

**MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**THE METHOD OF INCREASING THE PHYSICAL AND COMBAT
READINESS OF MILITARY cadets THROUGH SAMBO TOOLS****Doniyor Buriboev***Senior Lecturer**Republic of Uzbekistan University of Public Welfare**Tashkent, Uzbekistan**E-mail: buriboev@mail.ru***ABOUT ARTICLE**

Key words: Training tools, physical and combat training stage, sambo tools, size, physical training, combat training.

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Abstract: This article was discussed the issues of improving the physical and combat preparation of military cadets through sambo, creating a training plan, further improving physical and combat training, identifying training tools that effectively affect the physical and combat condition.

INTRODUCTION

The relevance of the work. Many scientific researches aimed at improving the process of physical education in order to successfully prepare young people for the defense of the Motherland, to serve in the Armed Forces, and to enter military educational institutions in the future, are being conducted on a global scale. Analytical review of existing scientific literature made it possible to determine whether sufficient scientific research has been conducted on the theoretical and organizational foundations of physical education that determine the effectiveness of physical training in military schools, the inclusion of additional training in the physical and combat training of the military, and the issues related to the establishment of physical and combat training.

In the years of independence, strengthening the defense potential of the Armed Forces of our country, especially strengthening the physical and combat training of soldiers and officers, and improving processes became one of the priority directions. "I would like to draw attention to a number of problems related to the physical and mental training of our military personnel. Why, physical training should be one of the decisive factors for military servicemen in their service activities, military career, and in general, their lifestyle." Based on the tasks of fundamentally revising the content of the educational process in accordance with the current tasks of the socio-economic

development of our country, creating the necessary conditions that meet international standards, the activities of military educational institutions in our country are also being fundamentally changed, because their graduates become physically and mentally mature staff. training is one of the main tasks of a higher military educational institution.

MATERIALS AND METHODS

During the physical and combat training of cadets in the military service, various sambo tools are used. In many foreign (Volkova L.M., Polovnikov P.V.) and local (Baituraev E.I., Khanbabaev R.K. Gaziev Sh.Sh.) literatures that we have studied, the number and size of the use of individual tools at different stages of training of sambo fighters We did not find specific systematic information on [2,3,4,5]

At the same time, the decision of the President of the Republic of Uzbekistan dated April 15, 2021 on measures to further improve the system of training professional personnel in the field of public safety PQ-5077, in-depth training of qualified specialists who are able to effectively organize activities to ensure public safety in the relevant specializations and areas of jurisprudence training and targeted training through combat and physical training, introduction of an effective system of moral and moral training of personnel for the Armed Forces and law enforcement agencies, formation of a legal culture in them and in-depth training through the development of patriotism and high moral qualities promoting the importance of mass sports in the life of a person and family in all regions, promoting the fact that it is the basis of physical and spiritual health, encouraging young people who enter life with great hopes Protecting from bad habits, creating the necessary conditions for them to realize their abilities and talents, selecting talented athletes from among them, and improving the targeted training system are defined as important and urgent tasks.

The purpose of the work is to study the methods of effective use of sambo tools to increase the level of physical and combat training of cadets in the military service.

Pedagogical observations were used extensively throughout the study and served as the most important method of obtaining actionable material. At the initial stage of the experiment, pedagogical observations were used to obtain information about the suitability of training tools and training loads. During the implementation of the developed program, the progress of training was observed, it was noted that the mood of the participants, the improvement of their acquired skills and qualifications, the desire to achieve high results and improve their physical and combat condition are high.

The training tools and loads we recommended were carried out by the cadets in accordance with a specially defined training schedule. Monitoring was carried out on the basis of training (sports improvement) and competitive activities of improving the physical and combat readiness of various cadets through sambo tools.

Special attention was paid to the internal environment and psychological compatibility of improving the physical and combat readiness of cadets through the means of sambo.

The selection of control tests was carried out on the basis of data from the scientific and methodical literature and analysis of exercises of classification programs. As a result, the general physical fitness of cadets to increase their physical and combat readiness through sambo means, tests classifying the level of their physical development and functional condition, special tasks used to control the special physical fitness of cadets to increase their physical and combat readiness through sambo means, as well as control their technical training exercises were selected to do.

Preparation tools are used before testing to prevent injuries and prepare for performing physical loads. They are used to help the body train. The warm-up included exercises close to the test exercises in terms of structure, such as: running at a leisurely pace for one and a half minutes, forward bends on the right and left leg at the same time gymnastic exercises, full-amplitude spring squats, forward and high jumps, squats on the wrestler's mat covers exercises such as.

