

Ntchito iliyonse ya munthu, monga mphamvu ya minofu, kupuma, ndi kuyankha kwa minyewa, ili ndi malire ake. Zimasonyeza kuti pali malire pakugwira ntchito kwa thupi la munthu. Palibe munthu amene angathe kuthamanga kwambiri ngati cheetah. Mphamvu sizingafanane ndi njovu. Komabe, sitigwiritsa ntchito mphamvu zathu zonse. Matupi athu ali ndi mphamvu zobisika zomwe sizigwiritsidwa ntchito. Ngati mungagwiritse ntchito bwino thupi lanu ndi kaimidwe koyenera ndikugwiritsa ntchito mphamvu yokoka, mudzatha kusonyeza 100% ya mphamvu zanu zakuthupi.

Kunena zowona, ndi nkhani yovuta, koma titha kuyandikira 99.999999999% ndi 100%. Inde, izi zimagwira kudzipereka kwambiri ndi khama. Komabe, ngati musintha kaganizidwe kanu, palibe malire a momwe mungayandikire ku 100% ntchito yabwino.

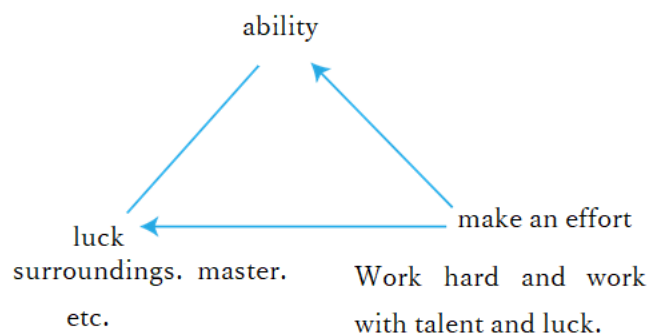
Ngakhale m'gulu la olandira mendulo zagolide ku Olimpiki, sakuwonetsa 100% ya luso lawo. Izi ndizodziwikiratu, koma ndikukhulupirira kuti ngati mutha kugwiritsa ntchito 50% kapena kupitilira apo, muli pamlingo wothamanga, ndipo ngati mutha kugwiritsa ntchito 80% kapena kupitilira apo, muli pagulu la mendulo ya Olimpiki kapena wothamanga akatswiri. nyenyezi yapamwamba. Kotero, kwa ife anthu wamba, zingakhale bwino titagwiritsa ntchito 30%.

Ngati mutha kumvetsetsa momwe mungagwiritsire ntchito thupi lanu ndi kaimidwe koyenera komanso mphamvu yokoka, mutha kujambula pafupifupi 40% popanda khama. Ndizotheka kwa ife anthu wamba kuwonetsa luso lawo lakuthupi mpaka momwe amayendera ndi akatswiri othamanga. Ndimagwiritsa ntchito masewera monga chitsanzo, koma chimodzimodzi ndi moyo watsiku ndi tsiku. Ngati mungagwiritse ntchito thupi lanu mogwira mtima monga wothamanga waluso muzochita zanu zatsiku ndi tsiku ndi ntchito, zolemetsa za thupi lanu zidzachehetsedwa. Simudzatopa ndipo ntchito yanu idzawonjezeka.

Anthu amene amachita masewera, makamaka achinyamata, amasirira akatswiri othamanga komanso olandira mendulo za Olympic ndi Paralympic, ndipo amafuna kukhala ngati iwowo. Ndi zomwe mukuganiza. Komabe, anthu oterowo amangotengedwa kuti ndi oposa anthu, anzeru, kapena "achilendo". Ngakhale mutawasirira, mumakonda kulemba mzere ngati ali wosiyana ndi inu.

