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## Shooter's Clothes

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### ABSTRACT

This article is about clothing used for shooting briefly illuminated. This article is intended to acquaint students of higher, secondary special and secondary education institutions with information about clothing used in shooting.

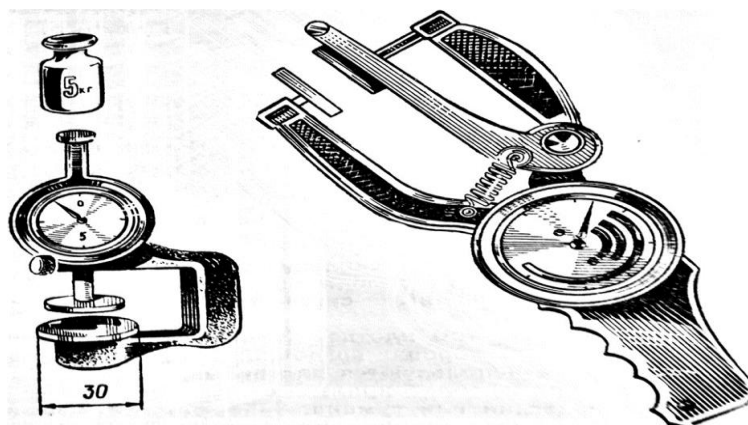
### KEYWORDS

Sports equipment, elastic material, thickness, layer.

### INTRODUCTION

All clothing should be made of a soft, elastic material (including leather) that does not change its physical properties in general sports. Clothes should be clean.

Linings and embroideries should not be sewn or glued.



**Figure 1. Clothing thickness gauge**

Measure the thickness of the garment so that no seams or seams are closer than 30 mm (linings and stripes are measured as part of the garment).

The thickness of the garment is measured by a special compression device with a force of 5 kg. The device has support pads in the form of two opposite discs with a diameter of 30 cm and must be able to measure the thickness with an error not exceeding 0.1 mm.

### **Shooter's jacket**

The thickness of the jacket and sleeve should not exceed 2.5 mm (in one layer); two layers should not exceed 5 mm.

When lowering the sleeves of the jacket, the sleeves should not be longer than the jacket, with the fists clenched (vertical position of the body).

The length of the sleeves should be such that when lying down and shooting from the knees,

the belt wrapped around the arms should not enter the palms of the hands.

The jacket should fit snugly on the shooter's body and fit no more than 10 cm into the fastening area. The jacket can be inserted at least 70 mm instead of the usual attachment of the attachment (measurement is made from the center of the button to the outer edge of the button ring), if the body fastening is calculated from the center. The clamps should not be movable.

It is forbidden to fasten, tie or pull the jacket.

Only one button, hook or similar device can be attached to the outside of the jacket to prevent the belt from slipping.

Any adhesives or liquids designed to prevent the belt from slipping on the outer surface of the jacket or lining are prohibited, except that the use of materials with a rough surface is permitted.

