



THE DEVELOPMENT AND ADVANCEMENT OF THE SPORT OF WRESTLING

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Abstract

The article briefly describes the origins of wrestling and the basic rules of wrestling development.

Keywords: Wrestling, art, - sport, judo, sambo, wrestler, unique, hero, national.

Introduction

Wrestling is a sport in which two athletes engage in one-on-one combat according to established rules. The art of wrestling has been known in many nations since ancient times. Wrestling is especially widespread in Uzbekistan, where it has been a permanent fixture in 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. 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 used in the international arena. In recent years, Uzbek Kurash has also begun to be recognized as a separate type of Kurash on a global scale. Kurash is considered one of the means of raising a person to be strong, agile, resilient and strong-willed. Under the supervision of doctors, it is allowed to engage in Kurash from the age of 12. Archaeological finds and historical manuscripts confirm that Kurash 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 the same period depicts wrestlers demonstrating Kurash techniques.

These unique finds indicate that Kurash was part of the way of life 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, girls determined the groom by setting conditions, and on this condition there was a wrestling competition. An example of this is the conditions of Barchin in the Uzbek folk heroic epic "Alpomish". Ibn Sino wrote in his work "Tib Qanonari": "There are also types of wrestling, one of which is that one of the two wrestlers grabs the belt of his opponent and pulls him towards him, while at the same time taking measures to get rid of his opponent." This definition is close to the modern rules of wrestling. Also, valuable information about wrestling is contained in Mahmud Kashgari's "Devonu lug'otit turk", Alisher Navoi's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Vasifi's "Badoe' ul-vaqoe'", Huseyn Voiz Kashifi's "Futuvvat-nomai sultoni", and Zahiriddin Muhammad Babur's "Boburnoma". In the 9th-16th centuries, wrestling was widely popular among the people. During this period, the wrestlers Pahlavon Mahmud and Sadiq Palvon tribes developed the Kurash style.

Depending on the methods used, the following grades were awarded: "chala", "yonbaş", "halol", and "tahram", and for actions that violate the rules, the punishments were "tanbeh", "dakki", and "g'irrom". If a wrestler receives a "halal" grade (or if his opponent is punished with "g'irrom"), this means his victory. If he receives a "yonbaş" grade twice (or if his opponent is punished with "dakki" twice) also means victory. The "shala" grades are taken into account and the wrestler who received the grade is awarded the victory. In the event that the number of grades and penalties of the wrestlers 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 are taken), the winner is declared by the majority vote of the judges. In 1992, the Uzbekistan Kurash Federation was established, and in 2001, the Uzbekistan Belt Wrestling Federation. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, Holland, Russia, Uzbekistan, Japan, etc.) in Tashkent became the



founders of the International Kurash Association (IKA), and on this occasion a major international competition in Uzbek Kurash was held here.

The decree of the first 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 women's competition 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 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 carpet. In Great Britain, a traditional international competition named after the Honorary President of the IKA, Islam Karimov, was founded. Since 2001, the International Institute of Wrestling (in Tashkent) has been operating. 66 national federations have become members of the IKA (2003). European, Asian, Pan-American and Oceanian wrestling confederations have been established. Currently, more than 600 thousand people are engaged in Uzbek wrestling in foreign countries. World, continental and country championships and championships in this type of wrestling, as well as international competitions dedicated to the memory of at-Termizi, Pahlavon Mahmud and many others are regularly held in Uzbekistan. Currently, students are trained in this type of sport in 22 schools of Olympic deputies, 37 children's and youth sports schools and 206 wrestling schools in Uzbekistan. More than 100 wrestling clubs operate in higher education institutions. 851 coaches train wrestlers (2003). In 2003, the Olympic Council of Asia included this type of wrestling in the program of the Asian Games. In the world championships in wrestling, Bahrom Anazov, Isok Akhmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Muhammadiev, Akobir Kurbanov (Uzbekistan), Kubashkhonim Elknur, Selim Tatar oglu (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melananets (Poland), Hiroyoshi Kashimoto (Japan) and others won and became prize-winners.

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 thousand years ago, depicts wrestlers competing in belt wrestling. The ancient Chinese manuscript "Tan-shu" states that weddings and celebrations in the Fergana Valley were not complete without wrestling competitions. Ahmad Polvon, Khoja Polvon and others gained fame in this type of wrestling (late 19th - early 20th centuries). During the Bolshevik occupation and the Soviet era, attempts were made to artificially oust the Uzbek national wrestling from the way of life of the people. By the end of the 90s of the 20th century, these attempts were stopped. 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: Wrestling competitors compete standing on a blue-green wrestling mat measuring from 14x14 m to 16x16 m, the outer part of which is marked with a red "dangerous 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 of the wrestlers 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, teenagers, 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 to ensure that each match was intense.

