



## **PEDAGOGICAL FOUNDATIONS OF TEACHING THE EDUCATIONAL, MORAL, AND SPIRITUAL IMPORTANCE OF KURASH SPORTS TO STUDENT YOUTH**

Rakhimberdiyev J. N.

Chirchik State Pedagogical University

Chirchik, Uzbekistan.

### **Abstract**

This article discusses the educational, moral, and spiritual importance of kurash sports in the upbringing of student youth, highlighting it as a means of moral-ethical education. Information is provided about how kurash, both in the educational process and in sports competitions, serves as a source of national pride and honor, and plays a significant role in the comprehensive development of the individual.

**Keywords:** Kurash sport, kurash wrestler, kurash science, kurash spirituality, scientific innovations in kurash, physical preparedness of kurash wrestlers, national values in kurash, kurash techniques, kurash philosophy.

### **Introduction**

The promotion and development of kurash, which embodies ancient values such as bravery, courage, patriotism, and humanism, are ongoing efforts to introduce it globally and make it a universal treasure. At the same time, as kurash becomes increasingly popular, it requires the organization of prestigious international competitions, modernization of existing infrastructure and technical bases, improvement of sports equipment and apparel supply, expansion of production, and further focus on preparing qualified personnel, coaches, and referees for the field. The President of the Republic of Uzbekistan Sh. Mirziyoyev's proposal on March 19, 2019, regarding the "Five important initiatives" aimed at raising the spiritual values of the youth and organizing their leisure time meaningfully, as well as the resolution No. PQ-4881 dated November 4, 2020, on "Measures for the development of the national sport of wrestling and further increasing its international prestige" were important documents.

Kurash has been regarded as a symbol of nobility, bravery, and honesty, an integral



part of our nation's several-thousand-year history, cultural heritage, and invaluable treasure.

The primary goal of kurash is the victory of one opponent over another, achieved by bringing the opponent's body to the ground. However, the methods and approaches to achieving this victory may vary.

In fact, the word "kurash" itself represents fairness and righteousness. Without demeaning other sports, it can be said that kurash is the fairest and most honorable among them.

Scientific and methodological studies on kurash have been conducted by scholars to a certain extent. Specifically, the philosophical and moral foundations of kurash and its role in character development have been explored by scholars such as O. Ibrohimov, X. T. Rofiyev, F. Q. Akhmedov, A. R. Abdulakhadov, A. N. Shopulatov. Research on improving the system for preparing kurash wrestlers, teaching kurash techniques effectively, and organizing training processes has been carried out by J. Toshpulatov, F. A. Kerimov, T. S. Usmonxo'jayev, I. B. Aliyev, and Sh. Keldiyorov.

However, the scientific research carried out on kurash so far does not fully address the contemporary needs of its development. The results of this experience do not completely fulfill the task of explaining the scientific foundations of kurash to international and local specialists.

In the moral-ethical education of youth, it is necessary to develop and implement effective organizational and pedagogical methods based on the rich cultural-historical traditions of the people and universal human values. Therefore, today, all educational institutions in our country, including kindergartens, general schools, lyceums, colleges, higher educational institutions, BSM, IOZMI, and higher sports schools, focus significantly on teaching kurash to students, achieving high sports mastery, and further developing the sport.

Kurash signifies achieving a goal in a fair manner. It is well-known that this sport originated in Uzbekistan many centuries ago. In the works of the Greek historian Herodotus, as well as Abu Ali ibn Sina's The Canon of Medicine, it is mentioned that engaging in kurash greatly contributes to strengthening health and revitalizing the spirit. Therefore, as early as the 14th century, Amir Timur effectively used kurash to enhance physical preparedness and defense capabilities in his victorious army.



The growing popularity of kurash is not limited to youth but also extends to the elderly, encouraging a healthy spiritual lifestyle among participants. Coaches in kurash focus not only on results but also on gradually shaping the kurash philosophy and spirituality among young athletes, as kurash is an inseparable part of our national values and spirituality.

At first glance, kurash may appear as a competition between athletes who have undergone certain training to physically overpower and defeat one another. However, the rules of kurash competitions and the universally recognized norms require athletes, coaches, and referees to follow certain standards, ensuring that participants are trained and formed according to universal human values. Physical education and sports activities, as well as competitions, must be conducted in a way that does not harm the health, honor, and dignity of the participants and spectators. The use of preparation methods that could lead to the humiliation or injury of athletes is prohibited.

The rules of kurash competitions have been developed based on specific requirements, and participants are expected to adhere strictly to them. In this sense, kurash showcases its high level of humanity.

Human health and its preservation are among the primary tasks of the global medical field. The concept "prevention is better than cure" is widely accepted in medicine. In the modern era, where technology and innovation have advanced, physical inactivity has become a problem that leads to diseases associated with a sedentary lifestyle. Therefore, engaging in regular kurash training satisfies the body's need for movement and contributes to maintaining health and strength. This is one of the key reasons why kurash is recognized as a universal human value.

The role of kurash in character education and its pedagogical significance are paramount. The principles of kurash can be demonstrated through the rules, as they emphasize qualities such as fairness, patriotism, nobility, and tolerance, which are central to our people's virtues.

Kurash is not only about the physical struggle between two individuals but also embodies a philosophy, essence, and deep meaning. It is a sport that values nobility, respecting the opponent regardless of victory or defeat.

Kurash sessions and competitions are rooted in philosophical foundations, with a key aspect being the prioritization of the individual. This is why in kurash theory and practice, the harmonious development of the individual is emphasized.



The ideas and principles of kurash, being fair and just, elevate human emotions to the highest level. Kurash is directly related to the spiritual education of the individual, as it is embedded in the blood and heritage of our people.

Kurash is more than just strength; it is a combination of mental capabilities and spiritual views. Kurash wrestlers in society are seen as symbols of dignity, bravery, and honor. In the Uzbek language, the term "polvon" has always been synonymous with grandeur, courage, and valor.

In our culture, terms like "polvon," "pahlavon," and "champion" are widely used to refer to kurash wrestlers who are recognized and victorious. People admire these kurash wrestlers, and this admiration creates a desire to emulate their qualities. People value champions and winners as symbols of kurash.

Kurash wrestlers, knowing that their opponent is only on the kurash mat, show respect for one another. Behind this mutual respect is the value of humanity. Through kurash, the names of our kurash wrestlers resonate in the global sports arena. Historically, kurash has always contributed to the all-round development of our youth, and now, it continues to serve the moral, scientific, philosophical, and physical development of youth in over 134 countries.

### **Conclusions**

The rules and philosophy of kurash are based on humanitarian ideas.

Kurash is the most effective and exemplary educational tool.

Kurash requires bravery, courage, honesty, and humility from athletes.

Kurash demands physical excellence from athletes.

Kurash requires moral integrity from athletes.

The philosophy, essence, and appeal of kurash should be taught globally.

Kurash sports are directly related to the spiritual education of the individual.

The techniques and philosophy of kurash are a sport passed down from generation to generation.

### **Recommendations**

Integrate kurash techniques and its educational characteristics into the training of specialists in physical education and sports.

Apply kurash more widely in the physical education curriculum of schools, academic lyceums, and universities.



Study the educational and philosophical aspects of kurash more deeply.  
Conduct scientific-theoretical analysis of kurash in the educational process.  
Improve the physical culture system and align it with global standards, raising the profile of our national sport kurash in the Asian, global, and Olympic Games.

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