

## History of Wrestling Sports

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**Abstract.** The article discusses the history of the Uzbek national sport of wrestling. In the coverage of the text of the article, the research work of scientists was used.

**Key words:** kurash, history, "gyrrom", one-on-one, Alpomish.

**Wrestling** is a sport in which two athletes compete one-on-one in accordance with the established rules. The art of wrestling has been known in many nations since ancient times. K. is especially prevalent in Greece and has been a regular feature of the ancient Olympic Games. Various forms of national struggle 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 eighteenth and early nineteenth centuries. In 1912, the International Amateur Wrestling Federation (FILA) was formed (now 144 countries, Uzbekistan has been a member since 1993). Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In recent years, Uzbek wrestling has also gained worldwide recognition as a separate type of wrestling. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Wrestling is allowed 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 pottery from the Bronze Age found in ancient Bactria (southern Uzbekistan) depicts two wrestlers, one of whom playing the other. Another archeological find from the same period shows wrestlers wrestling. These unique findings indicate that wrestling was still part of the way of life of our ancestors 1.5 thousand years ago. According to the Greek writer Claudius Elian (2nd-3rd centuries) and other historical figures, the daughters of the Sak tribe, who lived in the area, chose the groom over the young men. The girls later identified the groom by condition, and there was a wrestling match. An example of this is the conditions of Barchin in the Uzbek folk epic "Alpomish". One of them grabs one of the two wrestlers by the waist and pulls him, while trying to get rid of his opponent. This definition is close to the rules of modern Kurash. Mahmud Kashgari's "Devonu lug'otit turk", Alisher Navoi's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Wasifi's "Badoye ul-vakoye", Hussein Voiz Kashifi's "Futuvvatnomai sultoniy", Zahiriddin Muhammad Babur's "Boburnoma" have In the IX-XVI centuries, wrestling became popular among the people. Pahlavon Mahmud and Sodiq polvon tribes increased the popularity of kurash in Shudavr.

There is also a type of Uzbek folk wrestling called belt wrestling. There are many archeological finds and historical manuscripts related to it. It dates back to 5,000 years ago. A statue found in Mesopotamia depicts wrestlers competing in belt wrestling. China's height. The Tan-shu manuscript states that weddings and festivals in the Fergana Valley would not take place without K.'s competitions. Ahmad Polvon, Khoja Polvon and the city of k. This type of K. became famous (late 19th - early 20th century). During the Tsarist occupation and the Soviet era, attempts were made to artificially oust the Uzbek national K. from the people's way of life. By the end of the 1990s, these attempts were thwarted. In 1991, Kamil Yusupov, a member of the wrestling dynasty and an international master of sports in several types of K., developed the following rules of Uzbek K. adapted to international standards: They compete standing upright on a blue-green K. carpet marked with a line. The winner is determined by the methods used and the evaluation of their behavior on the field. In K., suffocation is not allowed to use painful methods on the opponent, one of the wrestlers wears a blue jacket, the other a green jacket (women wear a white T-shirt inside the jacket), a belt (belt) 4-5 cm wide is tied, men 60, 66, 73, 81, 90, 100 kg and over 100 kg, women compete in weight

classes over 48, 52, 57, 63, 70, 78, and 78 kg (children, teenagers, teenagers, adults and girls also take into account their age weight categories are determined). The Congress of the International Wrestling Association (IKA) in Tashkent in 2003 reduced the time of official competitions to 3 minutes in order to ensure that each match was intense. defined as According to the methods used, "poor", "sideways", "honest" grades are given, and illegal actions are punished with "reprimand", "dakki", and "dishonesty". If the wrestler receives an "honest" rating (or his opponent is punished with a "bribe"), it means that he has won. Getting a double-sided score (or punishing an opponent twice) also means victory. "Low" scores are taken into account, etc. The wrestler who received the last score in the equality of the seas wins, the score of the wrestlers with the same score and penalties prevails, if the number of penalties is equal, the last penalty is defeated, if all are equal (or the score and penalty The winner will be announced 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, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Wrestling Association (IKA) in Tashkent. The Decree of the President of the Republic of Uzbekistan "On Support of the International Kurash Association" (February 1, 1999) gave impetus to the slow development of the Uzbek national wrestling. In the same year, the first world championship in Uzbek K. was held in Tashkent, and an international competition among women was held in Bryansk, Russia. The International K. Academy, the World Fund for the Development of K. was established under the ICA, and the association was founded by the "Kurash" jury. was established. It is a literary-artistic, socio-publicist, information-advertising jury. In Tashkent, October 1999. has been published since.

