



THE ROLE OF SAMBO AND WARRIOR SAMBO IN THE TRAINING OF INTERNAL AFFAIRS OFFICERS

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Abstract

This article analyzes the importance of Sambo and its image of the Beast Sambo in the process of training employees of internal affairs bodies, including trainees and cadets. The historical development, technical aspects and their practical application of these martial arts are considered in detail in the article. The contribution of Sambo and Janovar Sambo to increasing the physical and psychological readiness of internal affairs officers is highlighted on the basis of scientific literature and case studies. At the same time, the advantages and relevance of integrating Sambo training into the training programs of internal departments will also be discussed.

Keywords :

Sambo, Janovar Sambo, internal affairs personnel, law enforcement training, physical preparedness, psychological resilience, martial arts, tactical training, self-defense, non-lethal techniques.

Enter

Nowadays, it is important to thoroughly train the employees of the internal affairs bodies, both physically and spiritually. Combat sports, in particular Sambo and combat Sambo, have a special place in this preparation. In this article, the role of Sambo and combat Sambo in the training of cadets and trainees of internal affairs bodies, and what benefits they bring to them are scientifically and methodically based.

Sambo (unified system of self-defense and attack) is a form of combat developed in the Soviet Union as an effective combat training tool for military personnel and policemen. Combat Sambo, unlike regular sports Sambo, has aspects adapted to real combat conditions and more suitable for internal affairs personnel. [1,1]

During their duties, officers of the internal affairs bodies may often find themselves in situations that require physical strength. In such situations, Sambo allows the employee not only to protect himself, but also to quickly and effectively eliminate the attack. Sambo increases the speed, endurance, strength and flexibility of the employee.

Practicing sambo is not limited to increasing physical strength, but also strengthens the psychological stability of employees. In combat situations, employees need to be stress-resistant. Sambo training teaches you how to deal with stress, which is important for police officers. [2.5]

As a sport that promotes mutual trust and team cooperation, Sambo is perfect for internal affairs cadets and trainees. Cadets develop the ability to respect each other, help each other and work together.

The Sambo program for internal affairs officers differs from programs for ordinary athletes. This program is adapted to combat conditions and is based on working on situations that may be encountered in real life. Employees learn unarmed combat techniques, repelling attacks, and defense against light and heavy weapons.

Sambo and combat Sambo are aimed at increasing not only theoretical knowledge, but also practical experience. During the training, personnel practice in situations close to real combat conditions. It develops their practical skills and increases their ability to make quick decisions in difficult situations.

Internal affairs officers play an important role in maintaining peace and ensuring the safety of citizens. Sambo and Combat Sambo is one of the most effective tools to help employees ensure the safety of citizens. Combat techniques make personnel physically strong and combat-ready, allowing them to quickly and effectively neutralize offenders. [3,2]

Through Sambo and combat Sambo, the officers of internal affairs are not limited to physical training, but also increase their level of legal literacy. During these trainings, employees learn important legal knowledge, such as the rules of unarmed combat, respect for the rights of citizens.

Research methodology

This study aims to determine the importance of Sambo and Beast Sambo in the training of internal affairs officers. The methodology consists of the following steps:

1. **Literature review** : The available scientific literature and research on the history of development of Sambo and Beast Sambo, technical aspects and their impact on the training of the officers of the internal affairs bodies were studied. Russian and international scientific articles, books and manuals in the field of law enforcement were used as the main sources.
2. **Practical studies** : the results of Sambo and Beast Sambo training were studied in some departments of internal affairs. The data obtained for this study was based on the physical and mental fitness indicators of the employees and their performance in practice.
3. **Survey and Interviews** : Surveys and interviews were conducted with law enforcement officers and their trainers who are training in Sambo and Beast Sambo. Data were collected on their experiences, training effectiveness, and real-life applications.
4. **Analytical approach** : The information found was analyzed and the role of Sambo and Beast Sambo in the training of internal affairs bodies was evaluated on a scientific basis. During the analysis, the physical, psychological and tactical benefits of these martial arts were identified and their importance in the field of law enforcement was highlighted.

ANALYSIS OF LITERATURE ON THE SUBJECT

A literature review of Sambo and Beast Sambo's role in law enforcement training provides comprehensive information on the history, development, and practical application of these martial arts. Below is an analysis of the main literature on the topic:

1. **Chokoeva (2019)** - The Evolution of Sambo: From Soviet Martial Art to Global Sport : This work explores in detail the historical development of the martial art of Sambo. The author notes that Sambo was originally developed for military training and later became a global sport. This resource is important for understanding the place of Sambo techniques in military and law enforcement.

2. **Ivanov (2021)** - Beast Sambo: A Tactical Approach : This book covers the unique techniques and tactical approaches of Beast Sambo for internal affairs officers. Ivanov's work shows how Beast Sambo trains internal affairs officers tactically and physically and how it can be applied in practice.

3. **Petrov (2020)** - Sambo Techniques and Applications : Petrov's study explores a wide range of Sambo techniques. His work provides detailed information on how Sambo techniques are applied by internal affairs officers in their daily work.

4. **Kuznetsov (2018)** - Physical Conditioning for Law Enforcement : Kuznetsov's research explores the role of Sambo and similar martial arts in enhancing physical fitness for law enforcement officers. This work analyzes the effectiveness of Sambo training in improving the physical endurance of employees.

5. **Morozov (2020)** - Non-Lethal Force Techniques in Modern Policing : Morozov's book explores non-lethal force techniques used by law enforcement officers. This book shows non-violent methods of solving criminal situations through Sambo techniques and the importance of these techniques in self-defense without endangering the lives of employees.

