



## **MECHANISMS FOR THE FORMATION OF UNIVERSAL VALUES IN THE PROCESS OF EDUCATION AND UPBRINGING OF STUDENTS IN THE EARLY STAGES OF THE NATIONAL STRUGGLE**

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### **Annotation**

The article describes the mechanisms of formation of universal values in the process of education and upbringing of students in the early stages of national wrestling and the pedagogical basis of the formation of universal values in students through national wrestling lessons and methods of individualization of the process of education and upbringing of young national wrestler's development and Uzbek national wrestling sports classification is based on the All-Union sports classification. The new sports classification of national wrestling should contribute to the further development of the national wrestling of the republic, improving the quality of physical training and educational work.

**Keywords:** Uzbek kurash, international kurash, competitions, Chil method, Belt wrestling, Yonbosh, handwriting, methods, practical lessons.

### **Introduction**

The Fergana struggle took place in the Fergana Valley, Tashkent, Syrdarya, and the region, The wrestling ceremonies were ceremonial and attended by a large number of spectators according to folk tradition, wrestling competitions consisted of the appearance of great wrestlers at the end of the youth after the children. Local aristocrats have included cockfighting, quail fighting and various auctions in their wrestling programs to attract more people to the show it was customary to pray during the competitions and collect various donations from the spectators. The nobles and officials used the competitions to educate the masses in the spirit of slavery to the tenets of Islam and to serve the local and Tsarist rulers with unconditional devotion. That is why great attention has been paid to the preparation of the public by informing the public about wrestling competitions in advance.





Famous Uzbek wrestlers Toji Alov, Abdurahmon Vahidov, Azimkhodja, Haydar Ali and others even competed in Tashkent with famous Russian professional wrestlers Poddubny, Vakhturov and Zaikin. Sports contacts of Uzbek wrestlers with Russian wrestlers have significantly contributed to the enrichment of Uzbek national wrestling techniques and methods. The Uzbek people have created their own forms and methods of using physical exercises to educate the younger generation. Athletes of Uzbekistan at international sports competitions maintain the honor of the Motherland at a high level of sportsmanship. Stories about folk heroes.

The Uzbek people have a great respect for the wrestlers, because they have strength, courage, endurance, moral purity and freedom, the name of Pahlavon Mahmud (1243-1326) from Khorezm is immortalized in history. He has never lost a competition in his entire life. Pahlavon Mahmud traveled to many countries. he was in Iran, India, and other eastern countries, traveled throughout Central Asia, and wrestled with strong wrestlers everywhere, but nowhere in his homeland or abroad did his shovel touch the ground. The name of Pahlavon Mahmud is full of legends. In these legends, the people expressed their love and respect for the wrestler. That is why the hero of the people is not only a strong man, but also the most honest man.

A legend that has been passed down from one generation to the next has survived. It is said that Paqlavon Mahmud was invited by the governor of India to compete with the country's famous wrestlers. Then he accidentally finds out that a poor woman is living with her son and that he is the sole breadwinner of the family. His son would win all the competitions. The mother, who heard that the famous Pahlavon Mahmud will take part in the competitions, sheds tears for fear that her son will be defeated and as a result the family will lose its source of livelihood. The woman's son was called Nuriddin Chati. The next day, when he meets Mahmud Nuriddin in a circle, he gives him a chance to overcome himself. This legend shows that Pahlavon Mahmud was not an ambitious man, but a noble, generous and compassionate man. There are many legends about the favorite wrestler among the people. Then one of the narrations tells that Mahmud fought against the enemies of India in the ranks of the Hindus. During the battle, he risked his life to save Raja Ray Ropoy Chun from death. The grateful raja offers the Polvon to the Khokimiyat and wealth. But Mahmud gets nothing. However, if possible, he asks the rajah to release ten thousand Khorezm prisoners in exchange for a reward. Recognizing the nobility of the Khorezm wrestler, Radja fulfills this request.

At his own expense, Pahlavon Mahmud built a memorial mausoleum on the grave of the wrestlers who died in the battle against Genghis Khan's gangs near Khiva. The mausoleum, which was left unattended, has come down to us in ruins. Highly devoted





Khorezmians rebuilt the mausoleum of Pahlavon Mahmud. His songs are engraved on the roof and walls of the mausoleum. In these poems, Mahmud's thoughts on the fate of the people, his dreams of freedom and happiness are expressed. Pahlavon Mahmud was not only a wrestler, but also a poet, a thinker and a mature man. It embodied high culture, humanity and physical maturity.

