

**THE PLACE OF THE NATIONAL SPORT OF WRESTLING IN THE
INTERNATIONAL FIELD**

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Abstract: The article discusses the history of the sport of wrestling, the conditions created in foreign countries and in Uzbekistan, the basic rules of wrestling, the importance of the sport and its place in the international arena.

Abstract : The article tells about the history of the sport of wrestling in foreign countries and Uzbekistan, the conditions created in it, the basic rules of wrestling, the importance of the sport and its place in the international arena.

The Decree of our President Shavkat Mirziyoyev dated February 15 of this year on measures to further improve the management system in the field of culture and sports began a new era in the development of sports in our country. In accordance with the Decree, the State Committee of the Republic of Uzbekistan for Physical Culture and Sports was established. Its main tasks were to attract a wide range of the population to sports, raise a physically healthy generation, develop the sports industry and infrastructure, hold mass sports events and competitions in cities and districts, select, train and improve the skills of talented athletes together with the National Olympic Committee, sports federations and associations, train personnel, introduce modern technologies into the industry, and expand international relations.

Wrestling is a sport in which two athletes compete one-on-one according to established rules. The art of wrestling has been known in many nations since ancient times. Wrestling was especially widespread in Greece, where it has been a permanent fixture in the ancient Olympic Games. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. The basic rules of modern 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 wrestling are widely practiced internationally. In recent years, Uzbek wrestling has also begun to be recognized as a separate type of wrestling on a global scale. Wrestling is considered one of the means of educating a person to be strong, agile, resilient and strong-willed. Wrestling is allowed to be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life.

A cylindrical ceramic vessel from the Bronze Age found in the territory of ancient Bactria (southern Uzbekistan) depicts two wrestlers, one of whom is beating the other. Another archaeological find from this period shows wrestlers demonstrating Kurash techniques. These unique finds indicate that Kurash was part of the lifestyle of our ancestors 1.5 thousand years ago. According to the Greek writer Claudius Elian (2nd-3rd century) and other historical figures, the girls of the Saka tribe who lived in this area chose their grooms by wrestling with young men. Later, the girls determined the groom by setting conditions, and a Kurash competition was held on this condition. An example of this is the Barchin conditions in the Uzbek folk heroic epic "Alpomish". Ibn Sina wrote in his work "The Canons of Medicine": "There are also types of

Kurash. One of them is that one of the two wrestlers grabs his opponent by the belt and pulls him towards him, while at the same time trying to get rid of his opponent..." This definition is close to the rules of modern Kurash. Also, Mahmud Kashgari's "Devonu lug'otit turk", Alisher Navoi's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Vasifi's "Badoye' ul-vaqoye'", Husayn Voiz Kashifi's "Futuvvat-nomai sultani", and Zahiriddin Muhammad Babur's "Boburnoma" contain valuable information about Kurash. In the 9th-16th centuries, Kurash became widely popular among the people. During this period, the Pahlavon Mahmud and Sodiq polvan tribes developed the Kurash tradition.

There is also a type of Uzbek folk wrestling called belt wrestling. There are many archaeological finds and historical manuscripts related to it. A figurine found in ancient Mesopotamia dating back 5,000 years ago depicts wrestlers competing in belt wrestling. The ancient Chinese manuscript "Tan-shu" states that weddings and celebrations in the Fergana Valley would not be complete without wrestling competitions. Ahmad Polvon, Khoja Polvon, and others gained fame in this type of wrestling (late 19th - early 20th centuries). During the tsarist occupation and the Soviet era, attempts were made to artificially oust Uzbek national wrestling from the way of life of the people.

By the late 1990s, these attempts were abandoned. In 1991, Komil Yusupov, a representative of the wrestling dynasty and an international master of sports in several types of wrestling, developed the following rules of Uzbek wrestling, adapted to international standards: Wrestlers compete standing on a blue-green wrestling mat measuring 14x14 m to 16x16 m, the outer part of which is marked with a red "danger line". The winner is determined based on the methods used and the evaluation of their actions on the field. In wrestling, strangulation and painful methods are not allowed, one wrestler wears a blue and the other a green yaktak (women wear a white T-shirt under the yaktak), a 4-5 cm wide belt is tied around the waist, men compete in weight categories of 60, 66, 73, 81, 90, 100 kg and over 100 kg, women compete in weight categories of 48, 52, 57, 63, 70, 78, and over 78 kg (weight categories are also determined taking into account age characteristics in children, adolescents, young adults, seniors, and girls' competitions). The 2003 Congress of the International Wrestling Association (IKA) in Tashkent set the competition time in official competitions at 3 minutes in order to ensure that each match is intense. Depending on the methods used, the following grades are given: "chala", "yonbosh", "halol", and for actions that violate the rules, the penalties are "tanbeh", "dakki", and "g'irrom". If a wrestler receives a "hala" grade (or if his opponent is punished with "g'irrom"), this means his victory. Receiving a "yonbosh" grade twice (or if his opponent is punished with "dakki" twice) also means victory. "Chala" grades are taken into account and the wrestler who received the grade is awarded the victory. In the event that the number of wrestlers' grades and penalties is equal, the grade has priority. If the number of penalties is equal, the one who received the last penalty is considered the loser. If all are equal (or no grades and penalties were taken), the winner is declared by a majority vote of the judges. In 1992, the Kurash Federation was established in Uzbekistan, and in 2001, the Belt Kurash Federation was established in Uzbekistan. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, Holland, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA) in Tashkent, and on this occasion a large international competition in Uzbek Kurash was held here. The Decree of the President of the Republic of Uzbekistan "On Support for the International Kurash Association" (February 1, 1999) gave impetus to the further development of Uzbek national Kurash. In the same year, the first World Championship in Uzbek Kurash was held in Tashkent, and an international competition among women was held in Bryansk, Russia. The International Kurash Academy and the World Kurash Development Fund were established under the IKA, and the Kurash magazine was founded under the auspices of the

