

IMPORTANT STEPS TOWARDS THE DEVELOPMENT OF OUR NATIONAL HERITAGE - WRESTLING

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ABSTRACT

During the former Soviet era, not enough attention was paid to our national struggles and their development, which were part of our national and cultural heritage. On the contrary, instead of preserving it, it has been used for planned purposes. As a result, the centuries-old forms of national wrestling have been shortened, and two of them have survived to the present day. But since independence, as in other areas, important steps have been taken to develop the struggle, which is our national heritage. This article addresses this issue.

KEYWORDS: Greek wrestling, freestyle wrestling, judo, sambo, Uzbek wrestling, belt wrestling, International Wrestling Association and others

According to the established rule, a one-on-one fight between two athletes is a wrestling. The art of wrestling has been known in many nations since ancient times. Wrestling was especially popular in Greece and was a regular feature 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 a number of other countries. The basic rules of modern sports wrestling were developed in several European countries in the late 18th - early 19th centuries. Historically, the International Amateur Wrestling Federation (IAWF) (it now has 144 member countries, of which Uzbekistan has been a member since 1993) was founded in 1912. Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In recent years, Uzbek wrestling has also gained worldwide recognition as a separate type of wrestling. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Wrestling is allowed from 12 olds according to doctors' advises. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. A cylindrical pottery from the Bronze Age found in ancient Bactria, southern Uzbekistan, depicts two wrestlers, one of whom is playing the other. Another archeological find from the same period shows wrestlers wrestling. These unique findings indicate that wrestling was a part of the way of life of our ancestors even 1.5 thousand years ago.

According to Greek and other historians, in ancient times the daughters chose the groom by fighting with the boys. Later, the girls tried the groom in a wrestling match to test his bravery and courage. The conditions of Barchin in Alpomish, one of the Uzbek folk heroic epics, are a clear example of this. Also, Mahmud Kashgari's "Devonulug'oitturk", Alisher Navoi's "Xamsa", "HolotiPahlavon Muhammad", ZayniddinWasifi's "Badoe' ul-vaqoe", Hussein VoizKashifi's



“Futuvvatnomaisultoni”, Zahiriddin Muhammad Babur's “Boburnoma” those who have wrote facts about wrestling. In the 9th and 16th centuries, wrestling was a popular sport among the people because of invaluable work of Pakhlavon Mahmud and Sadiq Polvon, who lived in that period.

There is also a type of Uzbek people's individual wrestling called belt wrestling. There are many archeological finds and historical manuscripts related to it. A statue found 5,000 years ago in ancient Mesopotamia depicts wrestlers competing in belt wrestling. It should be noted that during the Soviet era, attempts were made to artificially squeeze the Uzbek national wrestling (kurash) out of the people's way of life. By the end of the 1990s, these attempts were thwarted. In 1991, Komil Yusupov, a member of the wrestling dynasty and an international master of sports in several types of wrestling, developed the following rules of Uzbek wrestling (kurash) in accordance with international standards: Wrestlers compete in a 14 x 14 m to 16 x 16 m stand on a blue-green wrestling (kurash) rug with a red “danger line” at the edge.

The winner is determined by the methods used and the evaluation of their behavior on the field. It is not allowed to use suffocating or painful methods in wrestling.

One of the wrestlers wears a blue jacket, the other a green jacket (women wear a white T-shirt inside the jacket), a belt 4-5 cm wide is tied, men: 60, 66, 73, 81, 90, 100 kg and over 100 kg, women: 48, 52, 57, 63, 70, 78, and over 78 kg. The International Congress of the International Wrestling Association (IWA) in Tashkent in 2003 set the official competition time at 3 minutes for each match to be intense. According to the methods used, they were assessed as “chala”, “yonbosh”, “halol”, and those who violated the rules were punished with “tanbeh”, “dakki”, and “g'irrom”. If a wrestler receives an “halol” rating (or his opponent is punished with a “g'irrom”), it means that he has won. Getting a “yonbosh” rating twice (or being punished twice as a “dakki”) also means victory. “Chala” grades are taken into account, and so on. In the event of a tie, the wrestler with the last score wins, the wrestler with the same number of points and penalties wins, if the number of penalties is equal, the last wrestler loses, and if all are equal (or no penalty), the winner is announced by a majority vote.

After independence, the Wrestling (kurash) Federation was established in Uzbekistan in 1992, and the Belt Wrestling Federation in Uzbekistan in 2001. In 1998, representatives of

28 countries (USA, Bolivia, Great Britain, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Wrestling (Kurash) Association (IKA) in Tashkent, which hosted a major international Uzbek Wrestling competition.

