

# Greco-Roman Wrestling Techniques, Classification, Systematics and Their Terminology General Rules.

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**Abstract:** The following points provide information and suggestions on Greco-Roman wrestling techniques, classification, systematics and terminology, and general rules.

**Keywords:** Sports, health, wrestling, types of struggle, Greek-Roman wrestling, classification, terminology, general rules, Olympics, Universiade, 'Burcham Generation'.

## Introduction.

Physical education and sports and all kinds of sports serve as an important tool for maintaining and strengthening human health. The importance of physical culture and sports in the multifaceted process of educating a person, developing his physical qualities, strengthening his health, improving his ability to work, creating the necessary mental environment in athletes is high. takes place. In particular, wrestling has a place in the system of physical education. Different types of wrestling play an important role in the system of physical education, which helps to educate healthy people. Including Greco-Roman wrestling has its place in the system of physical education.

## The main part.

The reason for the controversy among many experts in Uzbekistan today is that the Greco-Roman wrestling is mistakenly called the Greek wrestling. If we pay attention to the words "Rome" and "Rum", in the historical and literary literature there were Olympic Games in ancient Greece (776 BC), in which wrestling competitions were also held (708 BC). During the '0' urban period, competitions were held according to different rules, with each village or town having its own rules. In one of these rules, the fact that all the technical movements and grips are from the top of the body to the waist, created a type of competition in the Greeks. Due to the relationship between ancient Greece and Rome, physical training facilities also came to Rome. In the 2nd century BC, some Roman activists tried to apply the types and methods of the Greek system of physical education. After Greece was invaded by Rome in the 1980s, Ambassador Sulla tried to move the Greek Olympic Games to Rome. By his order, the 175th Olympic Games were to be held in Rome. Wrestling is one of the most popular forms of entertainment in Rome because of its interest in the Romans. The city of Rome, the capital of the ancient Roman Empire, has not lost its name to this day. Some experts say that the word "Rome" comes after the word "Greek" and should be called "Greek" in the Uzbek transcription. But in ancient times, the territory of Uzbekistan was called the Roman Empire or the city of Rome - the Roman Empire and the city of Rome. So, it would be more appropriate to call this type of wrestling Greco-Roman wrestling, not Greco-Roman wrestling.

In Greco-Roman wrestling, the athlete differs from other sports due to the large number and variety of technical movements. The classification, system, and terminology of wrestling techniques have been developed to regulate the technical movements of Greco-Roman wrestlers and to facilitate communication between experts in the field. Classification is a system of interdependent concepts (classes, objects, events) in a particular field of knowledge. The classification is based on the common features of the objects and the legal relationship between them. Classification helps to navigate the various objects correctly and is a source of knowledge about them.

The following tasks are set in the development of a single classification and system of basic methods of Greco-Roman wrestling techniques:

- reflecting the essence of the struggle, revealing the diversity and complexity of the interrelationships between the technical movements;  
- Reflection on the carpet without comparing the type of wrestling; - help to identify commonalities for all types of wrestling;  
- to preserve the peculiarities of each type of wrestling;  
- to allow each type of wrestling to learn the best techniques from other types (including national wrestling);  
- Classification of basic techniques in "school performance" - to develop technical concepts and definitions common to all types of wrestling and to help create a terminology based on common principles for each type. The main feature of the unique classification and systematics of Greco-Roman wrestling is that all its levels are a step-by-step expression of the technique of each type of wrestling (including national) and help to regulate a large number of elements.

### Conclusion.

All conditions have been created for the development of Greco-Roman wrestling in our country, and this type of wrestling is included in the program of sports competitions in three stages - "Umid Nihollari", "Barkamol Avlod", "Universiade". In the further development of Greco-Roman wrestling, the current growing number of teenagers and young adults is recognized with high results in the Asian and World arenas, because our athletes are always in the spotlight and respected in our country.

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