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OPPORTUNITIES FOR NATIONAL SPORT OF WRESTLING IN UZBEKISTAN

Abstract: This article refers to the significance of the sport of national wrestling and the inclusion of this sport in competitions as an international sports game in the world community. Today we are carrying out wide-scale reforms and accelerated transformations in our country, and in this direction our priority task is to educate a physical and harmonious generation, and we are mobilizing all the resources and resources for this. Indeed, achievements in the field of sports are a very important process not only for athletes, but also for the development of our country.

Key words: wrestling, Olympic Games, teenagers, physical education, sports sections, practical work, and national appearance, international.

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Introduction

Under the leadership of our resident Sh.Mirziyoyev, a lot of practical work is being carried out to popularize physical culture and sports in the country, create the necessary conditions for promoting a healthy lifestyle among our people. First of all, our country spends large funds on creating new modern gyms, perpetuating old ones, creating a special infrastructure in this system, consistent measures to satisfy the country's worthy participation in international sports venues. Thanks to Uzbekistan's achievement of independence, the personal attention of the President and the Government of the Republic of Uzbekistan to the restoration of folk traditions and traditions, wide opportunities have been created for the development and popularization of the national struggle, which is part of our cultural heritage.

On the initiative of President Sh.Mirziyoyev, the Day of the national sport "Kurash" is celebrated annually in the Republic on September 6, which prompted our athletes and coaches to count on a new start. One of sports, which is honorable, historical heritage of our nation, is considered spiritual wealth of our ancestors, is a national sport on wrestling. The adoption by the President and the state of decisions and decrees on the development of the national sport

served as the basis for opening the keys of great opportunities for our athletes and young people. For example, Presidential Decree of October 2, 2017 PQ 3306 "On measures for the further development of the national sport in wrestling," in the Program of comprehensive measures for further development and popularization of the national sport of the Cabinet of Ministers of the Republic of Uzbekistan of November 7, 2017 No. 893, Adoption of decrees and resolutions of the President of the Republic of Uzbekistan of March 5, 2018 "On measures for the radical improvement of the state management system in the field of physical culture and sports" as soon as possible recognized as a historical document in the development of the national sport wrestling.

Material and methods

Today we are carrying out wide-scale reforms and accelerated transformations in our country, and in this direction our priority task is to educate a physical and harmonious generation, and we are mobilizing all the resources and resources for this. Indeed, achievements in the field of sports are a very important process not only for athletes, but also for the development of our country.

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On stones and some shortcomings of wrestling sport development in the republic the President of our country speaks in the resolution:

➤ firstly, the work on popularization of the national sport "Wrestling," especially among minors and young people, in order to strengthen the sense of national pride and patriotism of the younger generation, does not meet the requirements of the times;

➤ Secondly, there is no integral system of clubs and sections that allows to identify and select and train capable wrestlers in this sport, as well as to introduce effective mechanisms of training of trainers and judges;

➤ thirdly, there is no effective system for encouraging winners and prize-winners of international competitions aimed at increasing the involvement of young people in this sport;

➤ fourthly, insufficient material and technical base and sports infrastructure, insufficient development of sports equipment impede the required organization of sportsmen's classes and holding of international competitions on wrestling.

➤ he, of course, together with our achievements in this direction, we have shortcomings. Sports clubs and sections have been created in cities and villages. But are there sufficient opportunities and conditions for their work? In our people, the phrase "work in accordance with trust" is not excluded. The moment came when wrestling pays great attention not only to practical development of sport, but also to its theoretical aspects. The ancient sport of wrestling is evidenced by sources that wrestling will be formed on our land. During the years of independence, special attention was paid to the revival of the national sport, which became a symbol of nobility and honesty. Along with the idea of a national perspective, the national struggle was revealed as a new content.

On February 22, 1992, constructive documents of the National Wrestling Federation of Uzbekistan were approved in Tashkent. On March 11, 1992, the Charter of the Federation was listed. In foreign countries with pleasure met the Uzbek national wrestling. May 1-2, 1999 in Tashkent took place the first world championship in Uzbek wrestling. On September 6, 1998, with the participation of 28 states, the International Wrestling Association was created in Tashkent, bringing together 129 national federations of the five continents of the planet to date.

Results and discussion

As a result of direct support of our state wrestling became widespread as an international sport, and such terms as "wrestling," "honesty," "taizim," "tukhta" and "hawk," took a solid place in the international sports dictionary. In 2010, the International Wrestling Association was awarded the title of World Anti-Doping Agency, which is an important requirement for submitting applications for inclusion in the

Olympic Games program. At the 36-Bosh Assembly of the Asian Olympic Council, held on September 20, 2017 in Ashgabat, the Kurash national sport was officially included in the program of the 18th Asian Summer Games for the first time in history.