In 2000, K. Month was held in Uzbekistan. About 2 million people took to the K. carpet during this month. The traditional international competition named after the Honorary President of ICA Islam Karimov has been established in Great Britain. Since 2001, the International K. in-ti (in Tashkent) has been active. IKA has 66 national federations (2003). European, Asian, Pan American and Oceanian K. confederations were formed. Currently, Uzbek K. is practiced by more than 600,000 people abroad. World, continental and national championships and championships in this type of K., at-Termizi, in memory of Pahlavon Mahmud and many other international competitions are regularly held in Uzbekistan. Currently, there are 22 Olympic Reserve Schools, 37 Junior Sports Schools and 206 K. Schools in Uzbekistan. There are more than 100 K. clubs in higher education. There are 851 coaches (2003). In 2003, the Olympic Council of Asia included this type of K. in the program of the Asian Games. Bahrom Anazov, Isak Akhmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Muhammadiyev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Tatar oglu (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), K. (Poland), Hiroyoshi Kashimoto (Japan) and others won and won prizes.

Wrestling, one of the traditional sports of the Uzbek people, has a history of three and a half thousand years. Kurash is an Uzbek word that has been mentioned in a number of ancient Eastern literary sources as a one-on-one wrestling and social entertainment sport.

The legendary Alpomish epic, which appeared a thousand years ago, states that wrestling was one of the most popular and prestigious sports in Uzbekistan in the distant past.

ancient and medieval philosophers and historians have paid special attention to wrestling in their writings.

Abu Ali Ibn Sina, one of the great thinkers of the East, acknowledged that wrestling is the best way to maintain good health. However, it is still unclear exactly when and where the struggle began. In turn, this ambiguity did not prevent a number of scholars from recognizing wrestling as an ancient sport.

In the ninth century AD, the development of wrestling reached a new level. At that time, the people of modern Uzbekistan used wrestling as a means of entertainment and recreation during traditional holidays, weddings and large public events. Later, wrestling became an independent sport and a form of physical training. The strongest fighters became well-known among the people, and legends began to be told about them. Pahlavon Mahmud, who lived in the 12th century, is a clear example of this. His tomb is still a favorite place of pilgrims and one of the holy shrines.

In the 14th century, Amir Temur, an incomparable commander and statesman who left a bright mark on human history, used wrestling to strengthen his soldiers and increase their physical fitness. It is known that Amir Temur's army was the most powerful and invincible army of its time.

Over time, wrestling has become one of the most beloved and revered traditions of the people living in the territory of modern Uzbekistan. In this sense, it is no exaggeration to say that the struggle is ingrained in the blood of Uzbeks. The love for this sport is passed down from father to son. To date, the number of regular wrestlers in Uzbekistan alone has reached two million. The number of fans and amateurs of this sport is innumerable.

In the early 1980s, Komil Yusupov, a well-known Uzbek wrestler, judoka and sambo wrestler, began researching the rich heritage of Uzbek wrestling. One of the activists in the revival of the sport, his main goal was to develop new rules of wrestling in line with international standards. By the early 1990s, he had successfully accomplished this noble task and set himself the goal of bringing Uzbek wrestling to the international arena. He first brought his wrestling rules to the attention of the public, experts and fans.

The new rules incorporate the most revered traditions of Uzbek wrestling and international sports standards, such as special clothing, the venue, and the duration of the competition. Sports experts acknowledged that the rules of wrestling, developed by Komil Yusupov, fully meet international sports standards. One of the main advantages of the rules of wrestling is that they do not allow the competition to continue while lying down. As soon as one of the athletes touches the carpet, the referee stops the competition and the wrestlers continue the competition standing. This ensures that the fight is fast and interesting for the fans. In addition, the rules of wrestling prohibit the use of methods that hold the lower part of the belt or cause pain and suffocation. Thus, wrestling has become one of the safest sports to prevent injuries to athletes.

Uzbekistan's declaration of independence in 1991 gave new life to the struggle.

set itself the goal of reviving the national values and traditions of the Uzbek people, which were trampled underfoot during the 70 years of totalitarian rule. Restoration of wrestling as a national sport has been identified as one of the priorities of state policy.

In 1992, K. Yusupov was received by the President of the Republic of Uzbekistan. During the conversation, the issues of development of Uzbek wrestling not only in our country, but also abroad were discussed. The main goal remains to make wrestling a real international sport and then include it in the Olympic program.

After that meeting, a group of activists led by K. Yusupov began work to develop Uzbek wrestling internationally. The success of a number of major competitions organized by them in different regions of Uzbekistan really surprised everyone.

Thousands of wrestlers from all over the country have expressed their desire to take part in the competitions, while millions of wrestling fans have filled stadiums across the country to enjoy these exciting competitions.

