

TYPES OF NATIONAL FIGHTING AND TECHNOLOGY EDUCATION

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ABSTRACT	KEYWORDS
<p>The article examines the phenomenon of struggle as an integral part of human activity. Various aspects of wrestling are analyzed, from martial arts to social and historical confrontations. Special attention is paid to the role of struggle in shaping character, strengthening the spirit and achieving goals. It also examines strategies and tactics used in martial arts, sports, and life in general. The article emphasizes the importance of willpower, perseverance and the ability to overcome difficulties on the way to victory.</p>	<p>Wrestling, confrontation, strategy, tactics, strength, spirit, victory, competition, martial arts, resistance, motivation, endurance, tactical thinking, psychological preparation, will to win.</p>

Introduction

Wrestling is a traditional physical sport of the Turkic peoples, based mainly on wrestling and physical strength. The history of this sport goes back to ancient times and is widespread in many Central Asian countries, in particular in Uzbekistan, Kyrgyzstan and Turkmenistan. The goal of the fight is to defeat the opponent. An opponent can be defeated by throwing him to the ground or tying him down. There are two main techniques in wrestling: fighting from the ground and defeating the opponent with a method. Wrestlers must prepare well, develop agility and dexterity.

Modern versions of wrestling are also popular all over the world. In 2000, the International Wrestling Federation was established, which began to develop this sport internationally. Wrestling is also trying to find its place at the World Championships and Olympic Games.

There are several styles of wrestling, for example, Uzbek wrestling, Kyrgyz wrestling and others. The most important aspect in this sport is respect and ethics for the opponent. During the fight, wrestlers support physical strikes and harmless wrestling techniques, but dangerous movements and some heavy techniques are not allowed.

Wrestling is a sport that requires not only physical strength, but also skills, strategy, and mental preparation. In higher education institutions, wrestling plays an important role in the physical development of students in sports, as sports contribute not only to achieving success in competitions, but also to strengthening the health of students. Wrestling is a sport that requires not only strength and agility, but also develops strategy, technique, and psychological stability. Studying wrestling in higher educational institutions and practicing this sport have several physical and psychological advantages:

1. Increase physical strength and endurance

Wrestlers develop strength, endurance, speed, and resistance skills through various exercises. Wrestling requires prolonged physical exertion, which helps to further strengthen the body of students. Through exercises (such as athletics, strength training, striking techniques, etc.), students build muscle strength and develop their body's endurance.

2. Training in techniques and tactics

To be successful in the fight, it is necessary not only to be strong, but also to have the right technique and tactics. In higher education institutions, students learn different styles and techniques of wrestling. There are many tactics among them, such as positional fighting, landing the opponent using techniques, defense, and attack. Mastering the technique has a great impact on the physical development of the student.

3. Balance and agility

Agility and balance are very important in combat. To successfully fight in battle, you need fast and precise movements. Students learn to keep their balance while fighting, which is useful not only in wrestling, but also in everyday life. The development of balance and agility improves the overall physical condition of students.

4. Mental and psychological stability

The mental aspects of fighting are also very important. Students learn to skillfully manage themselves in order to overcome the psychological pressure associated with winning or losing a fight. This, combined with physical development, strengthens the psychological stability of students. Skills such as stress and anxiety management in combat and recovery from defeat can also improve students' mental health.

5. Healthy lifestyle

Wrestling classes in higher educational institutions develop a healthy lifestyle among students. The courses and classes allow students to engage in regular physical activity, which contributes to overall health. At the same time, the combination of wrestling with various sports stimulates students to be physically active.

6. Teamwork and leadership skills

Despite the fact that wrestling is an individual sport, teamwork and leadership skills are developed during its training and preparation for competitions. Students learn how to help each other, support each other, and work in a group. These skills will be useful not only in school, but also in life, as they will learn how to effectively perform teamwork. In wrestling, it is important to achieve mental recovery and stability, while developing physical strength. As students learn to fight, they not only become physically stronger, but also develop self-confidence and psychological tolerance. This, in turn, improves the overall physical and mental health of students.

The use of interactive methods in wrestling classes increases the activity of students in the learning process, increases the effectiveness of learning, and promotes faster mastery of sports skills. Interactive

methods allow students to actively participate rather than passively learn, while simultaneously developing their physical and mental potential.

Advantages of using interactive methods in wrestling lessons:

Increases student engagement: Through interactive methods, students become more involved in the learning process. This ensures that they will be more effective at mastering sports equipment.

