

## Ukrainian National kinds of fight in the System of Physical Education

*Zaporizhzhya national University (Zaporizhzhya)*

### Abstract:

The article deals with questions of national kinds of fight in the system of physical education of children and students. Availability of national kinds of fight is characteristic to every nation. From ancient times fight was used as some kind of physical training of cossacks-warriors for conducting of combat operations in close combat. By now, in many countries ancient traditions of national kinds of fight were saved and methods of trainings that are used by specialists in other kinds of fights. People keep their identity due to the peculiarities of traditional culture. Ukrainian national kinds of fight are preserved in the modern system of physical education and sport as special and various exercises, as well as the range of developmental and outdoor games. Broad use of elements of Ukrainian fight in the national system of physical education and sports can give a new impetus to popularizing types of martial arts and also diversity of training process in other sports.

### Key words:

*national fight, hand-to-hand fight «Spas», physical education.*

**Problem establishment.** National and cultural identification is an essential element of civil-patriotic education and preservation of national identity. Today a variety of national types of wrestling is actively revived and developed in Ukraine. Some of them have already gained popularity and thousands of children practice them. Others are at the initial stage of their development, gradually gaining the attention of their supporters. Thus, today the national types of wrestling should be an important component of formation and development of physical culture and sports in Ukraine.

Today, with the aim of improving the system of mass physical culture and sports in the state it makes sense to implement the national kinds of wrestling, which have old traditions and take into account geographical, national and cultural peculiarities of regions. Especially this issue is popularized at the present time when education has opened great prospects for the development of physical culture, based on the national-regional component. It is necessary to consider regional features and national traditions that affect health and physical development, physical activity of children and adolescents, which allows to retain the traditions and culture of people [2; 6].

It is known that introducing the student to the culture of their people is made through the process of education and physical culture, respectively through physical education. The process of physical education has an active effect not only on physical abilities, but primarily on feelings and consciousness, the psyche and intellect, which in turn ensures the formation of stable socio-psychological and patriotic qualities. [3; 4; 9].

The analysis of researches and publications. The life of Ukrainians is inextricably linked to their culture, their values and traditions. It develops continuously, and also will continue its development under the influence of high and new technologies, which will have a big impact on different aspects of the cultural life of people. But we need to teach our generation to preserve and continue our cultural heritage and develop it. The key to the development of people is the preservation of traditions. Tradition is experience, customs, views, tastes, norms of behaviour, which have been developed historically and are inherited on from generation to generation.

The history of martial arts of Ukraine is rooted in the depths of millennia. The Ukrainian people have defended their land from enemies. In turn, this forced our ancestors to improve their body and sharpen their skills in various competitions. It is important to stress that when talking about martial arts, it refers to two related to each other national kinds of wrestling – «Spas» and «Boyovyiy Hopak». For this reason there are good reasons to include these national types of wrestling to the origins of all existing martial arts in Ukraine that preserved the basic foundation of the modern combat experience of mankind [8].

Wrestling has developed at the time of Cossacks in the culture of Ukrainians. In addition to fighting with fists, Cossacks practiced boyovyiy (combat) hopak, spas, wrestling on belts, sticks, cross-on-cross, etc. [1; 5]. Folk remedies of physical education as a manifestation of folk art are very close and understandable to all. Therefore, the use of national kinds of wrestling, games and dances in physical education enhances the culture of the students. In our country wrestling has got a considerable development thanks to the work of

supporters of the national martial arts of the Ukrainian. Traditional martial arts are designed to return the physical culture of Ukraine to the national roots.

**Objective of the study.** The aim of the study is to describe the national struggle of the Ukrainian meleé «Savior» and its place in the system of physical education of children and students.

