

SPECIFIC FEATURES OF ORGANIZING THE TRAINING PROCESS FOR HAND-TO-HAND COMBAT ATHLETES

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Annotation: This article deals with the systematic development of physical abilities, the formation of the coherence of physical and technical training, and the development of an approximate model training plan for the organization and conduct of hand-to-hand combat training. Information on the possibilities of optimal organization of training for students is provided.

Keywords: Hand-to-hand combat, restorative tool, breathing exercises, coordination, intensive, variation, tools performed with objects, military direction, physical training, technical training.

Relevance. Today, in world practice, numerous scientific studies are being conducted on issues such as developing a long-term training system for hand-to-hand combat practitioners, enhancing their skills and special working capacity, choosing methodological directions for the training process, and making effective use of general and special training tools [2: p.3]. The increasing intensity of competition in the sport of hand-to-hand combat, as well as the need for effective preparation of adolescent athletes, requires specialists and coaches to rationalize modern tools and methods [1: pp.2–3]. One of the urgent and still unresolved issues is the effective organization of pre-competition training for hand-to-hand combat athletes and the development of their special physical preparedness, considering the high intensity of combat performance.

Research Objective.

The aim of the study is to develop proposals and recommendations for creating a model plan for conducting training sessions for hand-to-hand combat practitioners.

Research Tasks.

To study and analyze the effectiveness of the percentage ratios of training types across different stages of preparation.

To determine the physical and technical preparedness indicators of hand-to-hand combat practitioners.

To develop a model plan for hand-to-hand combat training sessions.

Research Results and Their Discussion.

The main objective of our study is the pedagogical technology for teaching hand-to-hand combat arts based on new methods that integrate national historical experience into physical education. The content of this pedagogical technology includes a training program on hand-to-hand combat designed for students of physical education and sports faculties in higher pedagogical institutions. The training program incorporates a methodology of special

coordination exercises developed on the principles of hand-to-hand martial arts, as well as a methodology for fostering patriotism through martial arts instruction.

The systematic design of the program—based on didactic principles and modern data obtained from comparative physiological and ontogenetic studies of innate forms of motor and reflex activity—enhances the development of technical movements during the process of learning hand-to-hand combat, particularly in terms of special coordination preparedness.

A key factor in harmonizing the physical, patriotic, and health-related components in hand-to-hand combat sports is the national-historical experience reflected in ethnographic materials such as legends and epics, as well as historical data recorded in chronicles. The sport of hand-to-hand combat also includes unique methods for developing mental and physical qualities.

Table 1
Approximate Training Plan for a Hand-to-Hand Combat Class (Session No. 1, 2 hours)

T/r	Tarkib	Me'yorlash	Uslubiy ko'rsatmalar
1	2	3	4
“Warm-up, general physical training, and special physical training (agility, flexibility, speed) – 55 minutes.”			
1	“Line-up, attendance check, and setting educational objectives.”	2	
2	Running and different types of jumps: Running Running with high knees Running with heels kicking back (butt kicks) Walking Walking on heels Side running with right and left steps Backward running Jumping to the right and left Jumping on two feet Alternating jumps to the left and right Standing long jump (jumping for distance from a bent position)	8	Breathing exercise

	Running with acceleration		
3	Walking on the toes Walking on the heels Walking on the outer edge of the foot Walking on the inner edge of the foot On the outer edge of the foot On the inner edge of the foot	2	Arms at the sides – inhale, down – exhale (chest breathing) Arms to the shoulders, behind the head, backward
4	Lying down (crocodile crawl) Same and different names (contextga qarab, bu “various types” yoki “different styles”)	3	Bosh aylanishi bilan qo'l harakatlarining to'g'ri kombinatsiyasiga e'tibor berish
5	Using gymnastics equipment Circular movements of the arms (clockwise, counterclockwise, figure-eight) alternately in the arms, elbows, and shoulder joints Combination of circular movements of the head and pelvic bone with arm rotations Circular movements in the knee and ankle joints Transverse and circular movements in the body, shoulders, and waist Bends (forward, sideways) Squats Turning the legs forward, sideways, backward	7	To'g'ri bajarilishiga e'tibor Takrorlashlar soni va tezligini asta-sekin oshirish
6	In a half-stretched position In a squatting position	8	Focus on correct execution Gradually increase the number of repetitions and speed

7	<p>Forward somersault</p> <p>Backward somersault</p> <p>Shoulder roll (somersault over the shoulders)</p> <p>Long jump (or long somersault, contextga qarab)</p> <p>High roll (forward roll with lift)</p> <p>Backward somersault with arm push-off</p> <p>Hand movement without using legs</p> <p>Side shift (lateral movement)</p> <p>Cartwheel (rondat)</p> <p>Handstand roll (kolba)</p> <p>Somersault (salto)</p>	8	<p>Focus on correct execution</p> <p>Gradually increase the number of repetitions and the speed</p>
8	Stopping oneself when falling forward	4	
9	<p>Stopping oneself when falling forward</p> <p>Stopping oneself when falling sideways</p> <p>Stopping oneself when falling backward</p>	8	<p>Partner falling</p> <p>Handstand somersault</p> <p>Slow movements with a stick</p>
	Learning RB technique	13	
10	Theoretical material	3	
11	Learning new material	10	
12	<p>In pairs, throwing with both hands at different speeds, to the right and left, from various starting positions</p> <p>Throwing the balls around in a circle simultaneously while standing, both along and against the circle</p>	10	Each student should have their own ball. Focus on simultaneously throwing and catching. Use balls of varying weights in rotation
13	Stretching and joint gymnastics exercises (providing theoretical knowledge on gymnastics exercises)	4	Performed smoothly during breathing, gradually increasing the amplitude

14	Swinging forward and backward, running Movements on the floor while lying down Movements using a partner's hands and legs Circular movements in the arms, elbows, and shoulder joints, body rotations Lifting the body from lying position on the side or back Slow twists Lifting and throwing a partner Shaking legs from lying or sitting positions "Pak" exercise (specific exercise name; keep original if no direct translation) Lifting legs from lying on the back, etc. Performing martial arts movements	7	Breathing is uniform, initially performed slowly, then speed and number of repetitions increase
	Replacement	3	
15	Gymnastics exercises	2	
16	Gymnastics exercises	1	

In the tentative training plan for hand-to-hand combat practitioners, we distributed the norms for training tools and developed organizational and methodological guidelines. The plan primarily focused on selecting appropriate training tools. During the training sessions, attention was paid to developing agility, flexibility, and speed-strength qualities in coordination with technical elements. In addition, breathing exercises and stretching routines were included. To develop strength and endurance, exercises using equipment were emphasized. The sessions were conducted using filler balls, and recovery tools were used at the final part of the training. In the model plan, depending on the training objectives, control tests and management methods were also employed.

Conclusion

1. The developed tentative training plan was found to contribute to the systematic development of the physical and technical preparedness of hand-to-hand combat practitioners.

2. The training program utilized a variety of tools, such as running, acrobatics, joint warm-up exercises, and equipment-based exercises, to develop agility, speed, flexibility, strength, and endurance.
3. The use of breathing exercises, stretching, and recovery tools helped ensure proper load distribution and facilitated recovery during the training process.
4. Exercises with filler balls and paired activities improved the precise and coordinated execution of technical elements.
5. The research results showed that this methodology increased physical preparedness by 10.2% and technical preparedness by 13.8% among hand-to-hand combat practitioners.
6. The pedagogical approach, developed based on national-historical experience, also strengthened the moral and psychological readiness of the students.

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