



THE ROAD TO PERFECTION

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Article history:	Abstract:
Received: 4 th March 2022 Accepted: 6 th April 2022 Published: 20 th May 2022	This article discusses martial arts, their development, popularity, biological approach, inner strength and significance for human health. Eastern martial arts plays an important role in the education of a person in the physical, spiritual, spiritual and aesthetic.
Keywords: Martial arts, a perfect person, an aspect of healing. "KI" energy, physical, mental, spiritual, aesthetic, intellectual, body and soul.	

Today, the study of human health, physical fitness and capabilities in the world, the impact of physical maturity on human mental and social activity, in particular, the development of new scientific and practical pedagogical models and their implementation in the process of improving the training of future fighters. a lot of research is being done on the application of technology.

Research by scientists around the world has shown that 20% of human health depends on genotype, 20% on ecology, 10% on medicine and 50% on lifestyle.

The task of improving the socio-pedagogical environment in society, educating the future generation, students and the individual to be spiritually, physically and spiritually healthy is of global importance. The world's leading research centers are conducting research to identify effective methods and tools for the development of young people as harmoniously developed individuals. Today, physical culture plays an important role in the social, spiritual and cultural development of the countries of the world and is valued as part of a civilized culture, as universal values. In this regard, special attention is paid abroad to physical culture and sports in order to improve the health of mankind, to create a future through a healthy lifestyle. There is a need to develop "physical immunity" in the world against the endless exploitation of nature, the negative impact of industry on the environment, urban pollution and the expansion of global environmental problems through the development of healthy lifestyles and harmonious personality traits in humans. This creates a need to improve the physical and mental condition of future students - the future creators of the world - on the basis of regular, purposeful pedagogical activity, didactic conclusions. The acceleration and speed of the process of world development complicates the upbringing of a mentally and physically healthy generation. In the age of intense communication, the breadth of people's scope of communication is exacerbating their mental tensions. There are cases of intolerance, nervousness and depression in the members of the society. In this situation, the task of improving the environment in every society, educating

the next generation to be mentally and physically healthy requires urgency.

Taking into account the fact that human perfection is in harmony with the spiritual, physical, aesthetic and spiritual essence, the task arises not only to increase the mental capacity of members of society, but also to develop a harmoniously developed personality.

From time immemorial, Eastern thinkers have paid special attention to the issue of a spiritually rich, physically fit and perfect human being. It is said that the greatest of the qualities of perfection is the perfection of the body, that is, the human body. Positive qualities of a person, such as perseverance, religion, piety, contentment, knowledge, patience, discipline, self, conscience, truthfulness, vision, example, humility, understanding, intelligence, economy, obedience, truthfulness, forgiveness, love of country (A. Avloni, Turki). gulistan or ethics, Tashkent, Teacher; p. 11) is considered to be achieved only through a healthy body, familiarity.

Oriental martial arts is a pedagogical process aimed at achieving physical maturity, the movement is aimed at developing skills and abilities and average physical qualities. In the process of physical education, mental, moral, aesthetic and labor education are carried out simultaneously.

Physical maturity is characterized by complete health, long-term active life and many other indicators - a high level of physical and mental performance in any external environment, harmonious development of physical and volitional qualities, large-scale movement skills and body shape [2].

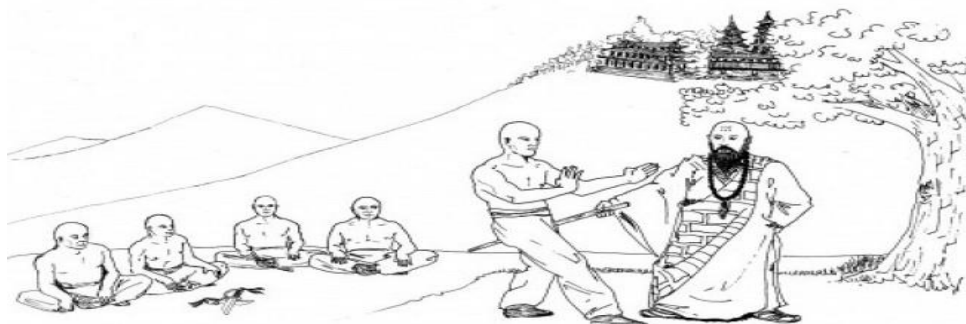
The basic teachings of Eastern martial arts teach a person to be philosophically observant, as well as to be strong, strong-willed, physically and mentally alert, beautiful in heart, patriotic, hardworking, honest, spiritually mature, diligent, and a person who always helps the weak. The Eastern fighter must be as strong as a mountain, as dignified, as burning as fire, as fast as the wind, as calm as the forest, as clear as the sky.

Representatives of shark wrestling not only train mature athletes and masters of sports, but also - it is a



spiritual training, encourages them to overcome the difficulties of life. This ensures their future maturity as oriental martial arts strategic art tools. After all, even if for some reason these martial arts are not practiced, the mental and physical education embedded in these exercises plays an important role in people throughout their lives - at work, at rest, in solving various problems in everyday life.

