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KHADU GYMNASTICS: RECOVERY EFFECT AND HEALTH BENEFITS

ГІМНАСТИКА ХАДУ: ОЗДОРОВЧИЙ ЕФЕКТ І ВІДНОВЛЕННЯ ОРГАНІЗМУ

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ABSTRACT

The article highlights the idea of complex use of gymnastics and Hadu exercises in physical education classes, aimed at solving problems of a health-improving nature, harmonious physical development of the individual as well as the improvement of his motor abilities and health strengthening. The author accentuates on the necessity to effectively include Khadu gymnastics not only in the educational process of classroom or extracurricular activities but also in everyday lives and practices. The research is based on the experience of Zviad Arabuli, who developed the system based on a specifically organized set of exercises. The author underlines the idea of an adequate application of the above-mentioned methodology in order to increase its the positive effect in the restoration of the musculoskeletal system of trainees, enhance the effectiveness of the health-improving processes as well as restoring impaired functions of the human body as a whole. The major component of Hadu gymnastics is exercising with simultaneous tension of opposing muscles that has to be accompanied by proper breathing. When recognizing Zviad Arabuli's methodology as one of the innovative health techniques in the sports industry we focus on its compliance with the socio-cultural demands of society regarding increasing work capacity, stress resistance in order to obtain a health-improving result. Testing of indicators of functional status and analysis of survey results of representatives of different age groups testified to positive changes during the subjective assessment of their health. The study, in which 20 women and 15 men participated, was conducted for 7 months at the sports complex of the Mariupol State University. During the interview, 54% of the respondents confirmed the disappearance of back and neck pain, 20% of the respondents underlined the reduction of pain in the lower back, 28% of the respondents noted the improvement of vision, 12% of the respondents indicated the reduction of pain in the joints, 63% of them confirmed the ease of walking and straightening the posture, 15% of women and men improved their sleep after a few weeks of doing the blitz complex exercises. Appealing to the balance of the spiritual, aesthetic and physical qualities of a modern person, Hadu gymnastics, represented by a system of specially developed physical exercises and scientifically based techniques, confirms in practice its target focus on maintaining person's proper physical shape as well as strengthening his health and restoring impaired body functions.

Key words: Khadu gymnastics, exercises, physical fitness, health improvement result, body rejuvenation.

Introduction. One of the key vectors of the state policy of Ukraine at the current stage of its development is the nation's health and well-being that comes to be the «highest social value» [5:169]. Such challenges underline the necessity to introduce a set of activities aimed at obtaining a health-improving result with their further implementation on a regular basis. These problems appeared to be the subject of discussion in the theoretical works and research findings of academics and specialists in physical education and sports (Arabuli, Deineko, Humen, Kryvenko & Zheleznyi, Pavlenko and others) in which, they inform, in particular, about the unfavorable situation we currently observe in the field of physical culture and sports, which «on the one hand, creates a threat of deterioration of children's and adolescents' physical health of, on the other – leads to a demographic crisis in the country as a whole [5:168]. Thus, we consider it important to get people of various age groups involved in exercising and systematic physical activities starting from the most convenient and simplest techniques among which Khadu gymnastics ranks first.

The method was first introduced by Zviad Arabuli and got its name from a Georgian village Khada situated in the Mtiuleti region of the Dushet district of Georgia where he was born and spent his childhood. Zviad developed it as a constituent part of the healing and rejuvenation technique, based on two-phase tension and relaxation movements associated with adequate and appropriate breathing. In 1997, Zviad Arabuli received an official patent for his own innovative invention under the title «Method of strengthening human health» [5:167].

Subsequently, the author of the above-mentioned method received positive feedback from the famous aerial gymnast Valentin Dykul. As the author put it, «purely instinctively, due to the fact that I naturally felt my body well, I fully understood what should be done with it» [1:3]. Thus, he established «a full set of exercises united by certain principles and techniques» [1:4].

