

THE ORIGIN, HISTORY OF DEVELOPMENT OF FREESTYLE WRESTLING AND METHODOLOGY OF RULES RELATED TO THIS SPORT

Khakimdjanova K. B.

Teacher of the Department of "Physical Education and Sports" of the Tashkent State Pedagogical University named after Nizami

Ergashev M. I.

Student of the Department of "Physical Culture" of the Tashkent State Pedagogical University named after Nizami

Abstract:

This article provides information about the origin and development history of freestyle wrestling, the rules of this sport, instilling a sense of patriotism in the younger generation, and the philosophical foundations of this sport.

Keywords: Freestyle wrestling, Olympic Games, Physical training, National sport, International competitions.

Introduction

ERKIN KURASHNING KELIB CHIQISHI, RIVOJLANISH TARIXI VA USHBU SPORT TURIGA TEGISHLI QOIDALAR METODIKASI

Xakimdjanova K. B.

Nizomiy nomidagi TDPU "jismoniy tarbiya va sport" kafedrası o'qituvchisi

Ergashev M. I.

Nizomiy nomidagi TDPU "Jismoniy madaniyat" ta'lim yo'nalishi talabasi

Annotatsiya:

Ushbu maqolada Erkin kurash sportining kelib chiqishi, rivojlanish tarixi, Erkin kurash sport turiga tegishli qoidalar, yosh avlodga vatatparvarlik ruhuni sindirish va ushbu sport turining falsafiy asoslari haqida ma'lumot berilgan.



Kalit so‘zlar: Erkin kurash, Olimpiya o‘yinlari, Jismoniy tayyorgarlik, Milliy sport, Xalqaro musobaqalar.

Аннотация:

В данной статье представлены сведения о происхождении и истории развития спорта вольной борьбы, правилах этого вида спорта, воспитании патриотизма среди молодого поколения, а также философских основах вольной борьбы.

The modern form of freestyle wrestling was formed in Great Britain in the late 19th and early 20th centuries. This sport, unlike Greco-Roman wrestling, allows for holding the legs and performing movements with the help of the legs. Freestyle wrestling has been included in the program of the Olympic Games since 1904.

Freestyle wrestling competitions are held on a circular carpet with a diameter of 9 meters. Men and women compete in different weight categories. Fights consist of 3 rounds of 2 minutes each, with a break of 30 seconds between rounds. Freestyle wrestling in Uzbekistan began to become popular in the 50s of the 20th century. Since 1956, the Uzbek championships have been held for men, and since 2003 for women. During the years of independence, freestyle wrestling has further developed in the country, and Uzbek athletes have been successfully participating in international competitions. Many famous athletes have emerged in the history of freestyle wrestling. For example, Alexander Medved, a three-time Olympic champion and seven-time world champion, is considered one of the most successful athletes in the history of freestyle wrestling. Freestyle wrestling is now popular in many countries around the world and is gaining great popularity among athletes and fans. Its rules and techniques are constantly being improved and developed by a new generation of athletes.

In this sport, it is possible to grab an opponent by the legs, perform moves with the legs and knock him to the ground. Holding the opponent to the ground with the full weight of the shoulder is called a "fall" and means victory. If this does not happen, the judges determine the winner on the basis of points. Points are awarded for knocking down, holding the opponent or effective moves. Prohibited moves include strangling the opponent, grabbing the hair or clothing, dangerous twists and twisting the fingers. In the training of freestyle wrestlers, exercises are



performed aimed at developing strength, endurance, agility and flexibility. Technical training focuses on learning and perfecting various techniques. Tactical training involves anticipating the opponent's moves and developing strategies. Psychological training focuses on developing stress resistance and maintaining mental stability during the competition. To achieve success in freestyle wrestling, an athlete must regularly work on technical, tactical and psychological aspects. Freestyle wrestling plays an important role in forming a patriotic spirit in children. Through this sport, children develop feelings of love and loyalty to their homeland. During freestyle wrestling classes, children become closely acquainted with the cultural heritage and values of their native land, which instills in them a sense of national pride and honor. In addition, through freestyle wrestling, children develop such qualities as courage, perseverance and discipline. These qualities strengthen the desire to serve and protect the Motherland. Also, during sports classes, children acquire social skills such as mutual respect, solidarity and teamwork, which helps them grow into useful and responsible citizens for society.