association. This literary, artistic, socio-publicistic, informational and advertising magazine has been published in Tashkent since October 1999. In 2000, the Kurash Month was held in Uzbekistan. During this month, about 2 million people took to the Kurash mat. A traditional international competition named after the honorary president of the IKA, Islam Karimov, was founded in Great Britain. Since 2001, the International Kurash Institute (in Tashkent) has been operating. 66 national federations have become members of the IKA (2003). The European, Asian, Pan-American and Oceanian Kurash Confederations have been established. Currently, more than 600 thousand people are engaged in Uzbek Kurash in foreign countries. World, continental and country championships and championships in this type of Kurash, as well as international competitions dedicated to the memory of at-Termizi, Pahlavon Mahmud and many others are regularly held in Uzbekistan. Currently, in Uzbekistan, 22 schools of Olympic substitutes, 37 children's and youth sports schools and 206 Kurash schools provide training in this sport to students. More than 100 Kurash clubs operate in higher educational institutions. 851 coaches work with wrestlers (2003). In 2003, the Olympic Council of Asia included this type of Kurash in the program of the Asian Games. Bahrom Anazov, Isok Akhmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Muhammadiyev, Akobir Kurbanov (Uzbekistan), Kubashkhonim Elknur, Selim Tatar oglu (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melanets (Poland), Hiroyoshi Kashimoto (Japan) and others won and received prizes at the world wrestling championships.

The inclusion of wrestling in the Asian Games program has been officially announced.

Wrestling has been officially included in the program of the 18th Asian Games. This was announced at the General Assembly of the Olympic Council of Asia.

The inclusion of kurash in the program of the 18th Asian Games to be held in Indonesia in 2018 has been officially announced, UZA reported. This was announced at the General Assembly of the Olympic Council of Asia, which was held as part of the 5th Asian Indoor and Martial Arts Games in Ashgabat, Turkmenistan.

In the early years of independence, international tournaments were organized in Shakhrisabz for the prize of the First President of the Republic of Uzbekistan, Islam Karimov, in memory of Amir Temur, and in Termez in memory of Hakim at-Termizi. In 1992-1998, Uzbek wrestling was widely demonstrated at major sports conferences held in countries such as South Korea, Canada, Japan, India, America, and Russia.

The world community officially recognized Uzbek wrestling as an international sport on September 6, 1998. The International Wrestling Association was founded at a founding congress attended by representatives of 28 countries from Asia, Europe, and America.

«Asia Olympics council by every four in organization attainable and continent Olympics as confession done summer Asia games prestige and importance in terms of Olympic from games next important competition. Thousands of athletes from almost all countries of our continent will participate in it. Therefore, the program of these games will include sports that have a place on the world stage and are developing on all continents, - said Jamshid Namozov, spokesman for the International Association of Kurash. - The official inclusion of Kurash in the program of the XVIII Summer Asian Games is a sign that a significant step has been taken in this direction, and its wide recognition by the international sports community.

Wrestling competitions at the 18th Summer Asian Games will be held in eight weight categories. Men will compete in the 66, 73, 81, 90 kilograms, and 90 and over categories, and women will compete in the 52, 63, and 78 kilograms categories.

They are burov, kayirma, kayirma, chala-kayirma, yonbash, ilish, tosh, tōirman (megirman), uloktir, sindirin tōdirin (betga tōdir), basma, shakatiş (siltash), kiftlash, ko'shala-yonbash, toganok. The terms chalish and several other actions have been used since ancient times. These names are part of the actions of the belt wrestling that have been restored as a result of long, years of research. However, it is not known when and from what period they were called so.

Of course, since these names are Turkic words, they have been preserved to this day in several Turkic nations, especially in the countries of Central Asia. The fact that the Uzbeks had a book on the science of wrestling can be learned from the following source: "In 1937, the magazine "Guliston" published an article on the science of wrestling called "Kurash Hadisi" (The Story of Wrestling). At that time, the magazine was printed in Latin script, and it says: "Khojimat, a wrestler from Fergana, who knew the story of the story of wrestling thoroughly, said that in a belt wrestling, only the strength of the arms, legs and waist is effective, and wrestlers divide their strength into three parts:

– Bone strength is considered the most important strength and depends on the maturity of the tendons and ligaments. This strength gives good results in wrestlers aged 20-25. Bone strength does not increase obesity, and if wrestlers become obese, they will stop wrestling.

– is muscle strength, and bone strength is not separate from this muscle strength, but wrestlers distinguish this well. Muscle strength develops among people aged 25-50, and a wrestler cannot fight for many years. But those who train a lot and fight hard will fight for the rest of their lives. It is said that most famous wrestlers come from this group.

– the belt strength is between 18-20 years, and these floor wons fade quickly.

It should be noted that wrestling has been inherited from our ancestors, and the attention and interest in wrestling in our country is increasing day by day, and this has resulted in Uzbek athletes contributing to raising the flag of our country in international arenas. The fact that the number of wrestling halls and schools in our country has increased somewhat is clear proof of this.

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JOURNAL OF MULTIDISCIPLINARY SCIENCES AND INNOVATIONS

VOLUME 04, ISSUE 10
MONTHLY JOURNALS



ISSN NUMBER: 2751-4390

IMPACT FACTOR: 9,08

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