The philosophy of this healthy lifestyle which Zviad Arabuli sticks to had been developed and upgraded throughout his life. He assumes that «it all started from the time when I was a sickly boy with chronic asthmatic bronchitis, swollen breasts and such a nondescript figure, which there are too many nowadays» [1:4].

On living an ordinary life and adopting a simple lifestyle, he, however, had to recognize the inevitability of getting involved into physical activities. At a certain moment, as he states, «I realized that if I don't start taking care of my health, the disease will grab me by the throat» [1:4].

At that time, Zviad was 20 years old, and the young man was well aware of the necessity to restore breathing and develop muscles, since without these two components good health was impossible. The struggle for health, undermined since childhood, forced Zviad Arabuli to appreciate the benefits of training process, however, the only problem for him was to choose among the existing variety of its methods and forms the right ones to fit him.

Objectives. The main objective of the research is to substantiate the necessity of using exercises and embedding physical activity into the fabric of everyday life by attesting their target orientation, introducing a set of exercises

based on Khadu methodology with the opportunity to analyze the effectiveness of the health-improving effect of Khadu gymnastics.

Methodology. The research was conducted at the Department for Education at Mariupol State University, Ukraine. To obtain the true information regarding the healthy effect of the method in question, we consider it necessary to get the representatives of involved in the study. The control focus group consisted of 10 people belonging to different age categories. To solve the researched assignments, we used a range of methods and techniques, that include critical understanding and generalization of information from scientific, methodical and electronic resources, studying the key principals of Khadu's methodology as well as observation and interviewing of the target group.

At the core of Hadu's philosophy is a holistic approach to human health and its further improvement via exercising. This comes to be achieved through the factors regarding understanding the basic system of Khadu gymnastics which focuses on a person's awareness of his own body as a combination of three systems. The nervous system, located above the «entire organism» [1:5], as it is endowed with control functions. Every time a person starts training according to the Khadu methods, the nervous system takes into account the characteristics of his body at the moment, blocking serious overloads. Thus, the one who by his own will exerts a lot of strain on the muscles, does not take risks of sustaining an injury or any other unnecessary stress on the body. The subconscious mind is defined by such subtle characteristics that do not allow a person, tired from the burden of his daily life, to hazardously overexert himself. Since sports equipment and simulators cannot take into account the psycho-emotional state of a person, it requires more serious control both by the coach and by the person performing gymnastic exercises [2:24].

If talking about Khadu exercises, using this kind of gymnastics one can exert himself to the maximum with no fears of any consequences to come. The second most important system of the body according to Arabuli, includes «many auxiliary subsystems that allow the main motor and work processes to function normally both in everyday life and during training» [1:17]. They include the digestive system, bone skeleton, joints, circulatory system, all those that make constant work of muscles and tendons possible. This is, as Arabuli puts it, appears to be the «body's life support system» [1:14], which is together with nervous system, is automatically strengthened and trained during the training. The author of the Khadu technique believes that «without training, the system of supporting the human body will not be able to work at full strength, performing the functions laid down by nature only partially» [1:17], and resources that are not used, as it known, tend to accumulate, stagnate and lead to failures in the future «work» of the human body. This is the reason, according to Arabuli, for the development of various human diseases. According to Arabuli, the support system, subject to constant stress during training, is much better at resisting the external destructive effects of various diseases and shocks [1:27]. The main system of the body, created by nature not only for survival, but also for maintaining the health of the entire body as a whole, is the system of muscles

and tendons. It is they who perform all the useful external work of the body, <...> «other systems only provide and control the process» [5:174]. So, through the movement system, walking gymnastics affects all other systems, activating their work, if not in the maximum, then in an intensive mode. Mobilized by training, the life support and management systems cope with their functions much better and «train» themselves thanks to the body's built-in regulators.

