

Study on Psychological Training Methods in Fighting

Lijun Lin

Science and Technology College of NCHU, Nanchang, 330034, China

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Abstract: Fighting takes kicking, hitting, wrestling, stabbing, hitting and other technical actions as the main form and achieves the goal of defeating the opponent in the fight. Fighting contains a deep connotation. Only with certain defensive and offensive experience and skills can fighters successfully carry out the campaign of confrontation. In the continuous development of society, fighting has attracted more and more people's participation, and has been widely used in various aspects. For fighters, in fact, their level of fighting ability is the key factor to win and is also determined by the technical level, psychological ability and physical quality. Psychological quality helps fighters use their fighting skills more effectively, so that they are able to subdue their opponents most quickly and accurately, and thus achieve excellent fighting results. With the continuous progress of our society, great importance has been attached to the psychological training in fighting, which has been recognized correctly in all fields of fighting. However, there are still some confusions about its implementation. In this paper, the importance of psychological training methods in fighting is analyzed and the methods are discussed from various perspectives.

1. Introduction

In fighting, psychological training of fighters is most important, and more attention should be paid. One of the key factors to win is the level of psychological quality, which directly affects whether a fighter can bring his fighting skills and experience into play better so as to achieve the ultimate result of winning a battle. Psychological training in fighting is a kind of purposeful intervention and influence training according to the law of psychological activities, so that the psychological quality can be more suitable for fighting sports and play a better effect. The main content of psychological training is to continuously control the fighter's psychological quality, fighting will and character so as to achieve the best psychological quality state. In this way, fighters dare to fight and become good at fighting in the process, so as to further realize the improvement of their comprehensive fighting level. How to train the fighter's psychology more effectively in fighting is one of the problems that should be paid special attention. In the following part, this problem will be further discussed and analyzed, so that fighter's psychology in fighting will be better trained.

2. Importance of Psychological Training in Fighting

The reason why psychological training has been paid more and more attention is that it plays an increasingly important role in fighting. Psychological competence refers to a series of psychological activities produced by the fighter in the course of fighting, which directly affects whether the process and results of fighting reach the expected level. In fighting, the performance of the fighter's fighting offense and defense is closely related to his psychological quality. The level of latter determines the effectiveness of the former while the level of former is the external expression of the latter. Thus, the physical quality and fighting skills of fighters are the basic conditions for their success in fighting, and the level of psychological quality is the key to determine whether the role of the basic conditions of fighters can be reasonably played in fighting. For fighters, their physical quality, fighting skills and psychological quality are also critical and interactive.

In the current various fields, the psychological quality of fighters will be required whenever it comes to fighting sports. Psychological training has become an indispensable link, which combines

with physical training, skill training and tactical training to form a complete training system of contemporary fighting sports. The results of fighting competition or actual fighting depend on the combination of fighters' comprehensive ability in all aspects and extremely high psychological quality. The neglect of psychological training will make the whole fight lose. The essence of psychological training in fighting is to help fighters have a high-intensity psychological quality. The constant improvement and promotion of the process of psychological training help fighters have better psychological characteristics, so as to achieve real victory in fighting. Although the training has occupied a very important position in fighter's consciousness, there are still some misunderstandings about how to carry out effective psychological training, which needs to be solved in time to further maximize the training effect in fighting.

3. Classification of Psychological Training Stages in Fighting

3.1 Psychological Training in Physical Training

3.1.1 Train the will and character of fighters

In fighting, fighters are required to train their will quality so as to cultivate the spirit of daring to challenge and fight, and to solve all kinds of physical and technical problems in fighting in a timely manner. Specifically, it can be set up according to the following two aspects. Firstly, the fighter need to own a physical training plan. The main content includes endurance, speed and strength. The plan needs to be designed according to the actual situation of the fighter. The training intensity should not be too high or too low, since high intensity will make the fighter's body unbearable and then play a reverse effect while low intensity makes training ineffective and becomes difficult to play its real effect. After one stage of training is completed, the next stage of training is set according to the actual situation. It is noteworthy that in the process of training, fighters are expected to achieve the goal of this stage and produce the ability of self-control so as to ensure the better completion of the goal, which is the premise and key to cultivate good psychological quality. Secondly, in the process of volition quality training, the fighter can be trained by using stimulation method. When a set goal is chosen, the fighter is required to train repeatedly several times. If he is unable to reach the goal, he will not be allowed to finish the training on that day. In such stimulation training, the fighter's tough will quality can also be exercised accordingly.

