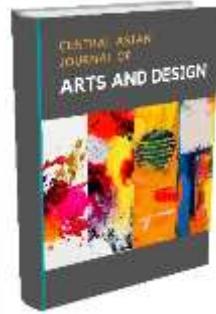




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Arm Wrestling - an Ancient Sport and an Impact on the Quality of Life

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Abstract

You can still put all your physical resources into the preparation process, however, when you are standing face to face with the enemy, your mind is needed, one second can decide your fate, weaken or strengthen your physical preparation. You have to think fast, think about your actions and technique, think about the steps of a fighter, you have to see his thoughts, beat him physically and mentally, this is the key to your success.

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Introduction.

In the history of mankind, sport occupied an important place, it was a way of entertainment, sometimes of political significance and, most importantly, a demonstration of strength.

Arm wrestling, as an ancient sport, occupies a worthy place among many current sports. The first elements of its existence can be traced back to Ancient Egypt, the art of wall painting was widespread in Egyptian culture, and the hieroglyphs depicting arm wrestling on walls date back to 2000 to AD

Modern knowledge about the history of arm wrestling is based on written and pictorial evidence; it can exist not only in Ancient Egypt, but also in the history of other ancient and medieval countries.

Modern arm wrestling, which is a very popular sport in the modern world and is a part of my life, originated in America. At first, only schoolchildren and college students followed him. The young journalist Bill Soberanes made the biggest steps in popularizing

arm wrestling and holding championships. It was he who played the first match in 1952 at Gilard's Saloon in Petaluma, California.

Main part

What is arm wrestling? This is a weightlifting sport that develops a person, requires not only strength, but also psychological readiness. This is a sport in which you invest a lot of time and effort, and in fact, all your life. Skills, principles, discipline, endurance, physical and mental toughness play a big role in achieving success. Arm wrestling is a disciplined sport that requires hard work and dedication. As hard as it may seem, falling in love with him is so easy. This is a source of excitement, a mesmerizing spectacle that keeps the viewer in constant good shape. If you visit a match even once and allow it to enter your life, it will captivate and fascinate you so much that it becomes a goal and an integral part of your life. If you fall in love, it will strengthen you, make you more confident and bring you the most important thing: harmony with yourself.

Within the system of military specialists' training, physical training is an important pedagogical tool of training and education that accompanies officers throughout their military service [1-4]. The foundations of physical education are laid during the cadets' training in higher military educational institutions (HMEI). A large number of scientific works are devoted to the improvement of the educational process of cadets' physical education [5-9]. At the same time, the constant participation of HMEI graduates in combat operations and international peacekeeping and security activities (peacekeeping operations and missions) emphasizes the urgency of further research on the introduction of modern and effective means of physical training of cadets for future professional and combat activities. Arm wrestling is one of the modern power sports, which has significantly developed around the world in recent years. Arm wrestling or arm wrestling is a one-handed table wrestling where participants place their elbows on the table, clasp their hands, and try to overpower each other and place the opponent's hand on the surface of the table [10-14]. Modern arm wrestling, on the one hand, is a dynamic and emotional sport, on the other is an interesting and affordable means of physical training, and its versatility allows people of all ages and genders to do it [15, 16]. Arm wrestling competitions can be effectively used to improve the moral environment of the unit, relieve stress in cadets, and organize meaningful and useful leisure time. In addition, arm wrestling is widely used as a means of sports rehabilitation, prevention of comorbidities and diseases in people with disabilities, recovery of participants in military operations [17, 18].

Mental readiness and endurance is one of the most important components, without which it is difficult to succeed and, moreover, to stay on top of success. You can invest all your physical resources in the preparation process, but when you are standing face to face with the enemy, your mind is needed. One a second can decide your fate, your physical fitness.

