



**NATIONAL STRUGGLE AS ONE OF THE TYPES OF PHYSICAL
CULTURE**

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ABSTRACT

The article provides an overview of the Uzbek national wrestling Quresh: the history of the development of kurash, as well as the rules for evaluating kurash competitions

KEYWORDS

Kurash, wrestling, the art of wrestling, glasses, penalty points.

Introduction

The period of formation of belt wrestling as a national sport began in the 5th - 3rd century BC. Moreover, it is believed that it originated 5,000 years ago. This is confirmed by the above-mentioned ethnographic event (wrestling between girls and boys) recorded by the Greek scientist Herodotus during his expedition to Central Asia in the period from 455 to 447 BC. The national sport of wrestling was introduced during the reign of the Timurids (455-447 BC).

The centuries-old sports history of our people shows that in the eyes of our ancestors, belt wrestling was revered primarily as an example of the versatile maturity of wrestlers. A special place is occupied not only by the physical strength, height, fighting spirit and agility of the wrestler, but also by his behavior in a wide circle, his moral and spiritual appearance, attitude to rivals and the environment. It has always been a kind of memorable tradition to look at heroes who have never been on earth as mentors, to receive their advice and parting words. A vivid example of our idea is embodied in the image of Pahlavon Mahmud, the famous poet and fighter of Khorezm. That is why this nobleman was once awarded the high honor of Prior vali (hero among heroes). It happened when Pahlavon Mahmud went to India. The day before the wrestling tournament was to be held in this country, he, according to his custom, went on a pilgrimage to the shrine. He saw a crying woman and turned to her with a plea. The mother said: "God, please raise my son's hand tomorrow. If my son loses to the warriors of Horatimia, what will happen to our survival? All our hopes depend on this battle." Pahlavon Mahmud understands that this woman is the mother of the young man who is fighting with him. The next day, he deliberately challenges his opponent to a duel and loses. From this story we learn that Pahlavon Mahmud was a noble and noble man, that he was not called Pahlavon or Prioribal for nothing, and that his sacred grave has been a shrine for many centuries.

As the years passed, courage did not lose its popularity, remaining one of the most beloved and revered traditions among the peoples of Uzbekistan and never left the borders of Central Asia. That is why no attempts have been made to systematize or summarize all the information about kurash.

And so, in 1980, the master of kurash, judo and sambo Komil Yusupov, having carefully studied the millennial traditions of folk wrestling for ten years, created the universal rules of kurash. Then, on their basis, weight categories, terminology and gestures, the duration of the fight, the form for wrestlers and judges were determined – everything that was necessary in order to turn the ancient folk fun into a modern sport.

The form for kurash wrestling was determined, which includes wide white trousers and a spacious shirt, a mandatory cloth belt used for the convenience of capturing an opponent, its length is 180-220 cm, and its width is 50-70 cm.

The basic rules of kurash are quite simple. The only position is a standing position. The main task: to throw the opponent on his back – such an outcome in kurash is considered a clean victory. To perform this task, it is allowed to use only throws and sweeps, which are evaluated by the judges. Kurash is a safe and simple type of martial arts, as it prohibits any painful, shock and suffocating techniques, grappling below the belt. Despite this, the fights look very dynamic and spectacular.

Kurash embodies a centuries-old philosophy and values such as respect for the opponent and humanism, honesty and the ability to go to the end. This type of martial arts is one of the youngest international sports and is beginning to gain popularity around the world.

The first President of Uzbekistan Islam Karimov at a meeting with Komil Yusupov (a master of kurash wrestling, who researched and popularized kurash) in 1992 fully supported the idea of making kurash an international sport, and through it to acquaint the world with the rich and ancient history, traditions, philosophy of the Uzbek people.

The first-ever World Championship among adults was held in May 1999 in Tashkent, where representatives of 48 countries of Asia, Africa, Europe and Pan America came to the capital of Kurash's homeland to participate.

The second World Cup was held in Antalya (Turkey) in 2000, the third – in Budapest (Hungary) in 2001, the fourth – in Yerevan (Armenia) in 2002, the fifth – in Tashkent (Uzbekistan) in 2005.

The African Kurash Union and the Kurash Association of Swaziland successfully held the XVI African Championship among Adults and the VIII African Championship among Juniors in Yaounda (Cameroon) in 2017. The African Championship brought together a large number of kurashists and officials from countries such as South Africa, Botswana, the Democratic Republic of the Congo, the Republic of the Congo, Mozambique, etc.