President Mirziyoyev declared September 6 as the Day of the National Sport of "Kurash". According to the official website of the President of Uzbekistan, this art was established in Mirziyoyev's resolution of October 2 "On measures for the further development of the national sport of "Kurash". The resolution notes that the International Association of Kurash was founded on September 6, 1998. Today, this association unites 129 national federations from around the world. "On September 20, at the 36th General Assembly of the Olympic Council of Asia held in Ashgabat, the national sport "Kurash" was officially included in the program of the XVIII Summer Asian Games for the first time in history. The International Association of Kurash and Uzbekistan are actively taking measures to include kurash in the programs of international sports competitions and



tournaments, and in the future, in the program of the Olympic Games," the presidential decree says.

One of the traditional sports of the Uzbek people, wrestling, has a history of three and a half thousand years. The word "kurash" is an Uzbek word, and it is mentioned in a number of ancient Eastern literary sources as a one-on-one combat and social entertainment sport.

The legendary Alpomish epic, which appeared a thousand years ago, notes that wrestling was the most beloved and prestigious sport that gained mass popularity in Uzbekistan in the distant past.

A number of philosophers and historians who lived and worked in ancient and medieval times mentioned wrestling with special respect in their works.

Abu Ali Ibn Sino, one of the great thinkers of the East, recognized that engaging in wrestling is the best way to ensure the health of the soul and body. Despite this, there is still no exact information about when and where exactly wrestling appeared. In turn, such an abstraction did not prevent a number of scholars from recognizing wrestling as one of the ancient sports.

In the 9th century AD, the development of wrestling reached a new level. At that time, the population living in the territory of modern Uzbekistan used wrestling as a means of entertainment and relaxation during traditional holidays, weddings, and large public events. Later, wrestling turned from a means of entertainment into an independent sport and a method of physical training. The strongest wrestlers became famous among the people, and legends began to be woven about them. Pahlavon Mahmud, who lived in the 12th century, is a vivid example of this. His grave is still a favorite place for pilgrims and one of the holy places.

In the 14th century, the unparalleled commander and statesman Amir Temur, who left a bright mark on the history of mankind, used wrestling to train his soldiers and improve their physical fitness. It is known that the army of Amir Temur was considered the most powerful and invincible army of his time.

Over time, wrestling has become one of the most beloved and revered traditions of the population living in modern Uzbekistan. In this sense, it is no exaggeration to say that wrestling is ingrained in the blood of Uzbeks. Love for this sport is passed down from fathers to children as an inheritance. 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.



The new rules have incorporated the most revered traditions of Uzbek wrestling and international sports standards, such as special clothing, the venue of competitions and the duration of the competition. Sports experts have recognized that the rules of wrestling developed by Komil Yusupov fully meet international sports requirements. One of the main advantages of the rules of wrestling is that they do not allow the continuation of the competition while lying down. As soon as one of the athletes' knees touch the mat, the referee stops the competition and the wrestlers continue the competition while standing. This ensures that the wrestling is conducted at a fast pace and is interesting and exciting for the fans. In addition, the rules of wrestling prohibit the use of techniques that grab the lower part of the belt or cause pain and strangulation. Thus, wrestling has become one of the safest sports that prevents injuries to athletes.

Nowadays, such a task as training highly qualified athletes and wrestlers is considered the prestigious duty of every coach. The merits of our wrestlers in waving the flag of Uzbekistan at international competitions across all world sports arenas are incomparable.

In the process of preparing our athletes for competitions, special attention should be paid to developing their moral, aesthetic and spiritual preparation, their national pride, and to instilling the ideas of national independence more deeply into the minds of our youth. "Athletes are ambassadors of peace - athletes are compared to heralds of peace."

Therefore, in order to educate the heralds of peace in all respects, to bring up all the qualities that are worthy of them, coaches should work hard during training sessions. In this regard, it would be appropriate to use the lessons of our past, the courage shown by our ancestors, and the advice left by our scientists. We hope that Uzbek athletes will win victories in all sports in the world arenas and at the Olympic Games in the future, raising the glory of our homeland and nation even higher.

The Uzbek people should be proud of their national sports. As a result of the care that the leadership of our country takes in the development of physical education and sports, our national sports are developing further and becoming more popular. As our President noted, nothing can quickly introduce a country to the world like sports.



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