

## DEVELOPMENT PROSPECTS OF NATIONAL STRUGGLE IN UZBEKISTAN

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### ABSTRACT

Wrestling is a sport in which two athletes fight one on one in accordance with the established rules. The art of wrestling has been known in many nations since ancient times. Wrestling is especially popular in Greece and has been a regular feature of the ancient Olympics. Various forms of national struggle exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

**Keywords:** wrestling, rule, side, judo, sports

### INTRODUCTION

The main rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was established (now it has 144 countries, Uzbekistan has been a member since 1993). Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of sports wrestling are widespread in the international arena. In the following years, Uzbek wrestling as a separate type of wrestling began to be recognized worldwide. Wrestling is one of the means of training a person to be strong, dexterous, resilient and strong-willed. It is allowed to engage in wrestling from the age of 12 under the supervision of doctors. Archeological finds and historical manuscripts confirm that wrestling has been an integral part of Uzbek lifestyle since ancient times. Two wrestlers, one of them beating the other, are depicted on a cylindrical pottery vessel of the Bronze Age, found in the territory of ancient Bactria (southern Uzbekistan). Another archaeological find from this period shows wrestlers demonstrating wrestling techniques.

### LITERATURE ANALYSIS AND METHODOLOGY

These unique findings indicate that wrestling was a part of the lifestyle of our ancestors even before 1.5 thousand years BC. According to the Greek writer Claudius Elian (II-III century) and other historical figures, the girls of the Saka tribe, who lived in this area, chose their grooms by competing with young men. Later, the girls determined the bridegroom by setting a condition, and in this condition there was a wrestling competition. An example of this is the conditions of Barchin in the Uzbek folk heroic epic "Alpomish". One of the two wrestlers grabs his opponent's belt and pulls him to himself, at the same time trying to get rid of his opponent. This definition is close to the rules of modern wrestling. Also, there are valuable information about the struggle in "Devonu lugotit turk" by Mahmud Koshgari, "Hamsa" by Alisher Navoi, "Holoti Pahlavon Muhammad", "Badoye' ulvaqoye" by Zayniddin Vasifi, "Futuvvatnomai sultanyi" by Husayn Vaiz Koshifi, "Baburnoma" by Zahiriddin Muhammad Babur. In the 9th-16th centuries, wrestling became popular among the people. At that time, Pahlavon Mahmud and Sadiq wrestlers increased their wrestling skills. Wrestling, one of the traditional sports of

the Uzbek people, has a history of three and a half thousand years. Kurash is an Uzbek word, it is mentioned in a number of ancient Eastern literary sources as a sport of individual combat and social entertainment. In the legendary Alpomish epic, which appeared a thousand years ago, it is noted that in the distant past, wrestling was the most popular and popular sport in Uzbekistan. A number of philosophers and historians who lived and worked in ancient and medieval times mentioned the struggle with special respect in their works.

## RESULTS

Abu Ali Ibn Sina, one of the great thinkers of the East, admitted that wrestling is the best way to ensure health of soul and body. However, there is still no exact information about when and where the fight started. In turn, such abstraction could not be an obstacle for a number of scientists to recognize wrestling as one of the ancient sports. In the 9th century AD, the development of wrestling reached a new level. At that time, people living in the territory of modern Uzbekistan used wrestling as a means of entertainment and recreation during traditional holidays, weddings and large public events. Later, wrestling turned from a means of entertainment into an independent sport and a method of physical training. The strongest wrestlers became famous among the people, and legends began to be woven about them. Pahlavon Mahmud, who lived in the 12th century, is a clear example of this. His grave is still a favorite place of pilgrims and one of the holy places. In the 14th century, Amir Temur, an incomparable general and statesman who left a bright mark in the history of mankind, used wrestling to train his soldiers and improve their physical fitness. It is known that Amir Temur's army was considered the most powerful and invincible army of his time. Over time, wrestling has become one of the most beloved and honored traditions of the people living in the territory of modern Uzbekistan. In this sense, it is no exaggeration to say that the struggle is ingrained in the blood of Uzbeks. Love for this sport is inherited from fathers to children. To date, the number of regular wrestlers in Uzbekistan alone has reached two million. The number of fans and amateurs of this sport is countless.

## MUHOKAMA

In the early 1980s, the famous Uzbek wrestling master, judo fighter and sambo fighter Kamil Yusupov started researching the rich heritage of Uzbek wrestling. The main goal of this breed, one of the activists of the revival of this sport, was to develop new rules of wrestling in accordance with international standards. By the beginning of the nineties, he successfully fulfilled this honorable task and set himself the goal of bringing Uzbek wrestling to the international arena. At first, he introduced the wrestling rules he had developed to the public, experts, and fans. The new rules incorporate the most honorable traditions of Uzbek wrestling and international sports standards such as special uniforms, the place of competition and the duration of the competition. Sports experts have recognized that the wrestling rules developed by Komil Yusupov fully meet the requirements of international sports. One of the main advantages of wrestling rules is that they do not allow the contest to continue while lying down. As soon as the knee of one of the athletes touches the mat, the referee stops the competition and the wrestlers continue the competition while standing. This ensures that the fight is fast-paced and fun for the fans. In addition, the rules of wrestling prohibit the use of

belts that catch the lower part or the use of pain-inducing and choking techniques. In this way, wrestling has become one of the safest sports that prevent injuries to athletes. The declaration of independence of Uzbekistan in 1991 gave new life to the struggle. The government of the republic set itself the goal of restoring the national values and traditions of the Uzbek people, which were trampled underfoot during the 70-year totalitarian regime.

The revival of wrestling, which is considered a national sport, was defined as one of the priorities of the state policy. In 1992, K. Yusupov was received by the President of the Republic of Uzbekistan. During the conversation, the issues of developing Uzbek wrestling not only in our homeland, but also abroad were discussed. The main goal is to turn wrestling into a real international sport, and then to include it in the program of the Olympic Games. After that meeting, a group of activists led by K. Yusupov started activities aimed at developing Uzbek wrestling at the international level. The success of a number of major competitions organized by them in different regions of Uzbekistan really surprised everyone. Thousands of wrestlers from different parts of the country expressed their desire to participate in the competitions, while millions of wrestling fans filled the stadiums across the country eager to enjoy these attractive competitions. The efforts of struggle activists were not limited to Uzbekistan. Since 1992, they have participated in events aimed at promoting Uzbek wrestling at a number of prestigious sports conferences held in South Korea, Canada, Japan, India, the USA, Monaco and Russia.

### CONCLUSION

As a result of these efforts, representatives of about 30 countries of the world participated in the first international wrestling competitions held in Tashkent, the capital of Uzbekistan. The 30,000-seat stadium in the center of Tashkent was filled with spectators. Millions of TV viewers in Uzbekistan and abroad closely followed the competitions, which were shown in detail on television. Wrestling is one of the oldest forms of competition. At the same time, it is the youngest sport on the world stage. Despite its long history, wrestling made its first appearance on the world sports scene only in 1998. These steps are neither easy nor short. First, from the very beginning, the bright steps of the struggle and the expected goal were clearly defined. It is to turn Uzbek wrestling into an international sport.

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