



STAGES OF DEVELOPMENT OF THE SPORT OF WRESTLING

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Abstract:

The article emphasizes the incomparable importance of Kurash in the comprehensive upbringing of a healthy generation, strengthening the country's defense power, and improving military art. If we may say so, Kurash is one of the historical values that form a united nation and a united people. Kurash is not only a physical competition between two athletes, but also a means of educating young people in the spirit of national and universal values. In terms of the content of Kurash, its rules embody the ideas of sports ethics and humanity, such as courage, patriotism, honesty, fairness, recognition of victory and defeat, respect for the opponent, coaches, spectators, and judges.

Keywords: Wrestling, education, international, sports, values, healthy, physical education, youth, important.

Introduction

In the years since the Republic of Uzbekistan gained independence, special attention has been paid to the development and popularization of physical education and sports. The resolution provides for the development and approval of a comprehensive set of measures to further develop the national sport of “Kurash”. The rapid popularization of Kurash as a new sport in the world, its contribution to world civilization and its transformation into a universal human value is a great gift to the people of the world. In recent years, the President of our country, Sh.M. Mirziyoyev, has been carrying out systematic work to support scientific and innovative activities in our Republic, to modernize and reform the personnel training system, and attention is being paid to creating the necessary conditions for talented young people to achieve significant results in prestigious national and international competitions and contests.

Remarkable work has been carried out in our country's education system to bring education to the level of world standards by harmonizing it with national and



universal values, and this process continues rapidly. Harmonizing national and universal values in education and upbringing has yielded good results in the upbringing of a harmonious generation. Wrestling and values are one of the important factors in raising a healthy generation.

Today, wrestling has become widely popular as a sport. Many young people around the world are engaged in wrestling. Experts have recognized that wrestling is a comprehensive means of education. For this reason, it is necessary to use all opportunities to further develop wrestling and ensure its worthy place in the program of the Olympic Games.

Regardless of language, religion, or nationality, wrestling has taken a place in the hearts of the peoples of the world, and they, without hesitation, use Uzbek words such as "Ta'zim", "Kurash", "Halol", "Yonbosh", "Chala", "Fiprom" in their lexicons.

Tireless work, numerous researches, and efforts were not in vain. September 6, 1998, was inscribed in golden letters in the pages of the several thousand-year history of wrestling as the day when a world-famous event occurred. At the founding congress held in Tashkent with the participation of representatives from 28 countries of Latin America, Europe and Asia, the International Association of Kurash (IKA) was established, and the national dignity of our people was recognized as "Kurash" on the world stage.

Kurash has made an incomparable contribution to world civilization, a spiritual heritage that has reached us from generations and ancestors - a great treasure. This treasure is an important factor in the upbringing of children today. Many peoples and ethnic groups living on different continents and countries of our planet are fascinated by the charm of Kurash, its ideas of humanity, internationalism, tolerance, and accept it as a favorite sport...

Organizing training in Kurash and training wrestlers is a unique feature. This process requires practical knowledge and experience from a coach or specialist. Therefore, coaches and specialists working with wrestlers must have in-depth knowledge of effective organization of training sessions and comprehensive training of wrestlers.

Engaging in wrestling allows an athlete to develop physical qualities. Wrestling is a means of intellectual, volitional, and spiritual education of young people. Proper organization of wrestling training and competitions has a positive effect on the



upbringing of such qualities as discipline, organization, aspiration, willpower, and correct decision-making.

Academician A. Askarov gives very interesting information about ancient wrestlers, including the following: “In ancient times, famous wrestlers who entered the wrestling arena had a mark on their wrists. If the wrestler was a woman, such a mark was on the woman’s neck. There is information in Chinese sources that this custom existed among the Yenisei Kyrgyz and Altai Turks from very ancient times. Young men and girls with a mark were considered wrestlers of wrestlers, famous wrestlers among the Turkic peoples. In ordinary everyday life, they hid their marks under their clothes and were not noticed by others, but when they entered the wrestling arena, the opponent who saw their mark was excited. The applause of the audience was also more directed at them.”

Wrestling is also of incomparable importance in the comprehensive upbringing of a healthy generation, strengthening the country’s defense power, and improving military art. If we may say so, wrestling is one of the historical values that form a united nation and a united people. Wrestling is not only a physical competition between two athletes, but also a means of educating young people in the spirit of national and universal values. In terms of the content of wrestling, its rules embody such ideas as courage, patriotism, honesty, fairness, recognition of victory and defeat, respect for the opponent, coaches, spectators, and referees as well as sports ethics and humanism. Nowadays, the task of training highly qualified athletes and wrestlers is considered the prestigious duty of every coach. The merits of our country's wrestlers in carrying the flag of Uzbekistan in international competitions across the world's sports arenas are incomparable.

