



## SOLVING SITUATIONS IN TACTICAL TRAINING IN MARTIAL ARTS ON THE EXAMPLE OF JUDO

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**Annotation:** The article discusses and theoretically substantiates situational approaches to tactical training in martial arts. This approach is presented as a model and method of the training process of preparing a sports reserve and is considered as a combination, a combination of typical situations of confrontations in which perception occurs, with subsequent processing of incoming information and the implementation of technical actions of athletes in a duel.

**Keywords:** situation, martial arts, judoists, confrontations, tactical training, perception.

**Introduction.** Analysis of the effectiveness of technical and tactical actions of highly qualified athletes specializing in various types of martial arts at competitions indicates that the performance of actions with a "reference" ("predictable" opponent) stereotypical motor structure is less effective due to their probabilistic prediction by the opponent both in attack and in defense, and often does not solve the emerging operational situational problems of the duel [1, 2, 3, 4].

The relevance lies in the study of the features of the implementation of a complex of technical actions that precede the execution of the techniques that complete the attack in situations of confrontation of various tactical purposes, its intellectualization associated with the peculiarities of tactical thinking in situational sports. The organization of the training process in the preparation of a sports reserve through a similar approach will allow athletes to form a deeper and broader generalization, a classification of confrontation situations for the effective solution of instantly arising and constantly changing operational situational tasks of a duel [5, 6, 7].

The aim of the study was to theoretically formulate the legitimacy of identifying relatively independent typical situations of confrontations of various tactical purposes, preceding the execution of the finishing techniques of the attack, in competitive duels in judo, with their subsequent application as a method (situational method) of tactical training of martial artists.

The author assumes that training in technical actions and their further improvement in situational sports, and in martial arts in particular, should be carried out on the basis of the study of conditionally identified typical situations of confrontation of various tactical purposes, in order to master judo athletes both situational techniques and the ability to vary their movements depending on the current situation in the fight (to make decisions on the implementation of a certain set of technical actions against the opponent) [8, 9, 10].

The objectives of the study were:

1. The study of the motor composition of competitive duels of representatives of different types of martial arts.
2. Substantiation of the legitimacy of highlighting episodes (situations) of various tactical purposes in duels, preceding the execution of techniques that complete the attack as the basis for the development of educational and training tasks containing a detailed study of typical operationally

emerging and changing situations of confrontation, followed by the implementation of a set of technical actions.

The specificity of the activity of situational sports (boxing, wrestling, team sports) is that it takes place in a time limit, with overcoming the active resistance of the enemy [11, 12, 13]. Therefore, the competitive activity of single combat athletes is saturated with a large number of confrontation situations, each of which determines the state of the system of technical and tactical readiness of athletes. In this case, the activity of a combatant is situationally determined. An athlete is obliged to actively act in an emerging situation, but it does not show him how to act, therefore his tactical activity depends on the quality of the athlete's perception of each episode, the objectivity of his assessment and the choice of a decision to conduct one or another set of technical actions [14, 15, 16].

First of all, the confrontation situation must be considered as a complex complex (symbiosis) of power and technical influences against the opponent, according to the competition rules [17, 18]. This complex represents mutual purposeful actions, the variety of which makes it difficult to unify the implementation of a certain algorithm (which distinguishes martial arts from cyclic sports) in situations of various tactical purposes and encourages athletes to think.

Features of tactical thinking in martial arts should be considered as a system of perception and processing of the information received by an athlete in situations of confrontation, independent determination of the suitability (evaluation) of performing technical actions against an opponent in a duel and making a decision on how to conduct further confrontation. The specificity and problem of decision-making lies in the fact that the enemy offers active resistance with a similar thinking process performed in terms of structure in conditions of force interaction. In view of this, it is assumed that situational perception is more highly developed among qualified athletes of various types of martial arts, taking into account the accumulated experience of participating in competitive fights.

Situational perception is understood as the ability of athletes to perceive situations that quickly arise, mainly during contacts of force interaction, and, based on their assessment, make a choice of response actions. It was revealed that the formation of situational perception has a positive effect on the improvement of technical and tactical actions in various episodes with standardized or variable resistance of opponents. This, in turn, makes it possible to improve individual skills on the basis of systematic repetition and complication of situations typical for the type of martial arts, and not on the basis of repetition of stereotypical movements (techniques that complete the attack).

The foregoing allows us to consider the episodic composition as a set (combination) of typical wrestling situations in which the implementation of the activities of athletes takes place on the basis of situational perception and an orienting-performing component. And here it is worth noting a fundamentally important point - reality as an athlete's perception of competitive conditions is limited by the rules, however, it is delimited by confounding factors and interference, which must be taken into account when developing training tasks in the preparation of martial artists.

Based on the results of the study of the motor composition of competitive fights of representatives of different types of martial arts (50 fights were studied), the leading system-forming episodes that precede the execution of the finishing techniques of the attack (throws, flips, stalls, holds, painful and suffocating techniques), the perception of which is necessary when solving operational situational tasks duel of each of the opposing athletes. The following episodes are presented, the perception and development of which serves to successfully solve the operational situational tasks of the duel in its various sections:

1. Maneuvering and movement (in various stances and on the ground).
2. Actions associated with a reaction to a moving object, to a technical action, including a false one (an attempt to capture, an attempt to approach, shortening and breaking the distance, performing a technical action, a false attack).

3. The first and subsequent contacts of force interaction (struggle for capture, setting stops and overcoming them) with instantaneous force regroupings (changes in the direction of effort, its magnitude).
4. Actions aimed at bringing the enemy off balance, while maintaining their own stability.

The listed episodes form a single complex of confrontations, modeling their logical relationship, necessary for studying as an indicative basis for the positional decisions of martial artists with the transition to the completion of the attack by the evaluated action (the technique that completes the attack).

It is important to understand that each episode of the duel is represented by a set of technical actions that have their own "semantic" purpose in solving intermediate tasks, which in the total state determine the final outcome of the competitive duel. Therefore, the episodes (situations) listed earlier serve as the basis for the formation of blocks of training tasks. The way the trainer-teacher understands the tactical significance of each episode, its motor-technical content, determines the set of arsenal of means and methods for training combatants.

Moreover, it is important to understand this both by the coach and the athlete participating in the training process. This enables the coach to develop their own sets of training tasks, and the athlete - personal options for creating and mastering technical and tactical "preparations" to ensure an advantage in the fight episodes.

The development of educational and training tasks for the tactical training of martial artists, taking into account the use of selected typical episodes that precede the execution of the techniques that complete the attack, in order to solve the operational-positional tasks of the duel, in our opinion, is methodologically expedient.

**Conclusion.** The use of tasks in the training process aimed at developing the ability to solve intermediate (local) tasks in confrontation situations of various tactical purposes due to a detailed mastering of the episodes preceding the execution of the technique that completes the attack, helps to increase the effectiveness of the training process and improve competitive preparedness in martial arts.

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