

The establishment and development of a system of physical training in Kazakhstan army

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The paper describes the stages and chronology of physical training system development in the Republic of Kazakhstan Army. Close connection between the system of physical training and the development of the armed forces of the Republic of Kazakhstan was shown. Also, the opinion on the nature and organization/management of physical training changes with time, depending on the development of the country's military doctrine. The main stages of physical training system development were determined on the basis of the appropriate regulatory documents analysis.

Keywords: Republic of Kazakhstan, military doctrine, armed forces, physical training, sports, periodization, military personnel, service manual

Introduction

Physical training system development in the Armed Forces of the Republic of Kazakhstan (AFRK) is closely connected with the development and improvement of a defence doctrine of the country and reform processes in the army. Most fully physical training process improvement is reflected in the leading documents on the organization on physical training and sport in MF, in particular in change of criteria and indicators of military personnel quality training. The analysis of the changed requirements to physical training quality is an important task for the development of the ways and methods of improvement of the military personnel of different types of military forces in the conditions of RK Armed Forces reforming.

Research objective

To carry out the comprehensive analysis of the instructions and manuals on physical training and sport, beginning from the stage of RK MF formation (1992) up to now, to justify interrelation of the military doctrine development of the state and requirements to the quality of military personnel physical training.

Materials and methods

Carrying out the analysis of Manuals on physical training (NFP), the Instruction and Order of the Minister of Defence of RK on the organization of physical training in MS, beginning from 1992 to 2012 where 'evolutionary' development of the question concerning requirements to physical training is observed.

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Results and discussion

The term 'military doctrine' is generally used to designate a system of official statements and views which establish and determine the areas of military organization, civilian military training, military training in the army in view of a potential war, and the methods of reaction to the latter and of actual warfare.

In the national military science, the "military doctrine" of a country is a historical and scientific category. Designing such a doctrine historical aspects of its development at different historical periods serve as its basis.

Military scientists regularly consider the problems of military organization and work out military and political strategy of the country, formulate principles and methods of warfare, discuss the problems of military training of the army personnel to carry out both offensive and defensive operations.

When reviewing the above mentioned problems and issues, it is possible to establish certain laws and patterns in the warfare science and practice, reveal the laws of war and armed stand-off, find a link between physical training and warfare as well as the financial system, and form an idea on the military doctrine content. According to the available data (Afinogenov, 1992; Dubovtsev, 2015; Bakaev, 1996; Antonov, 1988), the outcome of each military stand-off is determined by the level of military personnel qualification (training). Besides a defence doctrine (which in itself is a foundation for all defence and warfare processes) being a critical component of a country's security (Nazarbaev, 1998), helps to ensure the country's protection against external aggression. Implementation of all its statements is really the task of people having special physical training, which demands the necessity to maintain a high level of physical fitness of the army personnel.

In physical training of servicemen, it is possible to determine roughly several periods which overlap with the milestones of the development and organization of the armed forces; the succession of the periods was caused by the qualitative transformation of arms, military equipment and materiel, by the appearance of new branches and services of the armed forces, by changes in the methods of warfare and battle. Boundaries between the periods are conditional and can only be marked by the time of introducing new army manuals (Zhumashev, 2016) on physical training which crystallized the whole system of physical training of the personnel.

The army of sovereign Kazakhstan dates back to May 7, 1992 when President Nursultan Nazarbayev signed the decree 'On the establishment of the armed forces of the Republic of Kazakhstan' (Decree of the President of the Republic of Kazakhstan No. 745, 1992). In this document the key principles of military organization were defined, the legal framework laid down and the main tasks and functions of the army specified. The system of army funding, materiel/administrative/logistical support and its connection with healthcare institutions were totally transformed, and also new military medical units were formed. In parallel with this, various actual issues were solved and long-term objectives set.

The first military doctrine of Kazakhstan was developed with the aim to make a legal background for the army organization and development, for protection of sovereignty and territorial integrity of the country; this was confirmed by the Decree of the President of Kazakhstan Republic No. 1094, of February 1993. This doctrine was largely modelled on that of the former USSR. In the first years of Kazakhstan independency, the organization of the country's defence system, the shaping of its military structure, and setting up its own armed forces were allowed. Closer to the end of the century, however, many of its directives conflicted with the new social political organization of the Republic of Kazakhstan, its new geopolitical realities, economic potentials and new threats to the national security.

