



WRESTLING IS THE PAST AND FUTURE OF NATIONAL SPORTS

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Article history:	Abstract:
Received: August 11 th 2021 Accepted: September 11 th 2021 Published: October 12 th 2021	The formation of a healthy lifestyle in our society, the creation of conditions for the regular participation of the population, especially the younger generation, in physical culture and mass sports, the creation of conditions for young people through sports competitions, their will, strength, courage, patriotism, devotion to the Motherland, their development, as well as systematic improvement of the selection of talented students-athletes among young people, as well as large-scale work aimed at further development of physical culture and mass sports. Therefore, strengthening the health of the population, the struggle that helps to educate physically strong and courageous students - youth, plays an important role in the national sports system. For this, all organizations and institutions under the auspices of the Association of Student Sports Clubs must conduct trainings in the national sport - wrestling, prepare them for competitions and achieve high results by participating in competitions. Their training includes wrestling - historical, teaching methods, technical, tactical, physical and psychological training of fighters. Coaches are responsible for selecting athletes for wrestling, focusing on the selection system, planning the training process, and paying attention to the training load. Much attention is paid to the decree of the President of the Republic of Uzbekistan Sh.M. Mirziyoyev dated December 4, 2020 "On measures to develop national wrestling sports and increase its international prestige". From 2021, every 2 years, it is planned to hold international wrestling competitions among students of higher educational institutions

Keywords: Wrestling, sports, coach, physical culture, Olympic Games, Asian Games "Umid Nihollari", "Barkamol Avlod" and "Universiade".

INTRODUCTION.

The formation of Uzbekistan as an independent state and its bold step towards independence require further improvement in the socio-economic, political, cultural and educational spheres. In this direction, deep reforms are being carried out in the field of health care, science, culture, technology, economy, education, physical culture, sports and others. It is known that the main goal is to organize and manage these processes in accordance with modern requirements.

For this reason, it is very important to ensure the complete independence of our country, to raise its prestige as one of the most developed countries in the world in accordance with international law. When implementing these measures, training of specialists is an urgent task. Of particular importance is the adoption of the Constitution of the Republic of Uzbekistan, the Law "On Physical Culture and Sports", the Law "On Education", "The National Program for Personnel Training". Strengthening the health of the population, increasing the physical and spiritual development of students, improving the upbringing of a healthy generation is one of the important factors in

building a great state of the future. The most important task of today, says President Sh., Is to be able to keep up with life, find people of pure faith, knowledge, business, instill confidence in them, people with innovative abilities in all spheres of life, especially in management at the national level, in the management of regions, cities, districts, villages and makhallas, in the expression of network connections, capable of taking responsibility in difficult times and trusting them. Creating a healthy lifestyle in our society, creating modern conditions for regular physical culture and mass sports of the population, especially the younger generation, strengthening confidence in the will, strength and capabilities of young people through sports competitions, courage and patriotism, dedication to their cause, develop a sense of devotion to the Motherland, a lot of work is also being done to improve the quality of education, as well as to systematically organize the selection of talented athletes from among young people, as well as to further develop physical culture and mass sports. Representatives of our country achieve high results at the Olympic Games, World Championships, Asian Games and Championships, international competitions,



the prestige and sports potential of Uzbekistan in the world is growing, magnificent world-class sports facilities are being built in our regions. It is noteworthy that the sports games "Umid Nihollari", "Barkamol Avlod" and "Universiade" are becoming more and more popular.

At the same time, in all regions of the country, the importance of mass sports in the life of a person and family, promoting its basis for physical and mental health, protecting young people from bad habits, the necessary conditions for their implementation, their abilities and talents. There are important and urgent tasks to create conditions, select talented athletes and improve the system of target training. At the present stage of development of society, the importance of physical culture and sports in the multifaceted process of teaching people, developing their physical qualities, strengthening their health, increasing their working capacity and creating a favorable mental environment in communities is noted. An important place in the system of physical education is occupied by various types of wrestling that help to train physically strong people.

Sports training is considered a multifactorial process, including preparation and participation in competitions, as well as scientific and methodological support of the training process. The main goal of the struggle is to give the coaches the knowledge, skills and abilities necessary for pedagogical activity.

His duties include the history of wrestling, teaching methods, methods of technical, tactical, physical and psychological training of athletes, management of their training and competitive activities. The features of the training and competitive activity of wrestlers, the problems of regulation of the competitive load, the criteria and factors of increasing the technical and tactical skill of athletes are presented. The struggle has always been a symbol of nobility, courage and honesty, part of the national and cultural heritage of our people with a history of several thousand years and an invaluable treasure.

MAIN PART.

The famous ancient historian Herodotus in his book "History" noted that the struggle was part of the ancient customs and traditions of the peoples of our country.

In the writings of the great ruler of the East and enlightener Abu Ali ibn Sina, wrestling was recognized as one of the ways to strengthen human health.

During the reign of the great commander Amir Timur, wrestling was one of the main ways to improve the military and physical training of soldiers. Heroes such as Pahlavon Mahmud, Jaloliddin Manguberdi, Darveshmuhammad introduced the whole world to

wrestling, which is not only a sport, but also an integral part of national holidays and festivities. The word "Fight" means "honest victory" and means courage, strong will, honesty and respect for the enemy.