Engaging in freestyle wrestling not only strengthens the physical health of children, but also has a positive effect on their spiritual and moral education. Thus, this sport plays an important role in instilling a patriotic spirit in children. Freestyle wrestling has a number of advantages over other sports. This sport requires athletes to have a high level of physical fitness, which helps develop strength, endurance, agility and balance. In freestyle wrestling, it is allowed to grab the opponent by the legs and make movements with the legs, which allows athletes to use a variety of techniques and enriches combat strategies. This aspect distinguishes it from Greco-Roman wrestling, since the use of legs is prohibited in Greco-Roman wrestling.

In addition, freestyle wrestling requires athletes to have a high level of discipline and self-control, which has a positive effect on their personal development. Through this sport, athletes strengthen their mental stability and increase their stress resistance. Engaging in freestyle wrestling helps to form a spirit of patriotism among children and young people, as it embodies national values and traditions. Another advantage of freestyle wrestling is that it develops teamwork and mutual respect. During training and competitions, athletes help each other and treat their opponents with respect, which improves their social skills. At the same time, freestyle wrestling does not require special equipment or expensive

equipment, which makes it accessible and popular for the general public. The above-listed advantages of freestyle wrestling indicate its importance not only as a sport, but also as a means of personal development and the upbringing of citizens useful to society. The philosophical foundations of freestyle wrestling are aimed at harmonizing the physical and spiritual development of a person. Through this sport, athletes learn to control their body and mind, which helps them achieve success in other areas of life. The philosophical principles of freestyle wrestling include human freedom and responsibility. Through this sport, a person learns to control his body and mind, which helps him achieve success in other areas of life. The philosophical foundations of freestyle wrestling are aimed at combining the physical and spiritual development of a person, and through this sport, a person has the opportunity to realize himself, develop internal discipline, and achieve success in various areas of life.

Uzbek freestyle wrestlers have achieved a number of successes on the international stage. For example, Artur Taymazov is a three-time Olympic champion, having won gold medals at the 2004, 2008 and 2012 Olympic Games. He also won a silver medal at the 2000 Sydney Olympics. Recently, at the 2024 Summer Olympics in Paris, members of the Uzbek national freestyle wrestling team, Javrail Shapiyev and Gulomjon Abdullayev, advanced to the quarterfinals. In addition, at the 2023 World Championships in Turkmenistan, Uzbek wrestlers won 7 gold, 1 silver and 1 bronze medals, taking 1st place in the overall team standings. Also, at the 2023 U-20 Asian Wrestling Championships in Amman, Jordan, the Uzbek national team won a total of 20 medals (4 gold, 6 silver, and 10 bronze). These achievements clearly demonstrate the success of Uzbek freestyle wrestlers in the international arena.

REFERENCES:

1. "Sport - pedagogik mahoratni oshirish (Erkin kurash)" 2023 Sh.K. Sultanov
2. "Sport pedagogik mahoratini oshirish (Yunon-rim va erkin kurash)"2023 Sh.K. Sultanov
3. "Kurash turlari va uni o'qitish metodikasi (Erkin kurash)"2019 Q.P. Arslonov
4. "Erkin kurash federatsiyasi" 2025
5. "O'zbekiston erkin kurashi: an'ana va yutuqlar" 2021 F. Rasulov "Sport psixologiyasi" 2019 Z.qayumova.



6. Radjapov, U. R., Khakimdjanova, K. B. (2021). The role of physical education in improving the health of women of the republic of Uzbekistan. *Ustozlar uchun*, 3(1), 162-165.
7. Radjapova, U. R., Khakimdjanova, K. B. (2020). Interdependence of form and content of exercise training. *Amaliy lingvistika va adabiyotshunoslik muammolari*, 1(1), 216-219.