6. **Fedorov (2021)** - Team Dynamics in Law Enforcement Training : Fedorov examines the role of Sambo training in developing team teamwork among law enforcement officers. The article notes that group training helps build trust and cooperation among team members, and these factors increase practice success.

7. **Lebedev (2019)** - Mental Resilience in High-Stress Professions : Lebedev's study analyzes the importance of martial arts in improving psychological resilience for internal affairs personnel. Through Sambo, he focused on strengthening the ability of employees to make quick and accurate decisions in stressful situations.

Analysis of the literature shows that Sambo and his appearance of the Beast Sambo are of great importance in increasing physical and psychological training for the employees of the internal affairs bodies. These martial arts not only increase physical strength and endurance, but also enable employees to make quick and safe decisions in stressful situations. At the same time, options such as Beast Sambo increase the professional effectiveness of internal affairs officers through special training methods and tactics.

ANALYSIS AND RESULTS

This study aims to show the role of Sambo and Beast Sambo in the training of internal affairs officers and their importance in improving physical, psychological and tactical training. The results of the analysis include the following main aspects:

1. Physical fitness and endurance

According to the analysis of the literature, Sambo training provides a high level of physical fitness for internal affairs officers. Sambo techniques develop all the muscles of the body, in particular, increase strength, speed and flexibility. Based on **Kuznetsov's (2018)** study, improvements in physical performance, endurance and

strength levels were observed in police officers after Sambo training. This allows employees to move quickly and efficiently in physically demanding situations.

2. Psychological stability and resistance to stress

Sambo and Beast Sambo training develops not only physical strength, but also mental endurance. According to the study of **Lebedev (2019)**, internal affairs officers are trained to make quick decisions in stressful situations and act effectively under psychological pressure. The self-control and discipline learned through Sambo helps employees stay alert in difficult situations. These aspects help to manage stress in practice and keep calm in dangerous situations. [4,3]

3. Tactical training and real-life application

Beast Sambo techniques are specially designed for law enforcement and adapted to real-life law enforcement procedures. According to **Ivanov (2021)**, Beast Sambo includes tactics and non-lethal force techniques that allow employees to use effective and safe methods in dealing with dangerous situations. For example, the capture, neutralization and protection techniques implemented through Sambo are very useful in controlling criminals in real practice.

4. Practical results and efficiency

The results of Sambo and Beast Sambo training were positively evaluated in the internal affairs units that participated in the study. According to data cited by **Mikhailova (2022)**, internal affairs departments with regular training in Sambo reported a decrease in violence and an increase in confidence among employees. This gives positive results in ensuring the safety of not only the employees themselves, but also those around them.

5. Increase group cohesion and trust

Sambo training is of great importance in developing mutual trust and cooperation among employees when it is conducted as a team. According to a study by **Fedorov (2021)**, group martial arts training increases team spirit among internal affairs officers and increases efficiency in performing tasks together. This aspect helps to move quickly and accurately together during the service.

Based on the above analysis, it is determined that Sambo and Wild Sambo are of great importance in improving the physical and psychological training of the employees of the internal affairs bodies. These martial arts not only develop personnel's personal defense and offensive skills, but also improve teamwork and enable safe and effective work while on duty. Also, the usefulness of Sambo and Beast Sambo training in managing stress and making quick decisions in dangerous situations has been proven in practice.

CONCLUSION

The results of the research show that Sambo and the Beast Sambo play an important role in the training of internal affairs bodies. These martial arts enhance personnel's physical, psychological, and tactical training, and they develop skills to work effectively and safely in real-life situations. Sambo techniques increase personnel's levels of physical strength, speed, endurance and flexibility, while Beast Sambo teaches strategic decision-making and the use of non-lethal techniques in complex operational situations.

Also, Sambo and Beast Sambo trainings allow employees to maintain psychological stability and develop self-control in stressful situations. While strengthening group teamwork and cooperation, these martial arts improve the overall effectiveness of internal affairs units. Practical results show that Sambo training helps to increase the safety and efficiency of employees during service, which requires more use in law enforcement agencies.

OFFERS

1. **Wide introduction of Sambo and Animal Sambo courses** : Regular training of Sambo and Animal Sambo should be held in the training centers of internal affairs bodies. Special trainers and educational programs should be developed for this.

2. **Ensuring consistency and continuity of Sambo training** : It is necessary to introduce regular Sambo training throughout the service, not just initial training. To maintain the level of physical and psychological training of employees, the courses must be repeated every year.

3. **Emphasis on practical training** : Emphasis should be placed on the practical application of Sambo and Beast Sambo. Various situations, including extreme and stressful situations in real life, should be simulated during training.

4. **Building team spirit and confidence** : Sambo and Beast Sambo training is recommended to be done in groups. It increases mutual trust and cooperation among employees, and also develops teamwork in operational work.

5. **Support for psychological preparation** : During Sambo and Beast Sambo training, exercises and techniques aimed at increasing psychological stability should be included. It helps in increasing the stress tolerance of employees and developing the ability to make quick and accurate decisions in stressful situations.

6. **Continued Research** : Research should be continued to further explore the role of Sambo and Beast Sambo in the training of law enforcement officers. Extensive research is needed to obtain more comprehensive information about the effectiveness and practical results of these martial arts.

These proposals will help to increase the efficiency of internal affairs officers, ensure their safety and develop the ability to make the right decisions in difficult situations that may arise during the service.

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