

## FEATURES OF CADETS' ADAPTATION UNIVERSITIES UKRAINIAN INTERIOR MINISTRY TO STUDY THE ART OF SAMBO

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**Annotation.** *Purpose:* to study the problem of adaptation of students to the study of throwing techniques Sambo in the educational process of professional orientation. *Material:* the study involved 53 first-year cadet. Also 8 teachers - experts. *Results:* the initial study of the features of self-defense techniques without weapons in the universities of the Interior Ministry of Ukraine. The factors that impede the development of technical action: lack of preparedness of students on basic psychophysical parameters, the desire to avoid pain when you fall; big breaks between classes. Developed a set of special exercises aimed at improving the mental and physical qualities of the future police officers. Complex promotes adaptation to the study of self-defense techniques without weapons. An efficiency of specific exercises to improve motor skills formation and neutralization of negative factors. *Conclusions:* recommend the use in the educational process special physical training specific exercises. Exercises gradually become more complex in structure as close as possible to the difficult coordination in unarmed combat.

**Keywords:** willingness, adaptation, self-defense, throw, coordination, balance, sensation, space, motor skills.

### Introduction

Formation of skills of self-defense without weapon is one of the most important tasks of professional training of modern law enforcement officers [1]. I. Zakorko stated that among different means of physical influence sambo techniques are the most effective means of defense against attacks without weapon in situations of power character. Mastering of sambo techniques and formation of skills to apply techniques for solution of service tasks facilitate increasing of personal security of home affairs officers (HAO) and gives them advantage in extreme situations [2, pg 142-144].

As a rule mastering of sambo techniques is started by law enforcement officers in the process of practical trainings on special physical preparation at higher educational establishments (HEE) of HAM of Ukraine. Formation of skills to fulfill throws is a complex pedagogic process, which puts forward significant requirements to psycho-physical qualities of future law enforcement officers and causes certain difficulties. Basing on analysis of certain works [2, 3, 4, 5, 6] we can note that quality of mastering sambo techniques at SPP trainings to large extent depends on special gradual adaptation of cadets' psychic to complex coordinated movements and overcoming factors, hindering trainings. Among factors, which negatively influence on formation of technical actions, we should mark out the following: 3

- 1) Insufficient readiness of cadets by main physiological parameters, in particular low level of coordination and middle level of physical fitness;
- 2) Wish to avoid pain, caused by falling down on mat, conditioned by absence of skills to ensure self security;
- 3) Long breaks between trainings on sambo throws.

Some researches, in particular F. Yevtushov, write that training of means of physical influence "by its content shall be similar to sport training like in martial arts, professional or Olympic sports" [7, pg. 112]. But main task of training of future law reinforcement officers is not participation in sambo competitions but self defense against not armed and may be armed attack of criminals during fulfillment of service tasks that require certain changes in training process. On the base of analysis of actual practice of law enforcement officers' service functioning we think it would purposeful to consider this practical experience in training of self-defense techniques.

Considering the above said we think that problem of gradual leading of cadets to mastering of physical influence means and, in particular formation of sambo throws' technique, requires increasing of professional orientation of training process and is urgent and serves comprehensive elucidation.

The research was carried out in compliance with plan of scientific & research work for 2013-2014 academic year of Lugansk state university of home affairs, named after Ye.O. Didorenko.

### Purpose, tasks of the work, material and methods

*The purpose of the research:* in this work we made an attempt to analyze cadets' adaptation to mastering of sambo throws' technique and determine application of auxiliary complex-coordinated movements of professional orientation in training process.

*The methods of the research:* theoretical analysis of scientific literature, testing, pedagogic observation, expert evaluation.

*Organization of the research.* The research was conducted on the base of departments of tactic-special training and special physical and firearms training of Lugansk state university of home affairs, named after Ye.O. Didorenko. In the research 53 first year cadets took part, from them – 28 cadets – experimental group (EG) and 25 cadets – control group (CG) and 8 instructors, who were experts.

### Results of the research

On the base of pedagogic observations over trainings on special physical preparation at HEE of HAM of Ukraine it should be noted that formation of self-defense and martial arts skills to certain extent has rather simplified character. For example, in introduction part of training usually general exercises on the spot and in motion, gymnastic exercises, track and field and power exercise prevail. Such warming up ensures certain motion functioning, which shall prepare cadets for main part of training. Undoubtedly the task of warming up is solved, but professional component – application of special exercises, having applied character is rather limited.

Traditionally in HAM HEEs training of sambo throws is conducted at second year of study. As per Order of HAM of Ukraine No.318, dt. 13.04.2012, training of special techniques at HEEs ensures mastering of throws “back tripping”, “front tripping”, throws over hip, over shoulder, by holding of legs, undercut. It should be noted that fulfillment of the mentioned techniques in sport variant is rather useful, but we think the main task is to professionally orient them, in particular to apply these throws for defense from un armed and armed attacks, for releasing from holds and fulfillment of other power tasks.

Application of throws for practical service purposes can be possible only if law enforcement officer has steady skills of their application, fulfils techniques firmly, in “speed-power” mode with striking “weakening” blow and further arresting of criminal.