Results and Discussion. The great impact of Khadu gymnastics on the improvement of human health is recognized and confirmed by the analysis of the survey results with representatives of different age groups involved. The data collected testified to positive changes in the physical condition of the respondents, e.g., the disappearance of pain in the back and neck, straightening of the posture and ease of walking after several weeks of training with the blitz complex of Khadu gymnastics. Such a short warm-up gives people the opportunity to feel the reserves of the body, to evaluate the previous results, which in many cases encourage them to their serious engagement in Khadu gymnastics.

The strength component of Khadu gymnastics consists of slow exercises with simultaneous tension of opposite muscles. At the beginning of the 20th century, Oleksandr Zass developed a complex of isometric exercises that made it possible for trainees to build strength in static positions. Khadu duplicates this technique in many respects, but the abovementioned method comes to be characterized by greater systematization. When bending the elbows, according to Kryvenko, «for example, the triceps and biceps interact and counterbalance each other, while the back and lower back muscles balance each other with the abdominal muscles during slow bends» [4:87]. Thus, gymnastics allows everyone to do away with equipment almost completely, and also expands the possibilities of attending trainings not limited to gyms and fitness studios. Some muscle groups, for example, on the wrist, elbow flexion of the hands, as well as the ankle muscles and many other ones, can be trained right in the office, without leaving one's workplace. If talking about the peculiarities of teaching other types of gymnastics, we consider it necessary to highlight «the importance of precise adjustment of the load depending on the gender, physical fitness and state of individual's health» [5; 3]. The advantage of Khadu gymnastics is that it proves to be appropriate for everyone who wants to improve their physical condition.

The 18-minute blitz complex of simple exercises is a special program for people who are keen on keeping fit and healthy. Walking or a little warming-up during a break at work as well as a short workout after work helps to relieve stress, adjust the body to a healthy state and stretch the muscles. Reviews and positive comments on the Internet overwhelmingly confirm the disappearance of back pain, straightening of posture and ease of walking after several weeks of training with the blitz complex. Such a short warming-up provides people with the opportunity to feel the reserves of the body, to evaluate the previous results, which in many cases encourages them to be seriously engaged in Khadu gymnastics.

On his Facebook page Zviad Arabuli asserts that there are real human possibilities to reverse the aging process. People's traditional habits to associate the deterioration of their well-being with 'aging' and improvement with

'rejuvenation' are also related to the mandatory inclusion of physical training in their daily life. However, as Arabuli puts it, «the desire to be healthy and young requires a constant thorough and hard work on one's self-development, and «this is not a one-day job: a healthy lifestyle is the most important rule!» [1:54] The commonly recognized components of this process include daily routine, a healthy diet (according to Hippocrates, food should be our medicine, not medicine with food), giving up bad habits (alcohol consumption, drugs, smoking, etc.), regular physical activity, avoiding stressful situations, recreational activities and others. And if in the hectic rhythm of the modern life, not everyone can find time to go to a gym, a swimming pool or a fitness club, there is an alternative when all these can be done without leaving your home place (yoga, pilates, fitness yoga, basic gymnastic exercises, etc.). Moreover, this kind of sport works for relaxation and balance after a hard and stressful working day.

Peculiar characteristics of Khadu gymnastics. It is these features that characterize Khadu gymnastics and make it available anywhere and anytime. It is actually quite different practice of mastering the means of physical rehabilitation. For the implementation and practical use of this technique, you do not need any simulators – only «your body and the understanding that you have the ability to preserve, improve and strengthen your health by your own efforts» (Shiyan, 2002, p. 128). Regarding these, we note, that the movements themselves either copy exercises from sports for functional strength or synthesize exercises from yoga and Pilates.