After gaining independence, the Armed Forces of the Republic continued to lean on the 'Manual of physical training in the Soviet Army and Navy' (NFP-87) for quite a considerable time; the 'Manual' was put in force by the

Order of the Defence Minister of the USSR No. 270, of September 17th, 1987 (Guidelines on physical training and sports in the Soviet Army and Navy, 1987).

The goal of physical training is to ensure physical readiness of the army personnel to combat activities, and help solve other tasks of training and education.

Physical exercise and drills contribute to getting theoretical knowledge, organizational and instructional skills, to enhancing the specific military readiness of the personnel and its morale, and to better cohesion of army groups.

In practice, many instructions of the NFP-87 did not meet the requirements of that time. In particular, there were considerable discrepancies in what pertains to evaluation of whole units as well as to assessing individual servicemen. In the context of a gradual but steady decline in the time allocated for classes, standard combat effectiveness indicators of individual units remained on the same level.

The rapid quantitative and qualitative growth and sophistication of arms and equipment stipulated for aggravation of the problem of combat and physical training of the personnel, of its professionalism and qualification.

So, in 1998, the Directorate general for combat training in the ground forces, under the Ministry of Defence of the Republic of Kazakhstan, worked out and then approved the "Manual on physical training and sports in the Army of Kazakhstan" (NFP-98) (Guidelines on physical training and sports in the Republic of Kazakhstan Army, 2002).

This document was prepared with regard to possible combat operations of the Army of Kazakhstan, which was stressed by introducing a new key task for physical training: to ensure personnel readiness for severe physical exertion and extreme psychological stress during battlefield training, particularly so in highland and desert environment.

Another area of activities was also provided for in the NFP-98 – i.e. promotion of sports in the army. It was stressed that sport activities are to be organized in order to engage army personnel in physical training and improve their sportsmanship and physical fitness.

Sport in the Army of Kazakhstan includes: mass sport events, high-performance sport and professional sport.

Yet another novelty was the mandatory regulation of all key issues of physical training/sport only by written orders issued by the CO of a unit. From now on it was mandatory to develop orders on: (a) organization of physical training in a unit; (b) carrying out mass-sport activities; (c) control over physical fitness of the personnel and their individual achievements; (d) organization and conduct of competitions, including those with the use of weaponry, equipment, and troop movements from their dislocation; (e) classes on and competitions in swimming; (f) assignment of training equipment, facilities and camps to military units for the purposes of physical training and sports; (g) awarding sports ranks to the personnel, assigning judge classes/categories, and awarding merit badges; (h) summing up the results and achievements in physical training for the training period.

More time was allocated to physical training activities: (a) for privates, seamen, sergeants and sergeant-majors on full training course – 3 hours a week, class/training time; for those on a reduced training course – 2 hours, class/training time; (b) for training units' attendees – 3 hours a week during class time; (c) for cadets – 3 hours a week, according to the class schedule; (d) for officers – 4 hours a week (three or four workout sessions), duty time; (e) for military academy students etc. - 4 hours a week, according to the class schedule.

Such issues as physical training planning and organization remained practically unchanged, with one exception: the 'Manual' was cleared of all politicized matter so characteristic to the NFP-87.

A separate chapter was dedicated to the issues of sport activities in military units of the Kazakhstan Army. It was pointed out that sport in the Army is to be viewed as one of the key means of military training and education. Regular, systematic sports activities is what leads eventually to physical fitness, it helps develop necessary moral qualities, endurance and stamina, improve health and harden the personnel of the Kazakhstan Army.

In this new 'Manual', the issues of organization and conduct of training sessions for different types of personnel are separated; thus, individual chapters of the 'Manual' treat the issues of physical training for commanding officers, for warrant officers, for contracted professional soldiers and female soldiers, as well as physical training in military schools and academies – all of which in the previous version of the 'Manual' were in the same section of the document.

Another novelty was Chapter 7 where the specific properties of physical training for military school cadets were detailed. Physical training in military and cadet schools.

