

MARTIAL ARTS IN THE DEVELOPMENT OF PHYSICAL AND MENTAL
READINESS OF MILITARY PERSONNEL

Nurali Alisherovich Munirov

Associate Professor at Bukhara State University

Abstract: This article analyzes the role of martial arts in shaping physical and psychological training and its significance as an integral part of professional preparation for military personnel. The article highlights the impact of martial arts training on enhancing physical strength and endurance, as well as improving strategic thinking and stress management skills.

Key words: martial arts, military training, physical strength, psychological resilience, strategic thinking, sports.

Introduction. By the decision of the President of the Republic of Uzbekistan, a number of important measures have been established to further develop the sport of hand-to-hand combat and to promote its wider popularity in the country. The main purpose of this decision is to increase interest in hand-to-hand combat among the population, especially among youth and law enforcement personnel, to create the necessary material and technical base for the field, and to improve the training system for coaches and specialists [1].

Hand-to-hand combat not only develops physical strength and endurance but also plays an important role in the military and physical education of young people and in strengthening their psychological stability. This sport is also included as an essential component of physical training for law enforcement officers and military personnel in the country.

Through the implementation of these measures, it is expected that the prestige of hand-to-hand combat will further increase in the republic and that public interest in this sport will continue to grow. At the same time, the participation of Uzbek athletes in international tournaments will contribute to demonstrating the country's sporting potential on the global stage.

Literature Review. A.A. Borisov and D.V. Salkova conducted scientific research aimed at improving the training process of physical preparation and forming the psychophysical readiness of military personnel to perform service and combat tasks based on an experimental training program [2].

In the учебное пособие “*Hand-to-Hand Combat*”, V.G. Volkov, R.N. Volodin, V.M. Skudnov, and K.V. Pozdnyakov described the characteristics of military activity, the application of hand-to-hand combat for military purposes, its practical importance and tactical aspects, the development of professional qualities through physical training, the formation of professional skills through hand-to-hand combat, the classification of hand-to-hand combat techniques, and the specific features of organizing hand-to-hand combat training sessions [3].

S.M. Ashkinazi, R.M. Shipilov, and B.V. Kuznetsov studied ways to improve the physical training process of employees in educational institutions of the State Fire Safety Service. Their research suggests that increasing the frequency of weekly physical exercise may contribute to improving the physical preparedness of personnel [4].

A.G. Mirzakulov conducted research on the current physical condition of personnel in internal affairs bodies and the existing challenges, particularly focusing on the development of individuals possessing high moral and ethical values, as well as adequate legal, combat, and physical preparedness [5].

Discussion and Results. Hand-to-hand combat has long been one of the means by which humans protect themselves, survive, and defeat opponents. This type of martial art has developed unique characteristics in different cultures and historical periods. For example, in Ancient Greece, **pankration** was very popular; it was a combination of wrestling and boxing. Pankration

was used not only as a sport but also as a method of combat. In Spain, knife fighting was a traditional practice and became part of martial culture. In Ancient Rome, gladiatorial combats were not only fights but also spectacular public performances. Gladiators who participated in these battles gained fame for their skill, courage, and endurance. At the same time, fistfights were one of the ancient traditions among Russians and other Slavic peoples. Such contests were considered an important part of raising the younger generation to be strong, brave, and disciplined. They tested not only physical strength but also self-control and tactical thinking.

Today, hand-to-hand combat is considered an important component of the physical training of military personnel and their readiness for close combat operations. Modern hand-to-hand combat includes not only unarmed fighting but also various combat techniques performed with weapons. It incorporates methods such as defense, attack, evasion, and neutralization of an opponent's actions.

Training in hand-to-hand combat aims not only to develop physical strength and agility but also to enhance psychological preparedness. Success in close combat largely depends on a serviceman's emotional stability, initiative, and ability to make quick decisions in stressful situations. Therefore, hand-to-hand combat training is implemented as an essential component of military preparation.