The first official wrestling tournament after Uzbekistan gained independence was held in Shakhrisabz in August 1992; on September 6, 1998, the International Wrestling Association was established, uniting 129 national federations on five continents.

To date, more than 500 international wrestling tournaments have been held in many countries of the world. More than 300 of our compatriots are winners and prize-winners of the World and Asian Wrestling Championships and international tournaments. Thanks to the direct support of our state and the International Wrestling Association, Wrestling has gained wide recognition as an international sport, and terms such as "wrestling", "fair", "bow", "stop" and "sideways" are among the international sports words and phrases. In 2010, the International Wrestling Association was recognized by the World Anti-Doping Agency, which was an important requirement for applications to participate in the Olympic Games. On September 20, 2017, at the 36th General Assembly of the Asian Olympic Council in Ashgabat, for the first time in history, wrestling was officially included in the program of the XVIII Summer Asian Games.

The International Wrestling Association and the Republic of Uzbekistan are actively working to include wrestling in the program of international sports competitions and tournaments, and then in the program of the Olympic Games. In order to further develop and popularize the struggle, especially among minors and young people, to strengthen national pride and patriotism among the younger generation, as well as to promote a healthy lifestyle in society and achieve high results in world sports, the President of the Republic of Uzbekistan adopted a Resolution "On measures to further development of the national sport "Wrestling". The decree provides for the development and approval of a comprehensive program of measures for the further development of the national sport "Wrestling". According to the program, in order to popularize wrestling and provide quality leisure for young people in the city of Nukus and regional centers will be organized national sports centers "Struggle", and in each district (city) - modern sports sections and classes. Also, the organization and holding of republican and international competitions and wrestling tournaments on a regular basis, the introduction of an automated database of participants in competitions and tournaments, an increase in the quota for admission to higher and secondary special, professional educational institutions in the specialties



"Wrestling", it is planned to establish the production of world-class sports equipment and "wrestling carpets", as well as develop a media plan to promote wrestling.

These measures are aimed at developing and popularizing wrestling, especially among young people, creating a local brand in the production of sports equipment, increasing the efficiency of the Wrestling Federation of Uzbekistan, which will be included in the program of sports games "Umid Nihollari", "Barkamol Avlod" and "Universiade". According to the resolution, September 6 in our country is declared the Day of National Sports "Wrestling" and is symbolically associated with the creation of the International Wrestling Association. A number of benefits will be provided to significantly strengthen the material and technical base of the Wrestling Federation of Uzbekistan, increase the social protection of wrestlers and coaches. In particular, the taxable profit of legal entities is reduced by the amount of contributions, sponsorship and charitable assistance to finance the activities of the Uzbekistan Wrestling Federation, but not more than ten percent of taxable profit.

Income in the form of cash prizes and valuable gifts donated to athletes and coaches by the Uzbekistan Wrestling Federation is exempt from personal income tax. In order to provide athletes with affordable and high-quality sportswear and equipment, enterprises specializing in the production of "single" sportswear and (or) "wrestling mats" are exempt from all taxes and mandatory contributions to state trust funds for a period of five years, with the exception of off-budget pension Fund under the Ministry. Preferential admission of winners of the Asian Wrestling Games, Asian and World Championships, as well as the championship of Uzbekistan to higher educational institutions is being introduced. To attract the public to this sport, especially young people, it is planned to create a non-profit organization, the National Sports Center "Struggle" under the Wrestling Federation of Uzbekistan.

The implementation of this Decree of the President of the Republic of Uzbekistan will contribute to the further development and popularization of the national sport "Wrestling" throughout the world serves as a powerful impetus to the formation of such qualities as the promotion of a healthy lifestyle in society, education of youth in the spirit of patriotism, national pride and education in the spirit of love to the homeland, courage, strong will, nobility and respect for rivals.

After Uzbekistan gained independence, the way to the international arena opened for us, and our talented athletes began to demonstrate their skills at the Asian and World Championships. When we look at the sport that we want to analyze, we see that there have been great changes, that each athlete has set

clear goals and strives only for medals, for the championship. Today people of the world remember our sunny Uzbekistan when they hear the names Artur Taymazov, Mukhammadkadyr Abdullaev, Rustam Saidov, Artur Grigoryan, Ruslan Chagaev, Rustam Kasimdzhanov, Oksana Chusovitina, Utkirbek Khaidarov, Mirjalol Kasimov, Abdulla Tangriev, Soslan Tagiev, Anton Fokin, Rishod Sobirov, Ekaterina Khilko, Kakhramon Orzikulov. Do not be surprised if countless questions and interests arise about what kind of people raised such world champions and sports stars, what are their training regimes, climate, nature, water, local fruits. After all, it is our compatriots who introduce the world to the beautiful country of Uzbekistan, striking the world with their sports skills. Homeland, pride, the prestige of the nation, the high waving flag and the sound of the anthem, the prayers of the parents, the love of the people, the trust of teachers - these are the sacred feelings that we experience even deeper. because of independence. It is these emotions that often give the athlete strength and make him stronger.