Develops personal skills: Students learn their skills and tactics in sports faster as they gain experience by putting the methods they learn into practice.

Develops quick thinking: interactive methods force students to act and make quick decisions, which is a skill essential for success in combat.

Increases motivation: students are interested in the learning process because their thoughts and feelings are taken into account and they feel like active participants.

Basic techniques for using interactive methods in wrestling lessons:

Role-playing (role-playing) through role-playing between students, various situations and fighting techniques can be shown in practice. For example, if one student uses a defensive technique, the other performs an attacking technique. This method promotes the exchange of ideas between students and helps them gain practical experience in understanding the struggle.

Using negotiation and group work, students can split up into groups and discuss issues and tasks related to the struggle. Using this method, students talk about fighting techniques, share tips and ideas among themselves. The groups can teach each other how to perform the technique exercises correctly.

Simulation (simulation) by simulating certain situations in wrestling, that is, by teaching students a real competitive or combat environment, they master their skills. For example, students may be asked to use appropriate fighting techniques. This method prepares students for real competition and teaches them to make hasty decisions.

Contests and competitions Holding small competitions during the lesson enhances competition among students and increases their interest in sports. For example, you can organize such nominations as "best shot", "fastest move" or "best defense". This increases students' interest in wrestling and gives them the opportunity to try their hand.

Exhibitions and practical exercises explaining some difficult techniques and movements in wrestling through exhibitions, and then encouraging students to perform these techniques through practical exercises. For example, when the teacher performs a wrestling technique himself, the students try to repeat this movement.

During the lesson, students can evaluate their methods and actions with each other, receive feedback from the teacher or the group. This method helps students to correct their mistakes and improve their skills. Wrestling is a national sport with a history of more than 3,500 years. Uzbekistan is considered to be the birthplace of wrestling, and it has long developed on the territory of Central Asia. The word "wrestling" in Uzbek means "to fight", that is, "to compete".

The origins of the struggle

- According to ancient sources, wrestling was originally held as a folk competition at folk festivals and holidays.

During the time of the great commander Amir Timur, combat training was widely used for the physical training of soldiers and their preparation for battle.

-This sport has been preserved by the people for centuries as a cultural heritage of our ancestors.

The development of modern wrestling

- 1998 -On the initiative of the First President of Uzbekistan, Islam Karimov, international wrestling rules were developed in Tashkent and the World Wrestling Association (Ika) was established.
- In 2003, it was included in the Olympic Council and recognized as an international sport.
- Today, the world championships and intercontinental wrestling competitions are held, it is popular in more than 130 countries around the world.

Rules and features of wrestling

- Athletes try to knock the opponent down to the ground using methods above the belt.
- Basic techniques: throwing, twisting, blocking the fall.
- The fight is conducted only while standing, it is forbidden to grab your feet and continue on the ground.

Wrestling is not only a sport, but also the ancient traditions of the Uzbek people, a symbol of courage and justice.

Wrestlers in Uzbekistan

Wrestling in Uzbekistan is very developed, and many famous and influential wrestlers have been educated in the country. They achieve high results not only in the National, but also in the international arena, glorifying Uzbekistan throughout the world.

Famous Uzbek wrestlers

1. Komiljon Turaev

- Multiple world wrestling champion.
- Multiple winner of Asian Championships.
- One of the athletes who made a great contribution to the popularization of wrestling in the international arena.

2. Akmal Murodov

- World and Asian champion.
- He carried the flag of Uzbekistan at international competitions.

3. Sherzod Tashmatov

- I have won many world wrestling competitions.
- He is proficient in wrestling techniques and sets an example for young wrestlers.

4. State Bobonov

- Although he is known mainly in judo, he has also achieved success in wrestling.
- Silver medalist of the 2020 Olympic Games in Tokyo.

5. Jahangir Mamajanov

- Success in international wrestling tournaments.
- An athlete who continues the traditions of the Uzbek wrestling school.

The role of wrestlers in the international arena

Uzbek wrestlers consistently achieve high results in the international arena. They are actively involved in promoting wrestling not only as a sport, but also as a national pride and heritage.

Uzbekistan is one of the strongest countries in the world in wrestling, and every year young talents appear. Wrestling is an ancient sport of the Uzbek people, promoting not only physical strength, but also such noble qualities as bravery, justice and respect. Wrestlers of Uzbekistan achieve high results in the international arena and make our national sport famous all over the world. The development and popularization of the struggle will serve to preserve the rich cultural heritage of our people. This sport makes a great contribution to the younger generation growing up healthy and patriotic.

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