this allowed us to propose possible options for the distribution of the reliability and activity of attacking actions over the rounds of the battle. A total of 9 possible warrants were offered. If none of the proposed options were suitable for the athlete, he could present the one that he uses most often.

Under the variant of the distribution of forces, the percentage distribution of the number of strikes that have reached the target is considered by time intervals (rounds of combat).

Table 2 shows the percentage ratio of the options for the distribution of attacking actions by rounds of the fight of highly qualified boxers. Of the proposed ten options, boxers within the range of average values are used from 6.45 to 16.13%. Various other options suggested by boxers that were not noted in the questionnaire add up to 9,68%.



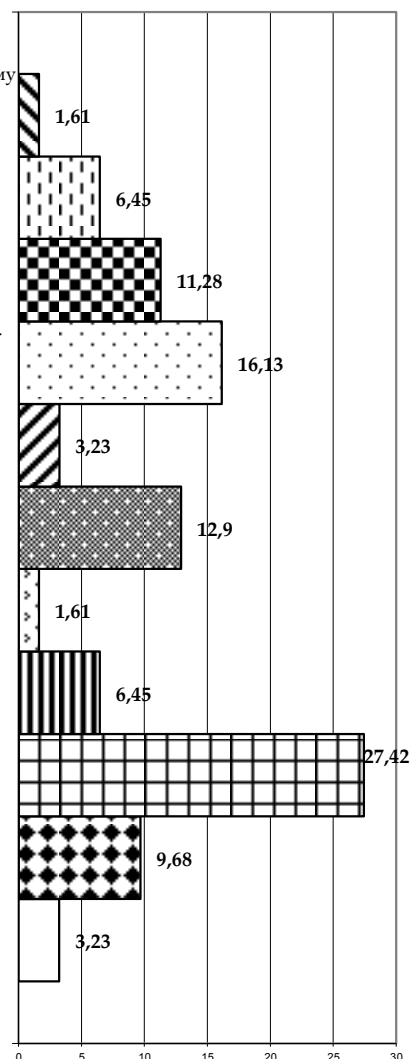
*table 2.*

*Percentage ratio of variants of distribution of attacking actions by rounds of a fight of highly qualified boxers (n=12).*

<b>Tactics options</b>	<b>%</b>
1 option. Steadily decreasing from 1st to last, 3rd and rising to 4th round.	1,61
2 option. Increasing evenly from the 1st to the 3rd round and decreasing to the 4th.	6,45
3 option. Relatively uniform across all rounds.	11,28
4 option. Relatively low in the 1st and 2nd round and high in the 3-4th rounds.	16,13
5 option. Wavy. High in the 1st round, low in the 2nd, - high in the 3rd 5th and low in the 4th round.	3,23
6 option. Relatively low in the 1st round and high in the 2nd, 3rd and 4th rounds.	12,9
7 option. Relatively high in the 1st round and low in the 2nd, 3rd, 4th rounds.	1,61
8 option. Decreasing evenly from the first round to the last.	6,45
9 option. Steadily increasing: from the first round to the last.	27,42
10. Other options suggested by boxers.	9,68
There are no options.	3,23
Total:	100%

The most common one should be attributed to the ninth option - evenly increasing: from the first round to the last 27.42%. The first and seventh options are used equally in 1.61% of cases. The fifth option is used by 3.23% of the respondents, and the same number of boxers have no options, that is, they do not distribute attacking actions over the rounds of the fight. The data is illustrated in Figure 2.

- 1 вариант. Равномерно понижающийся от 1-го к последнему, 3-му и повышающийся к 4-му раунду.
- 2 вариант. Равномерно повышающийся от 1-го к 3-му раунду и снижающийся к 4-му.
- 3 вариант. Относительно равномерный по всем раундам.
- 4 вариант. Относительно низкий уровень в 1-ом и 2-ом раунде и высокий в 3-4-ом раундах.
- 5 вариант. Волнообразный. Высокий уровень в 1-ом раунде, низкий во 2-ом, - высокий в 3-ем и низкий в 4-ом раунде.
- 6 вариант. Относительно низкий уровень в 1-ом раунде и высокий во 2-ом, 3-ем и 4-ом раундах.
- 7 вариант. Относительно высокий уровень в 1-ом раунде и низкий во 2-ом, 3-ем, 4-ом раундах.
- 8 вариант. Равномерно понижающейся от первого раунда к последнему.
- 9 вариант. Равномерно повышающийся: от первого раунда к последнему.
- 10 вариант. Другие варианты тактики, предложенные боксерами.
- Нет вариантов.



## Rice. 2. Correlation of variants, applied tactics of distribution of attacking actions in a fight by highly qualified boxers.

Thus, from the conducted research, it is obvious that within the framework of the general, most preferred tactical options, the most rare or relatively rare ones are also used. In addition, it was revealed that some boxers do not take into account the distribution of attacking actions in a fight, but act depending on the current situation during the course of the fight.

The obtained research data indicate that in the educational-training process of training boxers, it is necessary to take into account the real situation of training these tactics options. Hence, it should be said about the need for special work on the formation of tactics for the distribution of attacking actions in rounds.

The analysis of training plans and classes showed that such work is practically not carried out. In addition, it is also obvious that training tasks for the formation of one or another variant of the distribution of attacking actions over the rounds of the battle have not been developed.

