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Svetlana Stepanyuk
Candidate of Physical Training and Sport Sciences, Associate Professor
Associate Professor, Department of Theory and Methods of Physical Education Kherson State University
Olha Serputko
Candidate of the Second (Master's) Level of Higher Education Kherson State University Aikido instructor
Eurasia Aikido Organization Head of AIWA DOJO
Anatolii Veselovskii
Doctor of pedagogical sciences, Professor Professor, Department of Theory and Methods of Physical Education
Drohobych State Pedagogical University of Ivan Franko
Inna Horodinska
Candidate of Physical Training and Sport Sciences, Associate Professor
Associate Professor, Department of Theory and Methods of Physical Education Kherson State University
Luidmyla Kharchenko-Baranetska
Candidate of Physical Training and Sport Sciences, Associate Professor
Associate Professor, Department of Olympic and Professional Sports Kherson State University

AIKIDO SEMINAR AS A UNIVERSAL FORM OF TRAINING AND MOTIVATION FOR ATHLETES OF ALL LEVELS OF MASTERY

The presented research analyzes an aikido seminar class from the point of view of the universality of this form of work for developing technical techniques at all skill levels. It was determined that since aikido does not provide for competitive activities, but the need to check one's technique, to communicate, to have the opportunity to practice with different athletes, representatives of different dojos, schools, federations and skill levels is present and even determines the motivation for further aikido practice, then it is the form of the seminar class that is universal and acceptable for everyone.

The article describes the state of physical culture and sports activities of aikido athletes, an important role in which is occupied by independent and internal work, which involves the cultivation of willpower necessary for studying the discipline of Budo. The psychological aspect is also important, because regardless of the level of skill, an aikido athlete never reaches the limit of his technical perfection. This factor can simultaneously act as an incentive for constant work on himself and respect for his partner, and demotivation, since a person needs encouragement and status with significant experience and a certain status in aikido.

So that, it was determined that the seminar itself, due to a wider choice of partners for practice and the non-standard nature of the techniques studied at the seminars, makes athletes aware of their real level of skill. It gives a sense of belonging to the community, motivates, promotes the disclosure of internal potential, as physical, and psycho-emotional, awaken interest and motivation for further growth.

Based on their own experience of participating, organizing and conducting seminar and certification classes in aikido, the authors of the presented scientific article consider the seminar class as a method of conducting training, which allows simultaneously developing athletes' endurance, technicality and lability, that is, nervous mobility, speed of reaction. The peculiarity of this method is that it is suitable for both beginners and masters of kyu levels, as well as for more experienced athletes, including fifth dan levels and above.

This study is based on the practice and experience of various aikido schools and directions in the world, is based on the practical achievements of the heads of clubs and federations, is aimed at improving the level of conducting aikido seminar classes, identifying weak points and developing recommendations for the preparation and form of conducting such classes. In addition, the presented research aims to identify the place of attestation within the framework of the seminar, to analyze its expediency and effectiveness.

Key words: aikido, aikido seminar, aikido training, motivation, aikido athletes.

Степанюк С., Серпутько О., Веселовський А., Городинська І., Харченко-Баранецька Л. Семінар з айкідо як універсальна форма навчання та мотивації для спортсменів всіх рівнів майстерності. Представлена наукова розвідка аналізує семінарське заняття з айкідо з точки зору універсальності такої форми роботи для опрацювання технічних прийомів на всі рівні майстерності. Визначено, що, оскільки в айкідо не передбачено змагальної діяльності, але потреба у перевірці своєї техніки, у спілкуванні, у можливості практики з різними спортсменами, представниками різних додждо, шкіл, федерацій та рівнів майстерності присутня і навіть зумовлює мотивацію до подальшої практики айкідо, то саме форма семінарського заняття є універсальною та прийнятною для всіх.