### Jacket for shooting a gun

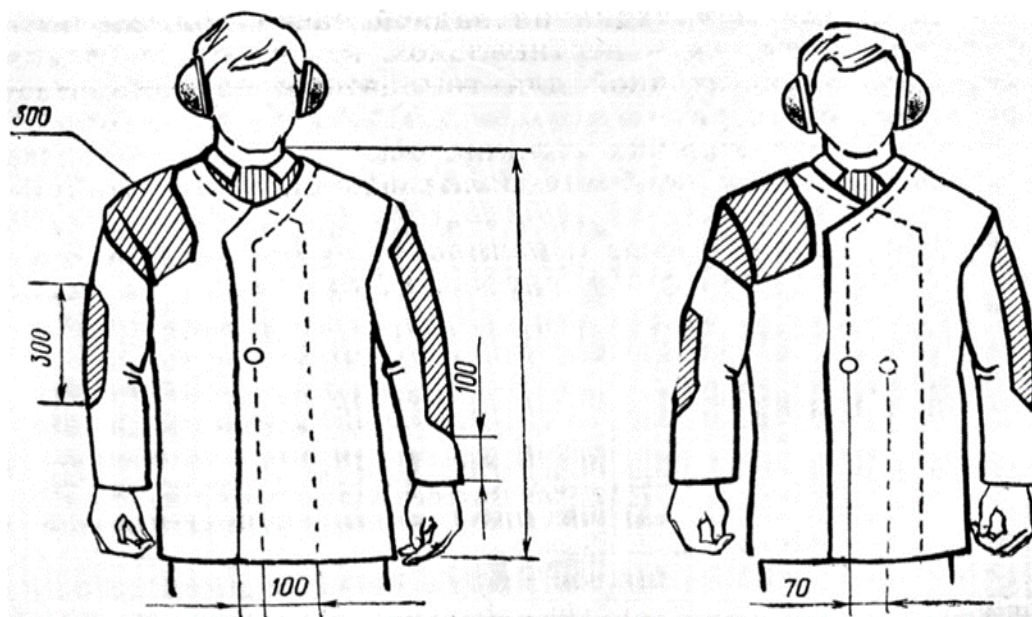


Figure 2. Jacket for shooting a gun

Internal pockets are not allowed. Any outer pockets should be placed on top of the jacket so that neither the pockets nor their contents can be used as an aid to the arm or other part of the body.

The linings are sewn onto the jacket only from the outside. The maximum thickness of the jacket with lining and coating is 10 mm (double thickness 20 mm).

The width of the covers on both elbows should not exceed half the circumference of the arm.

The cover on the belt-wrapped arm can extend up to 10 cm from the armpit. On the other hand, the length of the coating should not exceed 30 cm.

The protruding butt of the weapon, measured in any direction, should not exceed 30 cm.

### Shooter's pants

Pants should not be higher than the normal waistline.

The thickness of the pants should not exceed 2.5 mm (in one layer); the thickness of the two layers should not exceed 5 mm.

Strips or other types intended to secure the feet or other parts of the body are prohibited; stripes under the feet are also prohibited. Fasteners are allowed with the pants fastened but not fastened.

Pants can be worn with simple pants belts or elastic pull-up yarns. Pants should be easy for the athlete to wear, even if they are in shoes (without opening all the studs on the pants). Linings can be sewn on the back of the pants and on both knees. The back cover should not be wide at the hips and should be long enough to cover the worn parts of the pants.

The knee pads should not exceed 30 cm in length and should be more than half the width of the pants. The thickness of the pants with lining and lining - not more than 10 mm (in one layer), the thickness of two layers - not more than 20 mm.

#### Shooter's underwear

The thickness of all clothing under the jacket and trousers should not exceed 2.5 mm (in one layer), the thickness of the two layers should not exceed 5 mm.

It is forbidden to increase the stiffness of the shot or any underwear that may be the center of attention during the shot.

#### Shooter's gloves

Gloves should be made of materials that meet the requirements of clothing materials.

The total thickness of the front and back (but not at the joints) should not exceed 12 mm.

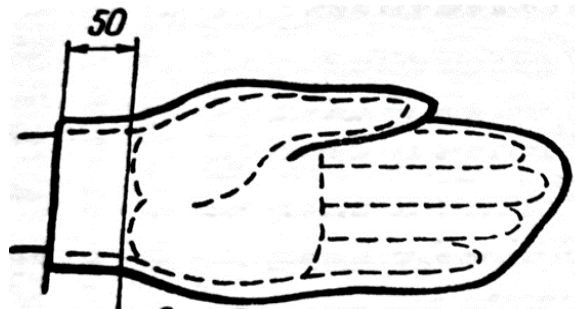


Figure 3. Shooter's gloves

The glove should not lift the hand more than 50 mm from the wrist (measurement, from the wrist to the center).

#### Shooter's shoes

Normal street shoes, light athletic shoes or special shoes that meet the requirements are allowed.

The upper part (above the base) should be a light, elastic, flexible material with a thickness not exceeding 4 mm (with lining). Thickness measurements can be made on any flat area, such as point D.



Figure 4. Shooter's shoes

The height from the bottom of the base to the highest point (dimension B) should not exceed two-thirds of its length (dimension B).

The sole length (B) is  $\pm 10$  mm from the shoe size.

Maximum thickness of the base (A) 10 mm; the maximum height (G) of the ball is 30 mm. The sole should be bent like a normal shoe for the street.

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