

## The importance of Aikido east wrestling in the education of developed persons

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**Abstract:** This article discusses the importance of aikido eastern solo struggle, development, popularity, and human health. Aikido oriental solo wrestling plays an important role in educating people physically, mentally, spiritually and aesthetically.

**Keywords:** Individual struggles, harmonious personality, Aikido, healing aspect, ritual, protective ethics, “KI” energy, physical, spiritual, spiritual and aesthetic, intellectual, body and soul.

### Introduction

Everyone should strive to be healthy and form a healthy lifestyle. To be healthy, you need fresh air, vitamin-rich nutrition, a good psychological environment, and regular physical activity. In order not to get sick, it is necessary to prevent it.

The role of physical education in human health is very important and helps us to get physical and mental strength. The great Uzbek physician Abu Ali Ibn Sino also noted that physical education is a priority in human health.

Physical training, ie sports, is an important factor in the development of active movement, circulatory activation, strong immunity, movement of joints, joints and muscles.

From ancient times the people have been striving for physical, mental, aesthetic and spiritual perfection. This perfection is considered to be the most important factor. They have always used

different factors and methods for physical strength, mental alertness, aesthetic perfection, spiritual beauty. They performed various exercises to strengthen the body and soul. As a result, they achieved harmony of body and soul. Humans have also practiced martial arts since ancient times. These martial arts gradually developed, polished and rose to the level of individual martial arts, and developed especially in the eastern countries. These were called eastern martial arts and martial arts. First of all, people tried to be healthy, to strengthen the body and soul. Man is like a sword in the scabbard. "The body is a sword and the soul is a sword," said Abu Rayhan Beruni. There are two types of bodies in man, the physical and the astral body. Therefore, it is necessary to harden the body and soul. Through this, physical and mental capabilities are achieved. Through various exercises, the human body becomes healthy and beautiful. At the same time, through physical exercise, mental alertness, that is, self-confidence, good mood, satisfaction, perception, thinking, attention, intuition, feeling is achieved.

One of the most important spiritual possibilities for a person is this sixth sense. It is the eye of the soul, the highest peak of human spiritual maturity. The body is limited to a certain extent. The possibilities of spiritual power are infinite. In this case, a strong intuition, telepathy is achieved. Through spiritual possibilities, man again acquires gravity (a state of weightlessness), teleportation (the movement of the human body from one place to another), and mental power (inner strength). Examples include Indian oils, Japanese samurai, and Chinese kung fu. They had such opportunities through their martial arts.

Yasinaru Kitaura, a master of Japanese martial arts, says:

"What connects heaven and earth is my soul." In religious teachings, the body is called earth and the soul is called heaven.

Eastern martial arts masters believe that physical possibilities are limited to a certain extent, and mental possibilities are infinite, and this is a proven factor. The warrior has a philosophical observation that he should be as fast as the wind, as dignified as a mountain, as burning as fire, as calm as a forest. For this reason, they tried to protect their family and country from enemies by engaging in solitary struggle. It was a vital obligation.

The Eastern struggle alone is a way in which a person strives throughout his life to harden his body, strengthen his spirit, and discover new facets of his abilities and opportunities. In

particular, Aikido, one of the Oriental martial arts, teaches people the art of self-defense, not the art of striking. In addition, the strengthening of combat style and strategy, the harmony between the universe and man - creates an opportunity for a person to consciously change their lifestyle, realizing the harmony. At the heart of such aspirations is partly human nature, and partly the method and school traditions established by the masters of Aikido.

In our country, this type of oriental wrestling has developed at an unprecedented rate since independence. Today, the number of people involved in this sport is growing.

Aikido Oriental Wrestling achieves many great goals in the education of a harmoniously developed person. Based on this goal, the following are among the main tasks of the work:

- To show the importance of mental and physical training in personal development in the individual wrestling "Aikido";
- "Aikido" about individual wrestling in the minds of people, especially among young people to promote physical health, a healthy lifestyle;
- To reveal the centuries-old traditions of aikido, teacher-student relations, its development and unique features that are not found in any other sport, and to scientifically analyze its human nature.

#### **History of Oriental wrestling "Aikido".**

Originally aikido (as an "art based on vital energy"), in 1948, the occupying power officially opposed the teaching of martial arts to the general public.

It was introduced after the ban was lifted. It was founded by Morihei Uyshiba (1883-1969), the founder of modern martial arts. For many years, Uyshiba traveled throughout Japan, studying various methods of fighting with and without weapons in various martial arts schools. Many of them are painful grasping, holding hands when moving and throwing using the bioenergetic capabilities of the organism. Psychophysics of aikido Uyshiba's school curriculum in the 1920s was more peaceful than even the slogans of judo. Aikido's motto was: "True martial arts are brutal physical force used only to overthrow an opponent, and especially to destroy the world." The real martial art is interpreted to mean bypassing the war and controlling the universal energy "Ki". In this way, with all the martial arts. ug'ullanish defending the goal, but rather the person's feelings of love and respect for the world around him should be taught.

These words of Morihei Uyeshiba, the founder of aikido, and the thoughts of the masters of ancient martial arts urging to build a "second self" in the opponent, are very important in the process of achieving human self-awareness. Aikido's real fame came from the 1954 All-Japan Martial Arts Tournament. The demonstration of an elegant and undoubtedly effective technique was a great success, and aikido clubs began to open all over Japan. After the Second World War, Morihei Uyeshiba formed the Japanese Aikido Union. As a result of the efforts of his son Kishomaru Uyshiba, aikido spread not only in Japan but all over the world.