How does Hudu gymnastics differ from many other exercise systems or from ordinary training on modern simulators that allow the person to develop all muscle groups? Firstly, it is minimal equipment costs. For a full-fledged workout, one will need appropriate comfortable clothes and some space with a comfortable temperature. Khadu gymnastics can be performed completely in your own home, saving on paying for training halls. Even in the office or at the workplace, it is possible to perform most of the exercises, the main thing is to avoid overloading, while remembering that Khadu is strength gymnastics. Since the technique developed by Zviad Arabuli is aimed exclusively at improving the body, strength exercises will not lead to a large increase in muscle mass, as a result of which a person can have a harmonious figure. Some muscle growth is inevitable in people who have not played sports before, but the body's self-regulation mechanisms do not allow you to acquire bodybuilding forms that are useless for health. Only an athletically tailored muscular system allows the body to perform the necessary functions with minimal costs for maintaining its performance. Similarly, restoration and improvement of articular, cartilaginous and other interosseous tissues in the process of training lead to a slight increase in human growth and development as a whole. In a female athlete health, there are internal hormonal mechanisms that prevent muscle growth, and thus training will only lead to an improvement in relief, but not to the growth of muscle mass.

Walking gymnastics, despite its energy, is also suitable as restorative exercise for overweight people. The nervous system, taking into account the

state of health, injuries and other factors, will provide the muscles with exactly such loads that a weakened body can withstand. The only contraindication for Arabuli's gymnastics appears to be an increased excitability and hyperactivity. Exercises are performed at a slow pace to engage as many muscles as possible in the workout. Such training is of little interest to children under 10 years old. Pregnant women should also avoid most Khadu exercises due to their heavy load. Taking into account the fact that strength gymnastics in any case require a lot of willpower from a person and inevitably lead to fatigue, such factors should be taken into account. According to Arabuli, «bad habits (smoking, alcohol, obesity, etc.) can be acquired easily; while the path to health is not always the easiest» [1:135]. In any case, the author of the method wishes patience and perseverance to those who embark on the path of recovery. Any training, especially systematic ones, will eventually stop putting a lot of strain on the body, and if one does them in a comfortable environment, for example, in a circle of like-minded people, they will also bring pleasure, which is exactly what Arabuli, claims – «the one who demonstrates health and energy by his own example. Feedback about his gymnastics is always favorable» [5:168].

Currently, Khadu has its own Federation, on whose website there is a list of contacts of certified instructors and places where you can attend a gymnastics group with an instructor. At the moment, the Federation of Khadu trainers includes more than 100 certified specialists with a center in Kyiv, where the founder of the system, Zviad Arabuli, works. The author of gymnastics argues for the need to perform movements until physical exhaustion. However, some who practice it complain of muscle fatigue, while others report an improvement in their well-being. In general, everything depends on the level of training, but a specific feature of Hadu gymnastics is the ability to independently regulate the load. For those who train at home, there are video materials available. In any case, we support Arabuli's assumption regarding the fact that «the path to health is a voluntary decision of everyone» [1:138]. Preserving human health for many years is the main task of modern medicine. Health physical education is constantly developing, doctors and athletes, supporters and adepts of yoga and modern fitness offer their own systems to support the body in shape. People have long appreciated the benefits of training, and now the problem remains only to choose among the variety of all their types and forms. Walking gymnastics, which includes a number of the most universal exercises in the field of application, is an effective means of forming the foundations of health. The exercises are designed to train all muscle groups at the same time as controlling the respiratory system.

However, it can be argued that everyone who does this gymnastics gets a different effect from training. But everyone is guaranteed to acquire almost a double supply of reliability and strength in any life circumstances, not to mention a beautiful, almost perfect physique. This is confirmed by our analysis of the results of the survey of representatives of different age groups, which testified to positive changes in the physical condition of those who participated in the interview. The study, in which 20 women and 15 men participated, was

