

## EDUCATION AND TRAINING IN THE PROCESS OF COMBAT - PHYSICAL TRAINING

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**Annotation:** methodically correct training of physical exercises is carried out according to didactic principles. These principles come from the basic content of the educational process and reflect the fact that it is based on objective laws. Awareness and activity, exhibitionism, systematicity and sequence, simplicity, robustness are considered from such principles. In addition, the basic didactic principles also include the ideas of Science in education and loyalty to the motherland.

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The principle of comprehensive development of the individual increases the demand for social life – a comprehensively developed person who carries out his production and military work, the upbringing of all-round physical, spiritually developed ones plays an important role in ensuring the economy and defense of the country.

The awareness and activity of listeners and cadets provides more effective results than all in the development and improvement of physical abilities and mobility skills.

The application of the requirements of this principle to the physical preparation process is achieved on the basis of:

- the exact setting of the goals and objectives of the training, as well as the awareness of the requirements that the commander or teacher-trainers of the listeners and cadets put before them;

- the exercise being taught, with an explanation of the essence of the method (action), their influence on the organism of learners and their importance in improving professional skills;

- With the upbringing of a critical attitude of the listener and cadets to their achievements and shortcomings in the performance of physical exercises, to certain successes of indicators of physical activity;

- with the high demand of the head or teacher-trainers in constant fluency, the clear Organization of classes and their fun;

- with the application of simple competitions in the training process;

– With the development of creative and enterprising attitudes towards increasing the level of his physical activity and sports skills in listeners and cadets, with an objective assessment of their success, with an incentive for a conscientious attitude to training;

- by giving extra time so that they can do the exercises independently.

The exhibitionism of education is based on the belief that any knowledge begins with Live Vision, observation, through perception and perception. Most of the information about the world that surrounds us is obtained by human vision in aid, but the concept of "exhibitionism" includes not only the perception by sight, but also the organs that receive and analyze external impressions, such as hearing, movement. The principle of "exhibitionism" expresses the dialectical unity of figurative and logical thinking in the educational process.

Educational exhibitionism is ensured by showing the exercise being studied in an exemplary way, explaining them in a short, fluent and figurative way and giving instructions on the technique of execution, through the use of posters, schemes, Pictures, Motion Pictures and other visual aids.

In the educational process, systematicity and sequence maintenance require the placement of materials as follows, that is, the next session is based on the previous one, while the time between Sessions is optimal. This is achieved through the regularity of training in sports and physical fitness. For example, training for employees of all categories (except for listeners and cadets of the higher educational institution) is carried out 2 times a week, morning badantaria exercises, every day except Sunday and weekends, sports training is carried out no less than 2 times a week, in the process of training and combat activities, in each field training session, etc.

The content of the Sessions should be planned in sequence, taking into account the increase and decrease in the training load of listeners and cadets in other forms of physical training.

The harmonization of knowledge, skills and skills is carried out in the interaction of the Departments of physical training, as well as the nature of exercises in different ways. In this process, the harmonization of exercises is important when conducting training sessions. As evidenced by the results of the experiment and scientific research, the inclusion of exercises, methods and actions from different sections of physical fitness in training will have a better effect than training from exercises in one section in general and special sessions of personal composition.

The simplicity of the educational process is achieved in the volume of occupation of the qualifications and skills of the movement, taking into account the usual level of physical training. The main requirement of this principle is to avoid acts that weigh on specific groups of listeners and cadets, causing physical exertion. The consistency

between the mobility skills of the learners and the complexity of the training sessions creates more optimal conditions for physical engagement than any.

Simplicity implies the following, that is, when organizing training, the following rules are followed: from known to unknown; from simple to complex; from light to deviant. In accordance with the above rules, the choice of physical exercises is carried out for each session, the amount of physical exertion is determined.

Robustness in the acquisition of knowledge and skills is ensured in the course of all the processes of education and implies a solid strengthening of skills and abilities, their long-term survival and ability to apply in any conditions of the situation. There is a strong connection between the justification and the pace of the occupation of educational materials. Therefore, only the achievement of the desired strength of skills and abilities creates conditions for increasing the pace of Education.

A solid occupation of movement exercises is achieved as a result of multiple repetitions of physical exercises, methods and movements. At the initial stage of Education, The Return takes place in simple conditions. Depending on the acquisition of qualifications, training is carried out at a slightly higher pace, in different conditions, in harmony with other methods and actions.

It should be noted that the above principles are closely related, they dictate and complement each other. This is further explained by the fact that education is a whole, continuous process. Listeners and cadets firmly acquire the skills of the movement only when they act consciously and actively, and both awareness and activity can be ensured if the systemicity and sequence of education are followed.

One important aspect in the organization of the training process should not be overlooked, that is, the training of cadets and listeners in physical exercises, as a rule, is carried out within the group, therefore, the choice of exercises for training and the determination of the levels of tension are determined based on the average of the group members. However, the leader or trainer must know and take into account the individual uniqueness of each cadet and listener in order to improve the effectiveness of Education. Not knowing the degree of physical readiness of a separate cadet or listener, a teacher or trainer cannot fail to apply didactic principles in a goal-oriented way and achieve high results in the development of the mobility abilities of his subordinates. This is how the importance of an individual approach to education is determined.

At the same time, it is also of great importance in physical fitness that the individual squad has achieved certain achievements at the team level. Currently, some situations in the fight against crime and ensuring public safety require the development of Group skills of actions. Hence, it is at this place that the optimal group level of physical fitness hangs.

The educational process is always closely connected with the educational process, and its principles must be taken into account in physical fitness. When developing physical abilities and acquiring movement skills, it is recommended to apply the principle of relying on positive aspects in a person. Of great importance during training is the fact that the head or teacher-coach records the achievements of his subordinates. This forms in them a sense of confidence in their own strength, the ability to overcome difficulties.

For the combat-physical training process, it is very important that the boss or teacher-trainer is consistent, harmonious with the requirement that he puts on his subordinates with the level of personal physical activity. If the teacher-trainer cannot be an example when performing physical exercises, it is difficult to believe that his subordinates follow the principles of awareness and activity in physical fitness, that is, the implementation of this principle.

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