

History of the Sport of Kurash

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ABSTRACT

The article describes the sport of wrestling, the history of its formation, the origin and rules of Uzbek wrestling. The importance of wrestling for man and society was also revealed.

A society with increased attention to sports develops in the style of a healthy society. There are all types of sports that improve not only the physical fitness of a person, besides, it also serves spiritual development. In particular, the sport of wrestling is national protection of values, national pride, pride and confidence in a bright future provides strengthening of feelings. The art of fighting is ancient in many nations known since time immemorial. This sport is divided according to the established rules is the one-on-one training of the athlete. Wrestling dates back to ancient times, especially in Greece spread widely and took a permanent place in ancient Olympiad competitions. Today various forms of national struggle Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and available in other countries.

The basic rules of modern sports wrestling are from the 18th century began to appear in several European countries at the end of the 19th century. 1912 International amateur wrestling Federation (FILA) was established (now it has 144 member countries, in particular, our country joined it in 1993). Greco-Roman wrestling on the international stage wrestling, freestyle wrestling, judo, sambo and other types are widespread. Next Uzbek wrestling is also recognized as a special kind of wrestling at the world level started Fighting makes a person strong, dexterous, resilient and strong-willed is one of the main tools. With wrestling from the age of 12 under the supervision of specialists is allowed to practice. Wrestling has been an integral part of the Uzbek way of life since ancient time's archeological finds and historical manuscripts confirm that it was. Ancient Two in a cylindrical pottery vessel from the Bronze Age found in Bactria a

wrestling match is depicted. In another artefact, wrestling methods of wrestlers the show is shown. These unique finds date back to 1.5 thousand BC means that fighting was part of our ancestors' way of life. Greek according to the writer Claudius Elia (II-III century) and other historical figures, say the girls of the tribe chose their groom by fighting with the boys. Later on the girls determined the bridegroom by setting a condition, and this condition is a wrestling match was This includes Barchin in the Uzbek folk heroic epic "Alpomish". Conditions can be given as an example. One of them is one of the two wrestlers grabs his opponent's belt and pulls him away from his opponent takes measures to escape. This definition is close to the rules of modern wrestling. Also "Devonu Lugotit Turk" by Mahmud Koshgari, Alisher Navoi "Hamsa", "Holoti Pahlavon Muhammad", "Badoye' ulvaqoye" by Zayniddin Vasifi, "Futuvvatnomai Sultani" by Husayn Vaiz Koshifi, Z.M. Babur "Boburnoma" contains valuable information about the struggle. In the IX-XVI centuries wrestling is widely popular among the people. During this period, Pahlavon Mahmud, Sadiq such wrestlers are known throughout the East.

There is also a type of Uzbek folk singles wrestling called belt wrestling. There are many finds and historical manuscripts related to this. 5 thousand years ago Belt wrestling on a figurine found in Mesopotamia Wrestlers competing are depicted. In the Chinese "Tan-shu" manuscript Dovan State (Fergana Valley) weddings and elections cannot be held without wrestling competitions written Ahmad Polvan, Khoja Polvan are famous in this type of wrestling won (end of the 19th century - beginning of the 20th century). During Tsarism and Soviet times Uzbek national struggle on the basis of ideological movements an attempt was made to artificially suppress it from the way of life. By the end of the 90s of the 20th century, these attempts were terminated.

In 1991, the representative of the dynasty of wrestlers, international in several types of wrestling master of sports Kamil Yusupov to international standards of Uzbek wrestling adapted the following rules: Ku fallers from 14 x 14 m to 16 x 16 They compete standing on a blue-green carpet with a length of up to m, the outer part of which is marked with a red "dangerous line". Methods used by the winner and determined based on the evaluations of their behavior on the field. In the struggle suffocation, using methods that cause pain to the opponent are not allowed, one of the wrestlers wears a blue jacket, the other a green one (from inside the women's jacket). wears a white t-shirt), a 4-5 cm wide belt is tied around the waist, men 60, 66, 73, 81, 90, 100 kg and over 100 kg, women 48, 52, 57, 63, 70, 78, and 78 kg compete in weight categories (children, teenagers, teenagers, seniors and weight categories taking into account age characteristics in girls' competitions is determined).

In 1992, a wrestling federation was established in Uzbekistan. International fight Association (IKA) Congress in 2003 in Tashkent each in official competitions in order to ensure the intensity of the meeting set the competition time to 3 minutes. Compliant with the methods used "slow", "sideways", "honest" grades, and "reprimand" for actions that violate the rules "Dakki" and "Ghirrom" punishments are given. If the fighter receives an "honest" rating (or his opponent if he is punished with "ghirrom") it means his victory. Twice the "side" rating getting it (or having the opponent hit twice) also means victory. "Chala" grades will be taken into account... The last grade in a tie the wrestler wins, the wrestlers have an equal number of scores and penalties the score takes precedence, if the number of penalties is equal, the last penalty is the loser is considered the winner if all are tied (or no score and penalty).r will be announced according to the majority vote of the judges.

