

THE STRUCTURE OF TRAINING LESSONS IN HAND TO HAND COMBAT IN THE MILITARY EDUCATION INSTITUTIONS

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Abstract. *The fight is one of the oldest sports activities known in history and however they are called they have in common points both in terms of effort specifics and of principles, methods and used procedures.*

Keywords: *training lesson, Hand- to- hand combat, skills, abilities, technical methods, military uniform, systematization of technique, kicks, acquirement etc.*

Introduction: The fight is one of the oldest sports activities known in history and however they are called they have in common points both in terms of effort specifics and of principles, methods and used procedures.

Currently, in any structure of force or civil institution, young people need increased physical activity, preferably to be organized, because it is a biological and social necessity, through which they improve their moral and spiritual qualities, learn to communicate effectively with comrades, to collaborate with them, to obtain own benefit and contribute to the increase of desire for work and affirmation, thereby influencing, character formation and personality development, moral stability and physical strength, fortitude, firmness, tenacity and courage, preparing them indisputably for life.

Sport is an essential factor in the formation and integral development of personality, being a cultural manifestation that should be protected and encouraged by the state public authorities.

The contemporary preparing in Hand- to- hand combat involves the evolution of a planned activity, taking into account also the science acquisitions.

To increase the performance in a branch of sport are used considerable efforts by those involved in sports activity - coaches, trainers, doctors, psychologists etc.

Meetings and training in Hand- to- hand com-

bat are executed in order to form skills of action in various situations that occur during of leading the combat with destruction, benching or capturing the opponent, as well as self-defence from attack, the formation of courage and confidence in their own forces .

Objectives of research:

To reflect the importance of these lessons, it is necessary to solve the following objectives such as:

- to form skills, abilities and learning the methods of Hand- to- hand combat with weapon;
- to form skills, abilities and learning the methods of Hand- to- hand combat without weapon;
- to develop the ability for action under complex and difficult conditions of physical effort by applying Hand- to- hand combat methods and against them etc.

Organization of research:

In military education institutions - training lessons in Hand- to- hand combat with weapon are conducted on grounds specially equipped with mannequins and stationary and mobile targets, obstacles - walls, fences, trenches, tunnels, stairs, model of house, communication channels, refuges, copy of body, on the tactical field, on the polygon for the guard service, in the course with obstacle, etc.

But the Hand- to- hand combat training lessons without weapon are conducted on the grounds specially arranged or covered with grass, sand pits, gymnastic mats or carpets of combat, depending on material goods existent in the military company.

Hand- to- hand combat is a form of combat that is characterized by unique content, technical methods, tools and specific techniques, as well as

a proper competitive system.

An essential particularity in the Hand- to- hand combat is the fact that, technical methods are created and adapted to the possibilities that its practice offers in any structure of power and not only, in military uniform or equipment for sports, and on every area of existing combat.

The techniques were continually adapted to the practicing and competitive requirements, meeting all the time changes and transformations.

During the period of acquirement, the basic structure of the technique remains unchangeable, being taught in classical forms, but the stages of practice and automation of technical methods, is necessary to remove some unnecessary or useless actions and their adaptation depending on the individual particularities of military students.

Classification and systematization of the technique in Hand- to- hand combat, is executed depending on the action that a subject executes against the other subject, according to the acting body segments.

There are known over 220 techniques. These methods include:

- arm kicks;
- leg kicks;
- kicks, parry and gun disarmaments with weapon;
- kicks, parry and disarmaments without weapon;
- escape from grapples;
- methods of takedown and throwing, hanging, sweeping;
- Immobilization techniques;
- strangling techniques;
- joint actions;
- Frisks etc.

An also important feature of hand and to hand combat is the dynamism, because it opens the way to a free imagination of those who practice it, but their creative thinking can determine executions of great difficulty.

Also we can mention, as a consequence of these features of hand to hand combat during the

lessons of training, all factors - physical training, technical training, tactical training, theoretical and psychological preparation will be involved simultaneously to determine the body's adaptation for the military student in maximum efforts required by combat activities and missions.

The hand to hand combat – is a requesting combat sport, because in security forces in most of countries is practiced, moreover, develops versatily the psycho-motor body as well as the moral-volitional one.

In the regulation of Physical training of Romania instead of hand to hand combat, military personnel study Judo and Taekwondo fight, where the majority of techniques are similar to those in hand to hand combat, the only differences are in competitive regulation.

As the techniques in hand to hand combat are very difficult, including a large number of techniques, for their acquisition and formation of strong military personnel, is necessary longer training period.

Hand to hand combat can be practiced at any age, both by men and by women specific means can be easily adapted to the particularities, age and gender (female / male).

Due to its educational features, hand to hand combat contributes to the formation and strengthening of adolescent personality, forming and developing character traits of the best ones:

- honesty;
- correctness;
- integrity;
- Respect towards comrades;
- The team spirit etc.