conducted for 7 months at the sports complex of the Mariupol State University. During the interview, 54% of the respondents confirmed the disappearance of back and neck pain, 20% of them underlined the reduction of pain in the lower back, 28% of the respondents noted the improvement of vision, 12% indicated the reduction of pain in the joints, 63% confirmed the ease of walking and straightening the posture, 15% of women and men improved their sleep after a few weeks of doing the blitz complex exercises. Such a short warm-up with Khadu gives people the opportunity to feel the reserves of the body, to evaluate the previous results, which in many cases encourages them to already seriously engage in Hadu gymnastics (47% of respondents proved it). This proves to be possible due to the fact that the method is based on the opposition of antagonistic muscles. If, for example, you tensely bend the arm at the elbow, the biceps (flexors) overcome the tension of the triceps (extensor). When the triceps lags, the biceps will receive an insufficient load until the triceps is equal to it in strength, that is, you will get a perfect balance of the two muscles. The same happens with all other muscles of the body, which are also divided into flexors and extensors. As a result, those who train will automatically tighten all lagging and underdeveloped areas of the body. In this case we note, that well-developed and balanced muscles are a guarantee of an ideal physique and a beautiful posture due to the correction of spinal misalignments.

If compared to sports, Khadu can be compared only with classical forms of wrestling in terms of its effectiveness: only there, almost all large and small muscle groups work out in the same way. But wrestling is quite traumatic and creates constant overloads for the body, which cannot be said about Khadu gymnastics. Those who train according to this method will not have the figure of a bodybuilder, but there is no point in this. If you look closely at a bodybuilder's form, you can immediately see the forced ugliness created with the help of anabolic steroids and other chemical supplements, which has nothing to do with health as such. An ideal body should be not only strong, but also as light, flexible, fast and economical as possible. Too large muscles also require an excessively large blood supply, which will eventually lead to insufficient nutrition of other important internal organs and even the heart. Heart attacks and strokes easily overtake strong-looking people, as «being so strong and healthy are not always synonymous» [1:121].

In the first weeks (months) of classes, some people experience weight gain. This, on the one hand, is due to an increase in the density of muscle fibers, on the other hand, due to the consolidation of bone tissue. To some extent, the muscles themselves also increase, which also has a positive effect on the external and internal state of the human body. At the same time, it is very important, and this is especially pointed out by the author of this technique, «not to hold your breath and not strain during the exercises. If you don't want, of course, to quickly catch up with good pressure or worse. Inhaling through the nose, exhaling through the mouth - this is the main motive that should accompany every movement!» [1:119]. Even those who suffer from hypertension can safely do this exercise without fear of complications. Quite often it turns out that the pressure even slightly decreases after performing a full complex.

The question of whether it is possible to pump up muscles and reduce weight by performing Khadu gymnastics exercises has a positive answer, but regarding weight loss, it is worth remarking that any gymnastics is just a technique to speed up metabolism and tighten muscles. When training at an amateur level, it is quite difficult to provide yourself with a load at such a level that energy expenditure can really create a significant calorie deficit. In general, in addition to the weight loss, one must adhere to reasonable dietary restrictions. For people suffering from obesity and limited mobility due to excess weight, this kind of gymnastics can be a real way out of the situation. Of course, we are not talking about obtaining significant muscle hypertrophy, since training in the mode mentioned above does not allow one to achieve this at the proper level. On the other hand, training is not determined by a sufficient level of training stress and is not accompanied by a large number of microtraumas, as is the case with other types of gymnastics. At the same time, the muscles become denser and an unconditional improvement in appearance is observed.

To obtain a greater strength effect from training process, it is desirable to perform each exercise in combination with a visual representation of an aggravating object. The more vividly it is imagined, for example, when working with biceps with heavy weights (or a barbell) in the hands, the greater muscle tension can be achieved by willpower and, therefore, a greater strength effect can be obtained. You can imagine yourself moving in a layer of sand or a very viscous liquid, or you can visualize yourself working on gymnastic equipment such as bars, that is, whatever is more suitable. It also helps to achieve greater concentration on the execution of the movements. Doing exercises developing strength and watching TV at the same time means a simple waste of time. Accordingly, a person will not get even a third part of the possible benefit from the exercise.