It is expedient and important to get acquainted with the types and history of shark martial arts, their teachings, and then to practice these martial arts. Martial arts are taught with philosophical observation. After all, let the learner become not only a warrior, but also a sane, well-rounded person.



Oriental wrestling is a way of strengthening one's body, strengthening one's spirit and discovering new facets of one's abilities and opportunities throughout one's life. To know this, it is necessary to deeply master the roots of eastern martial arts. Major countries in the eastern part of the world, such as China, Japan, and Korea, laid the foundation stone for the emergence of eastern martial arts.

The healing aspect of Eastern martial arts. In the course of Eastern martial arts, work is carried out at different levels, as the end result is the development of personality, the combination of physical and mental, as well as functional forces. The clear result of regular oriental wrestling is felt in the improvement of health, especially in the respiratory and circulatory systems. While the improvement of the respiratory system is improved by breathing through the abdomen, the circulatory system is improved as a result of the functioning of the joints and the body as a whole. Improved respiration and circulatory system, in turn, allow the blood to deliver new materials to all organs quickly and constantly, and at the same time help the veins and arteries to be free of various unnecessary materials and fats. Eastern martial arts teach man to receive, concentrate and apply the forces coming from himself and the outside world. At the same time, the body is strengthened through mental energy. Great results are achieved through the harmony of body and soul. This creates a strong aura in a person. The science of aura is a psychological and physiological process, a person develops it by constantly performing various exercises. A strong aura creates a healthy and strong temperament.

Physical training in Eastern martial arts-in martial arts, the social status of Eastern martial arts is high in the expression of social values, principles and ideals, such as the organization of leisure time to strengthen health, physical fitness, social activism and sincerity in human interaction.

The public's interest in martial arts training goes beyond the realm of human physical development. It not only gives people the joy of communication, the joy of victory, feelings of pride and kudos, but also shares their joy for the victory of man, region and country, and allows them to feel the world of defeat together. That's why eastern martial arts has so many fans.

Martial arts have a high practical value, and those who practice them are able to easily and quickly master complex professions and achieve high productivity in labor.

A high level of physical fitness as well as martial arts skills will help in a combat situation.

Thus, martial arts can be studied not only as individuals, but also as a means of satisfying the ideals and requirements of society as a whole and shaping physical and spiritual harmony.

In martial arts training in the East, the great attention is paid to physical training. Exercise plays an important role in making a strong fighter. Forms such components as "step-by-step", "endurance", "consistency", "sufficiency", "differentiation", "strength", "reaction-strength", "development of coordination skills" that provide effective influence of Eastern martial arts training on the formation of students' personality [3]. We can see this in the photos below.



Spiritual education in Eastern martial arts. Man can see himself as the center of this universe and achieve the confidence, harmony, and peace he needs in his life. Constant motion and the struggle of opposing forces create a graphic image of In and Yan. The theory of Eastern martial arts is based on this image. It manifests itself as the primary basis of existence and as a manifestation of the vital energy ("Tsi-spiritual power") of constantly moving and changing matter. In Chinese sources, different views have been expressed as to the conditions and processes that occur in the context of Tsi, i.e., air, breath, ether, spirit, vital energy, vital force, through the interaction of the In and Yan forces. There are different forms of tsi, which can be divided into rough, dull and pure and light. While the rough, dull types constitute the material and material essence, the pure and light types constitute the spiritual essence. The purified form of Tsi passes into the soul (Shen) and becomes the driving force of the universe. Purified Tsi leads to complete physical, moral and spiritual recovery. This has always been a necessary prelude to the Dao and Buddhist sects, as well as to the martial arts schools of the East.

In the theory of Eastern martial arts, "Jin" is interpreted as a unit of body structure, "primordial seed", "Tsi" as a source of vital energy and movement, and "Shen" as a unit of spirit, mind and psyche. On this basis, it was believed that by exercising, the body can influence the cleansing of Jin, Tsi, and the improvement of Shen. The main phase of concentration consists of: relaxing oneself, changing the center of gravity (dan-tyan), deep breathing, creating mental preparation for this action and involving all psychophysiological mechanisms in it.

It is well known that the nervous system in a state of stress has a major impact on all systems of the body (endocrine, muscular and vegetotomir). A controlled, "regulated" nervous system can, in extreme cases, increase the body's "energy power" and direct all its internal resources to a single goal.

Aesthetic education in Oriental martial arts.

The Eastern fighter must also be aesthetically educated. Aesthetic education in sports includes the education of knowledge, skills, abilities, aesthetic needs, aesthetic

tastes and aesthetic considerations, which are realized through the aesthetic activities and aesthetic consciousness of this harmoniously developed generation. Aesthetic education in the formation of a fighter consists, first of all, in the ability to see and appreciate beauty in nature and in works of art.

Aesthetic upbringing of a harmoniously developed generation in society means activity aimed at the development of the individual's physical development, worldview, spiritual and moral image, aesthetic taste. Aesthetic education is the most ancient and eternal value that ensures human humanity. Due to upbringing, the existence of man and society is passed from one generation to another [4].