В статті означено стан фізкультурно-спортивної діяльності спортсменів з айкідо, важливу роль в якій займає самостійна та внутрішня робота, що передбачає виховання вольових якостей, необхідних для вивчення дисципліни Будо. Також вагомим є психологічний аспект, адже, не дивлячись на рівень майстерності, спортсмен айкідо ніколи не досягає межі своєї технічної досконалості, і цей фактор одночасно може виступати як стимулом до постійної роботи над собою та поваги до партнера, так і демотивацією, оскільки людина потребує заохочення та статусності при вагомому стажі та певному статусі в айкідо.

Отже, визначено, що саме семінарське заняття за рахунок більш широкого вибору партнерів для практики та нестандартності тих технік, що вивчаються на семінарах, змушує спортсменів усвідомлювати свій реальний рівень майстерності, дають відчуття належності до спільноти, мотивують, сприяють розкриттю внутрішнього потенціалу, як фізичного, так і психо-емоційного, пробуджують інтерес та мотивацію до подальшого зростання.

Основою є власному досвіді участі, організації та проведення семінарських та атестаційних занять з айкідо, автори представленої наукової статті розглядають семінарське заняття як методику проведення тренування, що дозволяє одночасно розвивати витривалість спортсменів, технічність та лабільність, тобто нервову рухливість, швидкість реакції. Особливістю даної методики є те, що вона підходить як для новачків та володарів рівнів кю, так і для більш досвідчених спортсменів, в тому числі для рівнів п'ятих дан і вище.

Дане дослідження має за основу практику та досвід різних шкіл та напрямів айкідо у світі, спирається на практичні здобутки керівників клубів та федерацій, направлене на покращення рівня проведення семінарських занять з айкідо, виявлення слабких місць та розробку рекомендації щодо підготовки та форми проведення таких занять. Також представлена розвідка має на меті виявлення місця атестації в рамках семінарського заняття, аналіз її доцільності та ефективності.

Ключові слова: айкідо, айкідо семінар, тренування з айкідо, мотивація, спортсмени з айкідо.

Formulation of the problem. The Eastern concept of ki energy, which consists in the constant transfer of power from inanimate beings to living beings and vice versa, has long ceased to be the property and vision of only the guardians of Eastern teachings. We have long witnessed the formation of global cultural flows that create a completely new intercultural communicative reality that connects people and phenomena regardless of the material standard of living or cultural features. Such practices are becoming more and more popular, which involve not only physical exercises, but also the conscious formation of certain spiritual and volitional qualities. Such types of physical activity, which a priori do not involve a competitive component, require a person to constantly search, which has the appearance of an experiment and does not have a final goal. That is, this search is constant, and even if you have received the title of master and even teach others, you still have something to strive for and where to move further.

Aikido corresponds to this concept, and it is this principle that underlies the idea of holding a seminar class as a place to exchange energy, thoughts, knowledge and experience. After all, the main value of each class is the moment of working out a certain psycho-physiological skill with a certain partner, which gives a unique experience not only in terms of martial arts, but also in terms of socialization.

Thus, the **purpose of research** was to analyze and to investigate the aikido seminar as a universal form of training and motivation for athletes of all the levels of mastery, and a certain methodology of teaching and organization in aikido study.

Materials and methods of research. Although aikido seminar classes are the main form of work for the transfer of knowledge, accumulation of experience, preparation for certification and communication with the sensei of each member of the school and organization, there are almost no scientific studies in this direction. Although the study of the biophysical and psychophysiological component of aikido is engaged in by numerous foreign and domestic scientists, in the direction of physical education and sports, as well as interdisciplinary STEM concepts.

We would like to single out the works of Zdenko Reguli, many of whose works are devoted to martial arts and combat sports, and especially aikido, from various perspectives (2008-2022). Speaking of Ukrainian scientists, O.G. is engaged in researching aikido topics. Shalar (2020, 2021), S.I. Stepanyuk, and O.K. Serputko (2022) [4, 5, 8, 9, 10].

Working on the solving the mentioned task, we used such methods of research as analysis of literature sources, generalization of scientific data and theoretical analysis, the experience of Ukrainian and foreign colleagues.

