

Further Popularization and Development of the National Sport of Wrestling

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Abstract

In this article Further development and popularization of wrestling will allow to attract all segments of the population, regardless of age, to a healthy lifestyle, to bring up youth loyal to the Motherland, to make wrestling one of the favorite sports of the peoples of the world, its humane ideas about honesty, justice, tolerance. It is aimed at popularizing it in the world, commercializing it by actively attracting investments in this area and promoting a real Uzbek wrestling brand.

Keywords: *wrestling, sports, national, rules, international, field, broad, human, will, quality, freestyle wrestling, judo, sambo.*

Wrestling is a type of sport, a one-on-one match between two athletes according to established rules. The art of fighting has been known in many nations since ancient times. Wrestling was especially widespread in Greece, where it took a permanent place from the ancient Olympic competitions. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan, and other countries. Today, the number of wrestling trainers in our country is more than 1.5 thousand. constitutes The analysis shows a high disproportion between the number of trainers and the total population in some regions. In particular, in the Republic of Karakalpakstan there are 179 people (0.009 percent) against the population of more than 1.8 million, in the city of Tashkent there are 39 people (0.001 percent) against the population of more than 2.5 million, and 43 people (0.001 percent) against the population of more than 3 million in the Andijan region. the wrestling coach is coming right.

The basic rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was established (now it has 144 countries, Uzbekistan has been a member since 1993). Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of sports wrestling are widespread in the international arena. In the following years, Uzbek wrestling as a separate type of wrestling began to be recognized worldwide. Wrestling is one of the means of training a person to be strong, dexterous, resilient and strong-willed. It is allowed to engage in wrestling from the age of 12 under the supervision of doctors. Archeological findings and historical manuscripts confirm that wrestling has been an integral part of Uzbek lifestyle since ancient times. A cylindrical pottery vessel of the Bronze Age found in ancient Bactria (southern Uzbekistan) depicts two wrestlers, one of them beating the other. Another archaeological find from this period shows wrestlers demonstrating wrestling techniques. These unique findings indicate that wrestling was a part of the lifestyle of our ancestors even before 1.5 thousand years BC. According to the Greek writer Claudius Aelian (2nd-3rd century) and other historical figures, the girls of the Saka tribe who lived in this region chose their grooms by competing with the young men. Later, the girls determined the bridegroom by setting a condition, and this condition consisted of a wrestling match. An example of this can be the

conditions of Barchin in the Uzbek folk heroic epic - "Alpomish". Ibn Sina wrote in his work "The Laws of Medicine": "There are types of wrestling. One of the two wrestlers grabs his opponent's belt and pulls him to himself, and at the same time takes measures to get rid of his opponent...". This definition is close to the rules of modern wrestling. In addition, Mahmud Koshgari's "Devonu Lug'otit Turk", Alisher Navoi's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Vasifi's "Badoe' ul-Waqoe'", Husayn Vaiz Koshifi's "Futuvvat-nomai Sultani", Zahiriddin Muhammad Babur's "Baburnoma" are about wrestling. there is valuable information. In the 9th-16th centuries, Kurash became popular among the people. During this period, Pahlavon Mahmud, Sadiq, wrestlers, increased the popularity of Kurash.

There is also a type of Uzbek folk singles wrestling called belt wrestling. There are also many archaeological finds and historical manuscripts related to it. A sculpture found in ancient Mesopotamia dating back to 5 thousand years ago depicts wrestlers competing in belt wrestling. In the ancient Chinese manuscript "Tan-shu" it is written that weddings and celebrations in the Ferghana Valley do not take place without wrestling competitions. Ahmad Polvan, Khoja Polvan and others gained fame in this type of wrestling (end of 19th - beginning of 20th century). During the Tsarist occupation and the Shura period, an attempt was made to artificially suppress the Uzbek national struggle from the people's way of life. By the end of the 90s of the 20th century, these attempts were terminated.

