

Development of National Wrestling (Kurash) in Uzbekistan

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Annotation. 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. Wrestling is especially popular in Greece and has been a regular feature of the ancient Olympics. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

Keywords: wrestling, rule, yonbosh, judo, sports

Introduction

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 wrestling¹.

Results And Discussion

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.

A number of 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 kurash 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 his 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

¹ Kurash A.Atayev T. "Teacher 0" 1987

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 that would meet 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 the rules of wrestling to the attention of the public, experts and fans².

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 the requirements of international sports. One of the main advantages of wrestling rules is that they do not allow the fight to continue while lying down. As soon as one of the athletes touches the carpet, the referee stops the competition and the kurash continues 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, kurash has become one of the safest sports to prevent injuries to athletes. Uzbekistan's declaration of independence in 1991 gave new life to the kurash.

In 1992, K. Yusupov was received by the President of the Republic of Uzbekistan. During the meeting, the issues of development of Uzbek wrestling not only in our country, but also abroad were discussed. The main goal is to turn kurash into a real international sport and then include it in the Olympic program³.

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.

Conclusion

As a result of these efforts, representatives of about 30 countries took part in the first international kurash 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. Kurash 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, kurash 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 kurash into an international sport.

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