Presentation of the main material of the study. Aikido is a martial art offering a path to personal transformation touching on all aspects of who the person is and how he or she relates to others. One may start with an interest in self-defense skills, exercise, and social activities. However, the practice can offer considerably more and lead to a life-long study that transforms how one learns, developing a growth mindset and attitude of receptivity.

Aikido is much more than just an intellectual study of principles. That is why practice is needed, it allows to viscerally feel all them in one's body. By physically blending and unifying with the partner and resolving conflict without force, one can develop an understanding that cooperation and harmony are not weak but are actually very powerful [11].

Training in an Aikido dojo is different from belonging to a team or gym. Aikido dojos offer strong communities, based on the nature of the practice, social events, seminars and travel. By training, you become part of a worldwide group of practitioners, seeking to better themselves and contribute to a more peaceful society. In that way, the practice and taking part in the seminars can become a powerful antidote to isolation of the technique that may work only at home dojo.

It is very important for instructors to avoid repetition in their teaching, trying to get people to imagine various scenarios in order to keep their practice fresh. Anyway, each person has its own handwriting in applying techniques. For this reason, sensei should not only be creative on the trainings, but also explain the importance of taking part in the seminars. He must regularly visit such seminars as well, because even a teacher needs a teacher and a blow of fresh knowledge of course [6].

Sometimes people are afraid too much of making mistakes on tatami on the seminar, the role of a sensei in this case is to explain, that studying is not a mistake, it is just that they are responding to a different situation than the one they were presented with. The only way to be ready for the situations is to cultivate a freedom of movement that allows responding in the moment to whatever might be happening. That is the main aim of the seminar practice – to cultivate creativity in Aikido practice [3, 7].

According to a survey we conducted among aikido practitioners for more than ten years, belonging to different clubs and organizations, they named the following reasons why they tend to attend aikido seminars:

- Learning is not entirely automatic. On the seminars, one can practice with new people of all levels. There can be someone well known and respectable, and someone absolutely new
- Getting a feedback from the others. Being a master in one's dojo is good, but only practice matters. People from other clubs may move differently, react differently, etc.
- Discovering new forms of aikido as well as forms of the seminar. Aikido seminar is always a great source of learning, not easy, but very surprising, and some seminars are for discovery, others are for focusing.
- By attending a seminar, even in a very small way, we are helping those who organize and those who teach it.
- Making and meeting friends: tatami is always a great place to meet people, and the only language is needed is aikido.
- Attestation exam that needs a concentration and gives an opportunity to see and try more, to socialize, to feel free on the public.

Aikido practice in general is a form of functional training improving mind-body coordination that applies to activities of everyday life. It emphasizes natural movement and uses minimal effort to execute techniques. This practice reduces muscle tension and increases freedom of movement. Aikido training can improve your performance in competitive and recreational sports. Its focus on balance and safe falling helps avoid injuries on and off the mat. Practice in the frames of seminar training is much more intensive and creative, requires from a person much more attentiveness and forces [2].

Regular training in Aikido improves physical conditioning, and helps develop balance, flexibility and coordination. Falling down and getting up repeatedly during class teaches you the ability to easily regain equilibrium and develops physical resilience. Then, taking someone else's balance provides you a study of connected yet independent movement, maintaining your balance while guiding a partner. However, the test of all these acquired skills, regardless of their level, will be a seminar that acts as a litmus test both for the athlete himself and for his instructor [12].

Aikido's movements are graceful and fluid and can be practiced by anyone at any age. Individual progress can be made no matter your level of physical ability. In fact, it often becomes a continually evolving life-long physical study. Because of the multi-faceted nature of Aikido practice, many students experience improved energy levels and sense of well-being on this fulfilling path [1].

In addition, an important role on this path belongs to seminar classes as levers that give a real picture of how a person trains, what he is guided by in his training and what his real technical level is. In terms of influence on the personality, the seminar is a powerful means of socialization, which in the post-war period in the realities of martial law in Ukraine and the world is extremely important, because it has a moderate recreational effect.