Less than a hundred years after Pahlavon Mahmud's death, another wrestler, Pahlavon Muhammad, lived in Khorezm. He, like his predecessor, did not know what defeat was, Ahmad Polvon from Tashkent was also very popular among the people. In 1895, Rippel, a well-known German wrestler from Tashkent, came and expressed his desire to fight Ahmad. On June 23, 1895, a fight took place on the circus field and ended with a great victory of the Uzbek wrestler. In doing so, they compete in classical wrestling. Characteristically, Ahmad the wrestler did not go through any wrestling school other than national wrestling. But even so, it is precisely in classical wrestling that he wins because of his strength, endurance, and high skill.

In 1904, Kuvalik Khoja Polvon from Fergana region came to Tashkent. After defeating all the Tashkent wrestlers for two months, Ahmad said that he wanted to try his hand at wrestling. Despite his back pain, Ahmad wrestler complied with the guest's request. The fight didn't last long, but it left a huge impression on the audience. The master wrestler was the first to grab the opponent's belt. Ahmad the wrestler also squeezed his belt against his chest and lifted him off the pole. The circle turned and the Lord turned the wrestler a couple of times, knocking him lightly to the ground. He then apologized to the guest for beating him, born in 1937 in Jondor district of Bukhara region, master of sports in freestyle and classical wrestling, as well as Uzbek wrestling Ismail Turobov is a hereditary representative of national wrestling. For the Turobovs, the struggle has become a family tradition. Ishmael's father, grandfather and uncle were famous wrestlers even before the October Revolution. His father Turob Sharopov and uncle Bahrom Sharopov were successful wrestlers in national wrestling competitions. The Emir of Bukhara Alimkhan invited them to serve as wrestlers in his palace. But the wrestlers refused to serve the emir and suffered his oppression many times, the family tradition, the baton of generations, is also passed on to the sons of Turob and Bahrom wrestlers. Ismail Turobov trained well in the family as a young man. His good physical development and mastery of national wrestling techniques allowed Ismail to enter the big sports arena - he mastered the Olympic types of wrestling and was named a three-time master of sports in national, freestyle and classical wrestling. Ismail Turobov successfully participated in the 1957 freestyle wrestling championship in Tbilisi. It was the year of the peak of sportsmanship for Ismail, he took part in the Tashkent Sports Festival. From 1958 to 1969 Ismail was the





champion of Uzbekistan in freestyle wrestling, from 1956 to 1962 the Republican champion in national wrestling.

Uzbek wrestling is included in the school curriculum in accordance with the requirements of state educational standards. We have known wrestling for a long time. Archaeological observations and a lot of material evidence have revealed that it is at least 3,000 years old. Wrestling has been a favorite pastime of our people both during and after the Timurids. World-famous Uzbek wrestlers have left an indelible mark on the history of wrestling. The poet Pahlavon Mahmud and Ahmad were among the invincible wrestlers of their time. The honor of independence and the relentless actions of the struggle officials therefore, Uzbek wrestling has rapidly gained popularity in the world as a new sport, gained the attention of the world community and spread to many countries. Kurash is in the hearts of the peoples of the world, and their lexicons include "Oazim", "Kurash", "Yonbosh", "Halal", "Chala". Uzbek words like It is important to know and study the history of our national struggle, which has a history of several thousand years and is known worldwide as a symbol of cultural heritage, spiritual wealth, pride, pride and friendship of our people.

International wrestling association - The reception of Kamil Yusupov, one of the wrestling enthusiasts of the President, in early 1992 became an important date in the development of our wrestling. Komil Yusupov was born in the 1980s to develop Uzbek wrestling as a sport, to promote it around the world, and to bring it to the world. Over the years, he has been an active participant in the "round fight" at weddings in the country as a famous wrestler. At the same time, he was interested in studying the traditions, customs and traditions of our national sport. K. Yusupov put forward the idea that the national struggle can be brought to the world arena. The new rules, created after several years of research, were discussed at the Central Asian and Kazakh Scientific Conference on June 14-15, 1991. After two days of heated debate, the rules and the uniforms of the judges and wrestlers were approved. According to the rules of wrestling, the positive behavior of wrestlers is mainly assessed by the terms "Halal", "Yonbosh", "Chala". Once upon a time, spectators saw the rules of wrestling. they learn easily and quickly. As a result, the international wrestling rules were soon approved by wrestling experts, coaches, referees, and most importantly, wrestling fans and the general public. In addition, for the first time in the history of the sport, wrestlers in the weight category of 36 to 65 years and older were included in the rules of wrestling, taking into account the traditions of round wrestling. Which, of course, made the video an overnight sensation. September 6, 1998 is marked in golden letters in the history of Uzbek wrestling as the day of a world event. The founding congress of the International Wrestling Association in Tashkent with the participation of