During recent years ideas about professional orientation of law enforcement officers and filling of training programs with professional context have been appearing rather often. In first turn it means re-understanding of approaches to training of modern law enforcement officers on the base of consideration of actual requirements of service functioning and criminal situation, which has formed recent years.

On the base of analysis of literature sources [7, 8, 9, 10, 11, 12] and practice of service activity we think that training of home affairs officer to self-defense shall combine in one model:

Basic actions of martial arts (block, blow, kick); ногой);

- 1) Releasing from holds and wraps;
- 2) Throws (back tripping, over hip and etc.);
- 3) Arresting of criminal in lying position with handcuffing.

We also think that application of methodic approach, stipulating combination of main elements of power fight with criminals, in training process will permit to improve law enforcement officers’ ability for practical usage of techniques.

On the base of analysis of special literature [13, 14, 15], talks with practicing officers and instructors of special training departments we worked out and tested complex of special exercises, oriented on creation of pre-conditions for qualitative mastering of special influence means, in particular sambo throws’ techniques.

#### *The course of the experiment.*

Specific feature of our exercises is the fact that this complex was worked out for usage nearly from the very beginning of discipline’s “Special physical training” mastering. For example we included in preparatory part of practical trainings (warming up) during first and second semester the following:

1) Special acrobatics – the simplest acrobatic exercises, oriented on formation of self-guarding skills with fallings down on mat from different positions, throws over right (left) partner’s shoulders. Gradually tasks were complicated with combining of the mentioned above elements with moving in combat stance: self-protection-stance-block, self-protection-stance-block-imitation of putting legs for throw over hip, shoulder, back tripping and so on.

2) Special defensive actions – block for fulfilling of blow and blocks for fulfilling of throws. It should be noted that these exercises are very important because between these two kinds of blocks there is substantial difference. We supply one example. Adversary fulfills blow with fist from above in head; cadet responds left arm block and step back, than imitates right hand blow in adversary’s head. In second variant cadet steps forward with block and imitates initial stance for throw over shoulder. Thus, in first variant cadet trains block, permitting moving to counter attack and in the second block shall create favorable conditions for throw.

3) Self guarding with gradual increasing of height of falling down (cadet fulfills falling down over lying partner, over kneeled partner, over partner, who bent in stance, over partner in upright stance with hold of hand.

4) Special motion exercises, imitating throw, in pairs. Among such exercise, it should be marked out imitation exercises on the spot and in movement, travelling with partner and in stance. These exercises are oriented on development of coordination. Enriching of individual arsenal of movements, strengthening of muscles, required for throws.

Specific feature of the offered approach is the fact that transition for training of new element is realized not in phase of improvement of previous action but even earlier- at stage of formation of initial skills. Such approach facilitates quicker formation of motion skills and creating, at initial stages of trainings, of pre-conditions for future combining of separate elements in one model.

For evaluation of special exercises’ influence on formation of self-defense skills we carried out pedagogic diagnostic. CG and EG cadet were offered complex of tasks, which considered content of initial stage of trainings, i.e. implying already available level of technical fitness. Experts evaluated coordination and motion skills of EG and CG cadets by 5 points’ scale. With the help of questioning we analyzed some subjective indicators, which, in our opinion, also influence on quality of training process. The received data are presented in table 1.

Table 1

*Dynamic of coordination's indicators in the course of experiment*

№	Indicators	Initial stage		Finalizing stage	
		CG	EG	CG	EG
1	Coordination	3.4	3.1	4.6	8.2
2	Balance	4.1	4.2	5.4	9.1
3	Sense of space	2.9	2.7	4.5	7.8
4	Technical mistakes in fulfillment of exercises	1.6	1.5	3.2	4.9

Analysis of coordination's indicators of control and experimental groups' cadets witnessed that in EG there happened certain improvement of coordination abilities. Alongside with in CE there was registered substantial increasing of all other main parameters that witness about effectiveness of offered complex of special exercises.

**Conclusions:**

1. On the base of analysis of literature sources we found that quality of sambo techniques' mastering at SPP trainings depends to large extent on special gradual adaptation of cadets' psychic to movements with complex coordination. Among factors, which make formation of technical actions more difficult we marked out the following: insufficient readiness of cadets by main psycho-physical parameters, wish to avoid pain, caused by falling down, long pauses between trainings.

2. On the base of analysis of actual practice of special physical training in HEEs of HAM of Ukraine we stated that training of techniques of self defense without weapon is often realized in simplified way.

3. It has been proved that process of special training of law enforcement cadets shall combine in single model basic actions of martial arts, techniques of releasing from holds and wraps, throws and techniques of criminal's arresting in lying position with handcuffing.

4. We have worked out a complex of special exercises, oriented on improvement of psycho-physical qualities of future law reinforcement officers, which facilitates adaptation for training of self defense without weapon. This complex includes special acrobatics, special defense actions, self-guarding with gradual increasing of height of falling down, special movements in pairs.

5. We have experimentally proved effectiveness of application in SPP trainings of special exercises, which gradually become more difficult and are maximally approached to martial arts' techniques with complex coordination that facilitates improvement of quality of motion skills' formation and neutralizes negative factors' influence.

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