MARTIAL ARTS AS A PHILOSOPHICAL CATEGORY AND EDUCATIONAL SYSTEM

Summary. The author of this article presented various methods of training martial arts athletes, as well as explored how to follow the philosophical guidelines of martial arts to improve sports techniques and strategies to improve psychological resilience.Turning to martial arts, it has been investigated that sports coaches help students achieve goals that are sometimes considered impossible. This is the real result of studying the philosophy of martial arts. Every good student will one day become a teacher, but all his life he will try to determine a difficult path of development. Daily work will help to strengthen the soul, strengthen confidence, solve life’s problems and learn to overcome and succeed even where you can not win. The philosophy of martial arts explored the importance of faith and reached its end. If a person carefully walks this path, believes in the path of true martial arts and decides to go to the end, he will become stronger and learn the true art of wrestling. Those who do not succumb to the unforeseen consequences of life will be disappointed, and those who are constantly striving for self-improvement through martial arts training will experience another test of willpower and reach the top again.

Keywords: team, martial arts, martial arts, spiritual skills, sports skills, self-control.

Bойові мистецтва як філософська категорія та система освіти

Анотація. Автором цієї статті було представлено різні методи підготовки спортсменів бойових мистецтв, а також досліджено, як слідувати філософським вказівкам бойових мистецтв для вдосконалення спортивних прийомів та стратегій для поліпшення психологічної стійкості. Взагалі, до східних едіноборств, то було досліджено, що спортивні тренери допомагають учителям досягати цілей, які іноді вважаються неможливими. Це справжній результат вивчення філософії бойових мистецтв. Кожен хороший учень одного дня стане вчителем, але він все своє життя намагатиметься визначити складний шлях розвитку. Щоденна практика допоможе зміцнити душу, зміцнити звісність, вирішити життєві проблеми та навчитися долати і досягати успіху навіть там, де ви не можете виграти. Філософія бойових мистецтв досліджувала значення віри і досягла свого кінця. Якщо людина обережно пройде цей шлях, він стане сильнішою і навчитися справжньому мистецтву боянів. Ті, хто не піддаються непередбаченим наслідкам життя, будуть розчаровані, а ті, хто постійно прагнуть до самовдосконалення за допомогою навчання бойовим мистецтвами, зазнають чергового випробування сили волі і знову досягнуть вершин.

Ключові слова: команда, бойові мистецтва, едіноборства, духовні навички, спортивні навички, самоконтроль.
The purpose of the article. The purpose of the study of this issue is the interpretation of martial arts as a philosophical category and educational system.

Presenting main material. The brain needs to be clearly identified as part of the anxiety, and this awareness, confirming that the organ itself is a person, not a person who creates anxiety. Martial arts, as an in-depth teaching, can understand that the improvement of true martial arts in this way is not a “thought” but a question of biology, the culmination of evolutionary, evolutionary and community. Yoga, knowledge, communication, immoral and other relationships, and most importantly – the one who works on himself and teaches himself the experience, feels, sets goals and determines the meaning of his life. You Can Go People are not born consciously.

According to martial arts philosophy, the human soul is an "empty place" where the Guru can write about the road and its surroundings and is designed to correct it. However, only this person can improve their skills and abilities throughout life. The emphasis on the need to win in any way and at any cost has undermined the ideals of athletes in the modern educational and training process. Today, sport is only effective for exercise, but it does not train the whole person.

On the other hand, martial arts practice and various issues increase courage, honesty, integrity, integrity and beauty and make the body stronger and healthier. In martial arts philosophy, the soul is made up of people, not its predecessor. People do not inherit souls! Numbers and fighting animals have a soul and an object, but it is almost wrong to show them the ability to fully reflect reality. Ideas are described by the characteristic characteristics that people deal with in terms of their ideal image, material qualities, the richness of their lives, spiritual wealth.

To understand the ideal as a reflection of a particular human form, it is important to consider the following, but also a means of discovering hidden opportunities in people and predicting what to see. The results of intentional human activity in an ideal form – image, money, plan, plan, idea – not only reflects existence, but also the corresponding reality – it is not only intact, it is possible and should be.