In 2001, a belt wrestling federation was established in Uzbekistan. 1998 28 countries (USA, Bolivia, Great Britain, Netherlands, representatives of Russia, Uzbekistan, Japan, etc.) International Wrestling Association (IKA) were the founders, and in this regard, here is about Uzbek wrestling a major international competition was held. "International Wrestling Association" of the President Uzbek national decree on support ensured the further development of the struggle. This year in Tashkent The first Uzbek wrestling world championship, an international women's competition was held in Bryansk, Russia. IKA The International

Wrestling Academy was established.

In 2000, the month of wrestling was held in Uzbekistan. 2 million during this month a close person went to the wrestling mat. Islam is the Honorary President of IKA in Great Britain the traditional international competition named after Karimov was founded. Since 2001 the International Wrestling Institute has started operating in Tashkent. 66 national federations to IKA became a member. European, Asian, Pan American and Oceanic wrestling confederations was built. Currently, 600,000 in foreign countries with Uzbek wrestling more people are engaged. World, continent and countries in this type of struggle championships and in memory of al-Tirmizi, Pahlavon Mahmud in Uzbekistan and many other international competitions are held regularly. Asia the Olympic Council included this type of wrestling in the program of the Asian Games in 2003. Bahrom Anazov, Isoq Akhmedov, Makhtumguli Mahmudov, Kamal Muradov, Toshtemir Muhammadiyev, Akobir Gurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Tatar son (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pawel Melananets (Poland), Hiroyoshi Kashimoto (Japan) and others won and received prizes.

Wrestling is one of the traditional sports of the Uzbek people has a thousand-year history. Kurash is an Uzbek word, and it is an ancient oriental literary word sources mention it as a one-on-one and social entertainment sport received.

In the legendary epic Alpomish, which dates back a thousand years, the fight is in the distant past Being the most popular and popular sport in Uzbekistan illuminated.

There are many philosophers and historians who lived and worked in ancient and medieval times who mentioned the struggle with special respect in their works.

Ibn Sina said that fighting is the best way to ensure health of soul and body admitted that it is a good tool. Nevertheless, it is still a struggle there is no exact information about when and where it appeared. Own in turn, such an abstraction is an ancient sport of wrestling by a number of scholars could not be an obstacle to be recognized as one of the species. The development of wrestling in the 9th century rose to a new level. Modern at that time people living in Uzbekistan are traditional during festivals, weddings and large public events, wrestling was used as a means of entertainment and recreation. Later, wrestling became a sport and physical exercise independent of entertainment became a method. The strongest wrestlers are known among the people legends began to be woven about it. Pahlavon Mahmud lived in the 12th century is a clear example of this. His grave is still a favorite among pilgrims is considered one of the places and holy places.

In the 14th century, an incomparable leader and state left a bright mark in the history of mankind character Amir Temur to train his soldiers and increase their physical fitness he used the fight for his purpose. It is known that during the time of Amir Temur's army considered the most powerful and invincible army.

Over time, the struggle has settled on the territory of modern Uzbekistan has become one of the most beloved and honored traditions of the population. In this sense, it is a struggle it is no exaggeration to say that it is ingrained in the blood of Uzbeks. This love for sports is passed down from fathers to children. To date, he is regular with wrestling only in Uzbekistan the number of employees has increased to two million. Fans of this sport and the number of amateurs is countless.

At the beginning of the 1980s, the famous Uzbek wrestling master, judoka and sambo wrestler Komil Yusupov researches the rich heritage of Uzbek wrestling started. The main goal of this person is to fight according to international standards was to develop new rules. Nineties successfully fulfilled this honorable task and made Uzbek wrestling international aimed to bring it to the arena. At first, it was a struggle that he developed himself brought the rules to the attention of the public, experts and enthusiasts.

The new rules are the most honored traditions of Uzbek wrestling and special clothing such as the start, venue and duration of the competition embodied international sports standards. Sports experts Kamil the rules of wrestling developed by Yusupov are a fully international sport they acknowledged that it meets their requirements. One of the main advantages of the rules of wrestling one is that they do not allow the contest to continue while lying down. As soon as the knee of one of the athletes touches the mat, the referee stops the competition and the wrestlers continue the competition while standing. In this case, the fight is fast that it should be conducted at a pace and be interesting and enjoyable for the fans provides. Also, the rules of wrestling are below the belt gripping or painful and suffocating part prohibits the use of styles. In this way, wrestling is one of the safest sports in which injuries to athletes are prevented became.

Independence of Uzbekistan in 1991 gave new life to the struggle. Reviving wrestling, which is considered a national sport, is a priority of state policy was designated as one of the directions. Make wrestling a real international sport The main goal is to transform and then include in the program of the Olympic Games remains.

The efforts of struggle activists were not limited to Uzbekistan. Since 1992, they have been in South Korea, Canada, Japan, India, USA, Uzbek wrestling at a number of prestigious sports conferences held in Monaco and Russia participated in the events aimed at introducing them. On November 4, 2020 The President of the Republic of Uzbekistan "Development of the national sport of wrestling and PQ-4881 on measures to further increase its international prestige on the basis of the decision "To bring the national sport of wrestling to a new stage by 2025 Concept" was developed. It is to popularize the national sport of wrestling and problems hindering development and the tasks of their elimination marked. At the same time, wrestling is one of the favorite sports of the people of the world turn, his humanistic ideas widely the priority is to increase the influence of Uzbekistan in the world through promotion directions were determined.

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