

2025/2026 O'QUV YILI UCHUN **KIK-BOKS** IXTISOSLIGIDAN KASBIY (IJODIY)
IMTIHONLARINING ME'YORIY TALABLARI VA BAHOLASH MEZONLARI
(Ixtisoslik bo'yicha maksimal ball - 93 ball)

Erkaklar va ayollar uchun

1. "Soya bilan jang"da kikkboxschining texnik va taktik harakatlarini baholash.

Barcha texnik harakatlarning to'g'ri bajarilishi maksimal **21 ball**.

Bitta taktik harakat noto'g'ri bajarilgan taqdirda quyidagi ballar olib tashlanadi:

- 1) To'g'ri turgan holatda mashq bajarish - 1 ball
- 2) Masofa yo'nalishini o'zgartirish (manyovri) -1 ball
- 3) raqibni o'rganish (razvedka qilish harakatlari) - 1 ball
- 4) qo'lda hujum qilish harakatlari - 2 ball
- 5) oyoqda hujum qilish harakatlari - 2 ball
- 6) himoyalaniish harakatlari - 2 ball
- 7) qarshi hujum - 3 ball
- 8) hujum va himoyalarda zarur masofani yo'qotish - 3 ball
- 9) oyoqda taqiqlangan zarba berish - 3 ball
- 10) noaniq, katta quloqlar bilan va muvozanatni yo'qotgan holda zarbalar bajarish - 3 ball

2. Sherik bilan "shartli jang"da kombinatsiyalashgan hujum va himoyalaniishda texnik-taktik harakatlarni baholash.

Barcha taktik harakatlarning to'g'ri bajarilishi - maksimal 23 ball.

Bitta taktik harakat noto'g'ri bajarilgan taqdirda quyidagi ballar olib tashlanadi:

- 1) tayyorlov harakatlari - 1 ball
- 2) chalg'ituvchi harakatlar - 1 ball
- 3) shaxsiy hujum bilan yaqindan turib jang qilishga o'tish - 1 ball
- 4) raqib hujumiga qarshi yaqindan turib jang qilishga o'tish - 3 ball
- 5) yaqindan turib jang qilishdan chiqish - 2 ball
- 6) oyoqda noto'g'ri himoyalaniishlar - 3 ball
- 7) yaqin jangda o'zini himoya qilish - 3 ball
- 8) klinchga o'tishda noto'g'ri harakat - 2 ball
- 9) qo'lda noto'g'ri himoyalaniishlar - 2 ball
- 10) kechikib reaksiya qilishlar, aniq zarbalarni o'tkazib yuborish - 5 ball

3. Raqib bilan bellashuvda "erkin jangda" kikkboxschining texnik-taktik harakatlari samaradorligini baholash.

Jangovar harakatlarning butun texnik va taktik arsenali, himoyadagi to'g'ri hamda o'z vaqtida bajarilgan harakatlarni namoyish qilish uchun - 25 ball

Xatolar uchun quyidagi ballar olib tashlanadi:

- 1) harakatlanish texnikasini bajarishdagi xatolar - 1 ball
- 2) qo'lda zarba berish texnikasini bajarishdagi xatolar - 1 ball
- 3) oyoqda zarba berish texnikasini bajarishdagi xatolar - 2 ball
- 4) himoyalaniish harakatlari texnikasini bajarishdagi xatolar - 2 ball
- 5) aylanma zarba harakatlar texnikasini bajarishdagi xatolar - 2 ball
- 6) tayyorlov, razvedka qilish va chalg'ituvchi harakatlarni bajarishdagi xatolar - 2 ball
- 7) taktik fikrlashning yo'qligi - 3 ball
- 8) 1 ta ogohlantirish olish - 4 ball
- 9) 2 ta ogohlantirish olish - 8 ball

4. Raqib bilan bellashuvda, "erkin jang"da, kikkboxschining psixologik va maxsus jismoniy tayyorgarligini baholash. (24 ball).