In the process of preparing our athletes for competitions, special attention should be paid to developing their moral, aesthetic, and spiritual preparation, their national pride, and to instilling the ideas of national independence in the minds of our youth. "An athlete is an ambassador of peace - athletes are heralds of peace."

Therefore, in order to educate the heralds of peace in all respects, to bring up all the qualities they possess, coaches should work hard during training sessions. In this regard, it would be appropriate to use the lessons of our past, the courage shown by our ancestors, and the advice left by our scientists. We hope that Uzbek athletes will win victories in all sports in the world arenas and at the Olympic Games in the future, raising the glory of our homeland and nation to even higher heights.



The Uzbek people should be proud of their national sports. As a result of the care of our country's leadership in the development of physical education and sports, our national sports are developing further and becoming more popular. As our President noted, nothing can introduce a country to the world as quickly as sports. Wrestling, which is considered one of the martial arts, has an ancient history. Wrestling competitions are depicted on silver plates, jugs, and ossuaries found in the ruins of the city of Varakhsha near Bukhara. In addition, in the paintings on the walls of the palaces of the ruins of Panjikent, one can see images of hunting, horse riding, shooting, and wrestling competitions. The works of the ancient Greek historian Herodotus record that our ancestors, the Sakas, Massagets, and Turkic tribes, organized wrestling competitions during “Navruz” and folk holidays. In addition, the heroes of “Shahnoma”, “Alpomish”, and “Gorogli” were also recorded in folk epics as being brave wrestlers. The religious books of Zoroastrianism “Avesta” and “Mahabharat” also reflect the use of wrestling exercises in fighting the Sakas, Massagets, and Turkic tribes with “evil forces”.

The unique methods of single combat of the ancestors of the Turkic peoples, that is, the current Uzbeks, Kazakhs, Kyrgyz, Karakalpaks, Turkmens and others, originated from the way of life of various peoples and tribes living in a certain historical period, reflected the characteristics of the internal and external environment of their lives, served the purpose of physically training people, raising them to be strong, agile, resilient, courageous and fearless. The ancient ancestors of the Uzbeks went through a difficult path before creating their high culture, showed great courage. This required the people to be physically strong.

Battles between tribes, later military campaigns and battles against invaders required men to be physically strong, courageous and brave in every way. Conflicts between tribes were also resolved by sending wrestlers from each tribe to compete in wrestling matches. National wrestling methods began to be used in the upbringing and training of brave warriors. The first types of physical exercises that were formed in the history of our ancestors are wrestling methods. Wrestling served not only as a means of military combat, but also as a form of entertainment for the people.

Wrestling methods were formed and developed in accordance with the places of residence and conditions of the peoples, as well as their customs. While the belt wrestling method (Fergana method) was formed among the peoples and ethnic



groups living in the Eastern part of Central Asia, the International Wrestling Method (Bukhara method) was formed among the peoples living in the Northern and Southern parts of Central Asia. Both wrestling methods served as a means of physical development and military training of the people.

The fact that the wrestling methods of the peoples of Central Asia basically followed a single and uniform path of development, as well as the similarity of the customs and national traditions of the Turkic peoples, is also clearly visible in the wrestling methods. The Bukhara wrestling method of the Uzbeks is almost the same as the Kures of the Kazakhs and Kyrgyz, the Guresh of the Turkmens, while the Fergana wrestling method is almost the same as the Belshuf methods of the Uyghurs and Karluks.

Wrestling methods have been formed and developed in accordance with the places of residence, conditions, and customs of the peoples. While the belt wrestling method (Fergana method) was formed among the peoples and ethnic groups living in the Eastern part of Central Asia, the International Wrestling Method (Bukhara method) was formed among the peoples living in the Northern and Southern parts of Central Asia.

The development and popularization of wrestling methods was greatly influenced by the coexistence of peoples, the harmonization of their national traditions and customs. At the same time, the passage of the "Great Silk Road" through the territory of Central Asian countries also had a great influence on the development and popularization of physical exercises and martial arts among peoples. For example, wrestling methods similar to the Fergana wrestling methods were formed among the Mongols and Kareys.

Wrestling methods have an ancient history, and today these wrestling methods are widespread in all countries of Asia and among a number of European nations. Eastern thinkers wrote about wrestling methods, their formation, types and skilled wrestlers in their works. For example, in the "Baburnama", the famous commander and ruler of the Timurid dynasty, Muhammad Babur, describing one of his military campaigns, wrote that wrestlers fought at the settlement; that the boatman wrestler Lokhuri fought Dost Yasin with a wrestler named Khayr; that Dost Yasin defeated his opponent with great difficulty.

Babur highly praised the famous wrestler of that era, Muhammad Abu Said, calling him an unparalleled wrestler. Babur wrote in his memoirs that among his



contemporaries there were people who could knock down a horse with a single blow.

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