The first African Continental Kurash Championship was held in 2001 in South Africa, since then, continental championships have been held every year under the auspices of the African Kurash Union in various parts of Africa, in countries such as South Africa, Morocco, Madagascar, Mauritius, Zambia, etc.

The XII Kurash World Championship among adults will be held in Chunju, Republic of Korea, from August 30 to September 5, 2019. It will be held as part of another prestigious multi-sport event - the World Martial Arts Workshops.

Today, physical culture and sports are important tools for organizing the most comfortable, active, empowering daily life of schoolchildren and students, preparing them for the defense of the Motherland, educating a harmoniously developed generation in sports schools of schoolchildren and students.

Physical education of students plays an important role in the formation and improvement of many practical competencies related to moral, independent and aesthetic education. In addition, the period

of study in children's and youth sports schools is very convenient for achieving high sports results in the main sports.

Therefore, students master various sports of their choice in accordance with individual interests and abilities.

Kurash is a sport in which two athletes compete one-on-one in accordance with an established rule. The art of wrestling has been known to many peoples since ancient times. Wrestling is especially common in Greece and was a regular element of the ancient Olympic Games. 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 formed (now 144 countries, Uzbekistan has been a member since 1993). Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In recent years, Uzbek kurash has also gained international recognition as a separate sport.

Courage is one of the means of educating strength, dexterity, endurance and will of a person. Kurash can be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. Cylindrical Bronze Age ceramics found in ancient Bactria (southern Uzbekistan) depict two wrestlers, one of whom is fighting the other. Another archaeological find from the same period shows the wrestling of wrestlers. These unique finds indicate that the kurash was part of the lifestyle of our ancestors even 1.5 thousand years ago. According to the Greek writer Claudius Elianus (II-III centuries) and other historical figures, the daughters of the Saxon tribe who lived in this area chose a groom, fighting with young men. An example of this is the conditions of Barchin in the Uzbek folk epic "Alpomish".

In the IX-XVI centuries, kurash was spread among the Uzbek people. During this period, the popularity of kurash increased among the tribes of Pahlavon Mahmud and Sadik Polvon.

There is also a type of individual struggle of the Uzbek people, called belt wrestling. Many archaeological finds and historical manuscripts are associated with it. A statue found in ancient Mesopotamia 5,000 years ago depicts wrestlers competing in belt wrestling. Ancient Chinese Manuscript

"Tan-shu" says that weddings and holidays in the Fergana Valley would not have taken place without kurash competitions. Ahmad Polvon, Khoja Polvon and others became famous in this kind of Kurash (late 19th - early 20th century).

In 1991, Kamil Yusupov, a member of the Kurash dynasty and an international master of sports in several types of kurash, developed the following rules of Uzbek kurash in accordance with international standards:

1. Wrestlers must compete standing on a blue-green kurash carpet with markings.
2. The winner will be determined based on the methods used and the assessment of their behavior on the field.

Strangulation in wrestling, the use of painful techniques is not allowed, one of the wrestlers is wearing a blue jacket, the other a green jacket (women have a white T-shirt inside the jacket), a belt 4-5 cm wide.

Men compete in the category 60, 66, 73, 81, 90, 100 kg and more than 100 kg, women – in weight categories 48, 52, 57, 63, 70, 78kg and over 78kg, children, teenagers, the elderly and girls also compete in weight categories taking into account their age.

The Congress of the International Wrestling Association (IKA) in Tashkent in 2003 set the official time of the competition at 3 minutes, so that each match was held vigorously.

In accordance with the applied methodology, the following types of assessments of the struggle are applied: "incomplete", "lateral", "clean", and for illegal actions - "warning", "dhaka" (strict warning), "deception". If a wrestler gets a score of "clean" or if his opponent is punished with a score of "cheating", it means that he has won. Getting a "sideways" score twice or punishing an opponent twice with a "dhaka" score also means victory. Taking into account the "incomplete" scores, the victory is awarded to the wrestler with the highest number of points, if the number of points and penalties of the opponents is the same, then the loser is the wrestler who received the penalty point last. If the wrestlers have an equal number of points and there are no penalty points, then the winner will be announced by a majority vote of the judges.

In 1992, the Kurash Federation was established in Uzbekistan, and in 2001, the Kurash Belt Federation was established in Uzbekistan. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA) in Tashkent. In 1999, the first Uzbek Kurash World Championship was held in Tashkent, and an international women's tournament was held in Bryansk (Russia).

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