



ABOUT THE EDUCATIONAL IMPACT OF STUDENT YOUTH MARITAL STUDENTS

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Abstract: *This article discusses the issues of attracting students to physical education and sports, as well as to martial arts. Based on the analysis data presented in the scientific and methodological literature, the author studied a number of modern ways to improve the process of self-education through martial arts classes among students. A wide range of types of combat sports in higher educational institutions contributes to the development of students' self-discipline and self-education, leads to the development of physical, psychological, moral and intellectual qualities*

Key words: *students, combat sports, personal qualities, fights, courage, endurance, persistence, decisiveness, initiative.*

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Introduction: During the life of many generations, many varieties of martial arts have arisen among people. One of the main factors of their development and popularity is the combination of utilitarian value, original motor activity and the inner sacred content of this activity. After all, the main goal of all martial arts systems in general is not only to protect you physically or to gain an advantage over an opponent, but also to develop a certain moral code. It consists in being noble, ready to always come to the aid of the weak and in need of help [1]. All types of martial arts are characterized by a versatile influence on the body of that that are engaged in them, develop and improve, develops a whole complex of psychophysical qualities, motor skills and skills [2].

Currently, the group of modern martial arts includes boxing, wrestling (classical, freestyle, sambo, judo, national types of wrestling), and types of martial arts, fencing. This group of sports is characterized by direct interaction and opposition of rival athletes [3]. Duels are a physical and psychological confrontation that requires an active manifestation of strong-willed qualities, initiative, and self-control. In the process of sports improvement, general endurance, strength qualities of the main muscle groups and their speed characteristics are developed, coordination reactions are improved, and efficiency and productivity of sensitive mental processes are increased [4].

Methods: Martial arts as applied education are of great importance especially for youth sports, which help to neutralize the opponent with a special technique. Young people are always attracted to where they can express themselves.

After all, in addition to the need for motor activity, martial arts satisfy another very important need - for emotional discharge, so necessary in modern tense rhythms of life [5]. Martial arts also require a person to

show strong-willed efforts in managing their actions, deeds, thoughts, and experiences. Martial arts are needed as a school that can turn the weak into the strong, the weak-willed into the strong-willed, and the coward into the brave. In martial arts classes, the foundation of health, comprehensive preparedness, will and morality of the individual is laid [6].

A complex combination of physical, athletic, technical and psychological requirements for an athlete requires long-term training in improving sports skills [7]. During martial arts classes, a person learns to consciously influence the state of his health, and achieving success in this, acquires even greater confidence in his abilities, becomes more active and cheerful, and filled with self-esteem [8].

An important place in the training system of students of Termez State University engaged in martial arts in the sports sections of the national wrestling kurash, judo and boxing is occupied by educational work. It is carried out by means of moral, volitional, mental and physical training [9].

In martial arts classes, students are instilled with such moral qualities as collectivism, sociability, friendship, discipline, accuracy, honesty, modesty, social activity, hard work, a penchant for creativity, thrift, integrity, humanism, patriotism. Athletes must certainly observe these instilled qualities in the course of classes, competitions and in everyday life. And how fully these norms of behavior are observed by martial artists depends on their strong-willed qualities. If the sense of duty wins in the internal struggle with its innate needs, then it is a strong will and vice versa [10].

The strong-willed qualities of athletes include: courage, endurance, perseverance, determination, and initiative. It should be noted that courage develops with the successful performance of exercises that cause a feeling of fear or fear, that is, connected with what danger (to lose, not to complete the task, get injured, etc.). Unsuccessful attempts can contribute to the development of cowardice [11].

Results: Overcoming the feeling of thirst, hunger, fatigue, pain, and the wrestler forms self-control. Without this strong-willed quality, it is impossible to achieve sports results. Perseverance develops by setting tasks that cannot be successfully solved on the first attempt. But at the same time, it should be noted that tasks that cannot be completed in a set period of time negatively affect the development of this quality.

In order to successfully implement the decisions made, one should learn to quickly overcome difficulties and confusing, distracting factors, primarily subjective and emotional (bias, half-heartedness, reinsurance, egocentrism, etc.), that is, to show determination [12]. If a martial artist has ready-made solutions for each situation of the duel, this indicates a sufficient degree of development of special determination. The development of determination contributes to compliance with the planned training plan, exercises with the rapid implementation of conceived techniques, tactical plans [13].

Discussion: By developing the ability to make unusual decisions in a duel, to act actively, to impose his will on an opponent, a martial artist forms initiative. Initiative is determined by the level of preparedness, the ability to think creatively. Therefore, a martial artist must study a large number of techniques, actions, and methods of protection. This will allow him to make the right decisions in various situations that may develop in a duel, to find new, unusual solutions [14].

Self-education becomes very important in the psychological training of wrestlers. First of all, you need to learn how to properly evaluate your actions, plans, intentions, see the positive and negative sides of your character, behavior, and know the degree of development of moral and volitional qualities. Self-education is helped by the advice of a coach, strict adherence to the daily routine and training regime, special exercises for the development of attention and strong-willed qualities.

Methods of varying the structure of techniques and tactics, changes in physical and psychological loads are used to improve special physical training during training of wrestlers. Complicated conditions are practiced in the classroom: performing techniques to overcome the load on the pace of movement, with a handicap, interval method, changing environmental conditions, changing partners, duels with heavy or light opponents, and the like. Simulation exercises are also widely used. They not only help to create an idea of the technique of the exercise and facilitate the process of mastering it, to ensure the adjustment of optimal coordination and structure of movements, but also provide effective coordination of motor and vegetative functions that contribute to the effective realization of functional potential in competitions.

Conclusions: Martial arts classes are positively noted for the training of students, the successful assimilation of materials and help in passing tests and exams. After graduation, there are examples of martial arts students receiving diplomas with honors, admission to graduate school. Graduates of universities who have been

engaged in sports in martial arts sections, in their further work, as a rule, are distinguished by ingenuity, thoroughness, poise, and show leadership skills.

Thus, martial arts classes contribute to the education of university students of physical, mental and moral-volitional qualities. These factors stimulate successful academic and subsequent work activities, help to lead a healthy lifestyle.

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