This understanding of ideology emphasizes aspects of this concept, the origins of which are in the deep philosophy of martial arts: ideals – are ideals as ideological ideas that must solve reality, perfect perfection – complete perfection. Martial arts do not guarantee that a person will achieve such perfection, but it will give a person the right guidelines to achieve the level of perfection, which insists on the philosophy of martial arts. Therefore [4].

We often hear from people that it's impossible and impossible. No one can really explain it by pointing to someone's previous bad experience or an event that has already happened. Yes, fear and lack of trust give people a kind of frustration in the past, resulting in they accept the situation, go back and face difficulties. The philosophy of martial arts perceives a person from a completely different point of view, as evidenced by the lives of many successful people. Losing in battle is not scary at all. But it is very different from not achieving your goal and starting a war on the way to success. condition. Having found the strength of soul and self-confidence, they can always face challenges and difficulties and survive this difficult situation, although everything against them is a martial art. This is the true result of philosophy. Every good student will one day become a teacher, but, as someone says, he has a life ahead of him to understand the difficult path of self-improvement that he once began. This will last for many years. Daily Nick's intense training builds spirit, builds confidence, copes with life's challenges and teaches us to win and succeed, although it is almost impossible to win.

Martial arts philosophy teaches faith and means follows this path, believes in the true path of martial arts and decides to go to the end, she will learn to fight harder. Some of the less challenging people who face unexpected life difficulties are frustrated, and the person who stands in the way of self-improvement through martial arts training does so with another test of willpower. Identify and start as another peak Get up.

And to achieve this goal, he slowly and confidently began to rise. Not everyone agrees, there are no limits and a simple fighter athlete, no matter what he does – he straightens his back and says firmly: "I'm fighting" – and begins to move, take his important steps. And believe me, this peak will be removed later.

There are so many examples in a martial arts student's life that it can be impossible if you regularly challenge yourself and show a spirit of true desire, energy and creativity on a daily basis. Prove that you will be able to defeat a person, but can not defeat his spirit and faith. Therefore, these ideas are the basis of the philosophy of martial arts leaves the case prematurely, leaves the war ahead, an opportunity for his personality.

The reason for this conclusion is that there is a lack of understanding and awareness of the common path and ultimate goal. This person does not understand or see the purpose of "where to beat". He is less focused on deeper relationships between people and sees this relationship very simply.

If you can easily translate this into an understanding of the martial arts path, you can give an example when many people have been interested in other martial arts for many years, have certain regalia and want to raise them to a higher level. Martial Arts System Turning to them, you will be able to understand all their ways – jogging, pearls, pumping muscles with a barbell and sometimes participating in competitions. Of course, because they hold many martial arts seminars, study the philosophy and psychology of martial arts, and participate in competitions where large technical and technical weapons are allowed, these sports professionals are very technical and practical. Lack of knowledge for their further development and improvement. The most important thing that was impossible to achieve high sports results They did not have a real way of martial arts.

After the seminar they looked pale and no longer appeared in the previous self-confidence and spirit revealed in theoretical teaching and conversation. They are happy to be martial arts students. Then the transition from one martial art to another is not an easy task, but they slowly get used to the difficult training, face the problem and stay in the martial arts club without worrying. Such behav-
ior should be praised and continued to teach and understand the path of martial arts, rather than starting mentally and criticizing the schools of the past. A new universal style of fighting, gaining in-depth knowledge of the philosophy of martial arts and methods of physical training. Being able to perform throws and pain tricks well, know suffocating hobbies, lift your legs high, wave your arms, pump up your muscles, break a lot of hard objects, as well as become winners in martial arts sports is not yet the goal of the true Way, but only a small stage. It is important to live another life and what principles in life you are guided by.

The path of martial arts is not so much technical skill and physical strength as wisdom and fighting spirit. The fighting spirit of martial arts embodies the Power and Honor of man, a sense of beauty and love, invincible will and natural inner energy [8-10]. These are two sides of the same coin and harmony that permeates the entire path of knowledge and improvement on the path of martial arts. Practicing martial arts, each person becomes a winner not only of competitions, but a winner himself. Practicing martial arts, each person learns to set goals for themselves and eventually tries to achieve them.

