



Armenian National Wrestling "KOH"

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Annotation: This article discusses the formation of a recreational lifestyle with the help of folk games in continuous production. Since the use of folk games in the classroom develops education.

Keywords: national wrestling, method, multisided development, competitions, education, martial art, physical culture, physical recreation, training system.

Introduction. The history of the development of arts has as much time as the history of mankind. Along the way there were ups and downs, periods of apogee and decline. At different times, the arts appeared in different qualities, depending on what people aspired to more. Art was first of all a method of human improvement, a method tested by time and many generations of different people in different countries of the world, a method that allows developing a person comprehensively and harmoniously.

The phenomenon of the national wrestling "Koch" is still insufficiently studied. Consideration of this problem will allow putting the national wrestling "Koh" on a par with such systems that have proven themselves in the field of human development, such as Japanese sumo, Chinese wushu, Indian yoga and others. The competition in the national wrestling contains a lot of things that the above systems do not have (national music, clothes and dance).

The purpose of the study is to scientifically substantiate the national wrestling "Koch" as an effective means of forming a comprehensively and harmoniously developed personality. Methodology and organization of the study. The methodological basis of this work is the phenomenological method, with the help of which the author tried to approach the phenomenon of the national wrestling "Koch" precisely from the point of view of human improvement. The author also used general scientific methods (historical method, comparison method).

Results of the study and their discussion. Historiography of the problem. The history of the study of folk games and competitions has a long tradition in the humanities. But the issue that we are considering does not belong to one science, but rather lies in the plane of the intersection of several sciences - ethnography, ethnopädagogy, ethnopsychology, physical culture, etc. The problem we are considering, in our opinion, is unique. In this case, the source for the author is his own work and research experience, which leaves a lot of space for subsequent research and practice. To understand the inner essence of the subject, the author tried to combine together the philosophical and mythological aspects and at the same time the scientific approach, namely, to identify how the national wrestling "Koch" became an instrument of creation.

From all of the above, we can draw the following conclusion: the historiography of this problem, from the point of view of ethnography, still does not actually exist.

The art of competition in the national wrestling "Koch" as a non-classical form of education and training of the individual. "The main form of education today is the class-lesson system, the unit of



which is the lesson - a more or less completed segment of the educational process, in which such pedagogical elements as the goal, content, methods, means, that is, its didactic links" are presented.

"Didactic, educational and organizational requirements are imposed on the lesson as a form of organization of education...". But this is in theory, but in practice only organizational requirements are more or less met. It is precisely the shortcomings of the class-lesson system that come to the fore, the competition of minds is reduced to a stereotyped reproduction of the same thing, etc.

Under such conditions, education is leveled down to the process of obtaining knowledge and habits, and development and upbringing take on rather disfigured forms. The way out of this problem, in my opinion, is to use a non-classical form of education.

Fundamentals of functioning of the system of harmonic development of personality. "Man is the result of the interaction of three forces: positive (the atmosphere of the earth), negative (minerals, metals), as well as the influence of the planets, which comes from outside and interacts with the first two forces."

The most important component of a person is the brain. By developing the brain, we will develop in all areas of our being. The ideal component was defined by Descartes in his work "Cogitroergosum" ("I think, therefore I exist!").

Thinking is the process of processing information that enters the brain through the sense organs (sight, hearing, kinesthetic sensations, smell), as well as from inside the human body.

The following types of thinking are distinguished: visual-effective, visual-figurative, abstract-logical (discursive), empirical, practical, intuitive thinking.

Visual-effective and visual-figurative thinking represent the animal stage of development of the human psyche. But at the same time, these two types of thinking are the most essential for the Armenian national wrestling "Koch". Intuitive thinking also acquires special significance in difficult situations (complexity of the situation, lack of time, the need to take into account the opposing forces, high responsibility for each decision), and these are the field of activity of the art of competition in the national wrestling "Koch". This is in the practical plane, but in the matter of human development, all these types of thinking act in unity. In this regard, let us consider the question of the functional asymmetry of the human brain.

To understand the possibilities of a purposeful development of a person, it is necessary to know that "functional asymmetry is inherent in a person only as a prerequisite, and is finally formed and corrected by the specific conditions of life, training, and upbringing."

We must harmoniously develop both hemispheres of the brain with the help of forms and methods, which include the arts in general, as the most proven phenomena in time to date.

