



Kurash

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Abstract: *In this article, the history of the sport of wrestling, this sport is developing in our country. There will be talks about finding trends, achievements, competitions. From him The results of the Uzbek athletes in the world arenas will be analyzed.*

Keywords: *Wrestling, competition, arena, medal, athlete, prize.*

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Wrestling is a sport in which two athletes compete individually according to a set rule Exchange. The art of wrestling has been known in many nations since ancient times. K. especially Widespread in Greece, it has taken a permanent place in the ancient Olympic Games. National different forms of struggle Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Available in Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. The basic rules of modern wrestling were one of the European in the late eighteenth and early nineteenth centuries developed in several countries. 1912 International Amateur Wrestling Federation (FILA) (now 144 countries, Uzbekistan has been a member since 1993). Sports in the international arena Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread. 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 a physician. Wrestling from the beginning Archaeological finds, historical manuscripts that are an integral part of the Uzbek way of life confirms. A cylindrical Bronze Age found in ancient Bactria (southern Uzbekistan) in a ceramic vessel are depicted two wrestlers and one of them playing the other. It belongs to this period another archeological find shows wrestlers wrestling. These unique findings are one of the lifestyles of our ancestors who struggled even 1.5 thousand years BC indicates that it is a part. Greek writer Claudius Elian (II-III century) and other historians the individuals write that the daughters of the Sak tribe, who lived in the area, married the groom to themselves who chose to struggle with. The girls later identified the groom by condition, and this the condition was a wrestling match. This is in the Uzbek folk epic "Alpomish" Barchin conditions can be given as an example. One of them is one of two wrestlers grabs his opponent's belt and pulls him, while trying to get rid of his opponent This description is close to the rules of modern Kurash, Hussein Voiz Kashifi's "Futuvvatnomai sultoni", Zahiriddin Muhammad Babur's "Boburnoma" contain valuable information about wrestling. IX-XVI The struggle in the sub was very popular among the people. During this period Pahlavon Mahmud, Sadiq Polvon etc. increased the popularity of wrestling. There is also a type of Uzbek people's individual wrestling called belt wrestling. To him too There are many relevant archeological finds and historical manuscripts. 5,000 years ago period A statue found in Mesopotamia depicts wrestlers competing in belt wrestling. The ancient Chinese manuscript "Tan-shu" says that weddings and festivals in the Fergana Valley will not take place without K.

competitions. Ahmad Polvon, Khoja Polvon and city k. This type of K. became famous (late 19th - early 20th century). The invasion of tsarism to artificially oust the Uzbek national K. from the people's way of life during the Soviet era was moved. By the end of the 1990s, these attempts had ceased. 1991- Kamil, a representative of the wrestling dynasty, an international master of sports in several K. species. Yusupov developed the following rules of Uzbek K. in accordance with international standards: tu shuls 14 x 14 m to 16x 16 m, the quadrant with a hidden colored avni line * compete in a standing position on a marked blue-green K. Carpet. Winning methods used and amygdala based on assessments of their behavior on the field. In K., to the opponent Painful methods are not allowed, one of the wrestlers is blue and the other is green. she wears a colored jacket (women wear a white T-shirt inside the jacket), a belt 4 - 5 cm wide (belt *) males 60, 66, 73, 81, 90, 100 kg and over 100 kg, females 48, 52, 57, 63, 70, 78, and They want to compete in weight categories over 78 kg (boys, girls, adults, girls) In competitions, age categories are determined, taking into account age characteristics). People The 2003 / Tashkent Congress of the Kura Association (K.A.) In order to ensure that the "Chala", "yonbosh", "halo" * grades, contrary to the rules, in accordance with the methods used hurakatlarya exa _fanbch ", " dakki *, "girrom" are punished. If the wrestler gets a "halo" score (or if his opponent is punished with "stealth") it means his victory, Twice dish (or the fact that the opponent is punished twice _dakkj *) also means victory. "Incomplete" grades accounting is carried out and h. k. The wrestler who receives the final score in the tie of the seas will be awarded, In the case of an equal number of assessments and penalties, the assessment will have an advantage, the number of penalties will be equal is considered to be the last penalized mag lub if all are equal (or not rated and penalized) if so, the winner will be announced by a majority vote of the judges. Wrestling Federation in Uzbekistan in 1992, belt wrestling in Uzbekistan in 2001 Federation was established, in September 1998 in Tashkent 28 countries (USA, Bolivia, Great Britain, Representatives of the Netherlands, Russia, Uzbekistan, Japan, etc.) International Wrestling Association (IKA) In this regard, there is a major international competition on the Uzbek K. was held. On Support of the International Wrestling Association of the President of Uzbekistan Decree (February 1, 1999) stimulated the slow development of the Uzbek national K. That year The first world championship on Uzbek K. in Tashkent, women in Bryansk, Russia International K. Academy, World K. at the ICA The Development Fund was established, the jury "Kurnsh" was established under the auspices of the association. It is in the field of art, socio-publicism, information and advertising. In Tashkent, October 1999. From the moon has been published since. In 2000, K. month was held in Uzbekistan. During this month, about 2 million people K came out on the carpet. In the UK, IKA is traditionally named after the honorary president Islam Karimov international competition was established. Since 2001, the International K. Institute (in Tashkent) has been operating began. IKA has 66 national federations (2003). Europe, Asia, Pan America and Oceania K. confederations were formed. He is currently in a foreign country with 600 Uzbeks more than a thousand people are engaged. World, continental and national championships in this type of K. and the first, dedicated to the memory of At-Termizi, Pahlavon Mahmud in Uzbekistan and Many other international competitions are held regularly. Currently, there are 22 international competitions in Uzbekistan school of Olympic vice-presidents, 37 schools of children's sports and 206 schools of K. students are educated in this type of sporting. More than 100 K. in higher education institutions. 10 'operates garages, deals with Wrestlers & S1 loyal coach (2003).

