



Conjugated execution of maneuvers of defensive and counterattacking actions used by athletes in applied martial arts for training personnel to perform apprehension techniques

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Abstract

Objective of the study is to identify the techniques of maneuvering of defensive and counterattacking actions used by athletes in the competitive activity of applied martial arts for training the personnel of the internal affairs bodies in the use of apprehension techniques.

Methods and structure of the study. An analysis was carried out of information sources devoted to the problem of the conjugated execution of maneuvers of defensive and counterattacking actions used by athletes in applied martial arts.

Results and conclusions. In the article, the author reveals the features of defensive and counterattacking actions against strikes performed by martial-arts athletes in competitive activity. The issues of technical actions for defense against punches, performed by sequential and combined actions for carrying out apprehension techniques, are considered. Tactical-technical actions of performing conjugated maneuvering, used by athletes in applied martial arts for performing defensive and counterattacking actions with the subsequent application of tactical preparations, are proposed.

Keywords: *maneuvering combat, conjugated combinations, defensive and counterattacking actions, combat interactions, counteraction, combat tactics.*

Introduction. In modern conditions, the participation of the world's leading athletes in important competitions in combat sports, in order to achieve high results, makes use of maneuvering combat and maneuvering combat conduct. Maneuvering combat represents a combination of maneuvers in combinations that are performed simultaneously, conjugately, and jointly, leading to the irrational reactions of the opponent and to his loss.

Objective of the study is to identify the techniques of maneuvering of defensive and counterattacking actions used by athletes in the competitive activity of applied martial arts for training the personnel of the internal affairs bodies in the use of apprehension techniques.

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neuvors of defensive and counterattacking actions used by athletes in applied martial arts.

Results of the study and discussion. The criterion for assessing defensive and counterattacking combinations during the apprehension of offenders is the efficiency and safety of performing the official task. A wide representation of varieties of performing defensive and counterattacking actions is presented in the competitions of martial artists, which allow us to draw statistical conclusions and assess their effectiveness.

In the tactical-technical training of personnel, there is a difficulty in forming the abilities and skills of performing professional competencies in resolving conflict counteractions in extreme situations of official activity.

The application of basic combat tactical interactions in neutralizing and apprehending offenders is



associated with the resolution of conflict interactions, often turning into open counteraction in situations of variable uncertainty. These skills are widely used in striking martial arts such as combat sambo and army hand-to-hand combat.

In the course of analyzing the technical actions for defense against punches in the training of personnel and athletes, two main ways of their execution are distinguished: by sequential and by combined actions. Unlike sequential actions, when time is lost on deceleration at the end of one element and the acceleration of the next, in the entire sequence of combat actions the execution time is slowed down, whereas in combined execution several actions are performed simultaneously and therefore the speed increases. In joint simultaneous execution of actions, acceleration is achieved due to the fact that the end of the previous action, in terms of motor parameters, is suitable for carrying out the subsequent action.

Solving such tasks by the sequential application of these actions has low effectiveness. For the successful execution of counterattacking actions, they must be carried out simultaneously, when conjugated execution in combinations makes it possible to outstrip the opponent by performing effective actions in competitive activity or for the employee to quickly transition to an apprehension technique.

The application of the principles of constructing defensive and counterattacking actions against strikes and throws by police officers in situations of operational-official activity is analogous to that for combat sambo and other striking martial arts.

At the same time, it should be noted that, among scientific studies on the study of combat sports, works on counteracting the tactics of maneuvering of martial artists in competitive activity, showing the actions of the confrontation that are hidden from the opponents, have acquired great importance.

The transfer of competitive experience from the wrestling of combat sambo in combining maneuvers during defensive and counterattacking actions makes it possible to improve the effectiveness of the application of apprehension techniques. Personnel engaged in service-applied combat sports apply maneuvering and tactical preparations to carry out counterattacking combinations with the subsequent apprehension of the offender.

The elimination of possible resistance and the transition from striking technique to performing the

apprehension is realized through the simultaneous application of several defensive actions. To achieve a result, the simultaneous execution of two or three maneuvers included in the combinations should be performed, which makes it possible to outstrip the opponent and quickly perform effective actions. The temporal indicators of performing one's own actions, which have an impact on the opponent, must be determined by the reduction of the execution time due to the conjugated maneuver of defensive and tactical preparations for performing the counterattacking strike. The process of combining actions makes it possible to accelerate their execution two or three times due to the combination of maneuvers for the application of defenses and tactical preparations and the adoption of the starting position for several actions simultaneously.

The result of achieving success in the counteraction between fighters in a bout is the tactics of combat conduct. Depending on the development of the situation in the state of combat interaction, in the process of counteractions with the opponent, the tactics make it possible to vary the execution of defensive and counterattacking actions in a timely and rapid manner.

In competitive activity, tactics are the key link determining the effectiveness of the result; the use of knowledge of the conjugated maneuvering of leading martial-arts athletes will help to improve the tactical-technical training of the personnel of the internal affairs bodies.

In combat sports, after performing a defense, the execution of counterattacking actions – strikes – is carried out predominantly to the head or the body. In bouts, punches are delivered as quickly as possible, therefore, when performing defensive and counterattacking actions, athletes use various combinations of constructing combat interactions; in this way they make it possible to achieve a positive result in bouts.

Using additional maneuvering techniques, the athlete needs to bring the opponent into a favorable situation for entering into combat interaction for the application of defensive and counterattacking actions. The effectiveness of combining maneuvering techniques to achieve a result increases when they are carried out by means of the tactical and technical actions of one combination or with a switch to another combination. The additional execution of maneuvering techniques will make it possible to de-



termine the tactical actions and methods of combat interaction that allow the effective execution of an effective combination practiced in the training process.

In competitive activity, the tactics of conducting combat interaction are the key link determining the effectiveness of the result; the use of knowledge of conjugated maneuvering, applied by martial-arts athletes, will help to improve the tactical-technical training of performing defensive and counterattacking actions with a switch to the tactical preparations of personnel performing official tasks.

Conclusions. The effectiveness of the defensive and counterattacking actions of personnel during the apprehension of offenders is ensured by the combined (simultaneous) execution of several maneuvers, which reduces the reaction time by 2–3 times, in comparison with sequential actions. The principles of constructing such techniques are analogous to those used in striking martial arts (combat sambo, army hand-to-hand combat), therefore the transfer of the competitive experience of the conjugated maneuvering of athletes makes it possible to increase the effectiveness of the tactical-technical training of personnel. The key factor of success is the tactics of combat conduct, ensuring the timely variation of defensive-counterattacking combinations in conditions of extreme uncertainty.

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