Likewise hand to hand combat contributes to the development of some moral-volitional qualities such as:

- courage;
- Self-confidence;
- Action in unstable circumstances etc.

Lessons of training in hand to hand combat consist of three stages:

- I. Preparatory Part aims the warming up of

the muscle groups that will be involved in effort and conducted with or without weapon depends on the objectives of the lesson.

Then follows front exercises (bends), varieties of walking, varieties of running and jumping, exercises of general physical development and special exercises, such as:

- kicks;
- parry;
- rolls (forward, back, in pairs etc.);
- falls (back, forward, lateral etc.);
- self-defences (over the right and left shoulder);
- practicing of technical methods previously acquired etc.

The duration of preparatory part depends on the purpose and objectives of the lesson of training an average of 18- 20 minutes.

II. In the essential (basic) of training lesson is executed the acquiring and practicing the hand to hand combat methods with and without weapon.

At the beginning of fundamental part, for a period of 5-10 minutes, are practiced the acquired methods from the previous lessons, thereupon, directly come to acquiring new ones methods .

It is recommended : at the end of the basic part to perform a combat with a learning character etc.

III. In the final part (conclusion) of the training lesson the military body functions are restored through various slow running, walking with relaxing arms and legs, various sports games

The used inventory in the lesson is arranged and the balance of training lesson is done.

Conclusions: An essential particularity in the

Hand- to- hand combat is the fact that, technical methods are created and adapted to the possibilities that its practice offers, in military uniform or equipment for sports and on every zone of combat.

Technical and tactical methods have been continuously adapted to the practice and competition requirements, knowing constantly new modifications and transformations.

The instructors should take into account the progression of acquiring all technical and tactical methods in hand to hand combat.

The removal of an aspect or phase leads to a wrong acquisition of the whole method, which is not beneficial for the trained subjects.

As proposals, it is necessary to respect safety measures during the training lessons in hand to and combat:

- before executing complex exercises or difficult technical and tactical methods the instructor trains students, on preventing injuries in the training lessons;
- to maintain discipline, distance and necessary space between fighters during the execution of technical and tactical methods;
- the finishing or stopping the combat when appearing the dangerous or unexpected situations;
- combat zone to be practiced on gym mats, sand pits, if necessary covered with tarpaulins;
- in the acquisition of the weapon methods are used only the models with weapons and daggers made of wood or rubber;

Bayonet is used only in submachine gun during trainings without partner etc.

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RECENZIE

*asupra monografiei „Managementul și dezvoltarea durabilă a sportului”,
autor Veaceslav Manolachi, prof. univ., dr. hab., antrenor emerit al Republicii Moldova*

Autorul monografiei „Managementul și dezvoltarea durabilă a sportului” este cunoscut în rândul comunității științifice din țară și de peste hotare, grație contribuțiilor sale semnificative la dirijarea și dezvoltarea culturii fizice, a sportului de performanță și a antrenamentului sportiv.

Monografia pe care o prezentăm abordează necesitatea publicării unor asemenea lucrări științifico-practice, pentru a completa informațiile din domeniu și a oferi o imagine nuanțată asupra managementului sportiv. Mai mult, autorul a reușit cu succes să evidențieze că dezvoltarea sportului este unul dintre principalii factori de îmbunătățire a calității vieții oamenilor, iar prin dezvoltarea durabilă a activităților sportive se contribuie la revigorarea vieții culturale a întregii societăți moldovenești.

Valorificând un material de arhivă științifică impresionantă și procedând la o analiză judicioasă a izvoarelor științifice, autorul a realizat un studiu compilativ apropiat de cele mai noi cercetări în domeniu pe plan european. Cercetarea are un caracter pragmatic, fiind eficientă diverselor categorii de potențiali beneficiari din domeniul culturii fizice.

Monografia este structurată în șase capitole, fiecare dintre acestea având în conținut un bogat material științific, teoretico – practic.

În Capitolul I, autorul reflectă Concepțiile teoretice privind sportul și organizațiile sportive în context european, abordând o serie de concepte noi în cercetarea științifică din Republica Moldova, precum: antreprenoriatul în sport; calitatea și excelența performanței în organizațiile sportive; extinderea sportului național la dimensiunea europeană; guvernanta în sport; profilul organizatorico-structural al sportului european.

În capitolul II sunt evidențiate de autor importanța și rolul sportului în societățile moderne,

promovarea voluntariatului și a cetățeniei active prin sport, prevenirea și combaterea violenței și a intoleranței în sport și nu în ultimul rând îmbunătățirea sănătății prin sport.

