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**of introduction of competence**

**approach to higher education**

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**FORMATION OF PROFESSIONAL COMPETENCE TO TRAINING FOR MUCH ARTS OF FUTURE TEACHERS OF PHYSICAL EDUCATION*. S.)***

**UDC 378.016 : 796.85**

***Rybalko L. S.,Korobeynik V. A.,Ivanov D. S.***

***Abstract.*** *The article focuses on the inadequate formation of professional competence of future teachers of physical education in the training of martial arts. It is noted that professional competence in the study of martial arts of future teachers of physical education is an integral part of his professionalism, the ability of the individual to disclose and use the educational potential of martial arts to teach students the ability to self-defense. The teacher of physical education, with his example, should raise the interest of schoolchildren in physical education. The purpose of the article is to develop a master class "We Own Elements of Self-Defense: Jiu-Jitsu" as one of the ways of forming a professional competence for the training of martial arts from future teachers of physical culture. Research methods ‒ analysis and generalization of scientific and methodological literature on the subject of research; comparison; pedagogical observation of the work of students in classes on pedagogy and in pedagogical practice, interviewing.The essence of the concept of "educational potential of martial art" is clarified as awareness of the importance of physical education of a person, knowledge of the history of his people, its traditions and customs, the ability to use elements of martial art for the purpose of self-defense and protection of another person, revealing moral qualities and force of will in emergency situations. It is noted that the basis of the formation of professional competence in the training of martial arts in future teachers of physical education is the skill of mastering the knowledge and skills of self-defense. The results of the study were the introduction of the master class "Own the Elements of Self-Defense: Jiu-Jitsu" for senior pupils, parents and teachers in order to familiarize the participants of the educational process in the institutions of general secondary education with Jiu-Jitsu self-defense techniques and to promote interest in sports activities. Discussion of the effectiveness of the master class took place at a meeting with the director and proposed to make an annual plan of work of the teaching staff.*

***Key words:*** *competence, physical education, teachers, professional training, martial arts, master class.*

***Formulation of the problem.*** Modern Ukrainian school requires a teacher of high-level physical education, professional ability to provide full physical development of schoolchildren. The Concept of the New Ukrainian School (2016) emphasizes that each child is completely unique and individual, unique from nature and talented, requires a special approach [9]. The Law of Ukraine "About Secondary Education" (2017) also emphasized the need "to raise the conscious attitude towards the health and health of other citizens as the highest social value, to form hygienic skills and principles of a healthy lifestyle, to preserve and strengthen the physical and mental health of pupils (students)" [7]. It should be noted that, on the one hand, martial arts have inexhaustible possibilities for forming the interest of schoolchildren for physical education, and on the other hand, the mastery of the oriental and western forms of martial arts increases the professional competence of future teachers of physical education.

***The urgency of the study*** is due to the need to solve the problem of the formation of professional competence in the training of martial arts in future teachers of physical education and the existing contradictions between: the requirements of society for highly skilled teachers, in particular teachers of physical education, and low level of awareness of the population of Ukraine of the role and practical significance of physical culture and physical education for the full self-realization of the individual in society and in the profession; potential educational abilities of martial arts and insufficient preparedness of future teachers of physical culture to teach students the elements of self-defense on the example of eastern and western types of martial arts. ***Link of the author’s work with important scientific and practical tasks.*** Formation of professional competence in the training of martial arts from future teachers of physical education is an integral part of the theoretical and practical training of such specialists at the Faculty of Physical Education and Sports of H. S. Skovoroda Kharkiv National Pedagogical University (specialization ‒ martial arts).

