

METHODOLOGY FOR DEVELOPING SELF- DEFENSE SKILLS IN CADETS THROUGH COMBAT MARTIAL ARTS

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Abstract

This article covers the pedagogical and practical possibilities of combat solo sports in the formation and development of self-defense skills in cadets of higher military educational institutions. In the course of the research, a special methodology based on combat solo training was developed, and its effectiveness was based on experience-testing. The results obtained showed that this methodology is of high importance in increasing the physical, psychological and practical combat training of cadets.

Keywords: Cadet, combat solo, self-defense, physical training, military education, methodology.

Introduction

The feature of modern military service activities requires a high level of physical, psychological and professional training from servants. In particular, the close-range conflicts that occur during the service process, surprise attacks, and the need to act unarmed or with limited means further increase the need for self-defense skills of military personnel. Therefore, the targeted training of cadets studying in higher military educational institutions for self-defense is one of the priorities of the military training system.

Self-defense skills are not just a separate set of technical actions, but a complex pedagogical process, which assumes the harmonious development of physical qualities (strength, agility, endurance, agility), psychophysiological abilities (reaction speed, coordination of movements, concentration), as well as

psychological stability (stress resistance, fear control, quick decision-making). This may not be adequate as part of traditional fitness training.

Combat martial arts-pankration, MMA, judo, sambo, etc. — have great pedagogical capabilities in solving these complex tasks. These sports, based on a system of practice-oriented actions, make it possible to train cadets in conditions close to Real combat situations. In the process of combat solo training, cadets acquire offensive and defensive movements, acquire skills for pre-evaluation of opponent movements and quick response. At the same time, combat martial arts form such important competencies as ensuring personal safety in cadets, achieving maximum effect with minimal effort in physical conflicts, as well as managing the emotional state in the process of combat. These features are of particular importance in military service activities during hand-to-hand combat, guard, search and special operas.

The analysis of scientific sources shows that, although the positive impact of combat martial arts on physical fitness is sufficiently studied, the issue of using them as a methodology aimed at the targeted development of self-defense skills in Cadets is not sufficiently systematized. In practice, in most cases, the elements of unicorn are used as part of general physical training, the content of which is aimed at military professional activities is not fully disclosed.

In this regard, the development of a special methodology aimed at developing self-defense skills in cadets through combat solo training and the scientific justification of its effectiveness is an urgent scientific and practical problem. This research is aimed at solving this issue, and the results obtained serve to improve physical and combat training in the military education system.

Methods

This study was carried out in order to determine the effectiveness of the pedagogical methodology aimed at developing self-defense skills in cadets through combat solo sports. The study was carried out on the basis of a higher military educational institution during the 2024-2025 academic year.

Study Participants

A total of 60 cadets participated in the study. Participants were divided into two groups, evenly distributed according to the level of physical fitness and age characteristics:

Control group (n = 30) — training was organized on the basis of a traditional physical training program;

Experimental group (n = 30) - training was conducted according to a specially developed methodology based on elements of combat solo sports.

The study was carried out in the form of a pedagogical experiment-test, which consisted of three stages:

The initial diagnostic stage-the level of self-defense skills and physical fitness of cadets were determined;

Experimental stage-on the basis of a special methodology, scheduled training was carried out;

Final Control stage-retesting was carried out at the end of the experiment, and the results were compared.

Results

Analysis of the results of experimental and test work showed that the methodology developed on the basis of combat isolation has high efficiency in the development of self-defense skills in cadets. The results of the initial and final tests were studied by comparing the cross section of control and experimental groups.

Initial indicators of cadets on self-defense skills Table 1.

№	Specification	Control group (n=30)	Experimental group (n=30)
1.	Defense against attack (%)	46,3 ± 2,1	47,1 ± 2,3
2.	Reaction rate (ball)	5,2 ± 0,4	5,3 ± 0,5
3.	Coordination (ball)	5,0 ± 0,3	5,1 ± 0,4
4.	Psychological stability (ball)	4,9 ± 0,5	5,0 ± 0,4

Table data shows that at the beginning of the experiment, the indicators of both groups were almost equal to each other, and no statistically significant difference was observed ($p > 0,05$).

Indicators of self-defense skills of cadets at the end of the experiment

Table 2.

