



FURTHER POPULARIZATION AND DEVELOPMENT OF THE NATIONAL SPORT OF WRESTLING

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Abstract:

Further development and popularization of wrestling, attracting all segments of the population to a healthy lifestyle regardless of age, fostering loyalty to the Motherland among youth, turning it into one of the favorite sports of the peoples of the world, its humane ideas of fairness, justice, tolerance is a wider promotion in the world, its commercialization through active investment in this area, as well as promotion of a real Uzbek wrestling brand.

Keywords: Wrestling, sport, national, rule, international, field, wide, human, willfully, quality, freestyle wrestling, judo, sambo.

Wrestling is a sport in which two athletes fight one on one according to set rules. The art of wrestling has been known to many nations since ancient times. Wrestling was especially popular in Greece, where it was a regular element of the ancient Olympic Games. Various forms of national struggle exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. Today there are more than 1,500 wrestling coaches in the country. Analysis shows that in some areas the number of coaches is very disproportionate to the total population. In particular, 179 people (0.009%) in the Republic of Karakalpakstan with a population of over 1.8 million, 39 people with a population of over 2.5 million in Tashkent (0.001%), 43 people with a population of over 3 million in the Andijan region (0.001% percent) correspond to the wrestling coach.





The basic rules of modern wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912 the International Amateur Wrestling Federation (FILA) was founded (it currently has 144 member countries, including Uzbekistan since 1993). Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In recent years, Uzbek Kurash has also gained worldwide recognition as a separate type of Kurash. Wrestling is one of the means to develop strength, agility, endurance and willpower. Under the control of doctors it is allowed to engage in wrestling from 12 years. Archaeological finds and historical manuscripts confirm that fighting has long been an integral part of the Uzbek way of life. Cylindrical bronze age pottery found in ancient Bactria (southern Uzbekistan) depicts two wrestlers, one playing with the other. Another archaeological find from the same period shows a wrestling match. These unique findings indicate that Kurash was part of the way of our ancestors life even 1.5 thousand years ago. According to the Greek writer Claudius Elianus (2nd-3rd centuries) and other historical figures, the daughters of the Saka tribe, who lived in the area, chose a groom by fighting with the young men. Later, the girls determined the groom by placing bets, including the kurash competition. An example of this is the conditions of Barchin in the Uzbek folk epic "Alpomish". Ibn Sina wrote in "The Laws of Medicine" ("Tib qonunlari"): "There are different kinds of wrestling one of them is when one of the two wrestlers grabs his opponent's belt and pulls it while trying to get rid of his opponent....».



This definition is close to the rules of modern wrestling. Also, Makhmoud Kashgari's «Devonu lug'otit turk», Alisher Navoi's «Khamsa», «Kholoti Pakhlavon Mukhammad», Zayniddin Vosifiy's «Badoye' ul-vaqoye'», Khusayn Voiz Koshifiy's «Futuvvat-nomai sultoni», Zakhiriddin Mukhammad Babur's "Boburnoma" contain valuable information about Kurash. In the IX and XVI centuries kurash became popular among the people. During this period, the popularity of kurash increased among the Pakhlavon Makhmud and Sadik Polvon tribes.



There is also a variety of Uzbek traditional wrestling, called belt wrestling. Many archaeological finds and historical manuscripts are associated with it. A statue found in ancient Mesopotamia 5,000 years ago depicts wrestlers competing in belt wrestling. An ancient Chinese manuscript, "Tan-shu", states that weddings and festivals in the Fergana Valley would not have taken place without Kurash competitions. Akhmad Polvon, Khoja Polvon and others are famous for this type of Kurash (late XIX century - early XX century). During the imperial occupation and in Soviet times, attempts were made to artificially displace the Uzbek national kurash from people's way of life. By the end of the 1990s these attempts had been foiled. In 1991 Kamil Yusupov, a member of the Kurash dynasty and international master of sports in several types of Kurash, developed the following rules of Uzbek Kurash in accordance with international standards: Competitions wrestlers from 14x14 to 16x16 m take place on a blue-green mat Kurash with a red "danger line" on the edge. The winner will be determined by the methods used and the evaluation of their actions on the field.



Strangulation in wrestling, the use of techniques that hurt the opponent is not allowed, one of the wrestlers wear a blue jacket, the other - a green jacket (women - a white T-shirt inside the jacket), 4-5 cm wide belt (belt)), men compete in weight categories over 60, 66, 73, 81, 90, 100 kg and over 100 kg, women - in weight categories over 48, 52, 57, 63, 70, 78 and 78 kg (children, weight categories are also determined by age in competitions grimaces, teenagers, adults and girls). The 2003 congress of the International Wrestling Association (IKA) in Tashkent set the official competition time to 3 minutes to ensure that every match would be intense.



The methods used are rated as "half-hearted," "sideways," and "fair," and violators of the rules are punished with "reprimands," "scolding" and "unfair". If a wrestler gets a "fair" rating (or his opponent is punished "unfairly"), it means that he has won. Getting a "side" rating twice (or getting "scolding" twice) also means winning. Taking into account the "incomplete" points victory is awarded to the wrestler with the most points, the number of wrestlers with the same number of penalties and fines are equal, if the number of penalties are equal, the last penalized loser is considered the loser, loser if all are equal and not imposed a penalty, the winner will be declared by a majority vote of judges.



In 1992 the Kurash Federation was established in Uzbekistan, and in 2001 the Kurash Belt Federation was established in Uzbekistan. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, Netherlands, Russia, Uzbekistan, Japan, etc.) became founders of the International Kurash Association (IKA) in Tashkent. The Decree of the President of the Republic of Uzbekistan "On Support to International Kurash Association" (February 1, 1999) gave impetus to further development of Uzbek national Kurash. In the same year, the first world championship in Uzbek Kurash was held in Tashkent, and in Bryansk (Russia) - the international women's tournament. The International Kurash Academy and the World Kurash Development Foundation were established under the IKA, and the magazine Kurash was created under the auspices of the association. Literary-artistic, socio-publicistic, informational and advertising magazine has been published in Tashkent since October 1999. In 2000, the month of Kurash was held in Uzbekistan. About 2 million people came out on the Kurash mat this month. The traditional international competition named after honorary President IKA Islam Karimov was established in Great Britain. In 2001, the International Wrestling Institute (Tashkent) was established. The IKA consists of 66 national federations (2003). European, Asian, Pan American and oceanic wrestling confederations were formed. Currently, more than 600,000 people practice Uzbek Kurash abroad. Uzbekistan regularly hosts world, continental and national championships and championships in this kind of wrestling, as well as many international competitions in memory of al-Termizi, Pakhlavon Makhmud and many others. Uzbekistan currently has 22 Olympic reserve schools, 37 children's and youth sports schools, and 206 Kurash schools. There are more than 100 wrestling clubs at universities, and wrestlers are trained by 851 coaches (2003). In 2003, the Olympic Council of Asia included this type of wrestling in the program of the Asian Games. Bakhrom Anazov, Isok Akhmedov, Makhtumkuli Makhmudov, Kamol Murodov, Toshtemir Mukhammadiyev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Totar uglu (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melananets (Poland), Khiroyoshi Kashimoto (Japan) and others took part in the World Wrestling Championships and were the winners and prize-winners.

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