Xatolar uchun quyidagi ballar olib tashlanadi:

- 1) qo'l va oyoqda noaniq zarbalar - 1 ball

- 2) sho'ng'ib ketishlar - 1 ball
- 3) yiqilishlar - 1 ball
- 4) bosh va oyoqlar bilan xavfli harakatlarni bajarish - 2 ball
- 5) mashqni bajarishdan bosh tortish - 2 ball
- 6) hakamlar buyurig'ini eshitmaslik - 2 ball
- 7) aniq zarbalar o'tkazib yuborish - 3 ball
- 8) "ochiq" qo'lqop bilan zarbalar - 5 ball
- 9) oyoqda taqiqlangan joylarga zarbalar berish - 4 ball
- 10) qo'lda taqiqlangan joylarga zarbalar berish - 3 ball

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(Jismoniy tayyorgarlik bo'yicha maksimal ball - 63 ball)**

Erkaklar uchun

30 m. ga past startdan yugurish (soniya) (21 ball)			
Ballar	48-63,5 kg.	67-75 kg.	80 - +92 kg.
21	... -4,05	... -4,10	... -4,20
19	4,06-4,15	4,11-4,20	4,21-4,30
17	4,16-4,25	4,21-4,30	4,31-4,40
15	4,26-4,35	4,31-4,40	4,41-4,50
13	4,36-4,45	4,41-4,50	4,51-4,55
11	4,46-4,50	4,51-4,55	4,56-4,60
9	4,51-4,55	4,56-4,60	4,61-4,65
7	4,56-4,60	4,61-4,65	4,66-4,70
5	4,61-4,65	4,66-4,70	4,71-4,75
3	4,66-4,70	4,71-4,75	4,76- 4,80
1	4,71-4,75	4,76- 4,80	4,81-4,85
0	4,76- ...	4,81-...	4,86-...

Gimnastik devorda oyoqlarni ko'tarib tushurish (90° da tizzalarni bukmasdan) (21 ball)			
Ballar	48-63,5 kg.	67-75 kg.	80 - +92 kg.
21	45+	43+	41+
20	44	42	40
19	43	41	39
18	42	40	38
17	41	39	37
16	40	38	36
15	39	37	35
14	38	36	34
13	37	35	33
12	36	34	32
11	35	33	31
10	34	32	30
9	33	31	29
8	32	30	28
7	31	29	27
6	30	28	26
5	29	27	25
4	28	26	24
3	27	25	23

2	26	24	22
1	25	23	21
0	24	22	20

3. Turnikda tortilish (marta) (maksimal -21 ball)

Ballar	Erkaklar uchun		
	48-63,5 kg.	67-75 kg.	80-+92 kg.
21	20-21	19-20	18-19
19	18-19	17-18	16-17
17	16-17	15-16	14-15
15	14-15	13-14	12-13
13	13	11-12	10-11
11	11-12	9-10	8-9
9	9-10	8	7
7	8	7	6
5	7	6	5
3	6	5	4
1	5	4	3
0	4	3	2

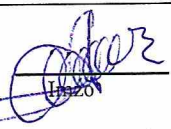
Ayollar uchun

30 m. ga past startdan yugurish (soniya) (21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	-4,60	-4,70	-4,80
19	4,61-4,70	4,71-4,80	4,81-4,90
17	4,71-4,80	4,81-4,90	4,91-5,00
15	4,81-4,90	4,91-5,00	5,01-5,05
13	4,91-5,00	5,01-5,05	5,06-5,10
11	5,01-5,05	5,06-5,10	5,11-5,15
9	5,06-5,10	5,11-5,15	5,16-5,20
7	5,11-5,15	5,16-5,20	5,21-5,25
5	5,16-5,20	5,21-5,25	5,26-5,30
3	5,21-5,25	5,26-5,30	5,31-5,35
1	5,26-5,30	5,31-5,35	5,36-5,40
0	5,31-...	5,36 - ...	5,41-...

Gimnastik devorda oyoqlarni ko'tarib tushurish			
(90° da tizzalarni bukmasdan) (21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	40-...	38-...	36-...
20	39	37	35

19	38	36	34
18	37	35	33
17	36	34	32
16	35	33	31
15	34	32	30
14	33	31	29
13	32	30	28
12	31	29	27
11	30	28	26
10	29	27	25
9	28	26	24
8	27	25	23
7	26	24	22
6	25	23	21
5	24	22	20
4	23	21	19
3	22	20	18
2	21	19	17
1	20	18	16
0	...-19	...-17	...-15
Joyidan turib uzunlikka sakrash (sm) (21 ball)			
Ballar	48-57 kg.	60-69 kg.	75-+81 kg.
21	220...	215...	210-...
19	-214	- 210	-206
17	- 208	- 204	- 200
13	- 202	- 198	- 194
9	- 196	-192	-180
6	-190	-186	176
0	0	0	0

Kafedra mudiri

 Sh. Asslanov
F.I.Sh