

## HISTORY, DEVELOPMENT AND FUTURE OF UZBEK WRESTLING

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**Abstract.** The independence of Uzbekistan has opened a wide way for the transformation of physical culture into a national movement in our country. By further improving the system of Uzbek physical culture, bringing it closer to world standards, our sport has raised to the top of the Asian, world and Olympic Games.

**Keywords:** sport, health, kurash, national, old

**Introduction** Among the national sports that played an important role in the formation of the ancient Uzbek physical culture, "Bukhara Kurash" and "Fergana Kurash" today have a modern look and have risen to the level of international sports "Kurash" and "Belbog". Our national struggle has long ensured the comprehensive spiritual and physical development of our youth, and now serves the comprehensive spiritual and physical development of young people in more than 130 countries. At the same time, it is proving that wrestling, as the pride of our nation, serves to educate young people in such sacred duties as honor, pride, love and devotion to the motherland, respect for the nation.

Today, the Uzbek struggle, which attracts millions of people who are gaining worldwide fame and glory, has deep roots. According to the research of academician A. Askarov, many archeological observations and researches have revealed Uzbek

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material. The age of the struggle is at least 2.5-3 thousand years. Rare finds in the Surkhandarya and Zarafshan oases and a number of ancient settlements of the Fergana Valley, as well as artifacts on the rocks testify to this. There are six finds waiting for further in-depth scientific research, which can be sure that they reflect the antiquity of our struggle and a number of important aspects of it. is a unique monument dating back to the Middle Ages It is a dr-shaped pottery found in the territory of ancient Bactria "Southern Uzbekistan". One of the pieces depicts two wrestlers and one of them kicking his opponent in the leg. Another statue on the rim of the vessel also raises the hands of wrestlers These vessels belong to the Bronze Age and testify to the fact that the history of Uzbek wrestling is even longer, that is, 3.5 thousand years. The next find is about two months of the Bronze Age. Uzbek wrestling According to Professor M P Graznov, both horses were developed in the spirit of the spiritual worldview of the Scythian tribes and belong to the early stages of the nomadic period. Milodiy 1-ming yillikning o`rtalariga oid kumush cho`mich gardishi sirtida ham ikki pahlavonning kurash tuushayotgan holati tasvirlangan. Mutaxasislarning fikricha bu cho`mich qadimgi Vizantiyaga taalluqliligi ehtimoli ham mavjud. Samarqand yaqinidagi Chelak qishlog`idan topilgan ashyolar ham o`tmiishdan darak beradi. Geometrik naqshlar solingan ushbu idishlar orasida kuumush dastali qadoqcha e`tiborni tortadi. Uning dastasi sirtida ikki polvon xuddi o`zbek kurashi uslubida bellashayotgani ifodalangan. Mazkur topilma ilk o`rta asrlar davriga oiddir.

According to the research of Doctor of Philology Kamil Imamov, even the most ancient epics, fairy tales and legends contain stories about the struggle. If you pay attention to their content, you will be convinced that they belong to the period of the mother's emphasis.

Therefore, the history of Uzbek wrestling dates back to 5,000 years ago. The centuries-old history of our national sport testifies to the fact that in the eyes of our ancestors, wrestling was first and foremost an example of the full maturity of

wrestlers. On the one hand, there is a wide range of behavior, morality, morality, respect for the environment, and so on. It is also important to follow the advice of the pandu to follow the heroes who have not touched the ground as a piru teacher. has become a special tradition.

A clear example of our idea is the famous Khorezmian poet and wrestler Pahlavon Mahmud.

Founded on September 6, 1998 in Tashkent, the International Wrestling Association now unites 130 national federations on five continents.