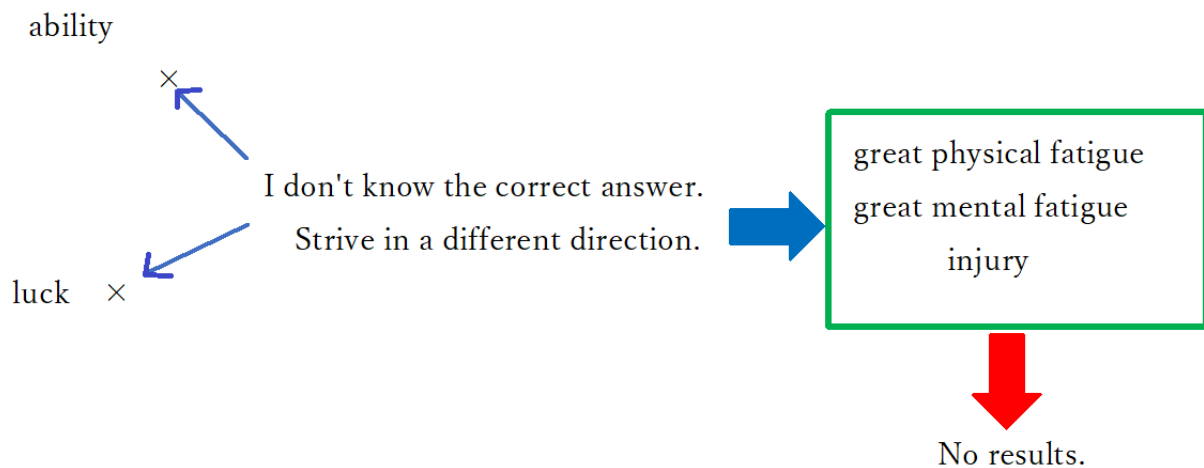
Kodi ndi zosiyana kwenikweni?

"Zowona, sizili choncho." Izi zili choncho chifukwa, malinga ngati ali anthu omwewo, mapangidwe a thupi ndi ofanana. Kuchita bwino kwa othamanga ndi chinthu chapadera. Sichinthu chosavuta kutengera. Komabe, ngati mutha kumvetsetsa zinsinsi ndi njira zomwe zimathandizira othamanga apamwamba, mudzatha kuwona komwe mukuchita. Othamanga apamwamba ali ndi njira iyi, ndiko kuti, "kukhazikika koyenera ndi kugwiritsa ntchito thupi pogwiritsa ntchito mphamvu yokoka". Inde, munthu amafunikiranso "talente" ndi "mwayi" kuti akhale wothamanga wapamwamba.



Ndikanakonda ndikanatulutsa luso langa pogwira ntchito molimbika ndikugwira mwayi wanga. Funso ndilakuti, kodi "khama" kumeneko ndikotulutsadi talente ndikuyenda kukopa mwayi? Zoona? ...sindikudziwa...ndiyenera kukhulupirira! Chifukwa chake, "Ndinali wolondola", "Ndine wokondwa kuti ndinakhulupirira", "ndinadalitsidwa"

Nthawi zambiri timamva mawu awa kuchokera kwa othamanga ochita bwino. M'mawu ena, iwo "mwangozi" anakumana. Zinangochitika kuti zinali zolondola.



Nthawi zambiri, njira yoyesera siidziwika bwino. Ndimasochera. Kugwira ntchito molimbika sikubweretsa kuchita bwino, ndipo nthawi zina simumachita bwino pamasewera. Ndiye, ndikuganiza kuti ndimasilira anthu omwe ali ndi talente. "Palibe kuyesetsa kuwononga." Ngakhale sizingatsogolere mwachindunji ku zotsatira zamasewera omwe mukugwira nawo pano, zomwe mumapeza kuchokera kukuchita izi zidzakuthandizani mwanjira zina mtsogolo. Ndikuganiza kuti ndizofunikira, koma ndikufuna kuti ana ambiri azikumana ndi zomwe zimachitika kuti ngakhale sitepe imodzi pa nthawi imabweretsa zotsatira ndikupindula.

"Ndiye, bwanji ngati mutadziwa" njira yolondola yoyesera "kuyambira pachiyambi?" "Ndinenanso." Zimatengera luso ndi mwayi kuti mukhale wothamanga wapamwamba. Komabe, ochepera, ndikufuna kupeza njira yotulutsira talente yanga, kukopa mwayi, ndikukulitsa magwiridwe antchito anga, osati "mwangozi". Izi sizikugwiranso ntchito pamasewera, komanso kukonza ndi kulimbikitsa thanzi latsiku ndi tsiku ndi mphamvu zathupi. Pali njira zosiyanasiyana za thanzi, masewera olimbitsa thupi, maphunziro, masewera, njira zochitira masewera olimbitsa thupi, ndi zina zotero, koma ndikuganiza kuti m'pofunika kufotokoza momveka bwino monga chiphunzitso momwe kuyesetsa kudzatsogolera zotsatira.