***Analysis of recent research and publications.*** The theoretical basis of the research was the scientific works of scientists devoted to such issues: the disclosure of the content of physical education and its practical significance for a person (V. Lozova, L. Suschenko, G. Trotsko, V. Chernyakov); formation of interest to students in physical education and sports, positive attitude towards a healthy lifestyle (G. Bezverkhnya, I. Voskan, V. Kuzmenko, A. Roztoka, E. Stolitenko, V. Schyrba); involvement of teachers and parents in solving the problem of indifferent attitude of schoolchildren to physical education, paying attention to the active introduction of health-saving technologies (O. Bugakova, L. Deminska, S. Kirychenko, L. Rybalko, R. Chernovol-Tkachenko); mastering of the basics of martial art both by pupils and adults - parents, future teachers of physical education and young athletes, coaches (O. Bekas, N. Boychenko, R. Golubnychyi, D. Ivanov, V. Lasytsia, G. Ogar, V. Oliynyk, Yu. Palamarchuk, V. Sanzharov). ***Selection of previously unsettled parts of the general problem to which this article is devoted.*** As the analysis of the results of the conducted studies [1-6; 8; 10-20], there is a lack of a thorough study of the theory and practice of forming professional competence for the training of martial arts from future teachers of physical education.

***Scientific novelty****.* For the first time, the essence of the concept "professional competence for the training of martial arts of future teachers of physical education" is revealed as the ability of the individual to disclose and use the educational potential of martial arts to teach students the ability to self-defense. Master-class "We Own Elements of Self-Defense: Jiu-Jitsu" is developed and implemented as one of the ways of forming professional competence for the training of martial arts from future teachers of physical education. The essence of the concepts "interest of schoolchildren in physical education" is specified as the desire to know and reveal their own physical potential, which is reflected in concrete actions of a healthy way of life and lessons on physical education, both under the direction of the teacher of physical culture or the trainer, and independently; "Educational potential of martial art" as an awareness of the significance of physical education of a person, knowledge of the history of his people, its traditions and customs, the ability to use elements of martial arts for the purpose of self-defense and protection of another person, revealing moral qualities and willpower in emergency situations. Further development of methods and forms of physical education (beliefs, exercises, master classes). ***Research methods.*** Theoretical analysis and generalization of scientific and methodical literature on the subject of research; comparison; pedagogical observation of the work of students in classes on pedagogy and in pedagogical practice, interviewing.

***Presentation of the main material.*** In order to form a professional competence in the training of martial arts from future teachers of physical culture, we developed a master class and tested its effectiveness on the basis of the Kharkiv Lyceum № 89 of the Kharkiv City Council. We will present the development of a master class on the theme: "We master the elements of self-defense: jiu-jitsu" for senior pupils, parents, teachers. ***The purpose*** is to familiarize the participants of the educational process in the institutions of general secondary education with the technique of self-defense jiujitsu and to promote interest in sports activities. ***Equipment*** ‒ medals, charts of participants of jiu-jitsu competitions, video materials, a table "Popular types of eastern and western martial arts in Ukraine". ***Coach*** ‒ Ivanov D. S., student of the 3rd year of the Faculty of Physical Education and Sports of the H. S. Skovoroda Kharkiv National Pedagogical University, specialization ‒ martial arts.

Plan.

1. Introduction.

2. Interview with the purpose of disclosing the features of Jiu-Jitsu.

3. Exercises for self-defense.

4. Tasks for self-education by physical education.

5. Conclusions.

Script of Master-class

1. Introduction.

The first school in which jiu-jitsu was taught was called Yesin-ryu, which in Japanese means "willow school". Willow symbol simulates the meaning of the Jiu-Jitsu style. As you know, in nature the willow "demonstrates its ability to be soft and flex under pressure, but not break". It is believed that there is a parable that explains why the willow has become a symbol of this complex arts of battle: "At the top of the rock near the cliff there were two trees ‒ willow and oak. From time to time strong winds blow. The oak was strong, rigidly stood in its place and no wind could move it. Willow, when strong winds blew, simply bend under their power. When the gusts of the winds ended, then she straightened back to the starting position. But once the strongest wind blew all the time, when the trees grew. Oak could not stand it: broke and fell. Meanwhile, the willow, as usual, bent over, and when the wind left the mountain ‒ again stood on it in all its glory. "This parable helps to answer the question: "What is the martial art of Jiu-Jitsu?". So, the main principle of jiu-jitsu is to be cruel when it’s necessary, but be able to flex itself, then straighten out.

