

TRAINING OF CADETS OF SPECIAL FORCES UNITS USING TRAINING TOOLS IN HAND-TO-HAND COMBAT TRAINING

Rakhmetov Takhir Tolaganovich

Teacher of the Armed Forces Academy of the Republic of Uzbekistan

ANNOTATION

This article describes the content of the hand-to-hand combat program as a military-practical part of the physical training of cadets at a higher educational institution, and the current state of hand-to-hand combat training of cadets of various higher educational institutions.

Keywords: Combat equipment, cadets, RV, RB-2, armored protection, combination, Defense doctrine, communication integration, armed forces, mental training, intelligence.

Every soldier, non-commissioned officer needs to have high physical and mental fitness to master modern equipment and weapons, to act skillfully, with maximum speed and intensity in any combat situation. The use of means and methods of hand-to-hand combat plays an important role in the system of physical and psychological training of military personnel for joint combat. Regardless of the military specialty, a well-trained hand-to-hand combat personnel is characterized by physical training, self-control, a sense of physical and mental superiority over the enemy, constant combat activity and better performance of their functional tasks. Modern combined arms battles do not exclude the occurrence of hand-to-hand combat between units and separate groups of military personnel of opposing parties under different conditions. Therefore, scouts, paratroopers and tankers, artillerymen and signalmen, in a word, all military specialties military personnel must be trained in the skillful handling of firearms and melee weapons, the ability to move with and without weapons. All types of modern combined arms combat require skilled actions from soldiers in close combat and hand-to-hand combat as an integral part of it. The main purpose of conducting hand-to-hand combat training of the servicemen of our Armed Forces is to develop the skills of successful action in hand-to-hand combat and close combat and, as a result, to defeat the enemy, that is, to destroy or capture him. Therefore, in the annual orders of the Supreme Commander-in-Chief of the Armed Forces, it is necessary to pay attention to the hands-on training of military personnel by the commanders of troops, military units, and heads of higher educational institutions. It is necessary to develop their endurance, strength, courage and perseverance. The commanders demand to pay special attention to the training of cadets and students of military educational institutions of the Ministry of Defense of Uzbekistan and cadets of training units, because the quality of training of personnel of the Armed Forces in hand-to-hand combat depends on officers and sergeants, unit commanders. depends.

It was determined that the preparation of cadets of higher educational institutions for hand-to-hand combat is interrelated with their preparation in other areas of physical training; the effectiveness of using hand-to-hand combat techniques in combat equipment, means of protecting individual weapons, in hand-to-hand combat with a numerically superior enemy was determined; 20-30 minute briefings before entering the guard, practical exercises on specialized exercises, grass founded and tested an additional set of new forms of mastering and improving

hand-to-hand combat techniques in the form of additional training in preparation for the shutdown; the effectiveness of using special tools - hand-to-hand combat with a numerically superior enemy and individual armor protection equipment - was studied during hand-to-hand combat training for cadets of higher educational institutions;

The practical significance of the work is that a new program for training cadets of higher educational institutions in hand-to-hand combat was established and developed based on more effective use of the time allocated to it. various combinations of forms of physical education.

Defense rules.

1. To truly improve the training of hand-to-hand combat cadets, the total time budget for training and improvement must be significantly increased. Achieving this (without harming other departments of physical education) requires the comprehensive use of additional reserves in the form of all forms of physical training and specialized morning exercises, 20-30 minute briefings before entering the guards and other additional training (for example, in the process of preparing for a fire, etc.).

2. A long-term program for training cadets in hand-to-hand combat should include a series of successive steps:

The first training course is the RB-1 complex.

The second training course is to improve the RV technique by conducting semi-conditional, free-style hand-to-hand combat (competition).

The third training course is hand-to-hand combat with a numerically superior enemy.

The fourth training course is the improvement of the RV technique in the protection of personal armor in the process of overcoming obstacles.

The fifth training course - improvement of RB technique in non-standard situations, disarmament, liberation from enemy prisoners.

3. Methodical training that forms methodological skills in the organization and conduct of all forms of physical training with the help of the tools of the important components of hand-to-hand training of cadets of higher educational institutions.

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