Hand-to-hand combat training helps strengthen the physical preparedness of military personnel, achieve physical superiority in combat, and improve self-defense capabilities. Moreover, such training strengthens military discipline and increases mutual trust within the unit. The experience of wars and armed conflicts shows that a serviceman who succeeds in close combat stands out not only due to physical preparedness but also due to the ability to impose his will on the enemy and seize the initiative.

In the Armed Forces of Russia, hand-to-hand combat is recommended as a mandatory component of physical training for all branches of the military. This training is aimed not only at preparing servicemen for combat operations but also at improving their overall physical and psychological endurance. During the training process, servicemen learn various techniques and tactics that positively influence their professional readiness.

Hand-to-hand combat is not only a continuation of ancient traditions but also an integral part of modern military training, strengthening the physical power, moral will, and combat skills of servicemen.

In modern military doctrines, the main emphasis is placed on the ability to influence the enemy from long distances. Methods such as large-scale bombardments, long-range artillery, and missile strikes form an important part of the military strategies of the United States and many European countries. This raises questions about the importance of close-range combat methods such as hand-to-hand combat in modern warfare.

At the same time, mastering hand-to-hand combat skills remains important for military personnel because situations may arise where it is necessary to defend oneself at close range or quickly neutralize an enemy, especially in life-threatening circumstances. In such cases, hand-to-hand combat skills serve as an essential component of professional military training.

Harbiy xizmatchilarni qo'l jangiga tayyorlash jarayoni nafaqat jismoniy ko'nikmalarni, balki Hand-to-hand combat training is also aimed at developing psychological stability. As emphasized by S.M. Ashkinazi, the psychological modeling of combat situations against an enemy increases the emotional stability of servicemen and contributes to the development of courage and determination.

Such training contributes to the formation of several important qualities:

Courage: develops the inner strength and determination required to act in dangerous situations.

Resilience: forms the ability to withstand stress in various operational conditions.

Striving for victory: improves the ability to initiate attacks and act decisively without hesitation.

Self-confidence: strengthens servicemen's confidence in their own abilities, which is essential in complex and unpredictable situations.

Like other martial arts, hand-to-hand combat is one of the oldest forms of military activity and plays an important role in strengthening the physical and moral preparedness of military personnel. It contributes to the formation of a disciplined personality, self-control, and the ability to resist aggressive influences. Therefore, hand-to-hand combat is considered not only a military sport but also an important component of military training.

Training programs also involve:

- Simulation of life-threatening situations: teaching servicemen how to behave in difficult battlefield and environmental conditions.
- Strengthening psychological readiness: increasing resistance to stress and the ability to control emotions.
- Improving physical condition: enhancing endurance, strength, and speed.

In order to effectively organize the process of training military personnel in hand-to-hand combat, specialized training programs and pedagogical approaches should be applied. By introducing hand-to-hand combat training in military educational institutions, cadets can develop not only physical fitness but also important professional qualities.

This process includes:

- Improving professional skills: developing practical hand-to-hand combat techniques among military personnel.
- Application of military pedagogical methods: preparing servicemen through the simulation of real combat situations during training.
- Systematic training sessions: organizing physical training on a regular and structured basis.

In modern warfare conditions, hand-to-hand combat still retains significant importance. This is especially evident in close-range encounters, special operations on the battlefield, and covert missions carried out in enemy territory.

Qualified hand-to-hand combat training serves as an important means of improving servicemen's ability to act successfully in complex and dangerous situations. Therefore, the development of military hand-to-hand combat skills has not only personal but also strategic significance.

Human activity is one of the fundamental processes of social life, reflecting a person's active interaction with the environment and purposeful actions aimed at transforming it. The content of activity develops within the framework of a person's social, cultural, and economic needs and interests. Any activity generally includes four main components:

- Goal: the main factor that directs human activity; it is consciously chosen and closely connected with a person's motives, ideals, and values.
- Means: the methods, instruments, and resources necessary for carrying out the activity.
- Result: the product or service obtained during the activity.
- Process: the dynamic system of actions that constitute the activity.

Types of activity can be classified from different perspectives:

- Material (practical) activity: actions aimed at transforming the material world, including production, labor, and technological processes.
- Spiritual (theoretical) activity: activities related to knowledge, education, culture, and creativity.