Familiarity with safety rules. All students are required to undergo a medical examination.Students enter the hall only with a coach. Any load should begin with a warm-up. When performing exercises, students must be disciplined, attentive, and clearly follow the instructions of the trainer.Students are required to maintain cleanliness and order in the gym.

2. Interview with the purpose of disclosing the features of Jiu-Jitsu.

2.1. What is the difference between Jiu-Jitsu and other martial arts? Masters of martial arts have constantly improved their skills, since they believed that only in this way they would be able to know the true way of a jiu-jits warrior. The versatility of this martial style has become the main reason for which it has become very popular with Europeans after the development of closed Japan. At one time, two distinct styles ‒ judo and aikido ‒ were separated from the main jiu-jitsu school. Each type of martial arts has its own rules. For martial arts, platforms are used, covered with tatami or other materials, the smallest dimensions of which are not less than 8x8 m. This territory is divided into two zones: working (6x6 m) and dangerous (not less than 2 m) and denote the playground in different colors. The 3-minute battle takes place in the work area. The rules are allowed to strike both hands, and legs on the body, as well as the head of a competitor. The use of pain and suffocating methods is allowed only in the party and rack. The bumps are not as good as in karate or taekwondo, there are no spectacular kick strokes in leaps and turns. It is allowed to strike in the sides and elbows. There are 32 types of ways to capture pain on the brush of the hand. And still glands of fingers, joints of hands and feet, action on the spine and on acupuncture points, as well as many soothing techniques. Kidka technology is full of masses of receptions. It is chosen as the basis for such types of struggle as sambo, aikido, hand-to-hand combat.Earlier this art was rarely seen among the lower layers of the population who had no right to wear weapons. The main principle is the use of the enemy’s force against himself. The wrestler does not resist the force, but directs it to the right channel.

2.2. What is Brazilian Jiu-Jitsu? Brazilian technique arose from the famous Mitsuyou Maeda, who traveled to popularize the direction of judo. In Brazil, he began to teach people methods and techniques of struggle, and his pupil organized his own school of development, it modified the technique of martial arts, improved techniques, and as a result, a new style, called Brazilian jiu-jitsu, appeared.

2.3. What is a jiu-jitsu belt system? Jiu-jitsu has its gradation and rating belts that are issued to followers for their mastery of style. The white belt appears to be a student who has just begun to study jujitsu. White stands for a clean sheet, which will be used to train skills and abilities. The yellow belt means that the student has already learned some techniques of jujitsu and techniques of self-defense. We emphasize the use of the words "willed", since this concept differs from "mastered". The red belt says that the student was seized by high-speed and strong blows, and also felt the danger from the weapon. The green belt is given to a student who has confidently entered the path of knowledge, understands the tactics of jiu-jitsu, his purpose, and also has the majority of basic techniques. The blue belt means that the student has mastered the methods of psychological pressure jiu-jitsu and can use them, aware of their danger. A brown belt appears to be a student who decided to fully associate his life with this martial arts. The black belt symbolizes the level of the student who opened his heart and settled in it the art of jiu-jitsu. The name of the owner is embroidered on it and given to him as a degree of high craftsmanship. I would like to say that in jiu-jitsu the belt is a recognizable sign of the skill of the students and characterizes their real skills, since without hard work they cannot be obtained.

2.4. How can you achieve the desired results? The structure of classes and the manual hand-to-hand combat training program used for continuous training, allows you to effectively master the training material during the school year, to achieve positive functional changes in the body of each student. In the process of martial arts, due to the historical traditions and ethical requirements of each style, sustainable habits of self-discipline are important. For example, in the Samson-Law school, as in some other martial arts, the student is not allowed to enter the hall after a teacher. Therefore, in order not to be late for training, the student must learn to use his time rationally during the day. But even the precise requirements of waist certification in a hand-to-hand combat require certain knowledge and skills regarding the personal hygiene of the athlete.

