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PAPER

THE ROLE OF AIKIDO EASTERN MARTIAL ARTS IN THE MANAGEMENT OF BIOLOGICAL AND SPIRITUAL FORCE IN THE ORGANISM

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Abstract

This article presents ideas and emphasizes the importance of strengthening the human body and spirit through Aikido Oriental martial arts, the necessity, factors, solutions for training biological and spiritual strength. The teachings of Aikido Oriental martial arts are discussed. Its main structural factors and parts are described. The criteria for forming a healthy lifestyle and developing the population's interest in Aikido Oriental martial arts are analyzed and compared with the criteria. Recommendations are given for developing the body and spirit.

Key words: Aikido Oriental martial arts, Body and spirit, , training biological and spiritual strength, harmonious personality, recovery, biological body, astral body, healthy thinking, upbringing, behavior, behavior, environment, attitude, development, state.

INTRODUCTION

Today, the future of the country depends on the education of our youth as well-educated, capable, and physically, spiritually, aesthetically and morally mature, the young generation conveys our culture and spirituality, the intellectual potential of its development to the minds of future members of society. In order for young people to fulfill such a responsible task, they emphasize in each of their lectures and works that we must create broad opportunities and conditions for their free development and creative creativity. Indeed, such important work is being carried out in Uzbekistan today.

In physical education classes and oriental martial arts circles, it is important to achieve the effectiveness of classes through advanced foreign experiences and innovative technologies, thereby educating students physically, spiritually,

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morally and aesthetically.

LITERATURE ANALYSIS

The role of foreign experience and innovative technologies in martial arts circles is very important in raising a person as a comprehensively developed person, developing their interest in education, and leading scientists in the world have conducted their research on this. This research is mainly aimed at studying the social needs of the educational process, and many scientists such as R. Abdurasulov, S. Kushkarov, B. Muminov, K. Yusupov, P. Usmanov, N. Azizov have conducted research. In particular, many foreign scientists, such as B. Low, A. Pfluger, Y. Palaima, P. Wendy, V. Doyle, D. Johnson, R. Piloyan, R. Connul, V. Palmer, Yilu Sun, G. Funokoshi, S. Sami, S. Mahmudiy, S. Aghaiy, Y. Koch, SH. Yong Yob, L. Li, M. Oyama, G. Yayusin, Y. Lee, M. Nakayama, V. Sukhanov, V. Mikryukov, M. Ishmuratov, N. Tarkovkina, T. Yevgenevna, have conducted research.

Many articles have been published on these studies.

RESEARCH METHODOLOGY

The article discusses the factors of educating a harmonious personality through oriental martial arts classes, the factors of comprehensively developing a person in a healthy way, advanced foreign experiences and the use of innovative technologies. Its main structural factors and parts are described. The criteria for educating students physically, spiritually, morally and aesthetically, creatively in Uzbekistan and the world, and developing students' interest in physical education and oriental martial arts classes were analyzed and compared with the criteria. Approaches to the use of innovative technologies in lessons were studied.

RESULTS, ANALYSES AND VIEWS

Do not judge by appearance,
The body is a sheath, and the soul is a sword
Abu Rayhon Beruni

Oriental martial arts (martial arts) are a way in which a person strives throughout his life to physically strengthen his body, strengthen his spirit, develop aesthetic and moral qualities, and discover new abilities and possibilities. To understand this, it is necessary to deeply understand the roots of oriental martial arts. Countries such as Thailand, China, Japan, and Korea played an important role in the creation of oriental martial arts.

However, almost all countries have their own martial arts. The history of oriental martial arts dates back to the 15th-17th centuries BC. Historical documents also confirm that armed and unarmed, hand-to-hand and foot combat have been passed down from genrataion to generation and refined since ancient times. In particular, the depictions of armed and unarmed combat depicted in paintings found in the works of Korean, Chinese, and Japanese artists are clear evidence of our idea.

Eastern thinkers have long considered the upbringing of a physically mature, spiritually rich, and harmonious person as an important task. It is said that the greatest of the qualities of perfection is in the perfection of the body, that is, the human body [7]. It was believed that positive qualities of a person such as perseverance, religion, asceticism, contentment, knowledge, patience, discipline, self, conscience, truthfulness, theory, example, modesty, perception, intelligence, economy, obedience, justice, forgiveness, and love of the homeland (A. Avloni, Turkish Gulistan or Morality, Tashkent: Teacher, p. 11) can be achieved only through a healthy body and good health [5].

History

All oriental martial arts have their own history, founder, style and philosophy. Japan is one of the eastern countries with a developed modern and ancient history. The Japanese living in this country, known as the "Land of the Sun also call it "Nihon that is, "The Abode of the Sun".

In Japan, along with various types of art, martial arts were also created and elevated to the level of art. Frequent attacks by enemies on the Japanese islands drained the population of their strength. In such conditions, the need for martial arts was felt. The people founded martial arts to protect themselves. The common people suffered not only in external but also internal conflicts, and they created their own martial arts against the powerful samurai hired by them. The creation of such martial arts was a duty and a struggle for survival. There are many types of martial arts in Japan.