Capitolele III și IV sunt rezervate managementului sportiv, autorul concentrându-se asupra forțelor care au conturat evoluția acestuia, a sectorului non-profit din Republica Moldova, ca formă juridică de organizare a instituțiilor sportive, a administrării culturii fizice și sportului la nivel național, managementului și performanței organizațiilor sportive, inclusiv a resurselor umane ce activează în acest domeniu. În continuare, autorul, în preocuparea sa de valorificare a mijloacelor de eficientizare a dezvoltării organizațiilor sportive, de creștere a reacției managerilor la oportunitățile pieței, a prezentat cu claritate și expresivitate, rolul acestora în încercarea de a realiza o serie de schimbări ale modului de conducere, strategic prin utilizarea celor mai adecvate metode de leadership.

În Capitolele V și VI a fost abordată dezvoltarea durabilă a culturii fizice și sportului. În acest context, au fost prezentate: cadrul normativ național ce reglementează dezvoltarea durabilă; principiile, acțiunile, rezultatele și indicatorii măsurabili pentru o dezvoltare durabilă a culturii fizice și sportului în Republica Moldova; rolul autorităților publice în dezvoltarea durabilă a sportului; educația pentru o dezvoltare durabilă; contribuția culturii fizice la creșterea bunăstării populației prin sportul pentru toți, la creșterea economică și protecția mediului pentru o dezvoltare durabilă.

Bine documentată, întemeiată pe cele mai noi realizări științifice, teoretico- practice, naționale și internaționale, lucrarea este o reușită prezentare a managementului în sport, a dezvoltării sale durabile prin măsurarea și realizarea indicatori-

lor, astfel încât putem conchide că factorul-cheie în sustenabilitatea lumii de azi nu este “nici tehnica, nici informația, nici productivitatea, ci organizația și managementul ei, ca entitate socială furnizoare de rezultate scontate”. Pentru aceasta, managerii sportivi au însă nevoie de cunoștin-

te, de talent și de experiență, în mod succinct de profesionalism. În acest context, putem afirma cu certitudine că această monografie constituie un important suport științific în obținerea profesionalismului în dirijarea și dezvoltarea culturii fizice din țara noastră.

Recenzent,
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REVIEW

*on the monograph "Management and sustainable development of sport",
author Veaceslav Manolachi, university professor, PhD. Hab.,
Honored coach of the Republic of Moldova*

The author of the monograph "The management and sustainable development of sport" is known among the scientific community from the country and abroad thanks to his significant contributions in the management and development of physical culture, sports performance and sports training.

The monograph presented addresses the need to publish such scientific - practical works to supplement information in the field and provide a nuanced picture on sports management. Moreover, the author has succeeded in highlighting that sports development is one of the main factors to improve the quality of life and through the sustainable development of sporting activities is made a great contribution in reviving the cultural life of the entire Moldovan society.

Valorizing an impressive scientific archive material and carrying out a judicious analysis of scientific sources, the author conducted an eclectic study approached to the latest researches in the field at European level. The research has a pragmatic feature being effective for the various categories of potential beneficiaries in the field of physical culture.

The monograph is divided into six chapters, each comprising a rich scientific and theoretical - practical material.

In Chapter I, the author reflects on the theoretical conceptions regarding sport and sports organizations in the European context, tackling a number of new concepts in scientific research in Moldova, such as: entrepreneurship in sport; quality and performance excellence in sports organizations; expanding the European dimension of national sport; governance in sport; organizational and structural profile of European sport.

In Chapter II the author highlights the im-

portance and role of sport in modern societies, promoting volunteering and active citizenship through sport, prevent and combat violence and intolerance in sport and not least improving health through sport.

Chapters III and IV are reserved for sports management, by focusing on the forces that have shaped its development, of the non - profit sphere in Moldova, as a legal form of sports institutions organization, management of physical culture and sport at national level, management and performance of sports organizations, including human resources working in this field. Further, the author, in his concern to streamline the means of improvement of sports organizations development, to increase the reaction of managers to market opportunities, had presented with clarity and expressiveness, their role in trying to achieve series of changes of leading method, strategically using the most appropriate methods of leadership.

In chapters V and VI was tackled the sustainable development of physical culture and sports. In this context it was presented: the national regulatory framework governing sustainable development; principles, actions, results and measurable indicators for sustainable development of physical culture and sports in Moldova; the role of public authorities in the sustainable development of sport; education for sustainable development; physical culture contribution to the increase of population welfare through sport for all, economic growth and environmental protection for sustainable development.

Well documented, based on the latest scientific, theoretical-practical, national and international achievements, the work is a successful presentation of management in sport, of its de-

velopment by measuring and achieving the indicators sustainable so that we can conclude that the key factor in the world sustainability today is “neither technique nor the information or productivity, but the organization and its management, as a social entity providing the expected results.” But, to do this, sports managers need

knowledge, talent and experience, succinctly the professionalism. In this context, we can say with certainty that this monograph is an important scientific support in achieving professionalism in the management and development of physical culture in our country.

Reviewer,

Univ. prof., PhD. Budevici – Puiu Anatolie,

Chairman of the Physical Culture Management Chair, SUPES