Good physical results are the limit of many people’s aspirations, especially in a regular sport. But in martial arts, this is only a stage, not the goal of the school. To be a master of martial arts means to be strong and noble in nature, from which comes the positive energy of strength and the radiant light of knowledge. It is impossible, while doing martial arts, to be a friend on the carpet in the gym, and another behind its walls, to say one thing and do another. Each martial arts coach is personally responsible for the upbringing of each student who is engaged in it, especially directly to the school, team, family, and in a philosophical sense – to the whole human society.

The coach also teaches the student to be able to stand up for themselves, for the honor and dignity of the family, if necessary. There are many people in the world, and all people are different. Thus, in fact, we cannot avoid considering broader considerations such as how we live our lives, whether we should expose ourselves to potential danger, and what we can do to reduce the level of violence in our society. These questions have always been and are part of the philosophy of martial arts, but people with one-sided views on learning are often rejected as insignificant. People with a superficial view of martial arts want to extract the most effective methods of his arsenal and abandon many of his philosophical positions.

The main goal of martial arts is not to win competitions, but to educate the individual. The coach is always pleased to hear words of gratitude from parents, grandparents for their help in raising their children and grandchildren. They thank martial arts coaches for making their children better, more educated, and more independent, better at school, giving up bad habits, and helping parents with small chores around the house. Let them learn in childhood to help the little ones, grow up – will help in the big and important affairs of their family. And coaches are proud of this result. Yes, this is the main intermediate result at this stage of knowledge of the philosophy of martial arts. Of course, there are exceptions, sometimes there are those who commit bad deeds or worse than a crime, but martial arts coaches do not give them up, on the contrary, try to help and support, and later re-educate in a positive way.

To turn away, to refuse and to leave is the easiest, but to lend a hand and help, to lend a shoulder is the destiny of strong and noble people, this is the essence of education in the system. Demanding in education – is the key not only to good tempering of body and spirit, but also to achieve high results and, above all, to himself. To defeat oneself, to get rid of bad habits and weaknesses, to change for the better – these are the real aspirations of the philosophy of the way of martial arts, this is the fundamental goal of every representative of the school. Constantly working on themselves, martial arts athletes strive not only for a model of decent behavior, but also for good manners in society. The principle of life – do as you would like to be treated in relation to you, is contained in the behavior and upbringing of each athlete. If a trainer enters the room, you must get up, and if the teacher gives you a hand, you must shake it with both hands, thereby showing him respect and demonstrating the etiquette of martial arts and the rules of good manners. This is a good thing that martial arts athletes strive for day by day, understanding the path of martial arts, and it applies not only to the behavior in the gym, but also to ordinary life. That is why martial arts should be considered as a real philosophical category. Because it raises children and really works, it works!

Educating and adhering to certain etiquette in martial arts is more than just learning and adhering to certain styles in martial arts – it is not just a proposed ritual or a code of conduct, it is a path to true harmony and human perfection.

In this regard, the philosophy of martial arts teaches athletes not only to succeed in sports, but also to be successful in everything they do: set goals and achieve them effectively, successfully manage their time and have a successful career. Be that as it may, you should have self-confidence and enjoy the process of life and your own success only in the most difficult and unusual life situations.

Conclusions and suggestions. Therefore, this study considers martial arts as a philosophical category and education system, gives different views on the development of martial arts, explores the way of holding sports events, methods of applying techniques and techniques of martial arts and examines different types of methods. With the help of team martial arts and combinations of knowledge, students and teachers form a plan for studying and applying theories and methods of educating elements of martial arts against opponents in sports, especially for comprehensive improvement of sports activities in the process of sports preparation for martial arts. Thus, martial arts promotes the development of perceptual and motor systems, attention, improves perception, develops the body, increases oxygen exchange in the lungs and heart, develops coordination of movements, which is important in any other activity and physical work. Thus, further study of the chosen topic will give us the opportunity to embark on a path of self-improvement, studying the philosophy of martial arts and applying its guidelines in the process of personal growth.
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