At least three Japanese terms are often used synonymously with the English phrase "Japanese martial arts": "budo" (武武), literally meaning "the way of war", "bujitsu" (武术), meaning something similar to the science, art, or craft of war, and "boogey" 武芸), literally meaning "the art of fighting" [3].

One of these ancient, traditional Japanese martial arts is Aikido.

Aikido is an oriantal martial art. Another type of Japanese oriental martial art, Aikido, was founded by Morihei Ueshiba in the early 20th century. Ueshiba's Aikido martial art is now practiced in all countries and is promoted by aikido masters who have received direct instruction from its founder. All aikido practitioners consider Ueshiba to be their senior teacher, their master (OSENSEI). Master (OSENSEI) Morihei Ueshiba was born on December 14, 1883 in Tanabe, Japan, and is considered a representative of the old and last generation of samurai.

Aikido, which originated in Eastern Japan, was taught only to a narrow circle of people for many years. Aikido martial art has become a relatively precise and perfect martial art among the eastern martial arts, capable of combining and effectively using all the physical, aesthetic, moral, and spiritual powers of a person. Aikido is a harmonious path of body and spirit, where "Ai" is harmony (being), "Ki" is spiritual power, inner strength, and body. The short meaning of the word "Aikido" means "Harmonious Path of the Spirit." The uniqueness of this martial art, founded by Ueshiba, is that it is an esoteric martial art based on the spiritual energy "ki" and the meaning of "do" (way, style), which form the basis of this unique martial art, combining the unique ideas and movements of Japanese swordsmanship (kendo), spearmanship (jyodo), jiu-jitsu, and many other relatively ancient martial arts [53]. Aikido is an effective self-defense technique that can sometimes achieve amazing results, defeating one or more opponents.

Can be used against attacks, which means that people of any age and gender can practice it. Aikido martial arts movements are usually performed in a spherical direction. Aikido competitions are strictly prohibited. This is because techniques such as throws, arm twists, and painful holds using the opponent's strength have a deep moral education. If competitions are held, athletes can get a lot of injuries. Therefore, only seminars and festivals are held in Aikido. However, there are no methods of striking a person in Aikido. An aikido practitioner uses the opponent's strength to defeat him without causing physical injury.

The health aspect of Aikido. Aikido is practiced at various levels, since the ultimate goal is to develop the human personality, to unite physical and mental, as well as functional forces. First of all, it should be noted that the practice of Aikido is characterized by specific circular movements and the use of clear, even physical and mental force. It is noted that even women, children and the elderly have the ability to regulate the coordination of mental and physical activity. The tangible result of regular practice of Aikido is clearly felt in the improvement of health, especially in the respiratory and circulatory systems. If the improvement of the respiratory system is achieved through proper abdominal breathing, the circulatory system ensures the normal functioning of the joints and the body as a whole. As a result, the respiratory and circulatory systems improve, allowing the blood to quickly and constantly deliver fresh nutrients to all organs, while simultaneously helping to cleanse the veins and arteries of all kinds of unnecessary substances and fats. In the martial art of Aikido, a person is taught to receive, concentrate and apply the energy coming from his own and the external world.

In this, the body is also strengthened through spiritual power. Great results are achieved through the harmony of body and soul. Through this, a strong aura is created in a person. The science of the aura is a psychological and physiological process, which a person develops through constant performance of various exercises. A strong aura creates a healthy and strong temperament.

Aikido martial arts training is an excellent pedagogical process, in which the role of the teacher and the student is significant. "If you want to find a good teacher, be a sincere supporter!" [3] - it is said in Aikido martial arts.

Therefore, the following positive relationship is established between the student (student) and the teacher (teacher):

1. The teacher always calls his student to the path of truth. Therefore, he easily calls the student and eliminates his mistakes. He provides him with

theoretical and practical assistance in saving time and energy.

2. The technical and spiritual content of Aikido cannot be expressed in words alone. The main thing here is intuition. In training, the communication is more "body language". The teacher himself shows the methods using movements. Therefore, work is carried out on each type of movement. This must be strictly observed in training.

3. With the help of the teacher, the student forms self-confidence, courage and determination. Young people feel the responsibility to consolidate what they have learned from their teacher and to pass it on to their students in the future. As a result, Aikido martial arts plays an important role in the lives of young people, is a real and constantly renewing force.

The pedagogical teachings of Eastern martial arts embody the art of the heart and the path of truth. The purpose of the art of the heart is to concentrate the personal experiences of the inner and outer world of young people in aesthetic creativity. Art is manifested in the psychological understanding of inner experiences and the interaction of reality with the abstract.

Aikido differs from other martial arts in that it can be practiced not only by young people, but also by adults, people of various professions.

Aikido is not only a martial art, but also a collection of philosophical and religious views. Creating this martial art, the goal of Morihei Ueshiba was to not only learn martial arts, but also to protect himself, but also the person who threatens him from injury, redirecting his attack and repelling it.

