



THE IMPORTANCE OF BOXING IN ENHANCING THE COMBAT READINESS OF TERRITORIAL INTERNAL AFFAIRS PERSONNEL

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Abstract: This article comprehensively analyzes the role and significance of boxing in enhancing the combat readiness of territorial internal affairs personnel. It highlights the role of boxing training in developing physical fitness, speed, endurance, strength, coordination, and mental stability necessary for service activities. Additionally, the article provides scientific and theoretical justification for the practical skills acquired through boxing in effectively applying legal measures against offenders, protecting oneself and others, and making appropriate decisions in extreme situations that may arise during service. The article puts forward proposals and conclusions on the widespread implementation of boxing training to improve the physical preparation system in internal affairs bodies.

Keywords: Internal affairs bodies, combat readiness, physical training, boxing, special preparation, mental stability, service activity, extreme situation.

In the current era of globalization, ensuring public safety and protecting citizens' rights and freedoms is one of the priority tasks facing internal affairs bodies. The effective execution of these tasks directly depends, first and foremost, on the professional skills, physical and psychological preparation, as well as the level of combat readiness of internal affairs officers. In particular, territorial internal affairs personnel require constant high preparedness in combating crime, maintaining public order, and swiftly responding to dangerous situations.

Practical experience shows that during their service, internal affairs personnel encounter various extreme and conflict situations. In such circumstances, an officer's physical strength and endurance, speed of action, self-control, and stress resistance are of crucial importance. From this perspective, the issue of enhancing the combat readiness of personnel should be under constant attention within the internal affairs system.

The concept of combat readiness is not limited to physical strength alone, but also encompasses mental stability, discipline, determination, and the ability to make correct decisions in dangerous situations. In developing these qualities, the role of sports, particularly martial arts, is invaluable. Among them, boxing stands out as one of the sports most closely aligned with service activities and possessing practical significance.

Boxing is a sport that requires not only physical strength, but also quick thinking, anticipation of the opponent's actions, and precise coordination of reactions and actions. In the process of boxing training, a person develops endurance, willpower, self-control, and the ability to maintain mental stability in difficult situations. This is very important for employees of internal affairs bodies in their official activities.

At the same time, boxing provides employees with the practical skills necessary for self-defense and the application of legal measures against offenders. In particular, the speed of movement, striking, and defensive techniques created by boxing can be effectively used to

eliminate various dangerous situations during service. This will help employees act within the framework of the law, avoiding excessive violence in cases of physical violence.

The systematic introduction of boxing into the practice of organizing physical training in territorial internal affairs bodies will serve to increase the overall effectiveness of the service of employees. Boxing training plays an important role in forming a fighting spirit in young employees and preparing them for the difficulties they may encounter in service.

Therefore, this article analyzes the role of boxing in improving combat readiness in territorial internal affairs bodies from a scientific-theoretical and practical point of view and highlights the issues of its more effective implementation in the system of official training. The conclusions and proposals presented in the article serve to improve physical and special training in the system of internal affairs bodies.

The role of boxing in improving combat readiness in territorial internal affairs bodies is an important issue, and the experience of foreign countries shows many effective examples in this area. Boxing develops the physical fitness of police officers, their attacking and defensive abilities, endurance, and the ability to make quick decisions in stressful situations. In the United States, boxing is used in police academies as an important part of defensive tactics training, as it teaches officers how to take hits and keep fighting. For example, the Fort Worth Police Academy and the New York Police use boxing in recruit training, practicing with a protective helmet, gloves, and mouth protection, which helps them act effectively in real situations.

The benefits of boxing in police training have been proven in numerous studies. Boxing exercises increase the physical endurance of personnel and reduce the risk of injury, as they become prepared for strikes and learn to defend correctly. An experiment on Brazilian police cadets showed that officers who did additional boxing/kickboxing exercises showed significant improvements in movement effectiveness, overall evaluation, and team actions. According to this experiment, boxing and Brazilian jiu-jitsu increased employee effectiveness in real situations by 20-22% as additional training.

Boxing is widespread in police training in foreign countries. For example, in England, boxing exercises in the Metropolitan Police are used to improve the mental and physical fitness of police officers, where boxers and detectives achieve effective results in working with youth and crime prevention through boxing. Boxing teaches police officers how to take hits, allowing them to continue in a real struggle without losing themselves. Boxing is used as a full contact exercise in many police academies, but protective equipment and the correct technique are required to reduce the risk of injury.

In countries such as Russia, Bulgaria, and Cuba, boxing, along with sambo and the system, is a key element of police training. In these countries, boxing enhances personnel's ability to move quickly, synchronize attack and defense. In Israel, Hungary, and the USA, boxing is taught alongside combat training, which raises the combat readiness of police officers to a high level. In Greece and Korea, boxing is used in police training in combination with MMA and taekwondo, which provides universal training for personnel.

Scientists have the same opinion about the role of boxing in the police: along with increasing physical fitness, it also develops mental stability. [9] For example, boxing exercises help make the right decisions in a stressful situation and turn actions into automatism. In the American police, boxing is widely used in academy training, as it improves the teamwork of

officers and their ability to cooperate. [10] Statistics show that employees engaged in boxing reduce injuries and increase their performance.

In Canada, boxing is trained alongside judo and wrestling in police training, which significantly increases the endurance of personnel. [11] In India and Cuba, boxing combined with wrestling and sambo brings the effectiveness of police officers to a high level. [12] In France and Italy, boxing is used in conjunction with baskets and cravings, which enhances the police's defensive tactics.

There are also thoughts about the dangers of boxing: full-contact exercises can increase the risk of brain injuries, but with proper protective equipment and methodology, these risks are reduced. [13] Scholars consider boxing an effective element in police training, as it prepares officers for real situations. [14] Foreign experience shows that boxing can reduce injuries in police by 10-20% and increase resistance to attacks.

Boxing develops the teamwork of police officers, as cooperation and mutual trust are important in training. [15] This sport enhances employees' psychological preparedness and strengthens their resilience to work stress. The experience of foreign countries proves that the introduction of boxing in territorial internal affairs bodies is an effective way

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