



National Folk Games

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Abstract: *The national games of the Uzbek people have a long past, a rich history, and are our spiritual wealth and national values, handed down to us from our ancestors. In fact, we feel that the national games not only remind us of the joyous moments and innocence of childhood, but also leave an indelible mark on the memory of each of us. During the years of independence, special attention is being paid to preserving our national traditions and values and smoothly passing them on to the next generation.*

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Folk games have a history of 1000 years. Descriptions of the first folk games were reflected in the works of Mahmud Kashgari, Ibn Sina, Abu Rayhan Beruni, Pahlavon Mahmud, Alisher Navoi, Babur Mirza and other famous scholars and historians. Mahmud Kashgari has a special role in the survival and formation of folk games with great spiritual, scientific and practical potential. The encyclopedist studied the history, national psychology, written and oral literature, socio-economic life and military exercises, folk games and games of the Turkic peoples who lived 1000 years ago, and wrote the work "Devonu lug'otit turk" (The Library of Turkish Words). M. About 150 games of the Turkic peoples are mentioned in this divan of Kashgari, and about 20 of them are described in detail. The scientist describes the types of competitions, paying special attention to the games of adults and children that are suitable for their age. He carefully studied the games, dividing them into both physical and mental exercises.

According to the calculations of ethnographers, the number of national games is 3-5 thousand. Folk games played in each village; district and city are completely different from each other.

A number of scientists have also conducted research on the study of socio-pedagogical features of national folk games: Professor T. Usmonhojaev, one of the scientists who achieved certain achievements in the field of studying Uzbek folk games, mainly focused on children's mobile games, classified and described them. In his doctoral thesis, the factors that help to increase the activity of the growing young generation: children and adolescents: national movement games, elements of national exercises, competitions and sports, ways of using traditional means of physical education are shown. Also, in recent years, Professor F. N. A group of specialists, young researchers under the leadership of Nasriddinov managed to carry out a number of scientific-practical works and publications in order to study national games and popularize them among the people.

At all stages of development, folk games embodied the life, lifestyle, working conditions, nationality, religion and other distinctive features of the people of their time and served to educate the qualities of agility, endurance, creativity, enthusiasm, and strength in the participants. Each game has its place in order to make children and teenagers grow up healthy, physically strong, mentally intelligent and resourceful. Each of our national games requires courage, bravery, honesty and ingenuity. Folk games bring a special joy to a person, have a positive effect on a person's mood. Let's remember once again the ancient folk games that serve to promote a healthy way of life to our young people and help them to grow physically fit together with their intellectual potential.

Our people celebrate Navruz every year. On these holidays, traditionally, various games are played, such as pokkari, wrestling, hurling, and halchanka flying. There are also seasonal types of national games. For example, when nature wakes up in the spring, when the trees sprout, "Willow leaf" (willow cub), "Flower game" when the flowers of the field open, danak, nut games, and flying squirrels are played with love. In the autumn and winter seasons, when it rains, "Yomgir Yagalok", "Snowstorm" when it snows, and "Korkhat" gather around the sandals in the houses in very cold days, "Find a riddle", "Say it quickly", "Who said", "King-Vazir" games like From late fall to spring, "Uloq-kopkari" and "Kurash" competitions were held.

Since ancient times, weddings and festivals in our country have been celebrated with folk dances in a happy and cheerful spirit. Apart from national games, wrestling has become a favorite spectacle of weddings and holidays.

Before we tell you about the types of national folk games preserved from our ancestors, we would like to mention that the national games attached below were a tradition in the 1970s and 80s, and we will try to convey to you the games that we participated in and witnessed with our own eyes.

