

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.

INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

Everyone should strive to be healthy and form a healthy lifestyle. To be healthy, you need fresh air, vitamin-rich nutrition, a good psychological environment, and regular physical activity. In order not to get sick, it is necessary to prevent it.

The role of physical education in human health is very important and helps us to get physical and mental strength. The great Uzbek physician Abu Ali Ibn Sino also noted that physical education is a priority in human health.

Physical training, ie sports, is an important factor in the development of active movement, activation of blood circulation, strong immunity, movement of joints, joints and muscles.

From ancient times the people have been striving for physical, mental, aesthetic and spiritual perfection. This perfection is considered to be the most important factor. They have always used different factors and methods for physical strength, mental alertness, aesthetic perfection, and spiritual beauty. They performed various exercises to strengthen the body and soul. As a result, they achieved harmony of body and soul.

Humans have also practiced martial arts since ancient times. These martial arts gradually developed, polished and rose to the level of individual martial arts, and developed especially in the eastern countries. These were called eastern martial arts and martial arts. First of all, people tried to be healthy, to strengthen the body and soul. Man is like a sword in the scabbard. ”The body is a sword and the soul is a sword, ”said Abu Rayhan Beruni. There are two types of bodies in man, the physical and the astral body. Therefore, it is necessary to harden the body and soul. Through this, physical and mental capabilities are achieved. Through various exercises, the human body becomes healthy and beautiful. At the same time, through physical exercise, mental alertness, that is, self-confidence, good mood, satisfaction, perception, thinking, attention, intuition, feeling is achieved.

One of the most important spiritual possibilities for a person is this sixth sense. It is the eye of the soul, the highest peak of human spiritual maturity. The body is limited to a certain extent, and the possibilities of spiritual power are infinite. In this case, a strong intuition, telepathy is achieved. Through spiritual possibilities, man again acquires gravity (a state of weightlessness),

teleportation (the movement of the human body from one place to another), and mental power (inner strength). Examples include Indian oils, Japanese samurai, and Chinese kung fu. They had such opportunities through their martial arts.

Yasinaru Kitaura, a master of Japanese martial arts, says:

"What connects heaven and earth is my soul." In religious teachings, the body is called earth and the soul is called heaven.

Eastern martial arts masters believe that physical possibilities are limited to a certain extent, and mental possibilities are infinite, and this is a proven factor. The warrior has a philosophical observation that he should be as fast as the wind, as dignified as a mountain, as burning as fire, as calm as a forest. For this reason, they tried to protect their family and country from enemies by engaging in solitary struggle. It was a vital obligation.

All eastern solitary struggles have their own history, founder, style and philosophy. At the same time, each nation has its own martial arts

available. For example, in Japan, karate, aikido, kendo, judo, iyaydo, tangsudo, ji-jitsu, kempolar. In China, kungfu and its various styles

(snake, cradle shaker, tiger, eagle, monkey, stork, wine master and etc.). There are Korean wrestling, taekwondo, hapkido, hedong komdo in Korea, muaythai in Thailand, kolirapayatu in India, basket in France, copier in Brazil. There is sambo in Russia, penchak silat in Indonesia, boxing, kickboxing in Europe, kurash in Uzbekistan, Amir Temur martial arts, turon kurash and Uzbek martial arts. The basic philosophy of the Eastern struggle is, first and foremost, the victory of man over himself. That is, to be free from vices such as laziness, sloth, and procrastination. A person engaged in Eastern solitary wrestling is not only a means of physical, mental, but also aesthetic and moral education. Every oriental wrestler must be honest, hardworking, disciplined, strong-willed, patriotic, a good friend, a good student, a good teacher.

A martial artist should not hurt others, but help the weak. Martial arts, on the other hand, are used only for defense, and this is the most important educational aspect of martial arts.

There should also be educational aspects between teacher and students. Students have a deep respect and loyalty to the teacher, see the teacher as a father, follow his instructions, teachings, try to be like him. Important tasks will be performed, such as the continuation of the traditions of teachers and students, a thorough study of their martial arts, to contribute to its development and transmission to future generations.

The lone fighter of the East is not only a helper of the weak, but also a defender of the homeland. A well-trained warrior can and will be able to defend his homeland, his family, the weak.

Every boy and girl who wrestles individually defends the honor of their country in competitions and rises to the skies. He spares no effort to introduce his homeland to the world. Athlete morale is mutual respect. Again, he should not see his partner as a rival in the process of training, he should be careful of his partner when working together. Another important goal of the East's solitary struggle is to "remember that your opponent is also a human being," "not to injure the enemy, but to turn him away from his evil deeds."

The struggle of the East alone is not a weapon of cruelty, wounding, tyranny, art, but a means of mutual aid, peace.