The changing political and military situation worldwide and locally demanded a radical revision of the military doctrine of Kazakhstan. On February 2000, at the meeting of the Republic of Kazakhstan Security Council the new project of the Defence Doctrine of the Republic of Kazakhstan was in general approved. With a due regard to comments and suggestions voiced at the meeting, it was reworked and finalized to be submitted for the consideration of the head of state. By the Decree of the President of the Republic of Kazakhstan, of February 10th, 2000 (Decree of the President of the Republic of Kazakhstan No. 334, 2000), the Defence Doctrine of the Republic of Kazakhstan was approved and signed into law; the Government was then instructed to proceed with the implementation of the Doctrine.

The changing realities of army operation in Kazakhstan required a review of the problems and issues of military training, among them the issues of physical training. To improve the system of physical training in the Kazakhstan army in 2005, the Order of the Ministry of Defence, of September 6th, 2005, No. 329, approved the "Guidelines on physical training and sports in the armed forces of the Republic of Kazakhstan (IPFS-2005) (Guidelines and manual on physical training and sports in the Army of the Republic of Kazakhstan, 2009).

The key innovations in the system of physical training introduced by it were: (a) change of age groups of the army personnel (see Table 1); (b) definition of the special aspects of physical training in the air forces and airborne forces.

Age group	Men	Women
1	under 25 y.o.	under 25 y.o.
2	25 - 30 y.o.	25 - 30 y.o.
3	30 - 35 y.o.	30 - 35 y.o.
4	35 - 40 y.o.	35 - 40 y.o.
5	40 - 45 y.o.	40 y.o. and beyond
6	45 - 50 y.o.	-
7	50 y.o. and beyond	

Table 1. Age groups of army personnel, according to IPFS-2005.

Besides, the document introduced stricter qualifying standards for certain personnel groups. As to the rest, there are practically no discrepancies between the Guidelines and NFP-98.

The next military doctrine, of 2007 (Decree of the President of the Republic of Kazakhstan No. 299, 2007), specified a range of new key priorities in the area of military organization of the country, such as: to ensure true independence of regional military command in solving issues of responsibility zones, and to establish self-sustaining forces deployed or active on strategic lines. An analysis of available country resources has led to a change in the principal approach to planning army operations: (a) a shift from linear tactics to targeted operations; (b) high speed of troop control decisions, communications and data support; (c) world-level adequate equipment and technology.

The defensive nature of the military doctrine of the Republic of Kazakhstan was approved in the clauses pointing to the country's commitment to peaceful life, with simultaneous stressing its resolution to protect its national interests and ensure its military security. In the body of the Doctrine there are definitions of the conditions for and new development areas of the army, with a due regard to the ever increasing threats such as international terrorism, narcotic drug trafficking, illicit arms and weapons proliferation, religious extremism and intolerance, and illegal migration.

In October 2001, the fourth Military Doctrine of Kazakhstan was adopted (Military doctrine of the Republic of Kazakhstan, 2011) which was substantially different from the three previous ones. Specifically, the first doctrine was based on the availability on nuclear weapons; the second one considered a possibility of the country's engagement in global armed conflicts involving vast mobilization bases and massive manpower resources; the third one focused on the process of armed forces development and its stages/milestones. The new military doctrine of 2011 best meets the demands of the current military and political realities, responds to the most recent challenges such as combating international terrorism (including cyber-terrorism, ethnic and religious extremism), and illicit arms proliferation.

Certain dynamic changes in the world's geostrategic situation along with the political and military landscape of the region have put forward new demands as to the areas, methods and means of ensuring the country's military security. The new issues and problems facing Kazakhstan, along with new challenges to its national security, demand improvements in its national defence considering the real political and military situation; determination of priorities in the area of guaranteeing military security of the state.

One of such priorities is the enhancement of the defensive potential of the country, including qualitative indicators of military training which largely depends on the readiness of the army personnel to carry out military tasks, which, in its turn, is determined by physical training. Military psychologists, instructors, commanding officers in foreign armies believe that one of the efficient methods of character guidance and moral training of the army personnel is the creation – in class or in exercise – of practical situations involving physical exertion, psychological stress and hardships causing physical discomfort, negative emotions and emotional states. According to these specialists, such training promotes psychological toughening of the military personnel, and forms in them unconscious social behaviour patterns and lasting combat skills, including both motion and decision patterns and appropriate emotional reactions (Mukhamedzhanova & Chistikov, 2007).