Since 1999, the World and European Wrestling Championships, and since 2000, the "Islam Karimov Tournament" in the United Kingdom, a number of tournaments dedicated to the memory of our wrestling scholars have been held, especially in memory of our great compatriot Al Hakim At Termizi. The holding of international wrestling tournaments in Termez in 1993,1995,1997,1999,2001,2003,2005,2007,2009,2011,2013,2015,2017,2019 is a bright symbol of the love of our people for this sport. Ural Turayev, Toshtemir Muhammadiyev, Makhtumkuli Mahmudov, Kamol Murodov, Davlat Choriyev, Armen Bogdasarov, Vladimir Shmakov, Andrey Shturbabin, Dmitry Solovyev, Rustam Ergashev, Bakhrom Avazov, Muhammadstos Toshev, Ergash Mahmarasulov, Ilhom Daminov, Abdulla took part in these tournaments. Our compatriots, such as Tangriyev, Turaboy Utayev, Sukhrob Dustov, Bobomurod Rustamov, Muhsin Hisomiddinov, demonstrated the art of wrestling with great skill, and they became the winners and prize-winners of tournaments. Similar competitions play an important role in inculcating the idea of national independence in young people. In addition, Pahlavon Mahmud liberated the centuries-old Khorezmians in India in exchange for his struggle, and the struggle played an important role in the world fame of our great ancestor Amir Temur. By inculcating in the minds of young people, we will strengthen their interest and aspiration to physical culture and sports,

in particular, wrestling, increase loyalty, pride and love for their country, people and homeland.

By the decree of the first President of the Republic of Uzbekistan IA Karimov dated February 1, 1999, the monthly literary, artistic, social, journalistic, information and advertising magazine "Kurash" was established in order to widely promote the achievements of Uzbek wrestling and its international traditions.

In October 1999, the International Kurash Association was established as part of the International Kurash Association. This academy is the only scientific center in the world that studies the rich history of Uzbek kurash.

The International Wrestling Institute was established in Uzbekistan on April 28, 2001. Wrestling Method (Technique) Used to name the methods: "Supurma", "Yuk", "Qoshsha", "Yonbosh", "Chil", "Urama", "Yildirim", "Burama", "Kuyama armat", "Yelka"

Our compatriot Abu Ali ibn Sina wrote valuable ideas about wrestling at that time on the basis of science about the role of exercise in medicine. Ibn Sina says: "Wrestling consists of different types, one of which is when two men hold each other's belts. They try to get rid of their opponent, but one of them does not let go of the other. Another type of wrestling: kicking each other and kicking the opponent's leg.

From these examples we can see that the methods of Uzbek wrestling "Qaytrma", "kokma", "poychehcak" and "Yildirma" have been used since ancient times.

Thus, according to Abu Ali ibn Sina, a thousand years ago, in one of the two types of national wrestling, all of them were allowed to grab the opponent's waist, and the wrestlers did not use their feet.

In the second type of wrestling, the legs were moved wherever the body was held, but in both types of wrestling, hand-to-foot wrestling was prohibited.

It should be noted that the two types of wrestling described by Ibn Sina, regardless of how and how precise they are, refer to many types of exercise and sports that were known almost a thousand years ago.

The theory of wrestling is a part of the theory of physical culture. It develops the application of high-efficiency means and methods of physical education, taking into account the specific tasks and content of wrestling. The goals and objectives of wrestling theory in its system of physical education Scientific substantiation of the organization and planning of the educational process, the division of physical exercises used in wrestling into special categories, the development of special terms of wrestling, their health and physical fitness in exercises with people of different ages and genders At the same time, it is necessary to determine the effectiveness of various tools and methods used. In addition, the development of wrestling programs for athletes of different ages will improve the techniques of exercise used in wrestling, the organization of competitions and training. problems of transmission and promotion of struggle The struggle is based on the achievements of many disciplines as part of the science of the theory of physical culture.

The most important of them are anatomy, physiology, psychology, physics (mainly mechanics), biomechanics, mathematics and others.

The theory of wrestling develops in conjunction with practice. The theory of wrestling, which combines the new achievements of science in practice, makes extensive use of practical experience, analyzing its formation as a means of physical education.

Improving the methods of using the means of struggle is a continuous process. It is based on the ability of the two main forces to control the process of physical development with a special educational effect on the age, function and structure of the human body.

