



PROSPECTS FOR THE DEVELOPMENT OF NATIONAL WRESTLING IN UZBEKISTAN

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Abstract:

The article analyzes the stages of development of national wrestling, the views of great scientists, kings and poets on wrestling.

Keywords: Wrestling, rule, sideline, national, sport

Introduction

A society with increased emphasis on sports develops in the form of a healthy society. There are all kinds of sports that contribute not only to the physical development of the individual, but also to the spiritual development. In particular, the sport of wrestling is a defense of national values, which instills a sense of national pride, pride and confidence in a bright future. The art of wrestling has been known in many nations since ancient times. This sport is a head-to-head match of two athletes according to the rules of the sport. Wrestling was widespread in ancient times, especially in Greece, and took a permanent place in the ancient Olympic competitions. Various forms of national struggle today exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. One of the traditional Uzbek folk sport wrestling has a 3.5 thousand years of history. Kuresh is an Uzbek word that mentions a number of ancient Eastern literary sources as a martial arts and a sport of social entertainment.

In the legendary Alpomish epic with thousands of years of history, wrestling was the most beloved and prestigious sport that took place in the land of Uzbekistan in the distant past.

A number of philosophers and historians, who lived and worked in antiquity and the Middle Ages, especially mentioned the struggle in their works

There are 6 finds - material evidence that scientifically prove the history of our struggle. A wall painting of two fighting giants found in Chunonchi, Panjikent is considered a unique monument to the Sugdiyana statehood, that is, the medieval period. One such utensils is a cylindrical pottery found in the territory of Ancient Bactria (South "Uzbekistan"). One piece of it depicts two wrestlers and one of them punching their opponent in the leg. Sculptures on another vessel flange also depict





giants raising their arms and swaying into the fight. These vessels date back to the Bronze Age, which testifies to the fact that the history of wrestling is even more so, that is, 3,5 thousand years ago. In the 9th century AD, the development of wrestling reached a new level. At that time, the population of modern Uzbekistan used wrestling as a means of entertainment and recreation during traditional holidays, weddings and large public events. The Pakhlavan Mahmud, who lived in the 12th century, is a prime example of this. His tomb is still a pilgrim's favorite place and one of the holy landmarks. In the early 1980s, the famous Uzbek wrestling master, wrestler and sambo player Komil Yusupov began to study the rich heritage of Uzbek wrestling. Being one of the champions of the revival of this sport, the main goal of this breed was to develop new rules of wrestling in accordance with international norms. In the early 90s he successfully carried out this audacious task and set himself the goal of bringing Uzbek wrestling to the international arena. At first, he brought the rules of wrestling that he developed to the attention of the public, experts and enthusiasts. The new rules embodied the best traditions of Uzbek wrestling and international sporting norms, such as the head of special clothes, the venue of the competitions and the duration of the competition.

The next find is two horse goats dating back to the Bronze Age. The description of the methods of wrestling is based on the spirit of the spiritual views of the Sak-Scythian tribes, according to Professor M.P. Gryaznov, and refers to the early stages of the nomadic period.

Even on the surface of a silver pig flange dating from the middle of the first millennium CE, the two giants are depicted fighting in a wrestling situation. Items found in the village of Chelak near Samarkand also evoke a glimpse of the past. Among these dishes laid out in geometric patterns, the packaging with silver handles especially attracts attention. Short description is different from Wikidata This find dates back to the early Middle Ages.

It is no coincidence that Benazir thinker Abu Ali ibn Sina (980-1037) also emphasized in his book "The Laws of Medicine" that wrestling plays a special role in the mental and physical state of man. According to the great physician, a person who regularly engages in physical education will not need treatment of the disease. Shahname, Qabusname, Boburname, Shahname, Boburname, Shahname, Shahname, Shahname, Boburname, Shahname, Shahname, Prophet Muhammad (Prophet Muhammad SAW), Prophet Muhammad (peace be upon him) Every boy or girl who wants to fully study the national struggle must adhere to its rules, ethics and principles of morality. By his actions and morals, he should never destroy the prestige of his homeland and, of course, the national struggle, and he must remain faithful to his people, his land,



his struggle until the last moment of his life in any case. At the same time, national wrestlers should not talk excessively during training or during fights (if there is no need to do so), concentrate and not look at other things, not hurt each other, and even when they are struggling to learn a technique, they should immediately report each other to their partners if there is something flawed in their wrestling skills.

The efforts of struggle activists were not limited to Uzbekistan. Since 1992 they have participated in a number of prestigious sports conferences in South Korea, Canada, Japan, India, USA, Monaco and Russia, aimed at promoting Uzbek wrestling. On November 4, 2020, in accordance with the Decree of the President of the Republic of Uzbekistan No. PP-4881 "On measures to further enhance the national sport of wrestling and further enhance its international prestige", the "Concept of bringing the national sport of wrestling to a new level until 2025" was developed. It outlined the problems that hinder the further popularization and development of the national wrestling sport and the tasks to overcome them. At the same time, the priority directions were identified to increase the prestige of Uzbekistan in the world by turning wrestling into one of the favorite sports among the peoples of the world, spreading its humanistic ideas.

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