The philosophy of Eastern martial arts embodies the art of the soul and the path of truth. The purpose of the art of the heart is to combine the personal experiences of man in his inner and outer world in an aesthetic creation. In martial arts aesthetics, the concepts of speed, accuracy, power, and victory play an important aesthetic role. In it, the concepts of speed, accuracy and victory have an aesthetic interpretation in a number of ways. In particular, the interplay of speed and self-control can be seen as an important aspect in understanding the beauty of wrestling. Clarity is an aesthetic characteristic of martial arts. In Eastern martial arts, accuracy is an important criterion for a decisive result. In particular, momentary situations during fights and competitions create aesthetic pleasure in a person. Victory can be valued as a high aesthetic value. Indeed, victory or defeat in battle and competition does not affect its aesthetic value, but the pursuit of victory has never been aesthetically neutral. Achieving victory requires the ability to use all technical methods and high skill.

The place of wrestling as a means of moral and aesthetic education can be especially recognized. Today, the martial arts of the East are of global significance and play an important role in the promotion of ethical and aesthetic values throughout the world. However, it is necessary to distinguish between existing and hidden values of martial arts as martial arts in the east.



That is why our young people should focus on learning martial arts at the art level in clubs, practicing to enjoy it and achieving perfection.

Moral education in Eastern martial arts- is a stage aimed at the formation of strong moral feelings and moral skills, in which it is advisable to use the following forms of educational work to determine and strengthen moral values:

In Eastern martial arts, the issue of moral education is given very serious attention. Martial arts always educates young people, teaches them to endure any difficulties encountered along the way. The importance of his educational significance is that he always educates the student as a person with high human qualities, such as honesty, freedom-loving, spiritually and physically strong.

The students were involved in oriental martial arts and in many cases achieved great success. Before any success can be achieved, the practitioner must first overcome himself, and in his moral culture, respect for the partner and the opponent is a priority.

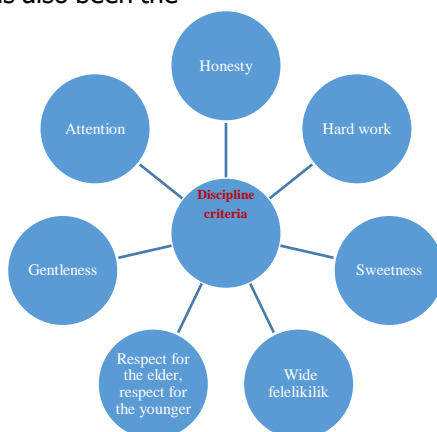
There is an ancient code of samurai "Busido", which embodies the martial arts and its moral, philosophical and pedagogical views. Say or keep quiet? "Busido" as an art of interaction. For centuries, "Busido" or "The Way of the Great Warrior" has been the code of ethics of the upper class in feudal Japan and has also been the

basis of popular Japanese courtesy. According to Busido, it is a form of compassion and service in people to open their eyes to a person's weaknesses and thereby help them improve. This is stated in one of the canonical texts "Busido" - "Hagakure" ("Hidden in the Leaves").

It is nothing more convincing than a living example of decent behavior, but it is also a process of change that has the ability to improve, to overcome itself and its weaknesses. "[5] The Busido Code teaches. The Busido Code states that much effort must be made to improve human behavior.

Oriental martial arts teach people not only the art of striking, but also the art of self-defense. In addition, the strengthening of combat style and strategy, the harmony between the universe and man - creates an opportunity for a person to consciously change his lifestyle by perceiving harmony.

Those who practice martial arts are called "Warriors". The fighter's ultimate goal is not to win over the opponent, but to win over himself. The warrior must first fight himself. He must fight against his negative qualities, overcome them and achieve perfection, and form human qualities in himself. It teaches us to overcome the wrath of the Eastern monarchs and to have a beautiful human quality.



One day the Prophet (peace and blessings of Allaah be upon him) asked his Companions, "So who do you think is the strongest man?" They asked. The Companions replied, "The one who defeats his opponent quickly will be the strongest wrestler." He said, "No, it is not. The one who can swallow his anger when he is angry is the strongest."

According to the teachings of Eastern martial arts, the warrior must set a real goal, the fighter is subject to life. He thinks deeply before saying his words, without agreeing with the opinions of others, and then speaks. Also, a fighter should always help others. The fighter will have helped himself by helping the weak, the weak. He must help his parents, brothers and sisters.

Taekwondo fighter should be serious, humble, calm, frugal. The fighter is honest and conscientious, and he is always humane! He wants peace in the world to be sustainable. He is always ready to resolve any conflicts in order to ensure a peaceful life.

The role of martial arts in the world in the restoration and prevention of mental and physical health, personal self-awareness, attitudes to the traditions of martial arts, its ontological phenomenon, its role in the formation of moral and volitional qualities in adolescents, the role of martial arts in the effectiveness of athletes. The factor of ensuring mental stability, the issues of pedagogical and psychological mechanisms of the value system in athletes engaged in martial arts are



being studied. The study of the role of sports in the teaching of martial arts in the formation of the personality of student-athletes shows that one of the important directions in determining the pedagogical and psychological characteristics of personal development.

In conclusion, it can be said that the martial arts of the East play an important role in the education of the perfect man.

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