### **What is aikido?**

Aikido, which originated in the East and has been known to a narrow circle of people for many years, has become a relatively clear and perfect martial art, with the effective arrangement necessary for its development in the next stage of development, combining all human, physical and mental powers and making useful use. But the first impression of Aikido seems to be that it is a perfect system for defending itself from all kinds of attacks, but if you look more closely, it is a martial art with a broad meaning that goes back to the Japanese budget (martial arts) rather than a simple self-defense system. can be seen that. Aikido is the Order of Harmony (Coordination), a way of strengthening the body and soul. The literal translation of the word aikido is "the harmony or way or style of coordination of mental and spiritual energy." The uniqueness of martial arts, developed by M. Uyshiba, is the esoteric type of martial art based on "ki" spiritual energy, which combines unique thoughts and actions from the very beginning of Japanese fencing, javelin, aykijitsu and many others and forms the basis of this unique martial art. Aikido is an effective method of self-defense, which sometimes serves to achieve amazing results, can be used against the attack of one or more opponents at the same time, which means that it can be practiced by people of any age and gender.

### **The healing aspect of aikido**

During the practice of aikido, work is done at different levels, because the end result is the development of personality, the combination of physical and mental as well as functional forces. First of all, it should be noted that the use of Aikido is characterized by a specific rotational movement and the application of force in a plane. Its main result is a high level of coordination: mobile, flexible, functional movement free from any rapid physical (muscle contraction and their

overdevelopment) or mental pressure. Even women, children, and the elderly emphasize that the combination of mental and physical activity has a stimulating property and that the process of practical exercise can be adapted to human shortcomings. The clear result of regular Aikido practice is felt in the improvement of health, especially in the respiratory and circulatory system. While the improvement of the respiratory system is improved by breathing through the abdomen, the circulatory system is improved as a result of the functioning of the joints and the body as a whole. Improved respiration and circulatory system, in turn, allows the blood to deliver new materials to all organs quickly and constantly, and at the same time helps the veins and arteries to get rid of various unnecessary materials and fats. Again, Aikido is an art that helps to bring out the accumulated mental moamos through practical actions. A generally unpressurized and good environment makes Aikido the opposite of many martial arts that are always under pressure and strictly controlled.

#### **Defensive ethics in aikido**

With the correct application of aikido techniques, a mischievous attack can be overcome quickly and efficiently, showing the attacker control over various aspects of attack and defense without causing any serious injury. Aikido teaches the aikido to take responsibility for not harming others. The attacker will be in the lowest state of mind because of his aggressive power. The aikidochi, on the other hand, strives for a high state of mind, in which he defends himself with self-confidence and skillful technique without resorting to harsh methods, which are often taught as a method of self-defense. The more subtle protective concept and pair management that needs to be developed in a practical situation to achieve such a challenging and desired result will become a testing ground for the personality of the Aikido master and the basics of his survival. As a result, Aikido also differs from other martial arts in the meaning given to the word “protection”.

#### **"Center" and "Ki" energy**

There have been stories from the East about many amazing forces, which are likened to a “strong wind or water” that destroys everything in its path. Such a force is variously called, but in many cases (especially in Japan) it is called - "Ki", its location is called "Hara" or "Center". Almost all martial arts, at a certain stage of their development, focus on this power, its ways and means of development. This power is considered “inner energy” or “special energy” and all martial arts have

it but lacking them has consciously developed this power. The location of this energy is about two inches below the navel. That is, it corresponds to the center of gravity of human anatomy. In aikido great attention is paid to this point and to the inner energy (as an energy which is entirely different from the physical and mental energy), and it includes the full meaning of the style.

### **Ceremony**

The ceremony involves the behavior in the hall, the relationship with the teacher and the partner. Yes in the hall! There will be a lot of hard work of you and others, a lot of physical and mental energy will be spent, new friends will be made and new moods will appear, so the place should be respected. It is very simple: - you need to enter the hall only in changeable shoes; - Before stepping on the tatami, take off your shoes, put them in front of the door and bow to the hall and those who are engaged in it; - When entering the study of methods, it is necessary to have the necessary distance, bow to your partner, stand in the desired position, and then start technical actions. You need to finish the style and return to the starting position. - The narrator should be patient, respectful and humble.

In aikido, the role of teacher and student is significant. "If you want to find a good teacher, be a sincere supporter," says the aikido. Aikido practitioners follow the same path regardless of their abilities and abilities (do). In Western countries, many believe only in their own power and that their minds do not give a reason. Therefore, the following relationship was established between the student and the teacher:

1. It is well known that the teacher always calls the student to the path of truth. Therefore, it easily invites the reader and eliminates errors in it. Helps him save time and energy.

2. The technical and spiritual content of aikido cannot be expressed in words alone. The key here is intuition. The training is conducted in more "body language". The teacher demonstrates the lesson using gestures. That is why work is being done on each type of movement. This should be strictly adhered to in training as well.

6. With the help of the teacher, the student develops self-confidence, courage and determination. He feels a responsibility to reinforce what he has learned from his teacher and to pass it on to his students in the future. As a result, aikido is a real and constantly renewing force that plays an important role in the lives of certain individuals.

## Conclusion

The philosophy of Shark's individual struggles embodies the art of the soul and the path of truth.

The purpose of the art of the heart is to combine the personal experiences of the inner and outer world of man in an aesthetic creation. Art is manifested in the psychological understanding of inner experiences and the interaction of abstraction with man.

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