The efforts of Kurash activists did not limit themselves to Uzbekistan. Since 1992, they have been involved in promoting Uzbek wrestling at a number of prestigious sporting events in South Korea, Canada, Japan, India, the United States, Monaco and Russia.

As a result of these efforts, representatives of about 30 countries took part in the first international wrestling competitions in Tashkent, the capital of Uzbekistan. The 30,000-seat stadium in central Tashkent is packed. Millions of TV viewers in Uzbekistan and abroad watched the competitions in detail on television. The first international competition for the prize of the President of Uzbekistan was a success. Turkish athlete Salim Tataroglu won the competition.

Simultaneously with the first international competition, the country witnessed another important historical event. On September 6, 1998, representatives of 28 countries from Europe, Asia and America founded the International Wrestling Federation. The ICRC has become an official representative of Uzbek wrestling internationally. During the first founding congress, the charter of the new international sports organization was approved, the international rules of Kurash were adopted, and the governing body of the ICU, the Executive Committee, was elected. The first initiator of the idea of developing wrestling at the international level, President of the Republic of Uzbekistan Islam Karimov was unanimously elected

Honorary President of the ICU. The author of the international rules of wrestling Kamil Yusupov was elected President of the International Wrestling Federation. The organization's executive committee consists of 15 members, elected by a four-year majority vote by the ICU Congress. They are also eligible for re-election.

In 1999, Tashkent witnessed another world event - this year's first World Wrestling Championship, which was attended by representatives of 48 countries from Europe, Asia, Africa, North and South America.

in the first World Cup in a new sport was a world event. At the opening ceremony of the championship, the President of Uzbekistan, Honorary President of the ICU Islam Karimov noted that the Uzbek wrestling embodies the qualities of the people of this great country, such as courage, bravery, compassion, justice, fairness and humanity. The sport, which embodies these qualities, will inevitably be welcomed and supported around the world .

Uzbekistan's overcrowded stadiums were a spectacular sight. Hundreds of wrestlers from more than 50 countries took to the mat to prove that this type of competition is unique in the world.

Competitions were held in three weight categories - 73 , 90 kg and absolute weight. The competition was very enjoyable and enthusiastic. According to the results of the competition, it is significant that the Uzbek wrestlers rose to the podium in all three weight categories.

Since then, HKU has been hosting the World Cup among adults on an annual basis. The second World Wrestling Championship was held abroad.

In July 2000, women also took part in the Second World Cup in the Turkish resort town of Antalya on the Mediterranean coast. The Third World Championship was held in August 2001 in Budapest, Hungary.

In addition to the senior championships, the ICU has been hosting the World Junior Championships since 2000. The first two championships in this category were held in May 2000 and 2001 in Tver, Russia.

In June 1999, the ICU held its first international competition for women. The city of Bryansk, Russia was chosen as the venue for the competition. It was attended by 25 teams from 9 countries. Gretta Müller from Germany won the competition. Two Russians and another compatriot of the winner of the competition shared the second and third places.

The first continental wrestling championship was held in December 1999. The Belarusian capital, Minsk, hosted the first European Wrestling Championship. The first Asian Women's and Men's Wrestling Championship was held in April 2001 in Tashkent. In July 2001, the first continental championship of the African continent was held in Hartenbos, South Africa. The first Pan American Championship was held in March 2002 in La Paz, Bolivia.

Within the framework of the ILO, various international tournaments are regularly held in the member states of the association.

One of such prestigious competitions is the Islam Karimov International Competition, which has been held by the British Wrestling Association since 2000. Organized in honor of the President of the Republic of Uzbekistan and the Honorary President of the ILO, such competitions were first held in October 2000 in Bedford, UK.

The second tournament was held in November 2001 in Dartford, UK.

Since 2001, the ILO has established 12 events and people of the year in 12 different categories, including Best Wrestler, Best Referee, and Best Federation. For the first time in the history of wrestling, the Brazilian wrestler Alexander Katsuragi, who won the nomination " Best Wrestler of 2001" in Uzbekistan, won the highest award. Poland's Dorota Sikora, winner of the World Championships in Budapest, was named Wrestler of the Year . Abdulla Tangriev, a young star of Uzbek wrestling and a heavyweight, the absolute winner of two international tournaments held in Uzbekistan in 2001, won the highest award in the nomination " Best Technique ". To this day, wrestling is recognized around the world. Wrestling is popular in countries such as Bolivia, Canada, the United States, South Africa, the Netherlands, Turkey, Russia and Japan. The ICU currently unites more than 40 national wrestling federations on four continents in Asia, Europe, the Americas and Africa. The prestige of the ICU as an international sports organization is growing day by day. Of course , the negotiations and meetings of the President of the ICU and the members of the Executive Committee of the organization with the heads of various international sports associations and organizations have contributed to this in many ways.



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

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