The following exercises are used to assess general and special physical fitness: 100-meter run, push-ups, pull-ups, turns to the right and left while carrying a partner on the shoulders, sitting while carrying a partner on the shoulders, lifting a partner from the waist, etc. is used. A 100-meter run is held to assess the level of development of speed qualities. 100 meters run is done from a low start. The best result in two attempts is considered.

Arms flexion typing assesses the explosive power qualities of the arm muscles. The measurement is carried out according to the generally accepted rules of calculating the folding of the hands. "Pull-up on the barbell" from the starting position, the maximum possible pull-up is performed while hanging on the barbell. The best result of three attempts is considered.

Turns to the right and left in the position of carrying a partner on the shoulders determine the explosive-strength qualities of the back muscles and special flexibility. Sitting while carrying a partner on your shoulders will increase leg muscle strength. Throwing a partner from the waist will improve the combat readiness of the cadets.

Expert evaluations were used in order to increase the physical and combat readiness of cadets through sambo tools, and to determine the quality of training activities of cadets engaged in sports through sambo tools. Senior sambo coaches with 10 years of work experience, Olympic reserve boarding school coaches and professors of the "Theory and Methodology of International Wrestling" Department of the State University of Physical Education and Sports of Uzbekistan participated as experts. The suitability of the tools selected for increasing the physical and combat readiness of cadets through sambo tools was determined for the experts, and appropriate instructions were given. It was proposed to evaluate the indicators of physical and technical readiness of training tools and loads, training and competition activities based on a point system.

When determining the scores, experts took into account the extent to which the cadets use sambo tools, which have a high impact on their physical and combat training, and their tactical thinking skills.

University of Public Welfare of the Republic of Uzbekistan 1-2 stage cadets participated in the program developed by us. Before the pedagogical experience, a questionnaire survey was conducted, in which more than 20 trainers participated. The trainers who participated in the survey selected the most effective tools for improving the physical and combat readiness of the cadets through sambo tools.

They passed preliminary examinations on the basis of the expanded program, which consists in determining the morphofunctional indicators and indicators of physical and technical training of improving the physical and combat readiness of the cadets through the means of sambo.

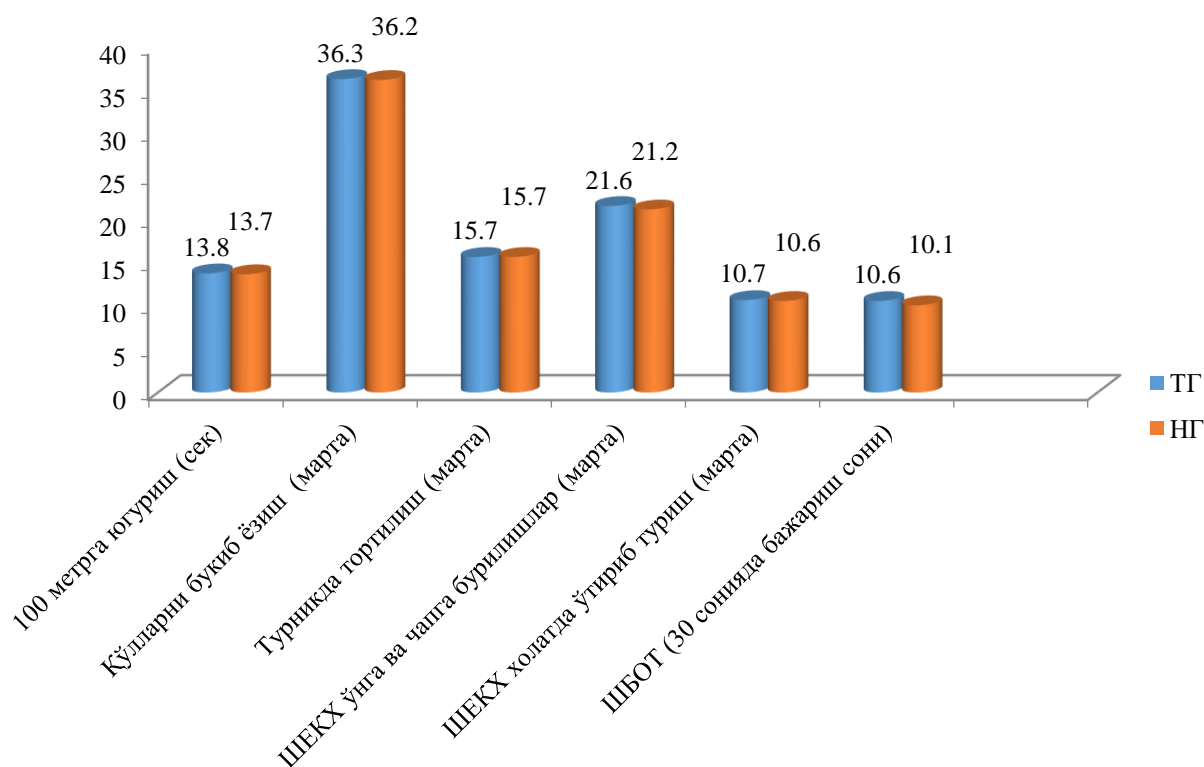
According to L.P. Matveev, one of the concepts describing the means and methods of physical education is loading. This concept includes exercise, work, etc. partially similar to concepts, but not identical to them. It mainly describes the size of the demands placed on the body by the exercises, how big they are, and to what extent the exerciser can handle them (according to this, he divides the load level into the largest, the largest, the average, the smallest, etc.). When forming a general idea about the load associated with the performance of various exercises, he ignores the special features of their form and content, and considers only the assessment of the level of demands that the exercises show to the body.

