



SERVICE AND APPLIED MARTIAL ARTS IN THE PROFESSIONAL IMPROVEMENT OF EMPLOYEES OF THE INTERNAL AFFAIRS BODIES

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ABSTRACT

Physical training in the internal affairs bodies of the Republic of Uzbekistan is an integral part of the system of departmental vocational education, inextricably linked with the processes taking place in the socio-political and socio-economic life of the state. Fundamental changes in the basic characteristics of modern society, an increase in the volume and complexity of the tasks solved by the internal affairs bodies, a change in the qualitative parameters of crime determine the need for a high level of physical readiness of employees for effective law enforcement.

KEYWORDS

Martial arts, physical training, sports, training, heart rate, load, hygiene.

INTRODUCTION

Experience shows that underestimation of the importance of the physical readiness of personnel results in unjustified losses and gross professional mistakes. Often the reasons for this state of affairs lie in the lack of solid martial arts skills among employees, the low level of formation of professionally important physical and mental qualities, psychophysiological functions and personality traits, maladjustment, low

professional performance, the onset of professional deformation and occupational diseases. As a result, in difficult situations of operational activities, some employees are lost, they cannot quickly assess the situation and make the right decision, and the overall efficiency of their work is reduced. On the other hand, it has been established that a person with good health, a high level of professional performance, a physically



developed and mentally stable employee, who is confident in hand-to-hand combat or other types of martial arts, as a rule, successfully copes with the assigned duties, and in his official activity the possibility of occurrence of critical situations.

In this regard, there is a need to find effective means and methods of physical training of police officers for the successful fulfillment of their official duty. In order to solve problems related to the improvement of professional skills, service-applied sports are cultivated in the system of physical training of police officers, which contribute to the development and maintenance of psychophysical qualities and motor skills necessary for successful operational and service-combat activities.

The relevance of involving employees in sports in general, and martial arts in particular, is primarily due to the fact that the use of combat techniques by the police in real situations is a confrontation with the enemy, during which injuries can be inflicted. Due to traumatism, it is impossible to model such a confrontation with full psychophysical mobilization in the educational process. Therefore, when studying fighting techniques, restrictions are introduced: strikes are indicated, resistance is limited, etc. All this does not allow to effectively improve the motor abilities, mental and volitional qualities to the forceful suppression of illegal actions and the detention of persons who have committed them. At the same time, these aspects of training for the use of fighting techniques in real situations are the most important task of physical training. Experts consider martial arts to be the leading means of the above aspects of training, which have a service-applied orientation, the competition rules of which introduce restrictions that allow to reduce injuries. At the heart of service-applied martial arts are the techniques included in the programs for the physical training of police officers: strikes, defenses

against blows, throws, holds, painful and suffocating holds. Training and competitions in service-applied martial arts are designed to improve fighting techniques in a real duel, improve motor abilities (to develop physical qualities in a complex), improve moral and volitional qualities in relation to service-combat activities of employees of internal affairs bodies.

Employees-athletes by their actions have repeatedly confirmed the service and applied significance of various types of martial arts, showing excellent combat skills, physical fitness, hardening and energy in the performance of their duties. They are supported in this by the vast majority of specialists, who note as a very significant role of martial arts in improving the professional skills of law enforcement officers. So, considering the requirements for the functional state of employees, which are determined by the use of coercive measures to ensure law and order, as the main element of service and combat activities, the researchers found that, improving the physical fitness of personnel, it is necessary not only to increase the level of development of certain professionally important physical qualities and skills, but also specifically work on their complex manifestation in a limited period of time, which is typical for situations of pursuit and martial arts (such as hand-to-hand combat) with offenders. It turned out that these situations, as well as various service-applied martial arts, impose increased demands on strength endurance, body resistance to anaerobic metabolic products, since this is carried out at a heart rate of 170-190 beats / min for 2-6 minutes. In this regard, exercises are recommended that will effectively train the anaerobic glycolytic mechanisms of energy supply and specific endurance. First of all, this is a power martial art in the form of sparring according to the rules of various types of martial arts.



In addition, as a result of special studies, spatio-temporal and technical parameters of the conditions were determined, most often characterizing the immediate detention of the offender (transience, locality, overcoming a short distance to the offender and the speed-force nature of the detention itself), the analysis of which made it possible to determine the priority physical the qualities of the most important muscle groups that are of key importance at the moment of force retention (speed and explosive power of the flexors-extensors of the spinal column, flexors-extensors of the arms and extensors of the legs). At the same time, special attention is paid to the employee's ability to adequately analyze the environment and make quick, reasonable decisions, taking into account the fact that in certain situations it is necessary to act tough and decisively, in others - to look for effective tactics. The formation of the indicated qualities and skills, as it was found, most effectively occurs within the framework of the training process in service-applied martial arts.

Considering the psychological aspect of training police officers for actions in extreme conditions, researchers also consider employment in service-applied martial arts to be an important point of such training.

CONCLUSION

In training, and especially during competitions, students experience great moral stress: the result depends on the efforts of each team member, the ability to subordinate their interests to the interests of the team, strict adherence to certain rules of sports competitions, and respect for the opponent. All this contributes to the formation of the above-mentioned personality traits. Students also acquire knowledge about rational ways of performing motor actions, about the use of acquired skills in life, learn the rules for hardening the body, and the mandatory hygiene

requirements. Observation, attention, perception develop, the level of stability of mental performance increases. With the right organization, training sessions in service-applied martial arts can become an important tool in preventing overwork, nervous breakdowns and neuroses.

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