**Materials and research methods** – theoretical analysis and generalization of literary sources.

**The main material of the study.** Every nation has its martial culture, the tradition, as the peoples of the East and the West. Every nation is repeatedly passed through the test of war, being in a state of «survival». During those days battle morals were formed those to bring up not just good, but a true warrior with a pure soul and a sincere heart that was able to defend their homeland at any moment. Martial arts and traditions and beliefs have been forbidden and persecuted until recently. Ukrainians were taught to survive in any extreme conditions. This meant that our people were not afraid of any famine, nor war, nor the repression. Folk tradition passed from mouth to mouth, from father to son, from grandfather to grandson. Ukrainian traditional national martial arts are taught not only to wave fists and feet, but above all to temper the spirit of a warrior. It is not surprising that the study and promotion of martial arts enthusiasts became possible only after the proclamation of Independence of Ukraine. Ukrainian national types of wrestling has survived in modern system of physical education and sport as a variety of special and developing exercises, as well as educational and outdoor games. The widespread use of elements of the Ukrainian struggle in the national system of physical education and sports, could give a new impetus to the promotion of martial arts, as well as to diversify the training process of other sports [7].

Since ancient times a variety of types of struggle were distributed in Ukraine. Fight as one of the effective means of physical education has many varieties. The tradition of «Spas» is designed to return the system of patriotic education in Ukraine to the national roots. All the preparation at school of martial arts «Spas» is oriented on the formation of the youth certain advantages, based on history, in the positivism of the Ukrainian national and through this on love to Ukraine, people, Ukrainian national culture.

Training sessions on the Ukrainian close-handed «Spas» are purely of national and Patriotic character as the exercises are accompanied with historical stories of the skills and achievements of the Ukrainian Cossacks. The main task of Ukrainian national martial arts is to training Cossack warriors and athletes of high qualification of native Ukrainian national martial Custom of «Spas», the persistent patriots and defenders of Ukraine [9; 10].

The main features and differentiate «Spas» as a sport are:

- widespread use of boxing elements, in particular elbows, feet and elements of the struggle;
- permission to use suffocating and painful attacks;
- duration of fight – up to 3 minutes;
- high intensity, emotional and technical during the fight;
- large playground, and therefore more opportunity for maneuvers;
- stimulation of the judging system, evaluation of technically complex elements such as: kicks while in jump with a turn around of 360 degrees, capture the foot shell and the head of the enemy in the jump, high-amplitude jumps;
- lack of capacity to implement the capture of the enemy, using the fingers;
- permission for the fight with music;
- obligatory application in clothing the elements of Ukrainian national costume;
- wide application of the elements of the Cossack military ritual in training and competitive practice.

Thus, the «Spas» as a sport, is speed-strength, difficult-coordination and acyclic in nature. Conditions of carrying out of competition of the match call for serious tactical training, the ability to apply all the positive aspects of self-preparedness, identify the weaknesses in the enemy's defenses, quickly analyze his physical and technical capabilities and to effectively resist the unfamiliar manner of struggle.

Special attention at the training of wrestlers in «Spas» should be devoted to the ability to harmoniously combine the elements of striking techniques and wrestling techniques, the ability to switch quickly from one mode of motion on another, as well as the ability to fight in adverse conditions. This applies particularly to the preparation of athletes on the primary level, because at the initial stage with no experience of competition, only when the basis are learnt, a fighter often gets into situations that cannot be addressed during the preparation for a competition.

Such features of the Ukrainian close-handed «Spas» involve extensive use in the training of young athletes special gaming learning tools that can model a variety of typical and atypical situations that arise during the conduct of the match, to find proper and sometimes creative solutions to maintain and develop the

athlete's interest in competitive practice. National types of wrestling are a sustainable element of traditional culture and perform a fundamentally important function in society and in the life of each of its members. Today, the national types of wrestling should be an important component of formation and development of physical culture and sports in Ukraine.

**Conclusions.** Ukrainian melee «Spas»:

- contributes to the development of Ukrainian culture;
- preserves national traditions;
- contributes to the patriotic education of children and students, which today is one of the main tasks of modern society.

**Prospects for future research** are to develop a pilot training program of physical education with elements of Ukrainian melee «Spas» for graduates of bachelor degree of all areas of training of Zaporizhzhya national University.

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### Information about the Authors:

**Lukyanova Kateryna**; <http://orcid.org/0000-0003-2137-7088>; eka2799@ya.ru; Zaporizhia National University; Zhukovsky str. 66, Zaporizhzhia, 69000, Ukraine.

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