1. White poplar, blue poplar;
2. Ball stone (five stones);
3. Arghimchak;
4. Bekinmachak (Yashin topolok);
5. Dondirek;
6. Lanka;
7. Picture;
8. Lappek;
9. Warrak launch;
10. Eye conditioner;
11. Who will get it;
12. The donkey rode;
13. Tug of war;
14. Kuvlashmahak;
15. Twelve sticks;
16. Even-odd;
17. King-minister;
18. Nut game;

19. Invent;

20. Come to the middle (bibitno);

21. Sit down!;

22. Jambil-jambil;

23. Three - three;

24. Mouse-cat;

25. Ball game;

1. "White poplar, blue poplar" game. Game Rules: This game can be played by both boys and girls. The children are divided into 2 groups, stand in a row holding hands on both sides, and the first group turns to the second group saying "White poplar or blue poplar, who do you need from us?" The members of this group say the name of the child of their choice from the other group. If the named child runs to the other group and passes the group members who are holding hands, he takes the child he wants and takes him to his group. If he fails to pass and is caught, he will remain in this group. The game continues in this way.

2. Ball stone (five stones) game. Rules of the game: 5 or 6 girls participate in the game. This game is played with five stones of the same size. The conditions of the game are different and the participants choose themselves. With the fingers of the left hand, shapes like tandoor, kuvi, house, bridge, and scissors are made, and the balls are taken one by one with the right hand and thrown into the shapes made with the left hand. If the stone falls out of the participant's hand or cannot be thrown into the forms, the participant is considered to have failed to fulfill the condition and lost.

Another type of five-stone game: put 4 stones down, throw 1 up, and skillfully pick up all the stones placed down until the stone comes back down. If the stones cannot be taken all at once or if the top stone is dropped, the game is continued by another participant.

3. Rope game. Rules of the game: 10 girls can participate in the rope game. 2 of the participants spin the rope and sing while spinning the rope:

Tulip, chaman, flower,

Put on perfume,

Until the moon comes

Watch the house.

The rest of the participants take turns jumping in accordance with the rotation of the rope. If a competitor's feet get caught in the rope or step on the rope, they switch places with the competitor who is spinning the rope. He also jumps according to the direction of the rope. He is out of the game if he gets tired and cannot jump or fall down. The game continues in this way. This game is useful for girls to be physically fit.

4. Hide and seek (light ball) game. Rules of Play: This game is a group game and can be played by boys and girls together. 1 person closes his eyes and turns to the wall, the rest of the participants hide in all directions. After the children hide, the blindfolded participant must count to 10 and find the hidden participants by saying "Back, those in front are ducks." If he does not find the hidden ones, he looks for them again, if he finds them, the other participant closes his eyes and looks for the hidden ones. The game continues in this way.

