

## FORMATION OF A HEALTHY LIFESTYLE USING HAND-TO-HAND SPORTS OF CADETS OF MILITARIZED EDUCATIONAL INSTITUTIONS

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**Annotation:** health and its importance for a person are highlighted in many ways. This task, which is one of the values and influential issues of society in the period of exacerbation of environmental problems and social conflicts of our century, continues to be one of the pressing problems. Health is not only the result of the upbringing of a person as a jasmonan harmonious and spiritually mature, but also serves as a factor in the acquisition of a specialty and the effective organization of professional activities in the future.

**Keywords:** militarized, cadet, physical education, sports, training, athlete, tourism, healthy lifestyle.

In the training of highly qualified personnel for the internal affairs bodies of the Republic of Uzbekistan, the "hand-to-hand combat" course is one of the most basic and mandatory sections of combat and Physical Training Science.

Hand-to-hand combat as a sport is considered the most complex single-hand combat type, so it includes the methods of almost all single-hand combat sports (karate, dzyu-do, wrestling types, etc.).

With hand-to-hand combat being a branch of physical fitness, in which cadets master the techniques of self-defense, Sambo, and fighting criminals armed with cold or firearms in the hand-to-hand combat unit. These activities are aimed at developing agility in practical action activities, fostering fearlessness and quick decision-making, confidence in one's own strength, dedication and resourcefulness.

In janovar and physical training, the method of exhibitionism is of particular importance, in which the teacher is obliged to clearly and exemplary show the methods and actions studied. This requires the teacher to have high professional skills and constantly improve their training.

When conducting hand-to-hand combat training, the teacher should choose methods, taking into account the level of physical training of cadets. When teaching, it is necessary to follow the following pedagogical principle: from known to unknown, from simple to complex, from easy to difficult.

Hand – to-hand combat training is held in specially equipped places-in deep areas covered with grass, filled with sawdust or sand, and in gyms with carpet beds. These

places should have hanging padding bags, simulators specially installed on the wall to learn the techniques of hand, foot strikes and improve skills. Well-equipped areas or halls provide an opportunity to increase the density of the lesson and physical load.

Training includes preparatory exercises-methods of careful fall, blows with hands and feet, and protection from them, methods of pain, falls, joints, methods of disarming (offender) a suspect.

Hand-to-hand combat methods can be divided into two, depending on the complexity of execution:

1. Blows with hands and feet; protection against hand blows; protection against a blow with a foot passing by the side; protection against a blow with a standing (block) foot; holding the hand backwards; disarming the suspect by using a knife-from-the-bottom blow and rewinding the hand; turning the hand with the "richag out" method; disarming the suspect using the "richag out" method when tirabing from the front with a pistol disarm a suspect when dropped; knock down from behind.

2. To disarm a suspect using the " Inside Out "Method; to disarm a suspect using the " inside out " method when a pistol is poked from behind; to disarm a suspect using the "inside out" method by protecting the hand from a blow from above with a knife; to disarm a suspect using the "inside out" method when a threat is threatened with a long-pipe weapon; protected from a knife – wielding blow, from the back the thigh-calf is struck with a foot at the bend point, knocking the hand down by boiling with the "back out" method.

From the preparatory part of the training, exercises in movement, all-encompassing exercises for various muscle groups, hand-to-hand combat special training exercises, simple methods of struggle and careful fall methods are included.

In hand-to-hand combat training, further additions are made to the exercises performed by walking and running, walking legs, various straight, back, side-scrolling movements. All-in-one exercises serve to prepare the muscles that receive more load during training for work activities. These exercises are also similar to the structure of exercises in the preparatory part of gymnastics.

This part of the training is distinguished from the preparatory part of the gymnastics training by the presence of special hand-to-hand training exercises and methods of falling in self-defense.

In the main part of the training, with cadets, the following will be studied:

Unarmed attack methods-hand strikes, foot strikes, methods of infliction of pain, falls;

Methods of Defense (unarmed, from an armed criminal), methods of Capture and disarmament.

In the closing part of the workout, walking slowly, the breath is adjusted, and the relaxation of the body muscles is performed exercises.