- Social activity: interaction with society and participation in social processes.

According to their creative significance in social development, activities are divided into:

- Reproductive activity: achieving results by using existing knowledge and tools.
- Productive or creative activity: the development of new ideas, goals, and methods associated with innovation and creativity.

Within the hierarchy of activities, military activity occupies an important place, as it significantly influences the security and stability of society. Military activity can be divided into two main types:

- Military activity in peacetime: ensuring the preparedness of armed forces, conducting military exercises, and strengthening defense capabilities.
- Combat activity during wartime: armed actions against an enemy aimed at protecting territorial integrity and national sovereignty.

One of the distinctive features of military activity is the presence of elements similar to those found in games. Features such as cunning, unpredictability, and deception appear in combat operations in the form of strategy and tactics. Even in the modern nuclear and space era, these characteristics remain relevant.

Military activity has significant social importance. It not only ensures national security but also contributes to the development of values such as dedication, bravery, and patriotism among members of society. Therefore, the training of military personnel includes not only physical and technical skills but also psychological stability and professional qualities.

The effectiveness of military activity depends on comprehensive planning, purposeful organization, and continuous development.

Combat activity refers to the actions of military personnel aimed at achieving specific objectives under combat conditions, which are characterized by dangerous, unpredictable, and highly stressful environments. Under such conditions, every action must be purposeful, well-planned, and carefully considered. Combat activity requires not only physical readiness but also psychological resilience.

To achieve their objectives in combat, servicemen must correctly assess the situation, anticipate possible changes, and overcome negative influences. They must apply their knowledge, skills, and abilities to the fullest extent and manage combat processes creatively. In addition, the ability to quickly and effectively adapt to any changes in the situation is of critical importance.

Like any other type of activity, combat activity requires a person to activate adaptation mechanisms. However, since human life is constantly under threat in combat situations, complete adaptation is impossible. The adaptive capacity depends on an individual's psychological stability, volitional qualities, and resistance to stress. These characteristics are purposefully developed by commanders during the military training process.

For military personnel to be successful in combat activities, it is important to develop the following personal qualities:

- **Emotional and volitional stability** – the ability to control one's emotions in combat situations;
- **Stress resistance** – maintaining psychological stability under extreme conditions;
- **Adaptability to moral and ethical standards** – maintaining humanity and loyalty to duty even in dangerous situations.

With the development of technology, the nature of warfare has become increasingly complex. New types of weapons and modern combat strategies place higher demands on the training of military personnel. Combat activity requires not only the ability to use equipment and weapons effectively but also a high level of psychological preparedness.

Studying the essence of combat activity and its influence on the human psyche is important for military theory and practice. It makes it possible to ensure psychological stability, overcome fear and uncertainty, and identify the most effective methods for preparing military personnel for combat. The use of psychological modeling in combat training helps ensure that soldiers achieve high performance even in difficult conditions.

Combat activity is a complex process that requires high physical, psychological, and moral qualities from an individual. Therefore, commanders and military specialists must pay special attention to the development of the personal qualities of military personnel. Preparing for modern combat conditions and analyzing them accurately helps increase the effectiveness and reliability of servicemen.

The implementation of military-professional activity in ordinary, peaceful conditions often involves an unexpected but necessary transformation for many young people. At first glance, such activity may resemble civilian life; however, due to its specific characteristics, complexity, and high demands for preparedness, it differs significantly.

A young person called to military service or starting service on a contract basis must abandon many previously established behavioral habits, social roles, and daily routines. These changes are not merely the result of personal choice. The specific conditions, rules, and regulations of military service significantly limit personal freedom. The principle of unified command within the military management system, which requires full obedience to a commander, has not only professional but also psychological implications. For a young serviceman, this means learning to control personal desires and accept the commander's decisions while striving to find his place within the collective. Restrictions on personal freedom also affect the daily schedule and lifestyle of military personnel.