Physical training is the fundamental element of combat training in the Republic of Kazakhstan Army; its main goals are to enhance the organism physical resistance to varying circumstances faced by the personnel during their army service and when carrying out combat operations, with regard to the varying climatic and geographic factors.

Currently, when assessing physical readiness of the army personnel, officers and specialists are guided by the Order of the Ministry of Defence No. 694, of October 5th, 2012 titled 'The content, forms and methods of organizing physical training and mass-sport events in the Army of Kazakhstan' (Defense Ministry of the Republic of Kazakhstan, 2012). In this document for the first time in independent Kazakhstan history the reaching of qualifying standards was prescribed to be assessed by a score system. It was also provided that the military personnel can be awarded the badges 'Sportshny zhauynger', to be discussed below. In the rest, if compared with the IPFS-2005, this Doctrine of 2012 demonstrates no major changes. Besides, in 2014, as a supplement to the 'Manual-2012', the Minister of Defence signed an order (No. 195, of May 5th, 2014) introducing 'Physical training standards and scores in the Army of the Republic of Kazakhstan' (Defense Ministry of the Republic of Kazakhstan, 2012). Army personnel without health problems are divided into the following groups due to their age:

Age group	Men	Women
1	under 25 y.o.	under 25 y.o.
2	under 30 y.o.	under 30 y.o.
3	under 35 y.o.	under 35 y.o.
4	under 40 y.o.	under 40 y.o.
5	under 45 y.o.	40 y.o. and beyond
6	under 50 y.o.	-
7	50 y.o. and beyond	-

Table 2. Age groups of army personnel

All the data on their physical fitness are entered into records of service and performance assessment statements (Afinogenov, 1992; Dubovtsev, 2015; Bakaev, 1996 etc.).

Procedures relating to organization and conduct of physical training have been not altered. The areas of physical training have remained the same: gymnastics, close combat, obstacles passage, accelerated movement skills, grenade throwing, forced march, ski training, military swimming, along with sport games and physical games.

Subject to serviceman category, physical training is further subdivided into that for commanding officers, contracted soldiers and female soldiers. Besides, in Order No. 694 the issues of physical training in military schools and academies are mentioned.

Physical training in different army services of Kazakhstan is shaped and determined by specific military activities in which the personnel is involved, which is reflected in the appropriate specification of tasks and drills, of training organization, methodology and procedures. The Order takes into account specific nature of army service in: (a) air force; (b) aero mobile forces; (c) motor-rifle units; (d) armoured forces, artillery and engineer forces; (e) air defence troops; (f) marine corps; (g) reconnaissance patrol corps; (h) navy.

Order No. 694 of the Defence Ministry, of October 5th, 2012 first suggested evaluation of physical fitness by a 100-point scale. Thus, if a serviceman qualifies for 4 standards, then each of them is to be assessed separately. Later the four scores are summed up and the resulting integrative score provides a basis for the final performance assessment.

Also Order 694 provides for awarding a merit badge 'Sportsny zhauynger' to servicemen who have performed all exercises of the Military sports routine for his age group. Compliance with the requirements of the "Military sports routine" is to be confirmed annually (Defense Ministry of the Republic of Kazakhstan, 2014).

On the whole, by assessing physical fitness of the personnel by a scoring system it is possible to ensure better training and achieve more objective evaluation of the personnel of the Kazakhstan Army.

Conclusions

Therefore, over the course of its development, the military doctrine incorporated new knowledge and guiding principles, which testifies a gradual but steady development of military science and schooling, which, in its turn, requires unceasing work of systematization of available and newly obtained knowledge concerning how the country is to be prepared for a potential conflict and ensuing warfare. Military scientists had to give a special role to physical training in the process of army reforms and define its proper place in the military doctrine.

We believe that, currently, not all issues of army personnel and conscript physical training have been given proper consideration in our military doctrines; on the other hand, the issue of improving physical fitness of servicemen has been viewed as one of the first priorities for army reform and modernization. Development of decisions on the improvement of physical training standards meeting the new requirements of combat training and offers on the structure and ensuring educational and sports base for physical training of the military personnel is necessary.

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