2.5. How to promote the identification of interest in physical education in the process of jiu-jitsu training? There are various ways of motivating young people to physical education, doing physical exercises: demonstration of positive influences from physical activity; interest in a new business; interesting forms of sectional training; the opportunity to assert itself in the environment and in competition with others; the opportunity to have a beautiful body; be healthy and externally attractive; for development of career opportunities; imitation of idol; possibility to spend, with friends, interesting and useful leisure, etc.Martial arts may interest children in stunts that look spectacularly in the performance of masters. No one canceled and selfdefense, because in modern life it is important and very necessary for the child ‒ to be able to stand up for themselves and give a rebound. In general, martial artsт activities have a positive influence on children’s behavior, their consciousness and life’s way. At first glance, martial arts do not look like a great idea, because, according to many films, television shows, video and computer games, they glorify and encourage violence. However, we are convinced that martial arts are really far from it, moreover, martial arts allow children to benefit enormously from physical and personal development.

2.6. How useful are martial arts to convince parents and schoolchildren of this? Can the teaching of martial arts lead to violence? Each instructor can cite many examples from his own practice, when his students at the same time as raising the level of skill lost their bad habits, found worthy friends and even surprisingly themselves changed in a positive direction. All these changes are directly related to the increase in student self-esteem and the growing self-esteem. Possessing a positive self-esteem, the student does not need such artificial stimulants of his own image as drugs, alcohol, street companies, criminal activity, and many other vicious types of activity that seek to "lure into their traps." When a student is satisfied with himself, he has a sense of self-esteem. And this allows him to understand the significance of physical education, to strive for this and to constantly improve his own potential. The purpose of physical education is, first of all, the creation of conditions for changing the behavioral models of the student. If the process of occupation does not cause such changes, then it has no educational value. It is even more important that these changes be directed in a positive direction. It must be, undoubtedly, constructive, clear and stable changes that will contribute to the achievement of the student’s goal. Such changes should be useful both for the pupil himself and for the environment in which he lives.

Martial arts improves the concentration and self-discipline of a person, they usually start with the worship of the master and exercises for warm-up. Then the children produce various skills, including hand and foot strokes. All these exercises require concentration and self-discipline. Parents point out that their children, especially children with attention deficit hyperactivity disorder, successfully develop these skills. Schoolchildren improve their own physical and athletic form by doing a workout that involves jumping, stretching, squeezing and other exercises necessary for mastering martial arts. These exercises strengthen the muscles and dosed load the cardiovascular system. That’s why the bodies of masters of martial arts are well-developed, flexible and have a good tone. Your baby’s body can become the same.

Students learn to protect themselves from potential offenders. Most sports experts in their training programs focus on self-defense. And although the skills in different martial arts may differ, as a result of systematic training, children acquire a wonderful ability to protect themselves. Martial arts trainers also teach children to behave properly on the street, which avoids problems with hooligans. Students begin to learn respect from the moment they cross the threshold of a sports school. They learn to worship masters and instructors. Then young athletes learn to treat other students the way they want them to treat them. In martial arts, strikes by hands, legs and other movements are carried out, unambiguously, with a sense of respect. Experienced martial arts instructors always emphasize the importance of respect and teach their students to be polite with teachers, parents and peers.

Students engaged in martial arts become self-confident. The system of getting different belts helps girls and boys set themselves dimensional and realistic goals. Mastering the new technique or getting a higher belt, schoolchildren feel a sense of achievement that accompanies them in later life. At the lessons of martial arts, a team spirit is brought up, young athletes learn not only on their own, but also with their coaches and other students. They help each other master new tricks, get new bands and achieve goals at sparring and other sporting events. Martial arts help a person learn techniques of self-defense rather than violence, as well as improve communication skills. Most martial arts schools teach students non-violent conflict resolution skills and emphasize the importance of preventing physical confrontation. Note that it is important to remember senior students: the choice of profession is also related to physical development. Yes, martial arts help adapt students to military professions that have recently been contracted.