Based on the above, the theory and methodology of wrestling, taking into account the requirements of life, new, more, more effective methods of applying the exercises are used to solve various problems. The exercises used in wrestling are based on the task, age of the participants, training. At present, in accordance with the program of physical culture in Uzbekistan in the training of voluntary sports societies in the training of physical culture and sports universities, universities and pedagogical universities, colleges and schools for the preparation of Olympic reserves, In this regard, wrestling is studied as a basic subject, and our students, adolescents, adolescents and girls will later become specialists in this field.

At the 36th General Assembly of the Olympic Council of Asia in 2017, the national sport of kurash was officially included in the program of the 17th Asian Games for the first time in history. Practical efforts are being made to include Uzbek kurash in the program of future Olympic Games.

The Al Hakim at-Termizi Memorial Tournament, which has been held since 1993, has played a significant role in the popularity of wrestling in our country and around the world. Over the years, these tournaments have been instrumental in bringing the world's wrestlers together, improving the skills of young promising wrestlers and mobilizing them to new heights. President of the African Wrestling Confederation Thomas Duneyir, President of the Pan American Wrestling Confederation Janni Casanova, President of the Asian Wrestling Confederation Komiljon Roziyev, Governor of Surkhandarya region Tora Bobolov and Physical Culture and Sports Minister of Sports D.Nabiev, Deputy Chairman of the National Wrestling Federation of Uzbekistan K.Yusupov noted that the Uzbek wrestling, which promotes honesty and courage, is gaining popularity around the world. Terms such as "Tazim", "Tokhta" and "Yonbosh" have a strong place in the structure of the international sports dictionary.

The tournament was attended by presidents and chairmen of 19 wrestling federations of foreign countries. The 14th international tournament for the prize of the President

of the Republic of Uzbekistan in memory of Al Hakim at Termez took place on October 5-6 at the Alpomish Stadium in Termez.

Wrestlers from 47 countries of the world competed for the victory in the tournament with a prize fund of 100 thousand US dollars. Traditionally, the competitions were started by our young and old wrestlers. After that, men competed in the weight category of 55,66,73,81,90, + 100 kg, and women in the weight category of 48,57,70,78 kg. In the wrestling competition, \$ 3,000 was awarded for the first place, \$ 2,000 for the 2nd place, and \$ 1,000 for 2 3rd places. In the final bout, Boltaboy Boltaev from Khorezm defeated Muhsin Hisomiddinov from Surkhandarya. He won the prize of the President of the Republic of Uzbekistan in the amount of 10,000 US dollars. 2nd place winner M. Hisomiddinov, Dadahon Kurbanalliyev from Tajikistan and Nafari Pahlavoni from Iran, who took 5000.3rd place, were awarded \$ 3.5 thousand. All winners and prize-winners received souvenirs from the Kurash Federation of Uzbekistan and the khokimiyat of Surkhandarya region.

Sh.Kholmamatov from TerDu students R. Ilmatova, M. Muminova, Sh. Nazarova, N. Yodgorova, sister Choriyeva and other students from our girls in world and Asian games in judo, sambo, freestyle wrestling and many other types of individual wrestling. There is no doubt that the basis for winning championships and international tournaments has been achieved through our national wrestling. On measures to promote and develop the sport of wrestling among children, adolescents and youth, adults. several resolutions and decrees were passed.

The second of the five initiatives adopted by Shavkat Mirziyoyev identified goals and objectives, such as the wide involvement of young people in sports, the realization of their potential and the creation of conditions for regular participation in sports.

Today, more than 15 million people around the world are engaged in wrestling. Wrestling can be practiced from 7 to 70 years.

The fact that this sport is included in the programs of 3-stage sports competitions "Umid Nihollari", "Barkamol Avlod" and "Universiade" also means that the regular participation of our children, adolescents and youth in wrestling will further promote a healthy lifestyle. plays an important role in physical development and spiritual maturity.

The Uzbek wrestling is now going around the world. We believe that the Uzbek people, as the honor, pride and glory of the world, will win medals in prestigious sports competitions around the world, raising the flag of our country and singing our national anthem.

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