In 1991, Kamil Yusupov, a representative of the dynasty of wrestlers, an international master of sports in several types of wrestling, developed the following rules of Uzbek wrestling adapted to international standards: wrestlers are from 14x14 m to 16x16 m, the outer part is blue-green marked with a red "danger line" They compete in a standing position on a colored wrestling mat. The winner will be determined based on the methods used and their behavior on the field. In wrestling, it is not allowed to use methods that cause pain to the opponent. , 90, 100 kg and more than 100 kg, women compete in weight categories of 48, 52, 57, 63, 70, 78, and more than 78 kg (children, teenagers, teenagers, seniors and girls also take age characteristics into account weight categories are determined). The 2003 Congress of the International Wrestling Association (IKA) in Tashkent set a 3-minute competition time in official competitions in order to ensure the intensity of each match.

According to the methods used, "Chala", "Yonbosh", "Honest" evaluations are given, and "reprimand", "Dakki", "Ghirrom" punishments are given for actions that violate the rules. If a wrestler receives an "honest" rating (or his opponent is punished with "ghirram"), this means his victory. Getting a "side" rating twice (or an opponent being punished with "dakki" twice) also means victory. "Chala" scores are taken into account and the winner is awarded to the wrestler who received the score, if the number of scores and punishments of the wrestlers are equal, the score has priority, if the number of punishments is equal, the one who received the last punishment is the loser, if they are all equal (or no score and punishment were received), the winner will be decided by the judges. shall be declared by majority vote. In 1992, a wrestling federation was established in Uzbekistan, and in 2001, a belt wrestling federation was established in Uzbekistan. In September 1998, in Tashkent, representatives of 28 countries (USA, Bolivia, Great Britain, Holland, Russia, Uzbekistan, Japan, etc.) became the founders of the International Wrestling Association (IKA), and on this occasion, a major international competition in Uzbek wrestling was held here. . The decree of the President of the Republic of Uzbekistan "On support of the International Wrestling Association" (February 1, 1999) gave impetus to the further development of Uzbek national wrestling. In the same year, the first Uzbek wrestling world championship was held in Tashkent,

and an international women's competition was held in Bryansk, Russia. The International Wrestling Academy and the World Wrestling Development Fund were established under the IKA, and the "Kurash" magazine was established under the foundation of the association. This literary-artistic, social-journalistic, informational-advertising magazine has been published in Tashkent since October 1999. 2000 is the Month of Wrestling in Uzbekistan. was held. During this month, about 2 million people went to the Kurash carpet. In Great Britain, a traditional international competition named after the honorary president of IKA Islam Karimov was founded. Since 2001, the International Wrestling Institute (in Tashkent) has been operating. 66 national federations are members of IKA (2003). European, Asian, Pan American and Oceanic wrestling confederations were formed. Currently, more than 600 thousand people are engaged in Uzbek wrestling in foreign countries. In this type of wrestling, world, continental and country championships and championships, in Uzbekistan, dedicated to the memory of al-Tirmizi, Pahlavon Mahmud and many other international competitions are regularly held. At present, 22 schools of Olympic substitutes, 37 sports schools for children and teenagers, and 206 wrestling schools teach students about this type of sport in Uzbekistan. More than 100 wrestling clubs operate in higher education institutions. 851 coaches work with wrestlers (2003). In 2003, the Asian Olympic Council included this type of wrestling in the program of the Asian Games. Bahrom Anazov, Isoq Akhmedov, Makhtumkuli Mahmudov, Kamal Murodov, Toshtemir Muhammadiev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Tatar son (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melananetz (Poland) will participate in the world wrestling championships. , Hiroyoshi Kashimoto (Japan) and others won and received prizes. Abdulla Tangriev, the absolute winner of two international tournaments held in Uzbekistan in 2001, the star of Uzbek wrestling, heavyweight athlete Abdulla Tangriev won the highest award. Today, the fight is recognized all over the world. Wrestling is well-known in countries such as Bolivia, Canada, USA, South Africa, Holland, Turkey, Russia and Japan. Currently, ICU unites 4 continents and more than 40 national wrestling federations located in Asia, Europe, America and Africa. The reputation of ISU as an international sports organization is increasing day by day. Of course, the negotiations and meetings of the President of the International Olympic Committee and the members of the executive committee of the organization with the heads of various international sports associations and organizations were the impetus for this in many ways.

Wrestling is one of the oldest forms of competition. At the same time, it is the youngest sport on the world stage. Despite its long history, wrestling made its first appearance on the world sports scene only in 1998. These steps are neither easy nor short. First, from the very beginning, the bright steps of the struggle and the expected goal were clearly defined. It is to turn Uzbek wrestling into an international sport.

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