At the same time, young servicemen must always remain prepared to fulfill their professional duties under any circumstances. This includes the ability to perform tasks even in dangerous and complex situations that may pose serious risks to life. Under such conditions, servicemen must rely on their training to make quick and effective decisions. Therefore, psychological stability and the ability to manage stress are of crucial importance. To achieve this, servicemen must maintain strong physical and mental conditions and master various strategies aimed at ensuring safety and survival.

One of the key tasks of military-professional activity in peacetime is preparation for combat operations. This involves thoroughly studying military equipment, weapons, combat tactics, and strategies and learning how to apply them effectively under unfavorable conditions. The rapid development of modern military technology, new weapons, and operational methods requires young servicemen to undergo increasingly complex training.

Psychological tension and stress also affect the social relationships of young servicemen. Separation from family and friends, adaptation to a new collective, adjusting to new living conditions, abandoning previous aspirations, and accepting new ones all contribute to increased psychological pressure. Finding one's place within a new team, coordinating with other servicemen, and organizing collective work may lead to various social and psychological challenges.

Adaptation to the external conditions of military service can also be difficult. Young servicemen face significant changes compared to their previous lifestyle. New daily routines, dietary schedules, physical exercises, and time management rules are introduced. As a result, the body's energy expenditure and metabolic processes must adjust to new demands. During this adaptation period, both physical and psychological efforts increase, requiring additional time and effort to improve physical preparedness.

Thus, being called to military service or entering service on a contract basis requires young people to be prepared for fundamental changes in their lives. This transformation involves not only adapting to external conditions and a new collective but also developing inner strength and readiness for change. The complexity and demands of military-professional activity require servicemen to maintain a high level of physical and psychological readiness and to adapt to new tasks and responsibilities.

The content and nature of military activity constantly evolve and involve complex processes requiring high levels of preparedness. Military service requires not only participation in combat activities but also continuous training, rapid decision-making, high professionalism, and strong personal will. The essence of war is often described as the continuation of politics by other means, and military activity represents its most intense and sometimes most demanding form. Combat activity requires servicemen to demonstrate the highest levels of physical, psychological, and moral strength. This struggle manifests not only during combat but also in continuous military training.

Today, the rapid development of technologies and information systems has created new forms of military activity. Advances in military equipment, remote-controlled combat systems, and rapid information processing require military decisions to be made quickly and accurately. Maintaining concentration for extended periods, rapidly analyzing situations, and making prompt decisions have become increasingly important. The process of detecting the enemy and delivering strikes has accelerated, requiring servicemen to be ready to act within seconds.

Modern military activity also involves significant psychological stress, constant danger, and heavy physical workloads. Servicemen often operate in environments where they are directly exposed to combat effects, placing their lives at risk. These risks may arise not only from enemy attacks but also from technological hazards, operational errors, or system failures. Therefore, servicemen must demonstrate determination, courage, psychological resilience, and the ability to overcome fear when making critical decisions.

For this reason, evaluating the professionalism of military personnel involves not only assessing physical preparedness but also considering psychological stability, speed and accuracy of actions, error-free performance, and strategic decision-making skills. Key indicators used to evaluate professional qualities include stability, responsiveness, precision, quality of performance, and overall effectiveness. These indicators demonstrate not only how successfully servicemen perform in combat situations but also how effectively they develop overall combat readiness and make optimal decisions in dangerous circumstances.

The content and structure of military professionalism depend on several factors, including leadership influence, operational conditions, emerging needs, strategic objectives, and implemented military strategies. Military personnel must learn to perform their duties at the highest level of preparedness. This includes not only mastering combat equipment but also cooperating effectively with other units, coordinating joint operations, and being ready for emergency and hazardous situations.

A high level of professionalism in military activity contributes not only to success in combat operations but also to the effective fulfillment of duties by every serviceman. Such training and psychological resilience form the foundation for successful service not only during combat but also in peacetime.

Conclusion. Hand-to-hand combat is not only a continuation of ancient traditions but also an integral part of modern military training that contributes to the development of both physical and psychological skills. Its significance, strategic role, and impact on the preparation of military personnel require further comprehensive study.

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