2.7. When should a child start martial arts? How to choose a kind of martial arts for a kid? Children can start studying martial arts since they are six, because they already have the ability to control their own hands, legs and turns of the body before this age. Although some martial arts offer training for young children. Their programs are usually focused on the game’s form of training, so when moving to older groups, to more structured programs, children may be unprepared for a sufficient degree. Specialists recommend choosing those schools that strictly adhere to the traditional principles of a specific martial arts. Accordingly, it is not recommended to choose a section where jiu-jitsu is interwoven with kickboxing. Your child will benefit more from schools that teach pure martial arts. As we have already noted, earlier this art was rarely distributed in the lower layers of the population, which had no right to wear weapons. Today it is much easier to grasp it, just watch a video tutorial.

2.8. What should be the nutrition of a young athlete? Depending on the period of training sessions and the tasks of sports classes, nutrition may vary. So, in the period of accumulation ‒ basic nutrition in the conditions of ordinary training; catering to competitions; realization period ‒ during the competition. The diet of athletes engaged in martial arts should contain a lot of protein, since the speed-force loads contribute to the restructuring of the muscles (this may be 13-18% of the total caloric intake or about 1.2-1.6 g / kg of weight, and in the period muscle building up to 2 g / kg). Of course, carbohydrates also need to be a lot because they are a source of energy when aerobic-anaerobic loads. When weighing the body we need water, it needs a lot.

3. Exercises for self-defense.

1. Hit your knee in the groin. This technique in the classical performance is a blow to the groin or capture a scrotum, as this zone is the most vulnerable in men. If you really hit the attacker in this place, he will reflexively release his hands, as a result you will have the opportunity to free yourself from capture. Pay attention: you need to beat as hard as possible, as weak attempts only annoy your opponent.

2. Hit to the throat. A simple reception of self-defense, which necessarily involves such an important blow.

3. Hit on the nose with the edge of the palm. This blow should be applied palm edge on the nose or in the area of the upper lip. This is a great way to protect yourself from attack. It should be applied in a horizontal plane with an open palm with a retractor. The most effective option is a hidden blow, that is, you seem to ask for mercy, folding your hands in front of your chest.

4. Hit on the ears. This famous blow is inflicted with open palms, folded down a little boat, at the same time with two ears of the enemy. The main requirement ‒ it should be sharp and strong. You need to use the inertia and weight of your body, and then this technique can lead to a rupture of the tympanic membrane or a severe pain shock.

5. Crashing hits on the face. This technique is considered to be typically female. To use it you need to slightly deploy the body and throw your arm forward: the shoulder, then the elbow and the brush, which shoots up from the bottom of the hob. As a shock surface, you can use the ankles, the palm edge or its back side.

4. Tasks for self-education by physical education. For self-study it is enough at home to perform elementary exercises in physical culture. This may be the usual bending-extension of the hands in the emphasis by lying (squeezing), curling of the body lying on the back, squatting. These simple exercises will be enough to maintain the shape and well-being.

5. Conclusions to the master class.I’m practicing jiu-jitsu for 6 years and from my own experience I can say that this is not just a sport, but also a philosophy that helps me overcome various difficulties in everyday life and become a winner from difficult situations. Therefore, I suggest that you deal with this kind of sport.

***Conclusions****.* Consequently, the basis of the formation of professional competence in the training of martial arts in future teachers of physical culture is the skill of mastering the knowledge and skills of self-defense. As an example of jiu-jitsu, we showed the possibilities of martial arts as for building the competence of future teachers of physical culture, and for increasing the interest of schoolchildren in physical education. ***Prospects for using research results.*** The spread of jiu-jits sections and the revival of interest in this kind of sport testify to the prospect of further research in this direction, which will consist in developing methodological recommendations for conducting classes in sports sections, taking into account modern methods of physical education.

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