№	Specification	Control group	Experimental group
1.	Defense against attack (%)	51,2 ± 2,4	68,5 ± 2,6
2.	Reaction rate (ball)	5,6 ± 0,4	6,4 ± 0,3
3.	Coordination (ball)	5,4 ± 0,3	6,3 ± 0,4
4.	Psychological stability (ball)	5,3 ± 0,5	6,5 ± 0,4

In the experimental group, there was a significant positive increase in all indicators ($p < 0.05$). In particular, a high increase in the effectiveness of protection against attack and psychological stability indicators was noted.

Dynamics of growth of indicators(in percentage accounting)

№	Specification	Control group	Experimental group
1.	Defense against attack (%)	+4,9 %	+21,4 %
2.	Reaction rate (ball)	+7,7 %	+17,1 %
3.	Coordination (ball)	+8,0 %	+19,6 %
4.	Psychological stability (ball)	+8,1 %	+30,0 %

These results clearly show that the methodology based on combat Solo has a higher performance compared to traditional physical fitness training.

Discussion

The results of the study obtained confirmed that the methodology developed on the basis of combat martial arts sports has a high efficiency in the development of self-defense skills in cadets. Especially in the experimental group, a significant increase in the indicators of protection against attack, reaction speed, coordination of movements and psychological stability indicates the target orientation of this methodology. An increase in the effective defense against an attack in the experimental group by 21.4% is explained by the practical orientation of the technical and tactical actions used in combat solo training. Exercises such as getting out of the holds, counter-movements, maintaining balance and defending on the ground made it possible to prepare cadets in conditions close to Real combat situations. This has formed important professional skills that are not adequately supplied in traditional physical fitness training.

A significant increase in reaction speed and movement coordination indicators is due to the high dynamics of combat solo training and its adaptation to rapidly changing situations. In the course of training, cadets were forced to make a decision to quickly understand the opponent's movements, defend or counterattack. This condition has increased psychophysiological adaptation by activating the activity of the central nervous system.

And the increase in the psychological stability indicator to 30% is considered one of the important advantages of combat solo. Physical collisions, opponent pressure, and limited time decision-making conditions have shaped stress tolerance, self-control, and emotional stability in cadets. These skills are necessary in order to effectively act in dangerous situations in the process of military service.

The relatively low growth rates recorded in the control group are explained by the fact that traditional physical fitness training is aimed at developing general physical qualities, but does not adequately cover special skills inherent in self-defense. This situation once again confirms the need for targeted integration of combat solo elements into the military training system. The results of the study are in harmony with the conclusions presented in scientific sources, confirming the high pedagogical potential of combat martial arts in the training of military personnel. At the same time, this study expanded the scientific framework for applying combat solo as a systematic methodology aimed precisely at the formation of self-defense skills. In general, the discussed results scientifically substantiate the fact that it is worthwhile to introduce the methodology for the development of self-defense skills in cadets through combat unicorn into the practice of military education.

Conclusion

The results of the research carried out scientifically confirmed that the methodology developed on the basis of combat martial arts sports has a high efficiency in the development of self-defense skills in cadets of higher military educational institutions. The pedagogical approach used in the research process made it possible to prepare cadets in conditions that were brought closer to Real combat situations.

Based on the results of the experiment, the experimental group showed a statistically significant increase in key indicators such as effective defense against

attack, reaction rate, coordination of movements and psychological stability. This shows that the systematic and purposeful application of combat solo elements effectively forms the practical protective skills that are important for the professional activities of cadets.

The methodology developed during the study included a set of exercises aimed at protecting against attack, getting out of seizures, maintaining balance, protecting on the ground and making decisions in case of stress, which ensured the harmonious development of the physical fitness of cadets with psychophysiological and psychological training.

The results obtained show that within the framework of traditional physical training, the formation of special skills related to self-defense is limited, and the integration of combat martial arts into the military training system serves to eliminate these shortcomings.

In this regard, it is considered expedient to introduce the methodology developed on the basis of combat solitude in the framework of physical and combat training disciplines in higher military educational institutions. This methodology serves to increase the level of professional training of cadets, ensure personal safety and form the ability to act effectively in dangerous situations found in service activities.

In future research, it is advisable to adapt combat solo training to the level of individual training, integrate with digital technologies (VR, touch monitoring), and develop separate methodological models for various military specialties.

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