New Uzbekistan is carrying out new transformations and reforms on every bank. Under the leadership of the President of our country Sh.Mirziyoyev a lot of practical work is carried out on inclusion of wrestling in the international arena in international sports programs, tournament programs, in the future in the program of Olympic Games. Now our athletes create amenities and advantages to improve their professional specialties and qualifications at international venues. In order to promote a healthy lifestyle among young people and minors and promote their talents in the world sports arena, encourage high results, encourage their coaches and coaches, they were also transferred to a new system of awarding state awards.

Within the framework of the Action Strategy on five priority directions of development of the Republic of Uzbekistan in 2017-2021 and five initiatives of the President of our country, which entered a new period of its development, great results were achieved and events on national sport of wrestling were organized. Coaches and trainers develop systems of spiritual and material encouragement and increase their respect in our society.

"I am sure that you, dear mentors and mentors, are the leading representatives of the intelligentsia of our people, raise to a qualitatively new level our work to improve the socio-social environment in our country, to solve a healthy lifestyle among young people, to strengthen peace and cohesion in our society, to develop the school, family and mother who justified themselves in life. This indicates that we still face great challenges in building a new Uzbekistan.

In order to increase the national sport, we must promote modern innovative ideas, further study initiatives in the field of sports and carry out new scientific work. Wrestling is a sport, single skating of two athletes in accordance with the established rules. The art of wrestling has been known to many people since ancient times. Wrestling was especially common in Greece, where it occupied a permanent place from ancient Olympic competitions. Various types of National Wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The main provisions of modern wrestling were developed in several countries of Europe at the end of the 18th century. In 1912, the International Amateur Wrestling Federation (FILA) was created (currently it includes 144 countries, Uzbekistan since 1993). In the international arena Greek wrestling, free-style wrestling, judo, sambo and other types of wrestling are widespread. In recent years, the Uzbek Kurashi

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has also begun to be recognized as a separate type of struggle at the world level. Wrestling is one of tools of human education strong, stubborn, hardy and strong-willed. Under the supervision of doctors, it is allowed to engage in wrestling from the age of 12. The fact that the struggle has become an integral part of the Uzbek way of life is evidenced by archaeological finds, historical manuscripts.

It is described how a cylindrical vessel found on the territory of ancient Bactria (southern Uzbekistan) depicts two half-winds in oval utensils and one of them plays the other. Another archaeological find of that time reflects that half-wars demonstrate methods of struggle. These unique findings indicate that 1.5 thousand years ago Wrestling was part of the way of life of our ancestors. The Greek writer Claudius Elian (II-III century) and other historical figures write that the daughters of the Saki tribe who lived in this territory elected a groom, fighting with the fighters. Later, the girls identified the groom by firing, and it was a wrestling competition. This can be cited as an example of Barchans' condition in the Uzbek folk heroic dossier Alpomish. Ibn Sino in his essay "The Laws of Chiba" wrote: "There are also types of wrestling, of which one of two wrestlers holds his opponent behind his belt, and also takes measures to get rid of his opponent..." This definition is close to modern Rules of wrestling. "Devon lugotit Turks" Mahmud Koshgari, Alisher Navoiy "Hamsa", "Holoti Pakhlavan Mahmud", Badoye of al-vakaye of "Zayniddin Voskifi", Futuvvat-nomai the sultan "Hussein of Voiz Koshifi, In the 9-16th centuries Fight received wide popularity among the people. During this period, Pakhlavan Mahmud, Sadyk-Polvon tribes increased the period of the Struggle.

The Uzbek national individual struggle is also called the White Guard struggle. There are numerous archaeological finds and historical manuscripts. The sculpture, found on the territory of ancient Mesopotamia, dating back 5 thousand years, depicts half-wars competing in the White Guard struggle. In ancient Shine a manuscript "Tan-shu" it is written that in Ferghana valley without wrestling competitions won't pass weddings, elections. Ahmed Polvon, Khoja Polvon and so on gained fame in this type of Struggle (late XIX - early XX centuries). During the occupation of Choresm and the Soviets, an attempt was made to artificially oust the Uzbek national Kurash from the popular way of life. By the end of the 90s of the XX century, these attempts were stopped.

In 1991, the representative of the dynasty of wrestlers, an international master of sports in several types of wrestling, Komil Yusupov, developed the following rules of the Uzbek Kurash, adapted to international standards: Wrestlers will be marked in an upright position on the Blue-Green Wrestling carpet, designated a "dangerous strip" of red color from 14x14 m to 16x16 m. The winner is determined

depending on the methods used and estimates of actions on the field. In wrestling, the use of "steam work", training rivals is not allowed, one of the wrestlers wears blue, and the other wears green (a white female T-shirt from the inside), a pelvis 4-5 cm wide ("belbag") is attached to the belt, males fight in weight categories 60, 66, 73, 81, 90, 100 kg and more than 100 kg, women 48, 52, 57, 63, 70, 78 and more than 78 kg (in competitions of children, adolescents, adults, adults and girls also in weight categories taking into account age characteristics. Congress of the International Association of Wrestling (IKA) of 2003 in Tashkent determined time of holding competitions on official competitions for 3 minutes in order to ensure intensity of each meeting.