Preparing for a fight is when a cadet engaged in hand – to-hand combat assumes the most favorable position to attack or defend against a suspect. In preparation for battle, one leg was placed forward (sideways in the frontal position) at a step interval, and the weight was evenly distributed over both slightly bent legs. The upper part of the torso is slightly bent forward. Most often, the left leg is placed forward, and the left arm is bent from the elbow joint and in the fist position is ahead at chest height, the right arm fist stands next to the waist . The cadet stands in a position with one hand ready to defend against a blow or weapon, to strike with the other hand, or to perform a method of pain.

The use of pain techniques during the fall of a suspect, during careful falls, round Assembly (gruppirovka) in order to prevent injury in ground strikes, during a solo struggle with a suspect, is called self-defense methods. This is the skill of falling without injury.

It is unlikely that an employee of the internal affairs office will confront and engage in a fight with an unarmed criminal in the same situations. In such cases, it is necessary that the employee has perfectly mastered the methods of pain, hand blows, foot blows, methods of knocking down and other methods.

Simple in terms of execution, but effective methods in stopping an attacking criminal are the blows given by the hands and feet. These blows are performed with a quick and short shaking so that the offender does not have time to be protected. After the first shot, the employee will quickly become obsessed with continuing the fight or move on to the next method, that is, capture the criminal's action activity by limiting it.

Effective effects on the perpetrator are methods of dismemberment (reeling the hand behind the back, "richag" method of reeling the hand out and inward), and with these methods the perpetrator is immobilized and bound. The force of impact is greater when pain techniques are used in conjunction with hand and foot blows as well as wrestling techniques.

Technique of giving direct, side, bottom and elbow strikes with hands

Organizational and methodological guidelines. The technique of direct, side-and-bottom striking is mainly taught without parts, in the same cases the trajectory of carrying the hand to the designated place to strike is taught separately.

It would be advisable if the shock techniques were trained in frontal style with calculus. In different situations, when opponents are replaced during improvement, cadets master the skill of not losing themselves.

Therefore, it is necessary to improve this shot in every lesson, so the technique of direct hit is the main tool for learning the technique of other shots. Blows must be studied in the same way as both hands.

Protection is thus also studied. After mastering the shot and the shot, the shot-

series is performed as part of the group.

Training sequence: reclaiming multiple combat States (left-sided, right-sided, frontal States;

Jagovar moves in a few steps in cases, sliding;

The blows are performed by stopping and stopping at the desired places, where they are standing at a slow pace;

Perform single shots to speed and accuracy in place then in motion;

Performing a series of blows to the same place with two hands;

Perform in different situations (in an unexpected case, through different voice characters) in order to make hand strikes and improve the ximoya technique;

In the depths of learning, time is given to independently engage.

Methods of hand striking vary. The methods of hitting from the side, from the bottom with the base of the paws, which are finished in the Fist, are especially used.

A direct blow with a fist- is given from different positions to the head and to the torso at close and medium distance. In order to strike correctly with the hand, it is necessary to sharply from the left-sided position, but not over-strain the muscles of the torso and arms, turning the right fist from right to left in the shortest possible way to the target. At this time, the other arm elbow is sharply pulled back, the fist palm is turned up. While the fist is touching the target, the right leg is brought closer to the left leg, the hump Musks are strongly tense at a short time. Immediately after the blow, it is necessary to return to the combat position.

Punch with a punch from the side - giving is effective when attacking at close range, as well as counterattacking by bending from the base of the opponent's striking hand. The blow is given to the fist with the base of the finished paws to the Chuck, jaw, ear, sunbathing, torso. Standing in a combat position to strike from the side, the hand is directed at the target, the fist is turned inward and an arc-shaped blow is issued in a horizontal direction. At the time of the blow, the wrist elbow should be raised forward. The blow can be turned sharply, the torso, not stepping or throwing.

Even if the technique of hitting from the bottom is performed by stepping to the side, khimoya is performed with the left submission, and favorable conditions are born for hitting with the elbow. Percussion is required to be studied the same as both hands, for which a series of percussion is performed.

Perform in different situations (in an unexpected case, through different voice characters) in order to make hand strikes and improve the technique;

Performed in the combination option with the strokes mentioned in the previous lesson.

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