Biological approach 1

In rare cases, thieves, drunkards, and scoundrels are found on the street. Imagine if you were in this situation, what changes occur in our body, we know that when we sense danger through our eyes, which are considered the first signal system, our higher nervous activity triggers a response in the body, if we dwell on this situation: the effect is received from the sensory zone to the visual zone of the midbrain, from there the adrenal gland increases the release of adrenaline and noradrenaline hormones produced by the inner layer of the brain, at this time the heart rate increases, blood pressure increases, the pupils dilate, the face turns pale, and people go into shock.

Internal strength

Regular exercise is primarily dependent on internal peace, which is essential for the respiratory and circulatory systems to function properly. In the sport of Aikido, internal peace is the main thing. Internal strength is called "ki", "hara", "tanden" in Japan, and "qi" in China. In oriental martial arts, greater attention is paid to mental capabilities than physical capabilities. Through mental preparation, capabilities such as speed, powerful blows, and telepathy are achieved through the control of internal biological energy in the body.

Biological approach 2

By training the muscles that are an active part of the musculoskeletal system over the years, we strengthen the activity of the receptors in them, that is, proprioceptors.

I.M. Sechenov, who studied the sensitivity of muscles and tendons in depth, called it hidden sensation or dark sensation and said that this sensation improves over time. For example: a highly skilled basketball player can score a ball in the basket with his eyes closed. By training proprioceptors, highly skilled masters of sports and circus artists can ski, ride a bicycle, ride a motorcycle, and perform various movements with their eyes closed. Regular training in aikido, training the proprioceptors in muscles and tendons is the basis for determining the state of the opponent's attack and his psychological state.

In Nuriddin Ismailov's work "Sentenced to Death the main character undergoes special training during military service, namely, in order to increase human sensitivity, he repeatedly undergoes a bee sting training for 6 months, which allows him to sense danger even in a deep sleep and prepare the body for various extreme situations. From the words quoted in this work, it is said that a person's biological energy potential is stored at a high level and is hidden, and its manifestation and control are achieved through regular training. From the compatibility of biological energy and aikido, we can see that biological energy is of great importance in the treatment of various diseases.

Spiritual education in Aikido martial arts.

The emergence of the Aikido Oriental martial arts is determined by the works of martial arts thinkers (Dao). According to martial arts masters, everything in the human world is like Earth and Heaven. According to their teachings, at the beginning of existence, light air and ether rose into space and formed the sky, while heavy air and ether descended and formed the earth.

In Aikido Oriental martial arts, spiritual inner strength greatly helps young people to become physically, morally and spiritually strong. This is one of the important and necessary teachings of Oriental martial arts schools. Oriental martial arts teachings state that "Xin" is the structure of the body, "KI" is the force that gives spiritual strength and sets this strength in motion. "Shen" is the provision of harmony between body and spirit.

Since ancient times, martial arts masters have believed and taught that the world consists of the "Four Elements". These four elements are air, water, earth and fire.

The processes of Aikido martial arts training are aimed at spiritual purification, teaching healthy thinking, and forming beautiful human qualities, that is, educating our youth as well-rounded individuals.

Oriental martial arts training uses interesting methods to educate young people to be mentally strong. It is advisable to use conversations, spiritually stimulating movements, video images, technical and tactical practical exercises.

In an ancient Japanese legend, the motto "The soul cuts stone" is written. From this it can be seen that the soul (consciousness) is primary, and the body is secondary.

Another important task of Aikido martial arts training is to achieve the ability to direct all forces to a single goal. This is achieved as follows: first, through active and passive meditation (slow concentration of thought); second, through many years of practice, the ability to control the reflex of movement and direct it to the desired point [6].

We know that the nervous system has a significant impact on all systems of the body (endocrine, muscular and vegetative) in a state of mental stress. A mentally controlled, "regulated" nervous system can increase the "energetic power" of the body in extreme situations and direct all its internal resources to a single goal [6].

CONCLUSION

In conclusion, using Aikido and human bioenergy, it is possible to achieve physical health, which is valuable for all mankind.

Masters of oriental martial arts believe that physical capabilities are limited to a certain extent, and spiritual capabilities are unlimited, and this is a proven factor.

As our master taught, a warrior who is as fast as the wind, as dignified as a mountain, as burning as fire, and as calm as a forest is the highest human achievement, in which the importance of human bioenergy is great.

It is necessary to carry out work on the content of developing the physical and spiritual education of young people through oriental martial arts, the pedagogical methodology of forming the physical education of young people in children's and youth sports schools and oriental martial arts circles, and the goals and objectives, features, forms and methods of the educational process related to it, and the organization of complex pedagogical processes that include innovative technologies. It is advisable to study effective ways to educate young people spiritually, aesthetically, and morally through oriental martial arts, and to conduct training in martial arts based on the philosophical, scientific, and pedagogical views and teachings of the masters, founders, and scholars of oriental martial arts.

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