

## TYPICAL MISTAKES, MADE BY THE CADETS, MASTERING THE SUBMISSION LOCKS, OF THE HIGHER EDUCATIONAL ESTABLISHMENTS OF THE MINISTRY OF INTERNAL AFFAIRS OF UKRAINE

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**Annotation.** *Purpose:* to define the typical mistakes made by the cadets, mastering the submission locks, of the higher educational establishments of the Ministry of Internal Affairs of Ukraine. *Results:* with the help of ranking the data analysis of the scientific-methodological-literature shows that the specialists have been performing the search of sources during long period of time, specifying the possibility of intensification of physical actions teaching. The typical mistakes made by the cadets, mastering the submission locks, have been identified. They are the following: hand's bend behind one's back by "dive", outward lever, hand's bend behind one's back by "jerk", hand's bend behind one's back by "lock", inwards lever of the arm. It was proved, that improvement of the educational process on the discipline "Special Physical Training" in higher educational establishment of the Ministry of Internal Affairs of Ukraine requires the search, defining and implementation of effective methods and technologies of teaching the techniques of hand-to-hand fighting, helping to achieve high professional level of the cadets. *Conclusions:* the improvement of teaching methods with the position of advanced theoretical conditions about the processes of movements regulation give the opportunity of wide use in practice the professional-applied physical training of the higher educational establishments of the Ministry of Internal Affairs of Ukraine the various innovative approaches to the teaching and planning the curriculum program in special physical training.

**Key words:** hand-to-hand, fighting, cadets, special, physical, training.

### Introduction

Hand to hand fighting is one of the most complex kinds of martial arts because it includes technical arsenal of practically all kinds of martial arts, in which it is permitted to use controlled blows, throws, holds, submission holds and locks depending on certain situation of a duel [2-7].

Main difficulties, which are met by coaches, are questions of training methodic of trainees, problems of training means' selection, which would facilitate increasing of effectiveness of their training process [1, 8, 14, 15, 16-18].

Especially urgent is methodic of training of submission holds in hand to hand fighting at trainings on cadets' special physical training. Submission holds are actions, oriented on causing pain or traumas of adversary with active counter-joints techniques or with influencing on vitally important organs and parts of body [9, 11].

In opinion of A.Z. Yestemesov [10] it is necessary to mark out the following specificities of techniques' training in hand to hand fighting:

- In existing methodic of hand to hand fighting training two main approaches are used: the first, based on sport sambo and ju-do training's methodic, where key role is played by throws and submission holds, while techniques of blows with different parts of body plays secondary role.; the second is based on karate methodic, where, on the contrary, main accent is made on blows by different parts of body, while throws play secondary role;

- System of hand to hand fighting can be both of sport and applied character. In both cases quality of techniques' fulfillment depends on influence of extreme situations, which are rather frequent for trainees. Depending on wrestler's condition in existing practice of work, there are marked out up to eleven variants of wrestler's state and appropriate methods of overcoming this situation, i.e. increasing of organism's stress-resistivity;

- In training of hand to hand fighting techniques not only mastering of psychological self-regulation methods is of extreme importance but also mastering of control over own physical efforts. The matter is that value of physical efforts, required for realization of a technique, can be the cause of traumatism at trainings. In this connection at trainings it is important to follow principle of "optimal efforts" and try to conduct technique with maximal accuracy [10].

Formation of scientifically grounded content and methodically justified sequence of hand to hand fighting's training, realized on the base of fundamental theoretical and scientific principles permitted for A.Z. Yestemesov [10], to determine the following principles from methodic point of view. Videlicet, control over training of hand to hand fighting trainings and professional-applied fitness of the trainees shall stipulate:

- Organization of clear and logical system of evaluations (evaluation of fitness's structure, evaluation of trainee's condition and evaluation of character of the used load);
- Determination of logical sequence of hand to hand fighting's training, which shall be considered and embedded in content of perspective, current and operative plans of training;
- Creation of system of control over physical load, applied at hand to hand fighting trainings and based on registration of time, paid to kinds of training and on consideration of level of its specialization.

For increasing of effectiveness of training process of cadets of Russian MHA higher educational establishments they use the so-called block principle, according to which mastering of motion actions is carried out in interconnection with formation of professionally important physical qualities. This ensures holistic readiness for functioning, arresting of actively resisting criminals [11].

The first block of trainings is oriented on formation of understanding and skills in demonstration of different submission holds on not resisting partner.

Combat techniques shall be understood as system of techniques and blows, used in hand to hand fighting.

The second block of trainings is oriented on mastering of already familiar techniques owing to frequent repetition of the latter and mastering of combinations of these techniques with dozed resistance of partner.

The third block is oriented on practical realization of the mastered material in conditions, maximally approximated to real; situations of fighting and power arresting of criminal.

