

METHODOLOGY FOR IMPROVING TECHNICAL TRAINING OF HAND-TO-HAND COMBAT PARTICIPANTS

Nurmuhammed Nurmedov

Independent Researcher Uzbek State University of Physical

Culture and Sports Uzbekistan, Nukus

+998936231994

Abstract

In this article, the technical training of hand-to-hand combatants will be discussed in terms of technical movements, the description of movement, the development of blows performed on the hands and feet taking into account the trajectory of movement, the selection of tools according to the characteristics of technical elements, and the use of the technical element's development complex. information is provided.

Keywords: Hand-to-hand combat, military direction, technical actions, description of action, trajectory of action, physical training, speed of action, hand and foot strikes, technical training.

Introduction

Popularization of hand-to-hand combat in our republic among the population, especially young people, servicemen of the Armed Forces and law enforcement officers, strengthening the material and technical base of the sport, training qualified personnel, coaches and judges, training them as professional athletes. creation of a new system becomes important. Implementation of such tasks as "ensuring participation of members of the national hand-to-hand combat team in prestigious international competitions, achievement of high results by our national teams in prestigious sports competitions" [1:3-b]. At present, it is necessary to develop an optimal system of long-term training in sports practice, achievement of high results in competitive activities, as well as develop measures aimed at harmonizing the training process with the requirements of competitive activities [4:2-3-b]. This indicates the scale of the problem of introducing effective means and methods into training, one of the main aspects of which is the development of special skills of physical workers, and an important task is achieving high results in competitions. Organization of the

training process taking into account the special physical fitness of athletes, as well as insufficient scientific study of the issues of developing strength and speed-strength abilities remains one of the important tasks facing scientists and industry specialists. The purpose of the study. It consists in developing proposals and recommendations on the methodology for developing the technical training of hand-to-hand fighters. Research objectives. 1. Determining the technical training indicators of those involved in hand-to-hand combat; 3. Developing a complex that develops the technical elements of hand-to-hand combat. Research results and their discussion. Our work did not set the task of studying whether there is a certain ancient school of hand-to-hand combat (possibly several), how ancient it is, or certain stylistic differences noted in folklore sources. In the course of our study, we focused on teaching participants the technical elements of hand-to-hand combat and its features in the learning process. Standing position, rhythm of movement, trajectory, distances (long, medium, close), strikes (performed with hands and feet), strike trajectory, description of movement, movement technique, speed of movement, special and leading physical (flexibility, agility, coordination and endurance) with elements of hand-to-hand combat. At the same time, we paid attention to the properties of the elements. In the sport of hand-to-hand combat, the technical element of standing is a series of dynamic, changing positions; there is no rigid fixation; it is considered as the main position for delivering a strike, followed by an action; the main position is determined by the biomechanical properties of the human body structure and the transmission of movement impulses. Punches and kicks, they are used for different purposes by different parts of the arms and legs, mostly soft and, conversely, hard; the presence of strong pushes; strikes are not an undeveloped element of technique, one strike can transform into another at any stage of the strike; strikes from any position continue the next technique. With the development of leading physical qualities, a wave transmission of motor impulses throughout the body is carried out, relaxation of the body outside the attack and the moment during the attack. This involves developing equal control of both arms and legs, bringing the left and right hands closer to the most accurate faces in time and space.

Table 1 Complex for mastering technical elements of martial arts

	Elements of hand-to-hand combat	Characteristics of elements
1	Standing	A. Represents a series of dynamic, changing positions; no rigid fixation; is considered the main position for a strike, followed by an action; the main position is determined by the biomechanical properties of the human body structure and the transmission of movement impulses. B. Wall fight - rigid left hand.
2	Rhythm of movement	In more traditional systems it is performed in harmony with breathing exercises developed from traditional songs and dances. The rhythm of the actions in sorted instruments, partially or fully structured systems depends on the individual characteristics of the fighter. In both cases, great attention is paid to the development of the rhythm of movement and its connection with breathing.
3	Trajectory	A. Circle, figure eight, spiral, the direction of the fight changes depending on the situation due to the endless movement from the beginning to the end.
4	Distances: A. Long, B. Medium, C. Semi-close, D. Close	At semi-close and close range, the characteristic feature is "sticking" to the enemy.
5	Pictures: A. Hands B. Legs	A. They are used for different purposes by different parts of the arms and legs, mostly soft and otherwise hard; the presence of strong blows; blows are not an undeveloped element of the technique, one blow can be transformed into another at any stage of the blow; blows from any position, continue the next action; B. The basis of kicks are kicks with transfer, that is, after the blow the movement continues, there is no retreat of the legs; during the blow there is no movement in the knee joint or there are small movements; Hard blows are rarely used; Standard positions for performing an action are not used, which means that they are also a continuation of the next action
6	Trajectory of the strike Description of the action	Loop-shaped, ellipsoidal, figure eight; continuation or termination of a wave-like impulse of movement; in the direction - inward, outward, away from oneself; lasts from the beginning to the end of the fight
7	Description of action	Precision of movements is achieved by working at slow and ultra-slow speeds; as high-precision movements are mastered, the speed increases; continuous, smooth, flowing, wave-like movements
8	Technique of movement	Walking, running, jumping, somersaulting, turning over
9	Technical actions	They are a set of interchangeable modules that form a flexible combat scheme; the specific method of striking or kicking depends on the individual characteristics of the fighter and maintains the general pattern of movement.
10	Speed of action	The principle of minimal energy consumption due to the spiral organization of movement with a strict vertical orientation of

		body parts; to defeat the enemy in minimal time, with minimal technical means
11	Special physical qualities: A. Flexibility B. Ambidexterity V. High level of all types of coordination (interdependence of arms and legs, coordinated movements, intermuscular coordination, emotional, muscular systems, etc.).	A. Wave-like transmission of impulses of movement throughout the body, relaxation of the body outside of the attack and instantaneous during the attack B. Includes the development of equal control of both arms and legs, which brings the left and right hands closer to the most accurate faces in time and space; V. Assumes high-level interaction of the brain, which simultaneously leads to the development of the ability to use a chain of striking masses of movements that support layered development. Intramuscular and muscular interaction of sensory analyzers and muscular systems, leading to the improvement of a number of indicators (speed-strength, strength, reaction speed, etc.).

The characteristic features of the traditional competitive culture developed in various areas can be called a school of fist or hand-to-hand combat. A number of similar issues can be included in almost any other type of national martial art developed in the territory of Uzbekistan or in other countries. At the same time, documentary sources record information about the existence of a competitive tradition throughout Uzbekistan, including specific stylistic features developed in various areas. In the course of our research, we focused on practicing technical elements using optimal load. In the complex of development of technical elements of hand-to-hand sports, attention was paid to the intensity of movement of each element, technical movements, description of movement, trajectory of movement, blows performed on the hands and feet, types of running, rhythm of movement, characteristics of the technical element while standing. Conclusion. In the process of teaching the art of hand-to-hand combat developed by us, using the complex of development of technical elements, it was possible to expand the possibilities of practicing technical movements, description of movement, trajectory of movement, blows performed on the hands and feet. At the same time, the technical training of those involved in hand-to-hand combat improved by 15.8%.

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