

## Application of the gaming method in martial arts

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**Abstract.** The importance of application of the gaming method in training of sportsmen-martial artists is considered in the article. A number of games which can be applied in martial arts at improvement of technique of young sportsmen are offered.

**Keywords:** game, method, development, improvement, technique, physical qualities.

Martial arts are characterized by the direct contact with the opponent, limitation of time, complexity of perception of space-time parameters of movements, necessity to process information quickly, enhanced emotional background of activity, constant aiming at the decision of the various tactical tasks connected with specifics of situation on a mat with fast transition from attacking actions to defensive, etc.

The researches, which are conducted on studying of influence of the gaming method of training and game means on formation of motor skills and to development of physical qualities in different kinds of sport show that the skills got in a game are especially strong and durable (Симаков, 2014 Кутергин, Ткаченко, & Кулиничев, 2013; Козина, Ермаков, Базылюк, & Волошина, 2012). A game will easily and naturally mobilize the hidden physical and intellectual resources of the sportsman. The repeated repetition of teaching material in its various combinations takes place in a game not under pressure, and at the request of participants. At the same time inclusion in training of specially developed specialized outdoor games and game complexes very effectively raise degree not only the general physical, but also special physical and technical fitness of sportsmen. And rational selection of the game tasks having the general structural basis with special exercises will promote more successful formation of difficult motor skills (Неъматов, 2016). Therefore, it is recommended when training elements of the technique of martial arts in children's and youth sports schools always to apply the gaming method.

As the whole process of training in martial arts isn't limited to narrow acquisition of knowledge, skills, and surely assumes use them directly in a fight with various opponents and in various conditions, the solution of these difficult tasks is perfectly promoted by use of gaming methods of training. At the same time necessary techniques in martial arts, blows, clutches, defenses and movements in combination with achievement of the necessary purpose, are gradually included into arsenal of technical and tactical means of sportsmen (Алексеев, Ананченко, & Бойченко, 2014; Тупеев, & Бойко, 2010). Therefore, application of the specialized outdoor games comes to the rescue of coaches in these situations. Their application can be used at various stages and with various purposes.

At the beginning with the purpose to develop certain groups of muscles and a

basis of techniques, and in a consequence — with the purpose to fix and improve skill and also for increase in emotional background of training.

Using outdoor games in the introducing part of training (warm-up) it is worth to remember that physical and emotional state at sportsmen before the training are various and depend not only on the previous trainings, but also from other activity in which they participate.

In a state of the lowered working capacity pupils with unwillingness start warm-up and most often carry out exercises with very low intensity, and, on the contrary: they carry out exercises with high intensity in a state of the increased working capacity.

Inclusion in the introducing part of the general-developing and special preparatory exercises, with elements of the below-mentioned outdoor games, increases its intensity: HR at sportsmen reaches on average 22-23 beats per 10 seconds that also prevention of injuries is the most rational option of warm-up for preparation of sportsmen' organism for the forthcoming loads.

To perform successfully technical and tactical actions, the sportsman needs to be strong, dexterous, fast, flexible, and, therefore, to improve constantly these qualities. Motor skills need to be developed purposefully special means and by methods, including specialized games.

The gaming method can be used not only at development of physical qualities of martial artists, but also at their technical training. Games with elementary forms of wrestling are directed to formation of the simplest skills of maintaining martial arts in standard conditions with limited number of the allowed actions (Ананченко, Бойченко, & Панов, 2017; Бойченко, 2007).

The carried-out analysis of special literature allowed allocating a number of games which can be applied in martial arts at improvement of the technique of young sportsmen (on the example of wrestling):

1. «Ankle touch of the rival» (a game task - to touch by a palm of an ankle of the rival; an educational task - to create the main stands, to develop feeling of a distance and to develop skills of maneuvering).

Game course: players settle down facing each other at distance of one-two meters. The coach gives a task, being facing each other all the time, to touch in advance a certain part of a body of the rival.

Rules. A game begins on the coach's signal. It is authorized to move, increase and reduce a distance randomly. «After touch players hold a starting position»

Assessment. The one who will touch the caused part of the rival wins. At simultaneous touch the attempt isn't set off and a game continues.

2. «Fight for clutch» (a game task - to carry out a certain clutch of a part of a body of the rival; an educational task - it is correct to teach, to perform clutch, to be protected and be exempted from clutch).

Game course: players are opposite to each other at distance of two meters. The coach gives a task to carry out clutch of a certain part of a body of the opponent.

During the game players have to be facing each other all the time" after carrying out clutch players hold a starting position.

Rules. A game begins on the coach's signal. Players are allowed to move, increase and reduce randomly a distance, to carry out and be protected from taking of the opponent. If players made identical clutches at the same time, such clutches aren't set off.

Assessment. The one who will carry out the caused clutch of the rival wins.

3. «Force out from a circle» (a game task - to force out the opponent out of limits of a conditional square or a circle; an educational task - to teach to accept steady dynamic and static position, to bring the opponent out of equilibrium state).

Game course: players stand in a square or a circle. At the command of the coach they begin to push out each other for line. It is possible to push out at arrangement back or facing each other, without the help and by means of hands. When colliding without hands players are in contact all the time.

Rules. It is possible to begin only on the coach's signal. Players are allowed to move, increase and reduce randomly distances. It is forbidden to step on the rival's legs. If both players at the same time take up for line, stamping isn't set off.

Assessment. The one who wins: will force out the rival for line.

4. «Fight in a stand before touch of a mat with any part of a body» (a game task – using technology of wrestling to gain the bigger number of points; an educational task – forming the simplest skills of maintaining martial arts in standard conditions with limited number of the allowed actions). The group breaks into approximately identical couples on length and body weight. The coach explains rules and sets a task. When the whistle blows a game begins. The coach watches the correct performance of a task, holds the wrestlers who very distracted a game. He changes partners on the course of a game if they are unequal each other. The coach watches that players didn't turn sideways and a back to each other that they didn't touch a floor by any part of a body, except a foot. A game lasts from one to three minutes. The player who scored bigger quantity of points is pronounced as the winner. Games with touches, pressings and attacking clutches can be held both on a mat, and on a floor.

At the same time the offered games have to conform to the following requirements:

- availability to children of various age, physical development and preparedness;
- simplicity of rules and conditions of holding game;
- possibility of obtaining integrated result in the form of victory or defeat;
- high predictive value and compactness;
- possibility of interpretation and mathematical-statistical processing of results of a game.

Proceeding from the aforesaid, it is possible to draw a conclusion that one of the most rational method when training in the technique of young martial artists is application of the game complexes with elements of martial arts by means of which

assessment of motor inclinations in the conditions of a competitive single combat is most possible.

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*Entered to the editorial office 12.12.2018*