The data obtained are consistent with the opinion of L.P. Matveeva. When making a judgment about the perfection or imperfection of an athlete's tactics, one must remember that, in principle, there cannot be one single optimal variant of it, the



best one in all cases, since tactics vary depending on the mass of variables - specific target attitudes, the level of the athlete's preparedness, the characteristics of rivals and partners, the scale and conditions of the competition, the dynamics of competitive situations, etc. It follows that attempts to find such an option are basically untenable. This also applies to attempts to single out one of the most effective tactics for any particular criterion. For example, when it is argued that the most economical in terms of energy consumption is a uniform distribution of forces at stayer distances (at which the fluctuation in the speed of movement on equal segments of the distance does not exceed 3% of the average distance speed), it does not follow from this that such a tactic of overcoming the distance is preferable for the athlete always and in all competitions. Which of the tactical options is preferable depends, among other things, on the tactical intention and preparation for its implementation.

Thus, it is necessary to orient boxers, first of all, to the most common variants of the distribution of attacking actions over the rounds of the fight (evenly increasing: from the first round to the last), to take into account the requirements of competitive activity (a constant increase in the realized blows from round to round), as well as individual features of tactical schemes (the choice of tactical schemes has a fairly wide range). In addition, 3.03% of highly qualified boxers do not do the alignment of forces in the rounds of the fight, but act depending on the current tactical situation and preparedness during the given period of training.

The distribution of forces in battle, in our opinion, is complex, since this indicator is determined by the influence of many factors: functional skills, etc. The coach and the athlete can judge how to distribute their forces by how actively he conducts the fight, how this activity is distributed over the periods of the fight, it is important to know how the periods of activity relate to the periods of its decline. In this regard, information on the number of active segments in each period of the fight, assessed by the judges, as well as on the time spent without noticeable activity on the part of boxers, allows us to judge how athletes distribute forces during the fight.

## **CONCLUSION.**

Fighting tactics remain the weakest link in the boxers' training system. It is difficult to achieve the desired result without a rational distribution of forces in the battle rounds. As observations over the course of training sessions show, practically no attention is paid to the distribution of attacking actions over the rounds of combat. Carrying out such work can serve as a reserve in increasing the effectiveness of the training process and boxers' skill.

As a result of generalization of the theoretical analysis, to solve the tasks set in the work, we have proposed methods for assessing the tactical readiness of highly qualified boxers.

One of the requirements for modern combat tactics is the rational distribution of forces during the fight. We found that boxers who won fights in all rounds outnumber the losers in the number of punched boxers.

The paper considers the dynamics of distribution of the attacking actions of highly qualified boxers. It was found that most often boxers use a variation that evenly increases from the first round to the last - 27.42%. Steadily decreasing from

the 1st to the 2nd and rising to the 3rd round and a relatively high level in the 1st round and low in the 2nd rounds are applied equally in 1.61% of cases. A relatively even distribution of forces across all rounds is applied in 11.28% of cases. Evenly decreasing from the first round to the last is used by 6.45% of boxers. The wave-like high level option in the 1st round, low in the 2nd, high in the 3rd is used by 3.23% of the respondents and the same number of boxers have no options, that is, they do not distribute attacking actions over the rounds of the fight, build their tactics in depending on the situation during the battle.

Thus, from the conducted research it is obvious that within the framework of the general, most preferred tactical options, the most rare or relatively rare ones are also used. In addition, it was revealed that some boxers do not take into account the distribution of attacking actions in a fight, but act depending on the situation in the course of the fight.

Thus, the survey revealed the dynamics of the distribution of technical and tactical actions. The general patterns of building tactics for the rounds of combat were identified. It is obvious from the conducted research that within the framework of the general, most preferred tactical options, the most rare or relatively rare ones are also used. The results of our own research have revealed three possible and fundamental distribution of forces by boxers in the rounds of the fight:

1. 1. Increased activity from round to round and in a single round;
2. 2. Relatively even distribution of forces in the round;
3. 3. Decreased activity in individual rounds and from round to round.

The obtained research data indicate that in the educational-training process of training boxers, it is necessary to take into account the real situation of training these tactics options. Consequently, special work is needed to form the tactics of distributing attacking actions over the rounds. In this regard, we have proposed special recommendations for the further improvement of each of the selected tactical options for the distribution of attacking actions by rounds of combat.

In the group of winning fights, it is noted that the differences in the increase in the number of strikes in all rounds are significant, in contrast to the group of boxers who lost fights, where there were unreliable changes in the activity of the difference in strikes that reached the goal between the second and third rounds.

It follows from this that in the first round the tactical tasks of reconnaissance and concealment of their actual attacking and defensive actions are solved. In the second round, the main tactical task is to win a point (increase the advantage) and implement counterattacking tactics, while continuing to mask your main technical actions. In the third round, no fundamental change in the solution of tactical tasks was revealed. The main tactical action is to win a point with the use of counterattacking actions, while the proportion of the use of defensive tactical actions increases, as well as the dominance of maintaining the achieved advantage with the consolidation of the achieved result is obvious, the use of counterattacking and defensive combat tactics.

The actual results obtained are the basis for a directed influence in the training process on individual sides of the tactical readiness of boxers in order to more

rational distribution of forces and capabilities in the dynamics of conducting a competitive fight.

### **CONCLUSIONS.**

The effectiveness of training largely depends on the effectiveness of special training means and rational use. In the special and methodological literature, separate recommendations have been developed for the study and improvement of individual aspects of tactical training in boxing. However, they require supplementation, development of new ones, taking into account the revealed features of the distribution of attacking actions by boxers during a competitive fight.

The peculiarities of the tactics of conducting highly qualified boxers in rounds of a competitive fight consist in a unidirectional tendency to increase the number of evaluated strokes from round to round by the end of the fight, regardless of the result (won - lost the fight). Boxers who win the bouts have a significant advantage in points won in all rounds of the fight ( $P < 0.001$ ).

The optimal variant of the distribution of forces during the fight should be considered the uniformly increasing activity of striking from the first round to the last. It is used by 27.42% of boxers. Some boxers (3.23%) do not take into account the distribution of attacking actions in a fight, but act depending on the situation during the fight..

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