RESULTS AND DISCUSSION

The training load uses recovery processes with effort and fatigue, which ensure not only full recovery, but also full recovery (supercompensation) of work capacity at submaximal and maximal loads.

From February 2021, a pedagogic experiment was organized for 2 months to achieve the set goal. Experimental studies The training process of the cadets in the military service of the University of Public Security of the Republic of Uzbekistan was taken. The training process of cadets was assigned the task of studying the optimal proportions of the sambo tool and the size of the loads.

Objectives of the physical and combat training stage of the cadets in the military service of the University of Public Security of the Republic of Uzbekistan, the means of training in the sambo sport were determined by us and applied to the research process. The first phase of the pedagogical experiment consisted of 2 training cycles. 1st stage preparation 8 weeks (February-March), 2nd stage competition 4 weeks (April). After the completion of the first experimental studies, control test tests were taken.



Explanation: ShEKX- in the position of lifting the partner on the shoulders, ShEKX- sitting in the position of lifting the partner on the shoulders, ShBOT- throwing the partner above the waist.

Fig. 1 Physical and combat readiness status of cadets of the Experimental and Control groups before the study (n=25)

The complex representation of the nature of physical qualities and the conditions of the performed behavior is part of the specialized perception of physical qualities. In these cadets, specialized perception is manifested in their cognitive process in the form of "sense of thrust", "sense of compression", "sense of speed of movement" and so on. They emerge in certain conditions where the behavior is directly performed by clarifying the breadth and precision of each physical quality component element depending on the activity of the participants in the training.

The following can be concluded from the above: the psychological basis of physical training is the formation of concepts and ideas about physical qualities, as well as the specialized perception of their general aspects.

The main essence of the physical qualities of strength is the athlete's actions performed with specific muscle strength. As an example of the generation of force, the behavior of an athlete in lifting a barbell, squeezing a special tool, crushing, twisting, pulling and pushing can be given. All the actions listed above are objects of studying the emergence of force. The main component of the physical quality of strength is the muscle strength that successfully enables the behavior. Physical properties of strength include maximal, distributed, and normalized muscular effort. In the first group of muscle training, participants show their full strength. It is extremely difficult to consciously

manage this group of muscle strain, because it is limited by the range of functional capabilities of each athlete. The second group includes muscle strains in which only a certain part of the maximum strain is manifested.

CONCLUSION

Concluding the analysis of scientific-methodological literature, it can be concluded that modern scientific-pedagogical ideas about physical and combat training of cadets in military service cover a wide range of issues related to the development of physical training, the impact of the body of cadets on physical loads of various directions.

At the same time, when considering the specific and methodological aspects of physical and combat training, the vagueness and shallowness of the recommendations given to take into account sambo skills in improving the initial physical and combat training of cadets is evident.

This indicates that the proposed training tools are not differentiated according to the type of training. A large number of recommendations apply to cadets, however, it is necessary to develop a new methodology to actively involve sambo tools in training.

It can be achieved by separate planning according to the stages of physical and combat training of cadets, depending on the physical training of cadets.

Based on the above considerations, the problem of cadet-specific classification of cadets' physical and combat training through sambo means arises.

Solving this problem will allow cadets to actively engage in physical training, protecting them from any negative consequences of intense training. This problem is the core of our work.

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