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METHODOLOGICAL JOURNAL****MENTAL ENLIGHTENMENT SCIENTIFIC –
METHODOLOGICAL JOURNAL**<http://mentaljournal-jspu.uz/index.php/mesmj/index>**IMPROVING THE PHYSICAL FITNESS OF MILITARY
SERVANTS*****Doniyor Akhmadjonov****Independent Researcher**State physical education and sports university of Uzbekistan**Chirchik, Uzbekistan***ABOUT ARTICLE**

Key words: Military serviceman, physical training, military training, improvement, individual, competition, goal fight, martial arts, training process.

Abstract: This article provides information on the use of special exercises to improve the physical fitness of military personnel, as well as the identification and analysis of military fitness indicators.

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Relevance and necessity of research. In recent years, the military and political situation in the world has been changing dramatically, requiring the development of high patriotism, special knowledge, skills and qualifications of every military serviceman. This requires the use of scientifically based tools and methods for improving the professional-practical and physical training of military personnel. In particular, physical training - as the basis of combat training, it is necessary to always be physically ready to perform combat tasks. In recent years, types of martial arts have become popular among young people all over the world, which include hand and leg strikes and fighting methods in their technical arsenal. These include hand-to-hand combat, military hand-to-hand combat, universal combat, wushu-sanda, combat sambo, rankration, karate, and MMA (mixed martial arts). is important in improving readiness. One of the most urgent issues is to popularize martial arts in military service activities, to attract military personnel to these types of sports and to improve their combat skills. remains.

The purpose of the study is to develop proposals and recommendations for improving the physical fitness of military personnel through martial arts.

Research tasks:

use of six-week mesocycle training for the development of physical qualities of military personnel;

use of three-block specialized physical training blocks during training to increase the special physical fitness of military personnel.

Research results and their discussion. We found that specific physical attributes for martial arts athletes are strength-endurance of the shoulder girdle muscles, speed-power qualities of the back and leg muscles, and special endurance. Different levels of skaters are distinguished by the degree of development of special endurance and the speed of recovery after loading - this is the main difference, the higher the "rating" of the skater, the more functional it is. the higher the level of readiness.

We conducted a six-week experiment to determine optimal work modes aimed at developing specific physical qualities. During the experiment, the control and experimental groups trained 2 times a week on the proposed methods for the development of special physical qualities.

60 employees who are members of national teams of the national security sport club in various types of martial arts: sport-combat sambo, hand-to-hand combat, universal combat, wrestling, and freestyle wrestling took part in the experiment. 3 of them are sport masters, 17 are candidates for sport masters, and 40 are 1st and 2nd level sport workers.

In order to individualize the process of physical training, we determined the maximum result of each athlete of the control and experimental groups in performing the following exercises once: sitting with a barbell on the shoulders, lifting the barbell from the floor, lifting the barbell to the chest and pushing. Later, during the entire experiment, the athletes of the experimental group performed strength exercises with a weight equal to 70% of the maximum weight.

The results shown by the athletes of the control and experimental groups in the exercises performed with a weight equal to 70% of the maximum weight seemed to us to be slightly higher. Because it is known that when working with this weight, the number of repetitions should not exceed 8-10 times. Therefore, we can conclude that the athletes did not have enough motivation in the initial test of the individual maximum and due to the lack of competition environment, they did not show their true maximums. Therefore, we can conclude that during the initial testing of the individual maximum, the athletes did not show sufficient motivation, and in the absence of a competitive environment, their actual they did not show their maximums.

However, we note that the participants of the control and experimental groups were in absolutely equal conditions during the test. In our opinion, it is correct to call the obtained result the conditional maximum (ShMax).

The control group (CG - 30 people) and the experimental group (EG - 30 people) trained in different styles 3 times a week. In the control group, special physical qualities development sport schools (SS), specialized olimpy reserve sport schools, sport type training centers universal combat was carried out based on the method presented in the curriculum.

The main method of training was circuit training. The duration of the exercise is 30 seconds, the weight for the main exercises is 70% of the conditional maximum and for isolated exercises 30-40% of the maximum, rest between exercises is 30 seconds, rest between rounds is 2-3 minutes, the number of rounds is 4-5. An example of a circuit training session is given in Table 12.

In the experimental group, the main method of training was rotation. The weight is 70 percent of the conditional maximum, the number of repetitions is from 3 to 5, the number of rounds is 15, the rest time between rounds is 1 minute.

Table 1

Description of rotational training used in the control group to develop special qualities of wrestlers

T/r	Name of exercises	The task
1	Sit-ups with a barbell on the shoulders	Exercise to develop strength endurance of leg muscles
2	Pull-ups on the turnstile	Exercise to develop strength endurance of shoulder girdle muscles
3	Lifting the barbell from the ground	Exercise to develop the long muscles of the back
4	Bending the arms and writing in rare bruises	Exercise to develop strength endurance of shoulder girdle muscles
5	Jumping from a crouching position	Exercise to develop strength endurance of leg muscles
6	Bending arms with a barbell	Exercise to develop strength endurance of hand muscles
7	Raising the body from a lying position	Exercise to develop abdominal muscles
8	Pushing the barbell from the chest to the head	Exercise to develop shoulder girdle muscles

For CG sporters, we proposed the use of high-intensity tools, whose task is to improve the sporter's ability to mobilize to demonstrate high-concentration sporting forces and is to remove the functional capabilities of the body to new work stresses.

For EG srorters, we suggested using high intensity tools. Their task is to improve the athlete's ability to mobilize for the manifestation of highly concentrated rotatory forces and bring the functional capabilities of the organism to a new level of work tension. consists of

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