Results of the research. When a person begins to learn Aikido, he first learns his teacher's movements by copying them. As in any other form of art, we study the mechanics, so that later, reproducing the learned movements, we look for our own way to embody the chosen image. This is how we behave in Aikido training, and it is very important at a certain time to start observing not only our first teacher, but also other athletes and even other teachers, so as not to become clones. After all, aikido is an individual martial art, and each technique in it, despite having a single base, will be performed differently by each person, adapting to his or her psycho-emotional and physical characteristics.

That is why the important role of the seminar classes is for each of its participants to:

1) Compare their knowledge and skills, built into them by copying the actions of their trainer, with other masters, see their weak points, understand what still needs to be worked on, realize that technically he is growing, because he understands and sees much more.

2) Took on something new, harmoniously complementing his technique with additional techniques and movements.

3) Work with new and unfamiliar partners, and not with those with whom he works at every training in his dojo.

4) Realize that the practice of aikido is an internal work of an individual, based on his individuality; therefore, it is important to adjust each new skill or knowledge to himself.

5) Socialize, learning to interact effectively with different partners.

Being a constant form of generalizing or creative aikido class, the seminar class plays a decisive role in the formation of aikidoka as a person who does not compete with other people in speed, strength, endurance, or technicality, but only with himself, thus reaching the state of spiritual growth and technical improvement.

Conclusions/ discussion. As a result of the research, we reached the following conclusions:

1. Since aikido is a discipline of Budo, that is, it involves training not only the body, but also the spirit, training in which there is no place for competition, only self-improvement, the best way for motivation, training, knowledge exchange and awareness of the real picture of one's level is such a form of organizational training work, like a seminar.

2. An aikido workshop does not necessarily have to be aimed at a wide range of participants. It is very useful to hold specialized seminars: by level of training (for beginners, for instructors, for owners of the third dan and above, etc.), by age (for teenagers, for adults, for children), by the tactics of performing techniques (for players/ pacers/ strengths) etc. Nevertheless, the main form of work remains training, and the main form of conducting the seminar is a mixed type.

3. Regarding the timing of the seminar, two or three times a year of the organization or federation, it is recommended to hold a seminar at the country level under the leadership of the technical director of the organization, or a commission consisting of leading instructors. As part of such seminars, it is recommended to conduct data certifications. Internal as well as specialized seminars should complement the main ones and be held within the framework of up to three per year with an interval of at least a month, taking into account the main ones.

4. Attending seminar classes as well as membership in organizations and associations of Budo disciplines must be a voluntary decision of each individual, and cannot be an obstacle to attending aikido training classes. That is, a person has the right to practice, but not to participate in seminars or certifications.

5. Both the organizers of the seminar and its participants should understand that the main goal is the self-improvement of each participant, and not the financial component, the favor of the leading instructor, or the mass factor. Only a conscious attitude of athletes to both training and seminar classes, as well as regularity, accessibility and individuality of training will give the desired result.

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Turyanitsa I. S.,
lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"
Sobolenko A. I.
senior lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"
Koryukaev M. M.
lecturer of the department of health and sports technologies
National Technical University of Ukraine "Ihor Sikorsky Kyiv Polytechnic Institute"

FEATURES OF IMPLEMENTATION OF EDUCATIONAL TASKS IN PHYSICAL EDUCATION CLASSES IN INSTITUTIONS OF HIGHER EDUCATION

The article examines the problems of implementing educational tasks in physical education classes in institutions of higher education. The current state of physical education of students is analyzed. The existing system of training in physical education in institutions of higher education is characterized. The need to improve the organization and planning of physical education classes in conditions of mixed education is substantiated.

In the modern system of secondary education for students with health disorders, the presence of physical education is mandatory as an integral part of education and upbringing of the younger generation

Today, in the context of numerous innovations proposed by leading state bodies and industry specialists, there is a need to review and update the legal acts regulating the organization of physical culture and health work at school.

Preserving and restoring the health of Ukraine's children becomes an extremely important matter, as it is our future and one of the main sources of a full life, happiness, joy, and success of our state. It is not only a person's personal property, but also public wealth, one of the most important indicators of people's well-being.

The need to improve and introduce new educational programs for students with nosologies and make certain changes