Asia the Olympic Council introduced this type of K. to the Asian Games program in 2003. According to K. Bahrom Anazov, Isok Ahmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Muhammadiyev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, son of Selim Totar (Tur-kiya). Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melananets (Poland), Hiroyoshi Kashimoto (Japan) and other winners and prize-winners They are. Yusupov K., Kurash, T., 1999; Muminov A., President. Sport. Victory !, T., 2001. Astor Mo'minov.

III Wrestling is one of the traditional sports of the Uzbek people, dating back three and a half thousand years has, Kurush is Uzbek so '2, it is a one-on-one exchange in Eastern literary sources And ij is mentioned as a team entertainment sport. The struggle is far from over in the legendary Alpomish epic, which appeared a thousand years ago The most popular and popular sport in Uzbekistan in the past eildi. A number of philosophers and historians who lived and worked in antiquity and the Middle Ages are in their works who spoke of the struggle with special reverence. Abu Ali Ibn Sina, one of the great thinkers of Shurq, struggled He acknowledged that exercise is the best way to maintain mental and physical health. Exact information on when and where the struggle is still unfolding does not exist. O '2 is an ancient sport that in turn is struggled by a number of such abstract scholars One of the species failed to be recognized as si fatida. Under IX AD, the development of Kurush reached a new stage. Modern in those days The population of the territory of Uzbekistan celebrates traditional holidays, to y-hashams and large as a means of entertainment and recreation from wrestling during public events used. Later wrestling was a sport and physical exercise independent of the means of entertainment The strongest fighters became well-known among the people, and legends about them began to do. Pahlavon Mahmud, who died in the 11th century, is a clear example of this. Still his tomb is a favorite place of pilgrims and one of the holy shrines. Amir, a unique commander and statesman who left a bright mark in the history of mankind in the XIV century In order to strengthen and increase the physical fitness of Timur's soldiers used. It is known that Amir Temur's army is the most powerful and invincible army of our time hi soblangan. Over time, the struggle has intensified in most of the population living in the territory of modern Uzbekistan has become one of their favorite and revered traditions. In this sense, the struggle is in the blood of the Uzbeks It is no exaggeration to say that he is gone. The love for this sport is from fathers to children It is inherited. To this day, wrestling is the only regular sport in Uzbekistan The number of participants has reached two million. This is the number of sports fans and amateurs while it is innumerable. In the early 1980s, the famous Uzbek wrestler, judoka and sambo wrestler Kamil Yusupov began researching the rich heritage of Uzbek wrestling. This sport The main purpose of this zone, which is one of the activists of the restoration of the Trinity, is to build the development of new rules in line with international standards. Ninety At the beginning of the twentieth century, he successfully fulfilled this honorable task and aimed to bring the Uzbek wrestling to the arena of salgaro. Avaliga is the rules of wrestling that he developed himself to the public, experts and fans. The new rules are based on the most revered traditions of Uzbek wrestling and special clothing. international sports standards such as the place of training and the duration of the competition Wrestling developed by sports experts Komil Yusupov recognized that the rules still meet international sports requirements. Wrestling rules One of the main advantages is that they allow the competition to continue in the lying position does not allow. As soon as one of the athletes' knees touches the carpet, the referee stops the competition and The wrestlers continue the field while standing. This is a fast, fast-paced course and make it fun and exciting for the fans. "Further wrestling rules to use the method of gripping or suffocating the lower part of the waist tn'qiqlaydi. Thus, wrestling is the safest way to prevent injuries to athletes. sport turn into one of the species. Uzbekistan's declaration of independence in 1991 gave new life to the currency.

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