



## **SERVICE-APPLIED MARTIAL ARTS IN THE PROFESSIONAL IMPROVEMENT OF EMPLOYEES OF INTERNAL AFFAIRS BODIES**

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<b>Received:</b> 1 <sup>st</sup> March 2023 <b>Accepted:</b> 3 <sup>rd</sup> April 2023 <b>Published:</b> 6 <sup>th</sup> May 2023	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, the increasing volume and complexity of tasks solved by the internal affairs bodies, changes in the qualitative parameters of crime cause the need for a high level of physical readiness of employees for effective law enforcement.
<b>Keywords:</b> physical fitness, employees of internal affairs bodies, physical readiness, physical qualities, psychophysiology, athlete.	

Experience shows that underestimating the importance of the physical readiness of personnel turns into unjustified losses and gross professional mistakes. Often the reasons for this state of affairs lie in the absence of solid martial arts skills among employees, a low level of formation of professionally important physical and mental qualities, psychophysiological functions and personal properties, maladaptation, low professional performance, the onset of professional deformation and occupational diseases. As a result, in difficult situations of operational and official activity, some employees are lost, they cannot quickly assess the situation and make the right decision, the overall efficiency of official activity decreases. 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 confidently knows the techniques of hand-to-hand combat or other types of martial arts, as a rule, successfully copes with the assigned duties, and the possibility of critical situations significantly decreases in his official activity.

In this regard, there is a need to find effective means and methods of physical training of police officers for the successful performance of their official duties. In order to solve problems related to improving professional skills, service-related 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 and combat activities.

The relevance of attracting employees to 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 simulate such a confrontation with complete psychophysical mobilization in the educational process. Therefore, when studying combat techniques of wrestling, restrictions are introduced: blows are indicated, resistance is limited, etc. All this does not allow us to effectively improve motor abilities, mental and volitional qualities for forceful suppression of illegal actions and detention of persons who committed them. At the same time, these aspects of preparation for the use of combat techniques of wrestling in real situations are the most important task of physical training. Experts consider the leading means of the above-mentioned aspects of training to be martial arts, which have a service-applied orientation, the rules of which introduce restrictions to reduce injuries. The basis of service-applied martial arts are the techniques included in the programs for the physical training of police officers: blows, protection from blows, throws, restraints, painful and suffocating techniques. Training and competitions in service-applied martial arts are designed to improve combat techniques of fighting in a real duel, improve motor abilities (develop physical qualities in a complex), improve moral and volitional qualities in relation to the service and combat activities of police officers.

Employees-athletes have repeatedly confirmed by their actions the service-applied significance of various types of martial arts, showing excellent combat



training, physical fitness, tempering and energy in the performance of official duties. The absolute majority of specialists also support them in this, who note as a very significant role of martial arts classes in improving the professional skills of law enforcement officers.

Thus, 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 revealed 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 to work specifically on their complex manifestation in a limited period of time, which is typical for situations of harassment and single combat (such as hand-to-hand combat) with offenders. It turned out that these situations, as well as various service-applied martial arts, place increased demands on strength endurance, the body's resistance to anaerobic metabolism products, since this is carried out at a heart rate of 170-190 beats / min for 2-6 minutes. In this regard, exercises that will effectively train anaerobic glycolytic mechanisms of energy supply and specific endurance are recommended. 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, the spatial-temporal and technical parameters of the conditions that most often characterize the immediate detention of the offender (transience, locality, overcoming a short distance to the violator and the speed-force nature of the detention itself) were determined, the analysis of which made it possible to determine the priority physical qualities of the most important muscle groups that are of key importance in the moment of forceful detention (the speed and explosive force 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 harshly and decisively, in others – to look for effective tactics. The formation of the designated 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 the preparation of police officers for actions in extreme conditions, the researchers also consider the

employment of service-applied martial arts to be an important point of such training.

In addition, psychological training, being one of the important components of the professional readiness of police officers, has other specific goals aimed at the formation of mental personality traits that contribute to successfully act at the most critical moments when all spiritual forces reach the limits of tension. These are integral qualities such as anticipation, based on the probable prediction of enemy actions and proactive actions, and mental stability, which should ensure adequate orientation of the employee in space and time, optimal functioning of mental processes (sensations, perceptions, representations, attention, memory, imagination, thinking, will and feelings), as well as expedient manifestation of various aspects of personality in difficult extreme conditions, including the internal readiness of each employee for decisive, selfless actions, up to the point of self-sacrifice. The process of forming these qualities is, first of all, a controlled process aimed at creating a tense environment, a systematic and constant increase in physical and mental stress. This is achieved in various ways, the main of which are: the creation of various difficulties; the use of intense stimuli and other confounding factors; the artificial creation of a shortage of time and information allocated to solve a particular task; the introduction of elements of real danger, risk and surprise, requiring immediate and clear actions.

It should be understood that hand-to-hand combat fully meets these requirements. After all, hand-to-hand combat and other types of martial arts, even in training conditions, is an activity in a variable-conflict combat situation directly related to risk. Its characteristic features include the following: direct collision with the opponent; experiencing a sense of danger; a wide range of actions; active confrontation of the opponent, his aggressiveness; the need to anticipate the opponent's actions and anticipate them; lack of time for decision-making, the need to make lightning-fast decisions and their immediate implementation; lack of information, possible masking by the enemy of their actions.

It is known for certain that martial arts directly affect the formation of moral qualities. For an employee of the Department of Internal Affairs, this is important, since the specifics of law enforcement activity require him to show patriotism, dedication to his team and official duty, the formation of ideas, concepts, views and beliefs, skills and habits of behavior that correspond to the principles of universal morality and the principles of legality, humanity and professional ethics. In other



words, an employee must be a highly educated person who can not only "own a fountain pen", but also be able to protect himself and other citizens in conditions of direct confrontation.

During training, and especially during competitions, students experience great moral stress: the dependence of the result on the efforts of each team member, the ability to subordinate their interests to the interests of the team, strict compliance with certain rules of sports competitions, respect for the opponent. All this contributes to the formation of the above-mentioned personal properties. Also, students acquire knowledge about rational ways of performing motor actions, about the use of acquired skills in life, learn the rules of hardening the body, mandatory hygiene requirements. Observation, attention, perception develop, the level of stability of mental performance increases. With proper organization, training sessions in service-applied martial arts can become an important tool in preventing overwork, nervous breakdowns and neuroses.

In addition, all types of martial arts presented in the competition program among the employees of the Department of Internal Affairs have regional, national and international status today. According to them, championships and championships of sports societies and organizations, cities, regions, federal districts, countries, Europe, the world are held, qualification categories and titles are awarded. Each employee, in addition to performing their direct official duties, can join the sports movement, train and achieve certain sports results for themselves. In any case, martial arts classes will allow him to effectively solve official tasks throughout his professional career, quickly move up the career ladder, have material and moral satisfaction with the results of his work, which largely determines a person's social well-being.

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