Such is the case with Morihei Ueshiba, the founder of Japanese aikido martial arts. "Aikido is not a means to victory over an opponent," he said. "aikido is a means of peace and friendly love between people."

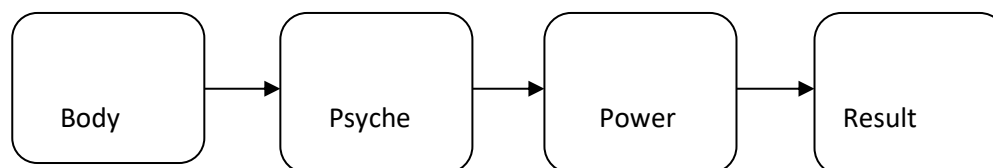
From the above considerations, it can be concluded that the individual struggles of the East are a criterion of physical, mental, aesthetic and spiritual upbringing.

Regular exercise in the process of wrestling in the East alone has a great positive effect on human health. That is, running, jumping, rolling, spinning, sitting, breathing properly, concentrating, oxidative and rapid movements play an important role in activating blood circulation in the body, creating a strong immunity. However, neurological diseases play an important role in the regulation of blood pressure, in the treatment of diabetes, in the treatment of diseases such as salt accumulation in the joints.

In the process of dealing with the struggle of the East alone, inner peace, inner strength is achieved. Along with physical training, mental training also plays an important role. Internal power is called "KI", "HARA", "TANDEN" in Japan, and "TsI" in China. In the Eastern wrestling alone, great emphasis is placed on achieving mental capabilities from physical capabilities. Through mental preparation, gravity, telepathy, teleportation, speed, powerful shock, and the like are achieved. Such a result-

The physical and mental preparation of man is achieved through his own consciousness and consciousness. It takes great confidence and strong perception to achieve spiritual strength. Through confidence, an increase in the strength of blows, accuracy and purposefulness of actions are achieved. Therefore, the size of the body, age, gender do not play an important role during the fight, and this has been proven.

The blower (arm or leg) strikes in two different positions. The first case is a blow given by the force of the body. The second is a blow given by mental force, that is, an inner force. The strongest blow is, of course, a blow given by mental force. In order to gain spiritual strength, one must learn to meditate along with various exercises, that is, to concentrate one's thoughts.



The warrior must be as fast as the wind, as majestic as the mountain, as fiery as the fire, as calm as the forest, and it has a strong philosophical observation. That is why eastern solo wrestling is called martial art. The founders of individual wrestling techniques brought it to the level of art.

Physiological and anatomical knowledge is also imparted in the process of wrestling in the East alone. Sanitary and hygienic requirements are met. It includes a clean workplace, clean clothes, fresh air, vitamin-rich food, timely exercise and rest. It is very important to take a shower after a workout. The athlete is always told that his clothes are clean, comfortable and beautiful, wrinkle-free and fit his body. These contribute to the aesthetic upbringing of the athlete. Athlete's clothes are dirty, wrinkled, or uncomfortable, which can lower a person's mood and negatively affect results.

The coaches that the athlete first deals with when joining a team. They can see the positive and negative aspects in them. Newcomers and pre-practitioners know how to set tasks. Physiological and anatomical knowledge helps the trainer to understand the psychological and physiological capabilities of the trainees. In this way, students do not suffer from tension, weakness, dizziness, injuries. In case of injury, he should be able to provide first aid.

A person engaged in Eastern solo wrestling is not only a physical, mental but also a means of aesthetic education. Athletes should also adhere to the ethics of nutrition, eat on time, eat foods rich in vitamins, wash and eat fruits and vegetables. Foods rich in vitamins compensate for the energy expended and prevent fatigue. It is recommended to consume natural juices after two or three hours of training. Again, the athlete also applies the training ethic.

Order and iron discipline play an important role in the individual struggles of the East. Discipline is the same for teachers and students. Every trainee is required to attend classes on time, adhere to internal discipline, and attend classes regularly.

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Many aspects of the nature of students are determined by the teacher's knowledge of lesson organization. For example, the training of diligence is to some extent reflected in the training of eastern wrestlers. For example, the relentless labor expended in dealing with the loneliness of the East educates the students to be diligent.

Teacher Oriental Wrestling is not only an organization for the technical and tactical training of its students, but also a good coach and mentor in their daily lives. Naturally, the organizer and coach must also be a mature professional. Some teachers work well with children and adolescents, while others work with young people and adults; some enjoy good results with newcomers, while others prefer to work with experienced students. It is therefore possible to speak at the same time of the teacher's qualification in the eastern singles.