The Decree of the President of the Republic of Uzbekistan “On Support of the International Wrestling Association” (February 1, 1999) gave impetus to the further development of the Uzbek national wrestling. In the same year, the first World Uzbek Wrestling Championship was held in Tashkent, and an international women's competition was held in Bryansk, Russia. The International Wrestling Academy and the World Wrestling Development Fund were established under the International Kurash Association. “Kurash” magazine was established under the auspices of the association. Literary-artistic, social-publicist, information- advertising magazine has been published in Tashkent since October 1999.

In 2000, the month of Wrestling was held in Uzbekistan. During this month, about 2 million people came the wrestling carpet. The traditional international competition named after the Honorary President of (IKA) Islam Karimov has been established in Great Britain. In 2001, the International Wrestling Institute (Tashkent) was established. The IKA has 66 national federations (2003).

Currently, Uzbek Wrestling is practiced by more than 600,000 people abroad. World, continental and national championships in this type of wrestling, as well as many international competitions dedicated to the memory of al- Termizi, Pahlavon Mahmud and many others are held in Uzbekistan.

In 2010, the International Wrestling Association was recognized by the World Anti-Doping Agency, which was an important requirement when applying for inclusion in the Olympic program. At the 36th General Assembly of the Olympic Council of Asia on September 20, 2017, wrestling was introduced for the first time in history as a separate sport in the program of the XVIII Summer Asian Games in Indonesia in 2018 and in China in 2022 year, 2026 - included in the program of the Summer Asian Games in Japan. Our wrestlers have won prizes at international wrestling events and have been defending the country's reputation. In particular, in 2019, Uzbek athletes won 1,231 medals at international sports events, including 378 gold, 402 silver and 451 bronze medals. At the same time, wrestlers have won a total of 73 gold medals at international sporting events, including 37 gold medals, which is 10 percent of the gold medals won by athletes across the country in the previous year.

The above figures are certainly gratifying, but at the same time, some of the existing shortcomings hinder the further development of the struggle, in particular:

- First, the work on popularization of the national sport “Kurash”, especially among minors and young people, in order to strengthen the sense of national pride and patriotism of the younger generation does not meet modern requirements;
- Secondly, there is no integrated system of clubs that allows to identify and select talented wrestlers in this sport and their training, as well as the introduction of effective mechanisms for training coaches and referees;
- Thirdly, the lack of the necessary material and technical base and sports infrastructure in some districts and rural areas, the lack of development of sports equipment hinders the organization of training of athletes at the required level and the holding of international wrestling competitions is doing.

On November 4, 2020, the President of the Republic of Uzbekistan ShavkatMirziyoyev issued a “Decree on measures to develop the national sport of Wrestling and further enhance its international prestige”. According to it: “To pass on the rich traditions and values of wrestling inherited from our great ancestors to future

generations, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, to support the interest of young people in national sports to further strengthen their sense of patriotism, to create the necessary conditions for all segments of the population, especially young people, as well as the peoples of the world to engage in this sport” were identified as key tasks.

In short, a number of measures have been taken to popularize, develop and introduce to the world our ancient sport of wrestling, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism and humanism, and to turn this value into a world masterpiece. At the same time, the growing popularity of wrestling leads to the organization of prestigious international competitions, modernization of existing infrastructure and logistics, and requires further attention improving the supply of sports equipment and clothing, expanding production in this area, as well as training qualified personnel, coaches and referees.

The main goal of the adopted concept of wrestling is: “The official introduction of wrestling in the European, African and Pan American continental games, the recognition of the International Olympic Committee through the recognition of the international organization GAISF (Global Association of International Sports Federations) and to create all the necessary conditions for its inclusion in the program of the International Olympic Games until 2028”.

In addition, according to the concept, the following are the priorities for further popularization and development of wrestling in Uzbekistan until 2025:

- Wide involvement of all segments of the population in wrestling, making wrestling a national sport in Uzbekistan;
- The formation of the necessary material and technical base and infrastructure for the wrestling.
- The gradual introduction of wrestling and martial arts as priority sports in the physical training of the Armed Forces and law enforcement agencies.
 - training of professional wrestling coaches, referees, development of teaching aids, strengthening the scientific and methodological base of wrestling.
 - To create a brand of Uzbek wrestling, to produce individual sportswear and wrestling carpets with investment, to take measures to commercialize wrestling.
 - Promoting the wrestling among the population, including through the media.

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