Beautiful sports facilities are being built in our country and old ones are being renovated, which can easily be compared with priceless pearls. The pearl brings up athletes and perfect people who will serve the health of the country and the younger generation, who will be able to fight for society with a clear mind. From kindergarten children to retirees, from housewives to professionals in various fields of activity, from schools to college and university students, today they all participate in various major competitions. For example, in the games "Umid Nihollari" or "Barkamol Avlod", "Universiade". "The courageous spirit of the ancestors is with you!". These lines in our hymn are not in vain. We have invincible and brave ancestors such as Amir Timur, Zakhridin Muhammad Babur, Jaloliddin Manguberdi, Tomiris. Since the spirit of these people supports us at every step, the fact that we are their generation always gives us new strength in our hearts. It is no coincidence that our first president, Islam Karimov, said: "Sport glorifies the nation". Indeed, our sport and athletes glorify the name of Uzbeks in the world, our country called Uzbekistan and increase the prestige of our country. Sports victories and our athletes temper the character of our growing children, instill in them a sense of pride for their people and country. Sport becomes pride, sport becomes honor, sport becomes glory. Sport is a historically established human activity, which presupposes the achievement of high results in the chosen sport, as well as the identification and recognition of high achievements and winners in special competitions. Sport is an integral part of modern society, and its essence is diverse and multifaceted. As elements of the world socio-political



system, they include international associations involved in sports, international sports federations, international associations of technical sports, international tourism organizations, and so on, and the development of sports is discussed in the UN and state parliaments. This is reflected in the Constitution and the programs of political parties.

All the achievements of the Uzbek people from ancient times to the present day, from hunting and farming using ordinary stone tools to high achievements in culture, art, science and technology and sports, are historical and national values. Among the values, the significance of national sports is incomparable, which are a symbol of the physical maturity and beauty of our people and play the role of recreation, health improvement and physical fitness. Man trained to overcome his weakness in the face of nature. The person was forced to exercise in the face of the external dangers associated with the struggle for survival. Undoubtedly, various exercises related to physical culture have also played an important role in shaping the modern image of a person as a social being. Unsurprisingly, the concept of fitness, emotion and consciousness was the first impetus for the emergence of various sports. Through sport, a person develops not only his physical strength, but also his spiritual and their integral qualities, such as courage, courage and indomitable will. Sport as a natural human need has evolved and improved over the centuries, from simple to complex. This is a historical process, and it is important to remember the importance of not only science, but also sport in the conquest of human space. Ensuring a balance between the past, present and future of sport requires the study and analysis of historical national values. Modern sport shows that a person is not only a huge physical strength, but also a miraculous spiritual figure. Physical maturity, spirituality, maturity and spiritual growth are processes associated with sports. For a long time, the Uzbek people considered wrestling as a means of physical training. The people respected the fighters who personified their strength, endurance, will and courage, as well as the moral purity of the working people. Wrestling competitions were held on religious and family holidays, and sometimes on weekdays. These competitions were held during the Navruz holiday and were held as a national championship. The competition was attended by wrestlers from different cities and villages. When choosing a pair of wrestlers, their weight was determined by eye. Before the competition, the wrestlers used exercises such as massage and body stroking as exercises for the limbs. The wrestlers performed in traditional costumes. According to the rules of Fergana, wrestlers wore cotton jackets, and according to the rules of Bukhara, wrestlers wore

jackets without cotton. In both bouts, the waist of the wrestlers is tied with a belt. Wrestlers sometimes wore leather socks, mostly barefoot. These wrestlers' clothes have survived to this day. In the past, the Bukhara wrestling was held in the Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and the Autonomous Republic of Karakalpakstan, and the Fergana wrestling or belt wrestling was held in the Fergana Valley, Tashkent, Syrdarya region.

Historical heroes of Uzbekistan can be divided into three main groups:

1. Strongmen **Sipohi** (heroes) - fought (for example, the hero Bobohoki);
2. Strong men **Goshtingir** (wrestlers) - who only fought, were engaged in science, education and art and belonged to a mystical sect (for example, Pahlavon Mahmud and Pahlavon Muhammad);
3. Master of wrestlers - they did not fight, they did not fight, but they trained hundreds of wrestlers, such as (Usullikota, Chokurdamota).

In the previous section, we noted that wrestling, which is widespread throughout the world today, has a long history. The struggle began to take shape in the days of primitive society, when people lived in tribes. This is evidenced by many archaeological, ethnographic, written sources and various monuments of the area.

The International Wrestling Association (IAB) was established on September 6, 1998. On February 1, 1999, the first President of the Republic of Uzbekistan issued a decree "On support of the International Wrestling Association". Since 1999, the World Wrestling Championships have been held.

CONCLUSION.

In a word, Uzbek wrestling, which has stood the test for centuries, a series of historical eras and has become a national sport due to independence, has become a national sport. The development of Uzbek wrestling as a sport has made an invaluable contribution to the further growth of the international prestige of our country.

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