Results

We have developed and substantiated the author's method of developing the cadets' physical qualities during sporting and mass participation events in the process of arm wrestling. The content of the method, which was implemented mainly during the first years of training (the 1st and the 2nd years of training), included: exercises with weight of one's own body (pull-ups, breast-ups on the horizontal bar, hip pull-overs on the horizontal bar, dip-ups on the parallel bars and push-ups, squats, jumps, multi-jumps, lifting the torso to the sitting position, maintaining static body positions, etc.). The following stages (the 3rd and the 4th years of training) of the research provided for the gradual load increase, including exercises with additional weight of objects or complicating performance conditions (e. g. pull-ups or dip-ups on the parallel bars with a disk from the barbell or dumbbell on the belt, pull-ups on the fingers, hanging on one bent arm, etc.) due to the rather rapid cadets' adaptation to exercises with the weight of their own body as a stable value of load. The cadets used exercises with the weight of objects, overcoming the resistance of elastic objects and exercises on fitness machines in order to develop maximum strength by means of increasing muscle mass. The duration of the exercises was 20-55 s, the number of repetitions in the set was from 6-8 to 10-12 times (depending on the amount of weight), the number of sets for the development of a particular muscle group was from 2-3 to 5-6. In such a case, the duration of the concentric phase of the movement was faster than the eccentric phase. The nature of rest between sets was active (walking, exercises to restore breathing), heart rate was restored to 100-120 beats / min. We used exercises with the weight of objects, exercises on press machines and exercises to overcome the resistance of the cadets' own body weight with additional weight in order to develop their maximum strength by means of improving intermuscular coordination. The value of the load was from 30-50 % to 60-80 % of the maximum in a particular movement. The number of repetitions in one set was from 3-4 to 5-6 times, the number of sets was from 2 to 6. The nature of rest between sets was active with the duration of 1-3 minutes. We used exercises with the weight of objects,

exercises on press machines and isometric (static) exercises in order to develop the cadets' maximum strength by means of improving the intramuscular coordination. The value of the load was from 85-90% to 100% of the maximum in a particular exercise. The number of repetitions in one set was from 1 to 3-4 times, the number of sets was from 2-3 to 4-5. The duration of rest between sets was planned for 2-6 minutes, the nature of rest was active. Exercises with the weight of objects, speed and strength as well as isometric exercises, exercises with combined load (one's own body weight and additional load) were used during the development of explosive strength. The value of the load was from 20-30% to 70-80% of the maximum in a particular exercise. The number of repetitions in one set was from 3-4 to 8-10 times, the number of sets was from 2-3 to 5-6. The speed of movement was from 70 to 100%, and the emphasis was on the rapid implementation of the concentric phase of the movement. The duration of rest between sets was from 1-3 to 8-10 minutes or until the restoration of heart rate to 100-120 beats / min., the nature of rest was active (walking, stretching, breathing exercises, etc.).

Conclusion

Dissolve or strengthen. You have to think fast, think about your actions and technique, think about the steps of a fighter, you have to see his thoughts, beat him physically and mentally, this is the key to your success.

(1) The author's method of cadets' physical qualities development during arm wrestling was developed and substantiated. The developed method was implemented during such form of physical education as training sessions in the course of sporting and mass participation events, which were conducted in accordance with the daily routine of the academy 3 times a week. The means were represented in the form of strength orientation exercises for development of the maximum strength, speed strength, explosive strength and strength endurance. Each stage of the method realization offered their rational balance. The content of the method, which was implemented mainly during the first years of training, included: exercises with weight of one's own body. The load was gradually increased during the senior years of training and included exercises with additional weight of objects or complicating the conditions of performance. (2) The positive influence of arm wrestling, compared to the traditional training methods in terms of increase of the level of cadets' physical fitness was revealed. A significantly ($p \leq 0.001$) better level of strength development in the EG cadets was revealed at the end of the pedagogical experiment, compared to the CG cadets, according to the results of pull-ups, breast-ups,

hip pull-overs, dip-ups on the parallel bars and push-ups. The EG cadets also showed better indicators than the CG cadets according to the tests that characterize other motor qualities (100 m run, overcoming the obstacle course, 3 km run), but the difference was insignificant ($p > 0.05$). (3) A high level of cadets' physical fitness will help improve the effectiveness of their future professional and combat activities.

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