

WRESTLING IS A TRADITIONAL UZBEK SPORT

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ANNOTATION

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 that has been mentioned in a number of ancient Eastern literary sources as a one-on-one wrestling and social entertainment sport.

Keywords: "best wrestler", "best referee", "best federation".

INTRODUCTION

The legendary Alpomish epic, which appeared a thousand years ago, states that wrestling was one of the most popular and prestigious sports in Uzbekistan in the distant past.

A number of ancient and medieval philosophers and historians have paid special attention to wrestling in their writings.

Abu Ali Ibn Sina, one of the great thinkers of the East, acknowledged that wrestling is the best way to maintain good health. However, it is still unclear exactly when and where the struggle began. In turn, this ambiguity did not prevent a number of scholars from recognizing wrestling as an ancient sport.

In the ninth century AD, the development of wrestling reached a new level. At that time, the people of modern Uzbekistan used wrestling as a means of entertainment and recreation during traditional holidays, weddings and large public events. Later, wrestling became an independent sport and a form of physical training. The strongest fighters became well-known among the people, and legends began to be told about them. Pahlavon Mahmud, who lived in the 12th century, is a clear example of this. Hali-hanuz uning qabri ziyoratchilarning sevimli maskani va muqaddas qadamjolaridan biri hisoblanadi. In the 14th century, Amir Temur, an incomparable commander and statesman who left a bright mark on human history, used wrestling to strengthen his soldiers and increase their physical fitness. It is known that Amir Temur's army was the most powerful and invincible army of his time.

Over time, wrestling has become one of the most beloved and revered 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. The love for this sport is passed down from father to son. To date, the number of regular wrestlers in Uzbekistan alone has reached two million. The number of fans and amateurs of this sport is innumerable.

In the early 1980s, Komil Yusupov, a well-known Uzbek wrestler, judoka and sambo wrestler, began researching the rich heritage of Uzbek wrestling. One of the activists in the revival of the sport, his main goal was to develop new rules of wrestling that would meet international standards. By the early 1990s, he had successfully accomplished this noble task and set himself the goal of bringing Uzbek wrestling to the international arena. He first brought his wrestling rules to the attention of the public, experts and fans.

The new rules incorporate the most revered traditions of Uzbek wrestling and international sports standards, such as special clothing, the venue, and the duration of the competition. One of the main advantages of wrestling rules is that they do not allow the fight to continue while lying down. As soon as one of the athletes touches the carpet, the referee stops the competition and the wrestlers continue the competition standing. This ensures that the fight is fast and interesting for the fans. In addition, the rules of wrestling prohibit the use of methods that hold the lower part of the belt or cause pain and suffocation. Thus, wrestling has become one of the safest sports to prevent injuries to athletes.

Uzbekistan's declaration of independence in 1991 gave new life to the struggle.

The government of the republic has set itself the goal of reviving the national values and traditions of the Uzbek people, which were trampled underfoot during the 70 years of totalitarian rule. The revival of wrestling, a national sport, has been identified as one of the state's priorities.

In 1992, K. Yusupov was received by the President of the Republic of Uzbekistan. During the conversation, the issues of development of Uzbek wrestling not only in our country, but also abroad were discussed. The main goal remains to make wrestling a real international sport and then include it in the Olympic program. After that meeting, a group of activists led by K. Yusupov began work to develop Uzbek wrestling internationally. The success of a number of major competitions organized by them in different regions of Uzbekistan really surprised everyone.

Thousands of wrestlers from all over the country have expressed their desire to take part in the competitions, while millions of wrestling fans have filled stadiums across the country to enjoy these exciting competitions.

The efforts of Kurash activists did not limit themselves to Uzbekistan. As a result of these efforts, representatives of about 30 countries took part in the first international wrestling competitions in Tashkent, the capital of Uzbekistan. The 30,000-seat stadium in central Tashkent is packed. Millions of TV viewers in Uzbekistan and abroad watched the competitions in detail on television. The first international competition for the prize of the President of Uzbekistan was a success. Turkish athlete Salim Tataroglu won the competition.

Simultaneously with the first international competition, the country witnessed another important historical event. On September 6, 1998, representatives of 28 countries in Europe, Asia and the Americas founded the International Wrestling Federation. The ICRC has become an official representative of Uzbek wrestling internationally. During the first founding congress, the charter of the new international sports organization was approved, the international rules of Kurash were adopted, and the governing body of the ICU was elected the Executive Committee. The first initiator of the idea of developing wrestling at the international level, President of the Republic of Uzbekistan Islam Karimov was unanimously elected Honorary President of the ICU. Komil Yusupov, the author of international wrestling rules, was elected President of the International Wrestling Federation. The organization's executive committee consists of 15 members, elected by a four-year majority vote by the ICU Congress.

In 1999, Tashkent witnessed another great event - this year's first World Wrestling Championship, which was attended by representatives of 48 countries from Europe, Asia, Africa, North and South America.

The participation of so many countries in the first World Cup in a new sport was a world-class event. At the opening ceremony of the championship, the President of Uzbekistan, Honorary President of the ICU Islam Karimov noted that the Uzbek struggle embodies the qualities of courage, bravery, compassion, justice, fairness and humanity inherent in the nature of the people of this great country. The sport, which embodies these qualities, will inevitably be welcomed and supported around the world.

Uzbekistan's overcrowded stadiums were a spectacular sight. Hundreds of wrestlers from more than 50 countries took to the mat to prove that this type of competition is unique in the world. Competitions were held in three weight categories - 73.90 kg and absolute weight. According to the results of the competition, it is significant that the Uzbek wrestlers rose to the podium in all three weight categories.

Since 2001, the ILO has established the best event and person of the year in 12 different categories, including Best Wrestler, Best Referee, and Best Federation. For the first time in the history of wrestling, the Brazilian wrestler Alexander Katsuragi, who won the nomination "Best Wrestler of 2001" in Uzbekistan, won the highest award. Poland's Dorota Sikora, winner of the World Championships in Budapest, was named Wrestler of the Year. Abdulla Tangriev, the absolute winner of two international tournaments in Uzbekistan in 2001, a young star of Uzbek wrestling, a heavyweight, won the highest award in the nomination "Best Technique". To this day, wrestling is recognized around the world. Wrestling is well-known in countries such as Bolivia, Canada, the United States, South Africa, the Netherlands, Turkey, Russia and Japan. The ICU currently unites more than 40 national wrestling federations on four continents in Asia, Europe, the Americas and Africa. The prestige of the ICU as an international sports organization is growing day by day. Of course, the negotiations and meetings of the President of the ICU and the members of the Executive Committee of the organization with the heads of various international sports associations and organizations have contributed to this in many ways.

Wrestling is one of the oldest types of wrestling. At the same time, it is the youngest sport on the world stage. Despite its long history, wrestling only made its mark on the world sports scene in 1998. These steps are neither easy nor short. From the very beginning, the bright steps of the struggle and the goal expected of it were clearly defined. It is to turn Uzbek wrestling into an international sport.

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