Physical recreation as a special type of physical culture is focused on ensuring the physical, mental, spiritual and social development of the individual. We consider the training of the Armenian martial arts "Koh" as an example, including physical recreation, for the adult population. The national wrestling "Koch", having originated before Christian times in the Armenian Highlands, has a wide range of possible motor activities, as well as ways of interpersonal communication and motivation for self-development. And the main motives are maintaining physical fitness, health improvement, self-development, therefore, in the methodology of teaching the national wrestling "Koch" we consider different components of this art of competition: interaction, music, dance movements, acrobatics, national clothes and wrestling.



As Huising notes, "Now, with the increasing systematization and ever more strict discipline of the game, something in its purely game content is completely lost. The behavior of a professional is no longer playful behavior, there is no spontaneity and carelessness in it anymore.

Recreation stimulates the development of creative freedom, self-realization, promotes self-education. Researcher S. N. Rekhovskaya, who considered the motives of adults that encourage them to engage in physical recreation, confirms the above.

In the process of training in the national wrestling "Koch", both general pedagogical and specific methods based on active motor activity are used:

1. Preparatory part

Motor warm-up:

Wrestling contains movements, exercises for the general motor preparation of most muscles for the subsequent load [8], sometimes it is necessary to pay special attention to certain muscles or muscle groups. A distinctive feature of the dynamic warm-up in the national wrestling "Koch" is that it must be performed without fail under the national musical accompaniment.

Music, rhythms. Music is one of the most original components in the art of competition in the national wrestling "Koch". It has aesthetic and educational value:

- music sets the rhythm and speed of the competition - "games";
- music creates interaction between musicians and dancers-wrestlers.

In view of these circumstances, the musical component in training is also desirable during the entire lesson. Classes with musical accompaniment also have a great health-improving and emotional significance [4]. The musical rhythm organizes movements, improves the mood of those involved. Positive emotions cause the desire to perform movements more energetically, which enhances their effect on the body, improves performance. Music is also used as a learning factor, as movements to music are easier to remember.

1. Final part (7-10 minutes):

a) "Folk types of wrestling, unorganized wrestling games and lessons at school are mass forms that create a culture of wrestling and bring up a taste for it."

b) Success in competitions largely depends on how emotionally stable the competitor is, whether he knows how to manage his mental state, tune in to the upcoming fight, and overcome the effects of various stress factors. "Man is attacking nature on a broad front, using the unlimited possibilities of labor, developing social and emotional-volitional readiness for the process of creation..."

Conclusions. The main principle of human development with the help of the art of competition in the national wrestling "Koch" is the principle of "three pillars", "three spheres". According to this principle, the development of a person in one area will go better and faster if it is accompanied by parallel development in other areas (physical, spiritual, intellectual). It is important to note the following about the practical application of the data obtained:

- firstly, the data obtained can be applied purely theoretically in the further development of a separate methodological and practical course "The art of competition in the national wrestling "Koch" as a method of comprehensive development of adolescents" - for a start in the field of additional education;
- secondly, to subsequently include this cultural and sports discipline in the curriculum of the Armenian basic school as a separate subject for grades 6-9;



➤ thirdly, the findings can be applied by a person to determine his development and self-development, for the general improvement of all his principles of bodily, spiritual and intellectual.

All activities aimed at the prevention of premature aging, the formation of a healthy lifestyle, include the means of physical culture. Exercising for the sake of relaxation and pleasure can be an excellent basis for maintaining a healthy lifestyle, establishing social contacts.

For the art of competition in the national wrestling "Koch", the framework is equally narrow, both purely sports and purely staring. This is not just a duel dance and not a commercial show, but an image, or rather a lifestyle and, if you like, one of the ways of self-identification of the ethnic group (Armenian people).

The cultural and sports art of the competition in the national wrestling "Koh" should be included in the list of the intangible heritage of the Armenian people at the United Nations Educational, Scientific and Cultural Organization (UNESCO).

The equal distribution and development of the Western Armenian and Eastern Armenian varieties of the national wrestling "Koh" in the Armenian communities of the world is the most important principle of preserving the treasury of the ethnos with its ancient traditions. This is the most important principle of preserving national identity, a particle of national and universal culture and heritage, contributing to the comprehensive development of the individual.

The Armenian national wrestling "Koch" should be the bearer of the national idea and culture and become a "national-priority type of competition", but at the same time - international.

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