"Maonekedwe olondola ndi momwe angagwiritsire ntchito thupi pogwiritsa ntchito mphamvu yokoka" palibe chapadera. Aliyense ankatha kuchita zimenezi ali wamng'ono. Ochita masewera apamwamba amagwiritsa ntchito matupi awo pampikisano popanda kutaya momwe anagwiritsira ntchito matupi awo ali aang'ono. Njira yofananira yogwiritsira ntchito thupi imachirikizidwa m'masewera a karati amene akhala akufalitsidwa kuyambira kalekale ku Japan. Mwachitsanzo, judo, kendo, sumo, aikido, kobujutsu, ndi masewera ena olimbitsa thupi ndi njira zophunzitsira ndendende "mawonekedwe olondola komanso momwe mungagwiritsire ntchito thupi pogwiritsa ntchito mphamvu yokoka."

Komabe, ngakhale pamene akatswiri a masewera a karati ndi othamanga apamwamba akugogomezera kufunikira kwa momwe tingagwiritsire ntchito matupi athu, timakonda kuganiza za iwo ngati chinthu chapadera ndipo sitikuganiza kuti tingathe "mozama". Ndikudziwa kuti ndi vuto la wina ndipo ndi chinthu chabwino, koma ndikuganiza kuti ndikufunika talente ndi maphunziro a tsiku ndi tsiku kuti ndipeze, ndipo ndikuganiza kuti sizingatheke kwa ine, ndipo sindingathe kuyandikira. Choncho, ndikukhulupirira kuti poyang'ana kayendedwe kamene othamanga apamwamba ndi akatswiri a masewera a karati amapeza kuchokera kumaganizo a anatomical ndikufotokozerana mwatsatanetsatane, anthu ambiri padziko lonse lapansi adzatha kuzidziwa bwino. wonjezani.

Ngati mutha kudziwa momwe mungagwiritsire ntchito thupi lanu pochita khama, mudzamvetsetsa momwe limagwirira ntchito komanso malingaliro ake, ndipo mudzatha kufotokozerana ena. Anthu ambiri amatha kuphunzira momwe angagwiritsire ntchito thupi la othamanga apamwamba.

Kukhalapo kwa aphunzitsi ndikofunika kwambiri pochitapo kanthu kuti awonetsetse kuti zoyesayesa za ana

omwe amagwira ntchito mwakhama pamipikisano ndi masewera amapindula kukwaniritsa zolinga zawo. "Pakhoza kukhala ana ena omwe amakumana ndi mphunzitsi wabwino ndikukulitsa luso lawo." Komabe, ndimaona kuti "mwamwayi" ndizovuta kwambiri.

Sikoyenera kuti makochi onse amene amachita nawo masewera a ana aphunzire kugwiritsa ntchito bwino matupi awo. Ndikukhulupirira kuti ana ambiri momwe angathere adzatha kupeza chidziwitso kuti "khama lidzabweretsa zotsatira" ndi "khama lidzapindula," ngati ali ndi "chidziwitso cha momwe angagwiritsire ntchito matupi awo molondola."

Ngati zimenezi zitachitika, ana ochuluka adzatha kuona kudabwitsa kwa kugwira ntchito molimbika ndi chisangalalo cha kutulutsa zotulukapo, kuchita nawo mipikisano ndi masewera m'njira yathanzi, ndi kuzindikira kufunika kwake ndi kudabwitsa kwake. Ndikukhulupirira kuti tingathe.

Ndikuyembekeza kuti lingaliro la "kukhazikika koyenera ndi kugwiritsa ntchito thupi pogwiritsa ntchito mphamvu yokoka" lidzafalikira padziko lonse lapansi, komanso kuti aphunzitsi ambiri adzakulitsa chidziwitso chawo ndi kumvetsetsa kwa kamangidwe ka thupi ndi kayendedwe kolondola, kuti ana athe kuzindikira maloto awo. ndi ziyembekezo. , Ndikukhulupirira kuti zidzatsogolera kugwira ntchito pa masewera ndikuyang'anitsitsa cholinga ndikusonkhanitsa zochitika zomwe zoyesayesa zidzapindula.

Ngati tingathe kuthandizira kulenga dziko limene ana ambiri momwe angathere angathe kudziwonetsera okha kupyolera mu masewera mwa kupitiriza kufalitsa "mawonekedwe olondola ndi momwe angagwiritsire ntchito thupi pogwiritsa ntchito mphamvu yokoka", ndiye kuti palibe chisangalalo choposa ichi.

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