3.1.2 Train the attention of fighters

The attention of fighters is trained so that their psychological activities can be directed in a given direction or a specific goal. Furthermore, the focus of the training can be accomplished and the fighters' attention is highly focused. The training can be carried out from the following two aspects. Firstly, according to the actual situation of the fighter, a training which is regarded as the maximum load should be carried out. During the process, the fighters are required to be self-sufficient and devote themselves to the training process, without thinking about the difficulties in the training process, the unexpected phenomena in the practice and the irregularities in the fighting action, so as to avoid excessive worries. They are expected to make rational use of time in reviewing fighting skills and essentials so as to make themselves highly focused and gradually possess better psychological qualities. Secondly, the training of the fighters' willpower can be carried out by the method of annual training. For example, a thin line with a toothpick attached at one end is chosen. The fighter holds the other end of the thin line with his thumb and forefinger and remain stationary in the air. Then the fighter lets the toothpick swing left and right or keep the toothpick static when his arm and finger are still. In the process of the fighter's meditation, the toothpick will gradually shake or stop. The fighter's motions make the toothpick controlled, and then play a greater role in the cultivation of the fighter's willpower.

3.2 Psychological Training in Technical Training

3.2.1 Train the kinesthetic sense of fighters

The training of kinesthetic sense is realized mainly through the continuous movement of the

fighter's body, which will produce sense of the surrounding environment and the distance between things. The training method can be carried out according to the following steps. Firstly, the route is designed and familiarized with. Then the fighter is required to run backwards, cooperate with the flip action in the running process as well as some technical actions such as dazzling swing and flying feet according to the actual situation, so as to cultivate his sense of space and displacement in body movement. In training, the fighter also needs to practice the swaying leg method, which requires him to practice with the foot method of turning around and swinging hook, so as to further achieve the sense ability of the distance between the fighter and the object.

3.2.2 Train the thinking quality of fighters

The purpose of training fighter's thinking quality is to transform the fighter's analytical ability of technical training into his interest in the rational understanding of fighting. In the process of training, the fighter is firstly required to decompose and analyze the fighting techniques he has mastered, and then give a scientific evaluation after the analysis. For example, by comparing the similarities and differences between the leg-raising, knee-bending and side-stroke technique and the straight-pushing and swaying-leg technique, the fighter will think about using what kind of technique in the actual fighting, and gradually cultivates the habit of thinking about the fighting technique. During the training, the fighter is required to constantly innovate the fighting technique, actively think about new fighting skills, further put forward hypotheses, create experiments on the technology in the hypothesis, and find whether the implementation of the technology is reasonable through experiments so as to further improve the thinking quality.

3.2.3 Train impression of fighters

The main purpose of impression training is to deepen the impression of the fighting techniques that the fighters have mastered, and to further deepen their technical memory. They need to memorize the techniques they trained on that daily training day, and refine the key points, so as to further deepen their mastery and memory of techniques. They are also expected to summarize the more brilliant points of his fighting, and constantly reflect and think, so that he can also play an excellent role in future fighting.

3.3 Psychological Training in the Actual Fighting Training

3.3.1 Train the emotion regulation ability of fighters

The main purpose of training the emotion regulation ability of fighters is to cultivate their good mood, so as to enable them to fight better. Fighters are supposed to adjust their emotions, body and other aspects to eliminate the negative emotions they may have in fighting. When a fighter trains his emotional regulation ability, he should firstly rest his fighting power at a certain place and relax his arms to realize the change from tension to relaxation. They need to learn to control his muscles and limbs and adjust them to their best condition in order to cope with the fight. In the face of some negative emotions, they are supposed to give themselves some positive suggestions to make a good psychological and emotional transformation. For example, in the face of a stronger opponent, in order to relax his emotions, the fighter should give himself psychological suggestions as a test and take a more positive attitude to meet the challenges.

3.3.2 Train the self-control ability of fighters

This kind of training will further make the fighter has a good self-control ability in fighting. When the opponent suppresses him strongly, the fighter should learn to adjust himself, so that he can clearly analyze the way to play the next fighting technology when he faces the problem. The self-control ability is also reflected in the fighting. It is an incentive, so that it can play its due strength in the fighting and get better results.

4. Conclusion

To sum up, psychological quality plays a key role in whether a fighter can exert his real strength

in fighting or not. The psychological training of fighters should start from various aspects to constantly strengthen their psychological qualities in a comprehensive way, so as to make them achieve better results in fighting. For the psychological training of fighters, relaxation and orderliness should be achieved, and the intensity needs to be reasonably presupposed according to the actual situation, so as to avoid the reverse effect caused by overtraining. The psychological quality, physical quality and fighting skills of fighters are equally important. Imbalance in training should be avoided. The method of psychological training must follow reasonable and scientific training criteria and take the actual situation and fighting needs of fighters as the benchmark to ensure the effectiveness of psychological training.

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