The assumption that Khadu exercises are not intended to teach those who perform them on their own or under the guidance of a trainer to become weightlifters should be taken into account especially by the beginners. Nevertheless, they will contribute to improving coordination, and will be useful in the case of performing more complicated tasks and classes in athletic gymnastics. Moreover, training according to the above-mentioned technique protect in a certain way from household injuries, for example, from falling on ice, or from awkward lifting of any heavy objects. Exercise helps to eliminate lower back pain, which haunts many women after pregnancy. The cause of these ailments is often muscle weakness and mechanical 'bends' of the bone structure. The gentle nature of this gymnastics makes it possible for people with injuries of the musculoskeletal system, hernias and protrusions of the spinal column.

The only drawback of walking gymnastics is its narrowness compared to the means of traditional fitness. If in traditional physical education we go from general physical training without weights to light weights and working out the technique, and finally take up strength exercises, gradually progressing in weights, then in walking we can do this only due to stronger muscle tension. It is clear that this process is not infinite, because many people find it difficult to force themselves to do it with full dedication, and therefore progress stops.

However, for a healthy person this kind of gymnastics can serve as a certain intermediate stage of physical development.

Conclusion. The key point here is to understand that practicing Khadu gymnastics comes to be a certain intermediate stage of a person's physical development. Firstly, it is healthy training without equipment, and secondly, the exotic obscure name with the mention of 'rejuvenation' and 'uniqueness' even attracts the attention of those who hardly ever take sports, but strive to be in a good physical shape. As Arabuli truly claims, its main achievement is the possibility of increasing muscle tone (the muscles begin to cope with the task of supporting the body in space much better), especially when before engaging in this exercise the muscles used to be almost in a state of inactivity. This immediately affects not only the appearance, but also the person's well-being. This alone can help to get rid of annoying back or neck pain, improve the one's appearance due to increasing muscle tone as well as increase calorie consumption and improve blood circulation.

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АНОТАЦІЯ

У статті висвітлено ідею комплексного використання гімнастики Хаду на заняттях з фізичного виховання, спрямованої на вирішення завдань оздоровчого характеру, гармонійного фізичного розвитку особистості, а також удосконалення її рухових здібностей і зміцнення здоров'я. Автор наголошує на необхідності ефективного включення гімнастики Хаду не лише в освітній процес та позааудиторну роботу в секціях, а й у повсякденне життя людей різних вікових груп. Дослідження базується на досвіді Звіада Арабулі, який розробив систему на основі спеціально організованого комплексу фізичних вправ. Автор підкреслює ідею адекватного застосування вищезазначеної методики з метою підвищення її позитивного ефекту у відновленні опорно-рухового апарату тих, хто бере участь у тренуваннях, підвищення ефективності оздоровчих процесів, а також відновленні порушених функцій організму людини в цілому. Зарахування методики Звіада Арабулі до інноваційних оздоровчих технік у спортивній індустрії дозволяє акцентувати на її відповідності соціокультурним запитам суспільства, спрямованості на підвищення працездатності, стресостійкості й отримання оздоровчого результату. Тестування показників функціонального стану й аналіз результатів опитування представників різних вікових груп, засвідчили про позитивні зміни під час здійснення суб'єктивної оцінки власного здоров'я. Дослідження, у якому брали участь 20 жінок і 15 чоловіків, проводилось протягом 7 місяців на базі спортивного комплексу Маріупольського державного університету. У ході інтерв'ювання 54% респондентів підтвердили зникнення болю в спині та шиї, 20% опитаних акцентували на зменшенні болю у попереку, 28% респондентів відзначили покращення зору, 12% досліджуваних вказали на зменшення болю в суглобах, 63% – підтвердили полегшення ходьби та випрямлення постави, у 15% жінок і чоловіків після кількох тижнів занять з блиц-комплексом покращився сон. Апелюючи до збалансованості духовних, естетичних та фізичних якостей сучасної людини, гімнастика Хаду, яка представлена системою спеціально розроблених фізичних вправ і науково обґрунтованих прийомів, підтверджує на практиці свою спрямованість на підтримку належної фізичної форми людини, зміцнення її здоров'я й відновлення порушених функцій організму.

Ключові слова: гімнастика Хаду, фізичні вправи, фізична підготовка, оздоровчий результат, відновлення організму.