representatives from 28 countries of Latin America, Europe and Asia recognized the establishment of the International Wrestling Association. Islam Karimov, the first President of the Republic of Uzbekistan to fully support the development of Kurash in the world, has been elected Permanent Honorary President of the International Kurash Association. At the same congress, the Executive Committee of the ICA was formed. The rules of Uzbek wrestling were unanimously approved and K. Yusupov was elected President of the Association. On February 1, 1999, the President of the Republic of Uzbekistan issued a decree "On support of the International Wrestling Association" and signed the decree. Today, there are thousands of fans of Uzbek wrestling in more than 70 countries on five continents, including Canada, Bolivia, Brazil, South Africa, Great Britain, Hungary, Mongolia, India, Sri Lanka, Iran and Japan. Even people in the Dominican Republic, Paraguay, Ecuador, Zambia, Nigeria, and Mauritius are well aware of the Uzbek struggle. They are trying to learn how to fight with great interest and enthusiasm. So far, regional confederations have been established in the Americas, Africa, Europe and Asia **Calendar of competitions**

Since its inception, HKA has hosted more than 300 major and prestigious competitions around the world. They are, these include world championships, world championships among juniors, intercontinental championships among juniors and adults, international tournaments and sponsored competitions, cup competitions. So far, 4 World Cups have been held: in 1999 in Osh, in 2000 in Antalya (Ourkiya), in 2001 in Budapest (Hungary), in 2002 in Armenia. Championships and championships are held alternately every two years. All other competitions are held annually. Intercontinental championships for adults and juniors are also held regularly. The British Wrestling Association has been holding the traditional Islam Karimov International Tournament in London every year since 2000. The National Wrestling Federation also holds at least five national championships and tournaments each year.

### **International Relations**

XKA rahbariyati Xalqaro Olimpiya qo'mitasi, Xalqaro Sport tashkilotlari Bosh Assotsiatsiyasi, Osiyo Olimpiya kengashi, Janubiy Amerika sport tashkiloti va boshqa xalqaro sport tashkilotlari bilan mustahkam aloqalar o'rnatish uchun muntazam ish olib bormoqda. Bu faoliyat kurashni dastlab mintaqaviy va qit'alararo Olimpiya o'yinlariga, keyin esa Yozgi Olimpiada o'yinlariga kiritishga qaratilgan. Demonstrations of wrestling were held at the Summer Asian Games in Pusan, South Korea, on October 4, 2002. At the XXII session of the General Assembly of the Olympic Council of Asia, held in Kuwait on January 24, 2003, Article 59 of the Charter





of the Organization was added. It noted that wrestling was recognized by the Olympic Council of Asia and allowed to be included in the program of the Summer Asian Games as an official sport. National Wrestling Federation of Uzbekistan, Due to independence, forgotten values and traditions have been restored. The issue of developing wrestling as a national sport and bringing it to the world stage was on the agenda. This means that it is necessary to create a workforce - a federation - to carry out this process. In Tashkent, after the approval of the normative documents of the National Wrestling Federation of Uzbekistan, a meeting of the initiative group was held by wrestling fans, and the late Jorakul Oursunov was elected its first president. National Kurash Federation of Uzbekistan International Kurash the Association is a federation in Uzbekistan and is involved in the development of wrestling in Uzbekistan.

