Historical aspects of arm wrestling development in the system of power sports

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Abstract

Objective of the study was to analyze the main historical aspects of the emergence and development of training and competitive processes in arm wrestling.

Methods and structure of the study. Scientific work is organized in accordance with the norms and rules for preparing and conducting descriptive research using the method of document analysis.

Results and conclusions. Many of the most important aspects of the history, theory, and methodology of arm wrestling remain poorly researched or at least not reflected on the pages of scientific publications. In our opinion, the presentation of arm wrestling as a socio-pedagogical system would help to eliminate, if not all, then most of the numerous gaps. In modern practice of Russian sports, the socio-pedagogical system of strength sports is brought into line with the specific social context.

Keywords: *socio-pedagogical system, strength sports, arm wrestling, American and European versions, athleticism, strength combat.*

Introduction. Due to the labor-intensive nature of the training process and its results, one of the most recognized and professional types of strength training is deservedly arm wrestling, which could be called the right-wing strength direction of the sport. The health hazard and the resulting mandatory systemic organization of arm wrestling require us to look at it not just as a hobby, but as a clearly expressed, although not widely understood, social-pedagogical system.

The appearance in the literature of the concept of a socio-pedagogical system of a sport or an entire sports direction is determined, firstly, by the fact of the unconditional and pronounced socio-historical origin of any sport [12], which, despite the apparent external homogeneity and social neutrality of sport as a whole, indicates the close connection and dependence of the development of certain parts of it on a specific social context [1-10, 12]. Secondly, based on the fact that pedagogy is a targeted systemic influence on an individual, aimed at the formation and/or correction of a set of given social parameters [11], the concept of a socio-pedagogical system allows us to identify and take into account what pedagogical means and which ones Personality parameters of this or that sport are intended to explicitly or implicitly form and/or adjust [ibid]. Thirdly, the application of the concept of a socio-pedagogical system of a type or direction of sport, as well as sport in general, allows us to scientifically build social policy and social forecast in the field of physical culture and sports, which is especially important in a situation of competition and struggle between states in the external political arena.

Thus, the relevance of the topic of the material presented below, on the one hand, is determined by popularity, mass appeal, social impact on the individual and lifestyle, unsafety for the body, systematic organization of arm wrestling, and the important niche that this sport occupies among other types of strength training. On the other hand, the relevance of the topic under consideration is determined by the potential application of the concept of the socio-pedagogical system of sports.

The scientific problem of the study is the fact that the topic of analysis of arm wrestling as a socio-ped-

agogical system is characterized by some ambiguity, perhaps even inconsistency in its interpretation, since there are enough followers of arm wrestling (strength combat) not only among athletes, but also among representatives of disadvantaged groups [3].

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Research results and discussion. To perceive arm wrestling only as a sport would be too narrow. Arm wrestling is one of the youngest types of strength competitions, only partially adapted to modern sports, born from the game transformation of labor and military practices and the culture of bodily and motor activity in lifting and carrying heavy objects: pets, stones, logs, hunting and military trophies. Today, arm wrestling, as a specific body-motor culture that unites millions of people, belongs not only to sports. In addition to the already traditional sports model, arm wrestling simultaneously has several more social models and development prospects, known as:

- discipline of physical culture and education;
- a form of festive and gaming mass leisure and recreation;
- a program to maintain the physical health and active longevity of veterans, that is, people in old age, in their seventh and even eighth decade of life;
- form and program of social rehabilitation for people with disabilities;
- subculture of professional strength martial arts arm wrestling.

What unites all these models? According to the apt expression of Denis Tsyplenkov, one of the respected veterans and organizers of arm wrestling and arm lifting competitions, all these models are represented by "severe people who, in gloomy basements with hard hard work, achieve colossal results in arm wrestling." It seems to us that this phrase very accurately and succinctly expresses the socio-psychological portrait of a typical "arm wrestler", and, consequently, the pedagogical influence on the individual from systematic arm wrestling training.

As for scientific publications in the field of arm wrestling, the situation here is quite deplorable: firstly, there are very few such publications; secondly, they concern only methodological aspects, and even then not all of them; thirdly, even these moments are closely connected with the Internet and are presented in its characteristic advertising and commercial style, often theoretically and methodologically completely illiterate. With extremely rare exceptions, there are no publications at all about the socio-pedagogical system of armwrestling, its philosophy and psychology, which calls into question the existence of the scientific methodology of armwrestling [3]. However, it would be advisable to mention some publications.

Of course, one of the best teaching aids on power wrestling and arm wrestling in Russia is the book by Nikulin, Matyushenko, Posokhov: "Strength abilities in arm wrestling. Main trends, assessment of features and manifestations." Where the scientific foundations of the training process for developing strength in the hands were presented in quite accessible language.

The works of Yu.V. Dragnev, P.V. Zhivor, A.I. Rakhmatov, E.I. Usanov, L.V. Chukin also deserve some attention. All of this literature, although sometimes makes it possible to consider arm wrestling in the context of the evolution of strength martial arts sports [3], however, generally also does not go beyond the scope of methodological recommendations and autobiographical narratives. A huge number of the most important aspects of the history, theory, and methodology of arm wrestling remain unexplored or at least not reflected on the pages of scientific publications. In our opinion, the presentation of arm wrestling as a socio-pedagogical system would help to eliminate, if not all, then most of the numerous gaps.

A brief summary of the history of the world development of arm wrestling in the context of the topic of our research is as follows.

- according to one version, the birthplace of arm wrestling is the USA, officially recognized in 1952 in Petolumo by Bill Soberenes, the founder of arm wrestling;
- according to another version, the birthplace of arm wrestling is England, where in ancient times, instead of fist fights, knights and ordinary townspeople resorted to arm wrestling

Conclusions. It is not surprising that the socio-pedagogical system of power arm wrestling today looks contradictory, because it was formed in parallel in the USA, Western and Eastern Europe, moreover, under different socio-economic systems, under the influence of different worldviews and ideologies.

It must be admitted that the most organic, that is, the most fully and accurately corresponding to a spe-

cific social context, was originally and still is the American version of the socio-pedagogical system of arm wrestling. Other Western and Eastern European versions of this system, with greater or lesser corrections, gradually transformed into the American version of the socio-pedagogical system of power wrestling (arm wrestling) with its real and effective focus on private capital, market competition and self-promotion, individualism and the cult of Superman.

European technical techniques, methods and technologies have also undergone corresponding degrees of transformation and adaptation, as historical experience shows, closely, although not very clearly dependent on worldview and ideological foundations, for example, on American pragmatism.

Our domestic model of the socio-pedagogical system of power arm wrestling has undergone a particularly strong transformation.

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