



FOLK GAMES AS A MAIN MEANS OF PHYSICAL CULTURE

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Annotation

This article is the first to summarize and systematize the ideas on physical culture and physical education in the works of thinkers who lived and worked in Central Asia in the 16th and 19th centuries.

Key words: Uzbek folk games, Uzbek folk dances, Folklore, wrestling, ulok, kupkari

Introduction

The Uzbek folk games are the product of the Uzbek people's collective creativity, created and maintained by a wide range of people. Games have been developed over the centuries as a necessary element of life and social life of many generations of the Uzbek people, and have performed various social functions at each historical stage of development. Uzbek folk dances combine the creative power, material and spiritual riches of history, reflecting the historical experience of knowing and mastering the 7 surrounding realities. Uzbek folk dances are practical by nature. They clearly show the uniqueness of folk art culture, its national features. At the heart of the national character of these games is the rich cultural heritage of the people. Folklore, in particular, can serve as a source for genres such as his epics and historical narratives. The content of many games can reflect tribal customs, ancient customs, labor activities, or cultures. The forgotten prayers, verses and counts of the people continue only in children's folk games. Uzbek folk games and some sports, which are played in groups, are based on games of ancient tribes. Uzbek folk dances date back to ancient times. This is confirmed by archeological excavations and ethnographic materials of the ancient Roman writer Elian. Because they have a lot of games in the Saks, and they are a popular tradition. He testified that the Saxons had the right to marry the girls they had defeated in the game.

Among the national folk dances, the ancient art of dorboz and symboz was especially distinguished. Dor game used to be very popular. Public and local holidays and seasonal markets are almost impossible without gates. In Registan, dors were built in market squares and chorsu. The sound of trumpets and drums signaled the beginning of the show. When the crowd gathered, the games began. The spectators watched with excitement the courageous movements of the doorman, who was playing on a high





rope. Wooden board games were once popular in our area. Wooden legs ran, jumped, danced, and played national instruments such as trumpets and horns. There is a lot of information about this in "Boburnoma". "Stick game" is popular in Khorezm.

Well-known scientists U. Karabaev, M. Murodov on the types of national folk games, their content and socio-educational conclusions. N. Jabborov, T. S. Usmonkhodjaev, A. K. Atoev, R. Q. Qudratov, F. N. Nasriddinov, R. Abdumalikov conducted research. Their popular educational and scientific manuals, collections, and a number of articles are known to the public today and are being used by students as well. It should be noted that wrestling is usually racing, horse fighting (fencing, overturning, spear stabbing, whipping, beating, etc.), archery (bow) spear (arrow), horseback riding in the mountains, walking on fast-flowing water and complex practical actions such as crossing and sailing on horses are reflected in dozens of folklore masterpieces and manuscripts in the series "Avesto", "Alpomish", "Forty Girls", "Gorogly".

Folk games at all stages of development have embodied the life, lifestyle, working conditions, nationality, religion and other characteristics of the people of their time, and the participants have agility, endurance, creativity, enthusiasm. , served to cultivate the qualities of strength.

Children's games also feature light humor, competition, and team spirit. Uzbek folk dances can be classified differently. For example, the game is played according to the age of the participants (children, teenagers, adults), gender (boys and girls or men and women), season (spring, winter, summer, autumn). relative to place (area, water, room), relative to occupation (farmer, artisan, herdsman, etc.), relative to region (northern, southern, eastern, or northern).

The process of creating games is divided into:

- Hunting games (Gang, Jambil, Lappak, Oshik, Happak, Chirgizak, etc.);
- Shepherd's games (Ball, Rock Stone, Goat's Game, Shepherd and Jackal, Step Stick, CHillik, Podachi, CHanta, Chuv-chuv, etc.);
- Craft games (Dandararak, Charkhpalak, Besh Fingers, Pakillak, Lanka, CHigirik, Uruk Soldi, Varrak, Sartarosh, Koz Baglar, etc.);
- farming games (Palaxmon, John Burgam, Straw Sepdi, Chanak Game, Peach Sugar, Guardian, etc.);
- Simulation games (Aunt, Topolak, who gets it, Bear game, Rooster fight, Lame crane, Bosari, Bees, Geese, etc.);
- action games (Chonka Shuvak, Chim Throwing, Kim Tez, Hurkach, Tufalak, Chori Chambar, Cat-Mouse, Wooden Foot, Durra Shooting, Halinchak, etc.);
- Word games (Who is smart, Balkan-Balkan, Batman-Batman, Double-odd, White rabbit sign, White poplar, blue poplar, Pirr did, etc.);





- Meeting games (gossip, heel game, king-minister, king-thief, throne, etc.);
- Wrestling and related games (National Wrestling, Wrestling, Shoulder Wrestling, Wrestling, etc.);
- Equestrian games (Chavgon, Uloq-kupkari, Pedestrian race, Golden pumpkin, Shogulak, Girl chase, Donkey riding, etc.).

Given that all of the above folk games were popular among the people in the 16th and 18th centuries, the military during this period

We will focus on wrestling and related games, as well as equestrian games, which form the basis of training.

Wrestling is a test of strength of brave guys. Holding on to the shoulders, back and neck, using various methods to bring the opponent's shoulders to the ground. Our national struggle has served as a key tool in preparing and educating young people to live healthy, strong, courageous, agile, strong and resilient lives.

Wrestling also existed during the pre-Islamic period, when annual inter-tribal competitions were held near the Ukoz market. The Arabs held these gatherings with great interest. 'Umar ibn Khattab was one of the most famous fighters even though he was not a Muslim. While confirming and propagating this practice, Islam has removed from it the barbarism, morality, and inhumanity that people are accustomed to.

It is narrated in the Sunan of Abu Dawud that Rukana ibn Abdu Yazid will fight the Messenger of Allaah (peace and blessings of Allaah be upon him), and he will defeat him and he will become a Muslim.

Al-Dhahabi said, "The Messenger of Allaah (peace and blessings of Allaah be upon him) broke the ruk'ah twice."

The Messenger of Allaah (peace and blessings of Allaah be upon him) used to fight with powerful and virtuous Companions such as Abul Aswad al-Jumahi. The young Companions also struggled. Imam Hasan and Imam Husayn also fought in front of the Messenger of Allaah (peace and blessings of Allaah be upon him).

Every practical movement (running, jumping, throwing, lifting, ball games, wrestling, swimming, traveling, etc.) has physical developmental features, qualities, and educational value.

In almost all types of national games, physical qualities and human qualities, such as agility, dexterity, courage, bravery, courage, are combined.

About them in the popular scientific pamphlet "Kupkari" by R. Abdumalikov, R. Q. Kudratov, K. D. Yarashev, as well as O. R. Toymurodon, F. A. Karimov, A.Q. In addition to the content of the national games, the educational and methodological manuals on wrestling of Atoev et al., As well as their social and educational features



are described in detail. In this regard, we intend to use them purposefully by students and young people.

This means that equestrian sports have a status that is not inferior to other sports. The rider's ability to control the horse and perform the most complex movements in the game is the result of many years of work. To teach riding, it is necessary to involve young people in games from an early age, to bring them up physically.

The national action games mentioned above are not inferior to any other sport. Therefore, it is advisable to use these types of physical education, training and training of talented athletes. On this basis, the gradual inclusion of these mobile games in the programs of sports competitions, which are held at the regional and national levels, and, ultimately, the selection of them and their entry into the world sports arena.

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