

METHODOLOGY FOR TEACHING HAND-TO-HAND COMBAT METHODS

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Annotation: An analysis of the techniques of hand-to-hand combat methods carried out shows that there is a close relationship between the methods of attack and defense. Although several methods are preparation for starting a fight (standing positions), falls in self-defense, blows do not require mutual action with a partner, the rest of the methods are studied only in pairs, one of the partners acts as a criminal. In this case, at the beginning of mastering methods, the "criminal" works in a sluggish (passive) resistance, with an increase in the strengthening of skills and abilities, as well as the movement activity of the "criminal" increases, the pace of performing methods (temp) rises.

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In the first exercises of hand combat, methods of preparing for the start of the battle, actions in combat pose, falls in self-defense are studied. Even in subsequent training, these elements remain a component of the process of mastering new methods, and thus are regularly improved. The composition of the methods being mastered is complicated from training to training. The method of catching the hand by boiling it on the back is studied before the others, as this is the last method in the use of most methods of pain and disarmament.

The teacher conducting the training should know in advance the sequence of methods envisaged to be carried out in the hand-to-hand combat section included in the program and have a clear idea of this. First the methods of attack are mastered, then the methods of protection against them. This creates a logical sequence in the teaching process.

At the time of mastering hand-to-hand combat methods, under the guidance of a teacher, the main part of the training will be more effective if it is carried out as part of a group. In this case, the teacher will be able to correctly distribute the allocated training time, devote more time to the study of new methods, less to previously studied methods. As a rule, the learning process is carried out in a row (in series) of 4-6 columns.

The careful descent technique is mastered in the following sequence: marked gouging divisions (body assembly); final postures from the fall, hand and foot strikes to soften the impact on the ground; falls from the lower, middle, upper standing position and as gouging in motion.

The technique of careful descent is considered complex enough in terms of movement coordination, so their adherence to the indicated sequence is necessary for students to acquire slow, shaking and twisting skills during a fall.

Teaching the technique of careful descent is done by the fact that all students do it at the same time or in turn. The execution and improvement of these methods is carried out in place and in motion, at an interval and distance marked by simultaneous or sequential re-movements and umbilical projections, lined up on one Sheren (lateral row).

As an example, let's consider the sequence of teaching the method of falling to the side. The method is learned by falling on two sides. Training it after acquaintance with the method begins with the last pose lying on the right (left) side. The teacher should draw the attention of those involved to the need to be a dense heap and correctly put the position of the arms, legs, head. To perform the exercise, the command "the last position of the right (left) head – to accept" is given. After that, the teacher corrects the mistakes made, instructs the left wing, the right wing to do this in what order, using the method of performing them in sequential motion: "pushed from the ground with hands and feet (from the wrestling carpet), the position of hands and feet. the legs are replaced in the air, and the left wing is then given the exercise head-to-head. The exercise is performed 6-8 times. After mastering this exercise, the lateral fall is performed from a low, moderate and high standing position. Next, to improve lateral fall, the partner is performed outside the arm and waist, on a stick of a certain height, on a rope.

Pain methods are performed in parts with a partner, and then as a whole, only more slowly at the beginning. All those involved switch to independent execution in pairs after returning the method several times with the instructor team. The teacher takes control of how they perform the method in a pair and gives clear instructions to correct their error-deficit. The method is obliged to end with the capture of a conditional suspect.

Pain techniques are learned in a standing position at the start, moving on to learning in a lying position after mastering the fall techniques. With this, at the expense of new elements in each new training, the method is logically linked to the previous types of activities, as if the method were being performed on it.

Below we will consider the sequence of teaching the way to twist the hand on the back.

First simpler in structure, it begins by teaching the offender a method of Capture in a position from behind. In learning, the method is performed on three counts:

By "one", the first Digitals (those standing on the back shering) step with the left foot next to the right foot of their partner, and with the right hand his right hand is held over the wrist-palm joint – the teacher checks the grip position and corrects mistakes;

By" two", the first Digitals, pushing with the left hand palm open to the right, hold the hand of the suspect from the inside of the elbow bend, place the wrist on its left hand elbow bend, and the palm moves to the elbow grip – the teacher focuses on the second Digitals feeling pain giving a sign (signal), the first Digitals stop;

In the" three " count, the number one put the right foot along the line of the suspect's feet, with the right palm yoni showing a blow to the neck, holding the suspect by his hair or his clothing on the left shoulder, forcing him to stand at the tip of his feet or on one leg.

The method is performed in portions 2-3 times, then 2-3 times in full slow rhythm, 5-6 times independently and 1-2 times in combat (fast) intensity. After that, the practitioners exchange places, the teacher begins to teach the second-numbered.

The study of knockdown techniques is also carried out in a certain sequence, as are the pain methods. First, the method is repeatedly processed by calculation, dividing it into separate elements and dividing it into pieces. The error will be corrected and the method will be completed to the fullest extent. When learning demolition techniques, couples should be positioned on the wrestling carpet in such a way that they do not interfere with each other. At the beginning of learning, the method is carried out without the opposition of the partner. In the final stage, however, the knock-down methods are performed in training, and each of the pairs will be the first to perform the knock-down method on their own, regardless of the situation.

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