The methods used are assigned estimates "chala", "yonbosh", "halol" and actions contrary to the rules - "tenbeh," "dakki," "gyrrom," respectively. If a wrestler receives an "halol" rating (or his opponent is punished with a "gyrrom"), this indicates his victory. Double receipt of the "yonbosh" rating (or double punishment of the opponent "dakki") also means victory. Taking into account estimates of "Chala," the wrestler, who received an assessment, is given a victory, with an equal number of assessments and punishments wrestlers receive an estimated advantage, with an equal number of punishments, the last punished is considered injured if everyone is equal (or not evaluated and punished), the winner is announced by the majority of votes of judges.

In 1992, the Federation of Wrestling in Uzbekistan was created, in 2001 - the Federation of White Guard Wrestling in Uzbekistan. In September 1998, in Tashkent, the founders of the International Wrestling Association (ICA) were representatives of 28 states (USA, Bolivia, Great Britain, Gollan Diya, Russia, Uzbekistan, Japan, etc.), in connection with which a major international wrestling competition in the Uzbek language was held here. The Decree of the President of the Republic of Uzbekistan "On Support of the International Wrestling Association" (February 1, 1999) served as an impetus for the further development of the Uzbek national struggle. In the same year in Tashkent took place the first world championship on wrestling in Uzbek language, in Bryansk - the international tournament among women.

Under the ICA, the Academy of International Wrestling, the All-Russian Foundation for the Development of Wrestling was created, and the Kurash magazine was established. This magazine of literary, artistic, socio-journalistic, information and advertising direction has been published in Tashkent since October 1999. In 2000 in Uzbekistan passed the Month of wrestling. During this month about 2 million people came to the carpet of Wrestling. The traditional international competition named after the honorary president of the IKA Islam Karimov was founded in the UK. Since 2001, the Institute of International

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Wrestling (Tashkent) began to function. Member of IKA 66 national federations (2003). Confederations of wrestling of Europe, Asia, Pan-Americana and Oceania were created. Currently, more than 600 thousand people are engaged in the wrestling of Uzbekistan in foreign countries.

The IKA regularly holds championships and championships of the world, continents and countries in this sport, international competitions in Uzbekistan dedicated to the memory of at-Termisi, Palvon Mahmud and many others.

Currently in Uzbekistan there are 22 schools of Olympic deputies, 37 children's and youth sports schools and 206 schools of wrestling in this sport. In higher educational institutions there are more than 100 circles of Wrestling. 851 coaches (2003) are engaged in wrestlers. In 2003, the Asian Olympic Council included this type of wrestling in the program of the Asian Games.

At the world wrestling championships: Bahrom Anazov, Isak Akhmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Mukhamediev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Totar ugli (Turkey), Alexander Kat, Aleksandr Katsuragi, Karlos Xonorato (Braziliya), Pavel Melanans (Polsha) and Xiroyoshi Kashimoto (Yaponiya).

The struggle for historical longevity is one of the national merits of the Uzbek people. The struggle was regarded as an example of the physical and moral deficiency of half a war. Physical insufficiency, combat effectiveness of half-wars are morality or combat effectiveness, mobility, secular jihads, and their behavior in wide periods, morality, moral appearance, morality in relation to the opponent and patriotism.

Our struggle, which has a long history, attracts the attention of all with observance of rules of order, taken away by human ideas, richness of the methods.

The struggle over the centuries has served as a means for man to achieve physical, spiritual prosperity. Our ancestors of the past called the struggle a school of education.

Raised from spiritual and physical jihad. Wrestling is a value that has no equality in the education of boys and girls. "Wrestling to Fergana" from national sports "Bukhara wrestling," which became the subject of formation of physical culture, today received modern color and rose to the international sports level, Our struggle, which has a long history, attracts the attention of all with observance of rules of order, taken away by human ideas, richness of the methods. Wrestling also glorified the Uzbek nation under the names Belbogli "Struggle." Our struggle from the very beginning ensured the spiritual and physical development of our youth, and now contributes to the comprehensive spiritual and physical development of youth in more than 157 countries. Along with this, wrestling as pride of our nation proves that it contributes to education of young people as pride, pride, love and devotion to the motherland, such sacred corners as respect for the nation.

Conclusion

The philosophy of wrestling is the same; an honest conversation about a young man using power and science in front of his pride, dignity, rivals and fans. This process will in the future form respect, pride, pride and loyalty to the nation, to the country at the age of one. In this process, adults reach adulthood as the most loyal to the nation and the country. Spiritual values give some necessary information by nature, enrich the spiritual world, the spiritual world of man, and determine some criteria for his existence. When a wrestler is physically developed, hardy, naked, strong, he can be considered a real gondola car.

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