5. Dondirek game. Game Rules: This game is mainly played by boys. A tool (not round) is made of wood that is easy to turn with a pointed end. At the same time, a 50 cm long rod with a thickness of the thumb is taken, and a rope is wound on one end to make a whip. The dough is rolled with the pointed side on the ground and whipped with a whip so that it does not stop. If the ball stops spinning, the game is continued by another participant. The game is continued in this way.
6. Lanka game. The rules of the game: For this game, a 14x14 cm cloth is made by adding a small amount of soil in the middle and enriching it with a cloth. After the date is announced, the last participant starts the game and kicks the lanka with the inner transverse part of the leg. The game continues until the lanka falls to the ground. Whoever kicks the most lanka in the game is the winner. The participant who kicks the fewest lankas will be the winning participant (according to the rules of the game). And the loser throws the lanka to the winner, the winner kicks the lanka again and again and uses the mallet. The game continues in this way.
7. Picture game. Rules of the game: More than 2 children participate in the game. This game basically requires one whole brick, various pieces of candy, and a rock. All participants press 2 or more pieces of candy paper under the brick and take turns hitting it with a stone from a certain distance. The participant who hits the brick with a stone is considered the winner and takes the cards under the brick. The losers again bend the picture and put the brick under it, thus continuing the game.
8. Lappek game. Rules of the game: For this game, checkers are drawn on a smooth floor using chalk or a piece of brick. A flat, smooth, round stone is kicked on one foot and the squares drawn are kicked around. If the stone falls on the line or goes out of the line, the game is stopped and the next participant continues the game.
9. Warrak, shooting. The varrak launch was mainly for boys and the varraks were launched mostly in the spring months. Warrak is mainly made of tracing paper (thin lined paper), newspaper and notebook paper in rectangular or square shapes. It is bent from plywood in the shape of a crescent and glued to the opposite side of the paper. The tail is cut thinly from the fabric at the back end. The function of the tail is to help balance the blade. The child whose leaf flies the longest and highest is the winner.
10. Eye candy. Game Rules: This game is played in groups. Alternately blindfold one of the game participants and find the rest of the game participants. The surrounding participants call the blinded boy "atuta", "yatuta" and distract him by running to the other side. If a blindfolded participant catches a participant, the caught participant is blindfolded. The game continues like this.
11. Who will take-yo shuginani-yo. Game Rules: This game is played in the following order. A group of children form a circle, throw some object (for example: a hat, a tablecloth) on the ground, and all the participants sing in unison, saying "Kim alali-yo shuginani-yo" over and over again. One of the participants joins the game by singing "Man olaman-o shuginani-yo", opens his legs wide, puts his hand behind his back, leans forward and tries to pick up an object on the ground with his mouth. The surrounding participants are singing and clapping "Alolmaisan-o shuginani-yo". All the participants applaud if they pick up the object on the floor, if they don't they say "you didn't get it" and then they say "Kim alali-yo shuginani-yo" over and over again and start singing. Participants take turns trying to pick up an item on the ground. The participant who picks up the object on the ground is applauded as "got it". The game continues in this way.

12. Donkey rode (donkey riding). Game Rules: This game is mainly for boys and is played in groups. The date of the game is announced, and at the end of the game, the remaining child becomes a donkey or alternately throws 5-6 stones into a small hole in the ground. The rest of the participants sit on it. Whoever falls down without being able to sit down will be the donkey next time. The game continues in this way until the children are tired.
13. Tug of war. Rules of the game: This game is designed to test the strong. In this game, the participants are divided into 2 groups, 12 people from 6 people participate. A long, thick rope is pulled by the members of each group in their direction. Which group's members are stronger, more agile, pull the rope together with the participants, and defeat the other group's members is considered to be the winner of the game.
14. Kuvlashmahak; Game Rules: This game is also played in groups. One person recites a poem while the participants of the game stand in a circle. The poem basically goes like this: who said 1,2,16,16

Hakala puppy said,
Let the puppy die
Let the child stay with us,
Let's sell the child
Let's take a crumpled handkerchief,
A crumpled handkerchief is slippery,
My daughter-in-law is hot.

Whoever stops at the word "jealousy" will have to chase the members of the participating group. If he chases and catches a participant, then that participant chases the rest. The game continues in this way.

15. Twelve sticks; Game Rules: This game is played in groups. 60 cm long rod as thick as a thumb, 12 20 cm. branches and a stone of medium size are needed. A long branch is crushed by placing a stone in the middle, and small branches are selected on the side of the branch on the ground. One participant presses a long stick and scatters the chosen branches. Another 1 participant holds a smaller, hard ball in his hand and stands guard, preventing the picking of branches. The rest of the participants must pick these branches. If the guard throws the ball in his hand to the participant who is picking twigs and touches him, that participant is out of the game. If one of the participants manages to pick the branches, the guard loses and stands guard again. This game requires dexterity and agility from children. Whoever is dexterous and nimble will trick the guard and pick the branches. The game continues in this way.
16. Even-odd; Rules of the game: 4-5 people participate in the game. One participant puts his hand back, hides 1 piece of something (corn, pea) in one hand and 2 pieces in the other hand and asks if it is even or odd. Sometimes that child hides something and the other participants find it. The game continues in this way.

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