

THE ROLE OF MARTIAL ARTS IN PERSONALITY DEVELOPMENT

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ABSTRACT

This article is devoted to the types, development, popularity and importance of martial arts. Martial arts play an important role in educating people physically, mentally, spiritually and aesthetically. The article discusses the role of martial arts in the education of a fully developed personality.

Keywords: Individual struggle, perfect personality, physical, mental, spiritual and aesthetic, practical task, educational stage, intelligence, body and spirit.