Chil method - (removal by hanging). Chil is a method of wrestling in which a wrestler holds or pulls an opponent's leg with a bent leg, claw, or heel. The wrestler bends his legs at the knees, places the bends on the opponent's knees, lifts them with his paws and brings them to the. The chil method is effective in the following cases: a) when the opponent's legs are wide apart; b) when the opponent is standing on one leg; d) when the opponent takes the weight of the body on the toes; e) when the opponent bends, bends or pulls back the legs opponent's feet, and throws the opponent on the carpet with his hands and body movements. f) Your feet as the attacking opponent steps forward when you put your foot in between; g) when the attacking opponent is turned to the side or waist. There are several types of chil: Chil on the outside of the foot - holding the yacht on the back of the hands Chil on the inside of the foot (basic method). Both wrestlers stand on their right toes. The attacking wrestler grabs the opponent's waistband, pulls it towards him, and steps forward on the left foot, then places the toe on the inside of the opponent's right foot and pulls the foot back with a quick motion. by turning the body to the right or left, it lowers the weight of the whole body on the opponent and knocks him to the carpet. Yonbosh. Grasping the opponent's arm and belt, using the foot to shake it (either right or left hand, right or to the left). The legs can also be used to lift the opponent's legs from the outside and inside.

Features of belt wrestling rules - In belt wrestling, you can move forward, backward, or sideways while holding and lifting an opponent. As soon as you lift it off the ground, you need to turn it quickly and throw it back and forth. When lifting from the ground, it is necessary to turn quickly to the left or right, throwing the opponent to the side or to the shovel. In belt wrestling, it is forbidden to move the legs against the opponent: kicking, pressing the legs, hanging, bending the knees, holding the legs, etc - As a rule,





it is traditional to hold the opponent by the belt. The wrestlers stand in the center of the mat, each in a comfortable position, and then both carry their right hands behind their opponent's left side and grab the belt. Then, in the same way, they hold the belt in their left hand. The referee asks both wrestlers if they are ready for the fight and starts the fight with a whistle. It is mandatory to hold the belt and release it during the fight, it is impossible to move the legs until the opponent's leg is lifted from the carpet. According to the rules of belt wrestling, there are several methods of wrestling techniques. The most commonly used are lifting forward, rotating, throwing to the right and left, hooking, quick lifting of an opponent from the carpet to the side, semi-bending and bending to the side. We bring to your attention a system of exercises to master the techniques used in wrestling. The exercises are performed individually, in pairs, on puppets, on a treadmill with quarter force, half power, full force, defensive exercises. Before learning how to protect yourself from the elements, you should practice the methods of "fighting the shadows".

For example

The method of "fighting the shadows" should be expressed in a non-related way: by stepping forward, backward, left, right. Steps should be measured at different widths, speeds and rhythms (1 minute)

Move in different directions (2 minutes) by changing position (high, medium, low) and showing deceptive movements and seizures.

Movements expressing grasping, deceiving, unbalancing, moving with the feet, throwing, protection from methods, and so on.

Move to express the balance, play or throw (without injuring the opponent) while holding the clothes. Use any method you want to "fight the shadows" possible.

Classification, systematization and terminology of the Uzbek national struggle - Classifying exercises means dividing them into related groups. Some of the features of the exercises in these groups should be general. The practical value of the classification of exercises is determined by what general feature of this exercise is considered as a general feature and on what important features of this feature is the basis for classification, Today, the classification based on the historically structured system of physical education tools and their methods of application is one of the most justified classifications in practice.

In national wrestling, too, due to the abundance and diversity of exercise materials, in turn, are further subdivided into smaller classification combinations. In practice, exercise is often classified according to the importance it has for developing their physical abilities (strength, agility, endurance, and flexibility). Many types of classification based on different characteristics do not deny their practical





significance, but help to identify and systematize the many exercises available, it is said that the same order of action is used in wrestling, without going beyond the classification of groups by methods.

In 1997, the Republican Sports Committee adopted a resolution approving the rules of national wrestling competitions and the title of Master of Sports, based on the All-Union Sports Classification.

The Uzbek national wrestling sports classification is based on the All-Union sports classification. The new sports classification of national wrestling should contribute to the further development of the national wrestling of the republic, improving the quality of physical training and educational work.

The following titles and sports titles are awarded in national wrestling

“Sports titles”

- Honorary Master of Sports of Uzbekistan
- Master of Sports of Uzbekistan
- Candidate for Master of Sports of Uzbekistan
- The first discharge
- The second category
- The third category
- The first category of youth
- The second category of youth

The Master of Sports of Uzbekistan is awarded to wrestlers 18 years of age and older who have fulfilled the norms and standards set for this title, who always participate in competitions on behalf of their physical culture team, and who are active participants in physical education. Candidates for Master of Sports 1-2-3 sports titles are awarded to people aged 16 and older. Junior titles are valid for up to two years, and the athlete with the title has the right to compete with athletes who are above their title. In order to get the title, it is necessary to enter the competition and fulfill the requirements of this title.

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