Among the many factors that influence the achievement of high results in the individual struggles of the students of the East, the teacher's qualifications, his ability to coach, his deep mastery of pedagogical and psychological knowledge play an important role. If the teacher himself is not lagging behind in this matter, he may require his pupils to raise the level of knowledge and culture. The teacher should not be satisfied with the knowledge and skills he has already acquired, but should constantly improve them. Daily reading, constantly improving their knowledge and skills, constantly researching in order to find the best methods of teaching - this should be the style of work of an oriental wrestling teacher

In the process of ethical education, students acquire the following educational qualities, knowledge and skills:

- to know the history of oriental wrestling, school and club traditions;
- loyalty to the team and the teacher;
- To be proud of the motherland, to be a shield to glorify the honor of the country in sports, to be proud of the patriotic karate masters who defend it;
- Always be ready for self-sacrifice, sense of duty, defense of the homeland, military service;
- to improve their skills and strive to achieve the goal to protect the honor of the team, club, school, homeland;
- adherence to a healthy lifestyle, moral education, strong will, self-control of emotions.

Success in educating students ethically depends in many ways on the culture of conducting lessons, such as the demands and business acumen of teachers and instructors in organizing them properly and creating the necessary conditions for the lessons.

Athlete morale is mutual respect. Again, he should not see his partner as a rival in the process of training, he should be careful of his partner when working together. Another important spiritual goal of the Eastern struggle is to "remember that your opponent is also a human being," and "not to defeat the enemy, but to turn him away from his evil deeds."

It is his spirituality for athletes to start bowing to the coach and to each other before they start training, even when they enter the gym where they are training.

Oriental wrestling can be practiced not only by young people, but also by adults and the elderly. Regular exercise plays an important role in keeping adults healthy. Provides freshness and youth in them. In many countries, we can see young and old, men and women, practicing oriental solo wrestling in the mornings in gyms and parks. Such eastern martial arts include wushu (Chinese), taekwondo (Korea), hedongkomdo (Korea), karate (Japan), aikido (Japan), kendo (Japan), djidjitsu (Japan), kyudo (Japan), iyaydo (Japan), muaytay (Thailand), basket (France), kolirapayatu (India), sambo (Russia), kurash (Uzbekistan), Uzbek martial arts (Uzbekistan), kickboxing (Europe), penchak silat (Indonesia), kempo (Japan) sumo (Japan) , tangsudo (Japan), xvarangdo (Japan), judo (Japan), Greco-Roman wrestling (Greece), judo (Japan), Turan wrestling (Uzbekistan), hand-to-hand combat (Europe), copiers (Brazil). Eastern solitary struggles improve proper breathing, teach concentration (meditation). In

addition to improving active movement in the body, it plays an important role in relieving mental fatigue. Provides an exchange of physical and mental fatigue. In the words of the Uzbek people, the health of body, soul, faith and soul is achieved.

In the East, from the Middle Ages to the twentieth century, the concept of esoteric philosophy and the content of Eastern solitary struggles through the understanding of Taoism, Zen, the concept of the content of the martial arts of the ordinary mind was adopted by the ordinary mind. It is in the East that, in addition to pure technical and tactical methods, a more complete system has been created, in which high morals and etiquette have been achieved through the perfect mastery of the body and the complete control of the inner state or one's own perception. At the same time, the individual struggles of the East around the world are primarily a means of achieving physical and spiritual (including mental) maturity of the individual. As a practical means of defending the individual struggle of the East, it has been widely included in the program of action of many organizations.

In many countries around the world, eastern single combat is included in the training program of police and military. Many universities now include karate in their physical training programs.

In our time, when scientific and technological progress limits the activity of man and alienates him from nature, the individual struggles of the East are of particular importance. Oriental wrestling not only forms the views of life necessary for young people and has a positive effect on their intellectual and aesthetic upbringing, but also strengthens their will and equips them with technical and tactical efforts and a large amount of specialized knowledge in their development as physically strong, healthy, mature and well-rounded. .

All this creates a criterion for the formation of a significant entrepreneurial ability in the formation of socially active citizens.

The social status of the individual struggles of the East is high in the expression of social values, principles, ideals, such as the organization of leisure time for the promotion of health, the physical fitness of man, increasing the social activity of the masses and the sincerity of people in communication.

The public's interest in oriental wrestling training goes beyond the realm of human physical development. It not only gives people the joy of communication, the joy of victory, feelings of pride and pride, but also shares their joy for the victory of man, region and country, and allows them to feel the pain of defeat together. That's why karate has so many fans.

In short, the philosophy of the Eastern solitary struggles is focused on being strong, strong-willed, physically and mentally alert, beautiful in heart, patriotic, hardworking, honest, spiritually mature, diligent, well-rounded person who always helps the weak. It teaches man to do philosophical observation. The lone fighter of the East must be as strong as a mountain, as dignified, as burning as fire, as fast as the wind, as calm as the forest, as clear as the sky.

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