In opinion of A.V. Shyshkina effective organization of motion functioning's training stipulates creation of artificial conditions for cognition process. This author applied the following methodic means in his work:

1. Attracting of trainees to independent analysis of video-record of movements' techniques with the help slowing, stoppage and multiple repetition of video record.

2. Verbal reports on understanding of the mastered movements and description of muscular sensations, which appear with this movement.

3. For organization of detail conscious control of movements' technique specialists were offered to attract attention of trainees to fulfillment of techniques' elements in the following way: they should put the task of observation, with it was pointed what requires attention; vivid comparisons were used, character of movements was stressed by intonation [13].

V.V. Kolesnikov in his work [11] determined ways for increasing of effectiveness of hand to hand fighting techniques' training for cadet of higher educational establishments of MHO of Ukraine on the base of individualization of SPT. In specialists' opinion, in order to improve effectiveness of training process and hand to hand fighting techniques it is necessary to consider coordination level of cadet. With it, as the author notes, special attention should be paid to progressing of space and time parameters of motion technique.

Analysis of experimental data about effectiveness of different hand to hand fighting tactics permitted for A.N. Kochergin [12] to specify two trends. First, probability of victory is substantially higher, is cadet realizes aggressive-attacking tactic. Secondly, advantage of attacking tactic reduces with rising of adversary's level of fitness.

In specialists' opinion, in methodic of hand to hand fighting's training of military and law enforcement officers there shall be realized active, attacking orientation of tactic, ability to take initiative from the first seconds, continuously attack and not to give adversary any chance for his attacking actions. This orientation was formulated by A.N. Kochergin [12] as principle of power domination.

The work has been fulfilled in compliance with combined plan of SRW ion sphere of physical culture and sports for 2011-2015 of Ministry of education and science, youth and sports of Ukraine by topic 3.7. "Improvement of bio-mechanical technologies in physical education and rehabilitation, considering individual features of human motor system", state registration number: 0111U001734.

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

*The purpose of the work* is to determine typical mistakes, which are made by cadets of MHO HEEs of Ukraine when mastering submission holds.

*The methods of the research:* analysis of special scientific-methodic literature, pedagogic observations, pedagogic experiment, quality metering, methods of mathematical statistics.

#### **Results of the research**

In experiment we used the method of experts' evaluations. This method was chosen for ranging of typical mistakes, made by cadets with mastering of submission holds and locks. For this purpose we conducted expertise with method of preferences.

Regarding submission hold "Bending of arm behind back" it is necessary to note that experts' opinions about typical cadets' mistakes distributed in the following way: 1. Adversary (criminal) was not forced to lose balance; 2. When bending of arm behind back there is no push of elbow from above downward under angle of 45 degrees of the held criminal's arm; cadet does not fulfill left (right) leg step ahead; 3. Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside. 4. Wrong hold of forearm and wrist, right wrist of your hand shall be below left; 5. Holds with right and left hands are not simultaneous (right wrist shall be below left); 6. Too slow "duck" under criminal's arm without putting left (right) leg to stand aside of adversary; 7. Relaxing kick to grown or supporting leg was not made (see table 1).

Analyzing technique "outside arm-bar", experts ranged the following typical mistakes: 1. Twisting of forearm and wrist of the held arm under angle 90° outside does not fulfilled. 2. Step with left (right) leg back with turn by 90° after relaxing kick does not fulfilled. 3. Hold of criminal's wrist is executed wrongly. 4. Step with left (right) leg ahead-aside does not fulfilled. The stepping leg shall be half bent in knee joint. 5. "Attacker" does not make relaxing kick in grown or supporting leg (see table 2).

Table 1

*Mistakes, made by cadets with fulfillment of submission hold “Bending of arm behind back with “duck”*

Nos	Submission hold “Bending of arm behind back with “duck”. Technique is fulfilled on right arm.	Place
1.	Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside	3
2.	Wrong hold of forearm and wrist, right wrist of your hand shall be below left	4
3.	Holds with right and left hands are not simultaneous (right wrist shall be below left)	5
4.	Adversary (criminal) was not forced to lose balance	1
5.	Relaxing kick to grown or supporting leg was not made	7
6.	Too slow “duck” under criminal’s arm without putting left (right) leg to stand aside of adversary	6
7.	Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside.	2

Table 2

*Mistakes, made by cadets with fulfillment of submission hold “Outside arm-bar”*

Nos	Submission hold “Outside arm-bar”. Technique is fulfilled on right arm. With holding of left adversary’s arm the sequence of actions is the same but position of arms and legs change.	Place
1	Step with left (right) leg ahead-aside does not fulfilled. The stepping leg shall be half bent in knee joint	4
2	Hold of criminal’s wrist is executed wrongly	3
3	“Attacker” does not make relaxing kick in grown or supporting leg	5
4	Twisting of forearm and wrist of the held arm under angle 90° outside does not fulfilled	1
5	Step with left (right) leg back with turn by 90° after relaxing kick does not fulfilled	2

At the same time when regarding submission hold “Bending of arm behind back with jerk” experts noted the following typical mistakes, made by cadets: 1. Adversary (criminal) was not forced to lose balance; 2. Holds with right and left hands are not simultaneous; 3. Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside; 4. Relaxing kick to grown or supporting leg was not made (see table 3).

Table 3

*Mistakes, made by cadets with fulfillment of submission hold “Bending of arm behind back with jerk”*

Nos	Submission hold “Bending of arm behind back with jerk”	Place
1	Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside;	3
2	.Holds with right and left hands are not simultaneous	2
3	Relaxing kick to grown or supporting leg was not made	4
4	Adversary (criminal) was not forced to lose balance	1

Also experts’ opinion about mistakes, made by cadets, when fulfilling submission technique “Bending of arm behind back with “lock” is interesting. They ranged typical mistakes in the following way: 1. Wrong “lock” hold of arm; 2. Forearm is not pressed to torso; 3. “Unlocking” starts earlier than adversary loses balance; 4. Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside; 5. Relaxing kick to grown or supporting leg was not made (see table 4).

Table 4

*Mistakes, made by cadets with fulfillment of submission hold “Bending of arm behind back with “lock”*

Nos	Submission hold “Bending of arm behind back with “lock”	Place
1	Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside;	4
2	Wrong “lock” hold of arm	1
3	Relaxing kick to grown or supporting leg was not made	5
4	Forearm is not pressed to torso	2
5	“Unlocking” starts earlier than adversary loses balance	3

In experts’ opinion, when mastering submission hold “Inside arm-bar” cadets made the following typical mistakes: 1. Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside. Leg shall be half bent in knee joint. 2. Wrong hold of arm. 3. Left (right) leg is put near left (right) leg of adversary; 4. Shoulder joint of adversary’s right (left) hand is not blocked; 5. Relaxing kick to grown or supporting leg was not made; 6. Adversary (criminal) was not forced to lose balance 7. Finalizing pressing of wrist of the held arm is not executed (see table 5).

Table 5

*Mistakes, made by cadets with fulfillment of submission hold "Inside arm-bar"*

Nos	Submission hold "Inside arm-bar". Technique is fulfilled on right arm. With holding of left adversary's arm the sequence of actions is the same but position of arms and legs change.	Place
1.	Left (right) leg step to adversary is fulfilled wrongly; it shall be fulfilled under angle of 45 degrees ahead-aside. Leg shall be half bent in knee joint.	1
2.	Wrong hold of arm.	2
3.	Relaxing kick to grown or supporting leg was not made	5
4.	Adversary (criminal) was not forced to lose balance	6
5.	Shoulder joint of adversary's right (left) hand is not blocked	4
6.	Finalizing pressing of wrist of the held arm is not executed	7
7.	Left (right) leg is put near left (right) leg of adversary	3

In table 6 we present degree of experts' opinions accordance with ranging of typical mistakes, made by cadets when mastering submission holds.

Table 6

*Degree of experts' opinions accordance with ranging of typical mistakes, made by cadets when mastering submission holds. (n=20)*

Nos	Techniques	Coefficient of concordance
1.	Submission hold "Bending of arm behind back with "duck"; to be fulfilled on right hand	0,9
2.	Submission hold "Outside arm-bar". Technique is fulfilled on right arm. With holding of left adversary's arm the sequence of actions is the same but position of arms and legs change	0,9
3.	Submission hold "Bending of arm behind back with jerk"	0,8
4.	Submission hold "Bending of arm behind back with "lock"	0,9
5.	Submission hold "Inside arm-bar". Technique is fulfilled on right arm. With holding of left adversary's arm the sequence of actions is the same but position of arms and legs change.	0,8

**Conclusions:**

Training of hand to hand fighting principles in the process of special physical training of cadets of MHO of Ukraine HEEs, regarding it both: as kind of sport and as special applied training, faces with substantial contradiction. On the one hand there published a lot of special literature, devoted to hand to hand fighting training. On the other hand, methodic of hand to hand fighting training has been still being based on practical experience but not on fundamental scientific researches. If to regard questions, touching on introducing of modern informational systems, oriented on improvement of effectiveness of trainings, in training process, we have to state that they are practically absent.

In the process of stating experiment we determined typical mistakes, made by cadets of MHO of Ukraine HEEs when mastering submission holds and locks.

The prospects of further researches imply improvement of training methods, basing on advanced theoretical principles about regulation of movements, which are rather promising for professional-applied physical training of cadets of MHO HEEs of Ukraine; basing on different innovative approaches to training and planning of curriculum on special physical education and their experimental foundation.

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