



DEVELOPMENT AND DISTRIBUTION OF NATIONAL SPORTS IN UZBEKISTAN

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Abstract: The article is devoted to the development and spread of national sports in Uzbekistan. It highlights the state policy regarding the preservation and popularization of national sports and folk games, which are held regularly and everywhere in order to attract the population, especially young people.

Key words: Youth, sports, sports games, national sports, folk games.

РАЗВИТИЕ И РАСПРОСТРАНЕНИЕ НАЦИОНАЛЬНЫХ ВИДОВ СПОРТА В УЗБЕКИСТАНЕ

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Аннотация: статья посвящена вопросам развития и распространения национальных видов спорта в Узбекистане. В ней освещена политика государства в отношении сохранения и популяризации национальных видов спорта и народных игр, которые проводятся регулярно и повсеместно с целью привлечения населения, в особенности молодежи.

Ключевые слова: молодежь, спорт, спортивные игры, национальные виды спорта, народные игры.

The main goals and objectives of the development of physical culture and sports in Uzbekistan are the education of a healthy young generation, the full encouragement and development of folk games and sports, the active involvement of the widest sections of the population in the physical education movement, the achievement of organic unity of physical education with the practice of building society.

Citizens of the Republic of Uzbekistan, regardless of gender, race, nationality, language, religion, social origin, beliefs, personal and social status, have the right to engage in physical education and sports, create public physical education and sports associations, and participate in the management of the physical education and sports movement. Foreign citizens and stateless persons have equal rights in the field of physical culture and sports with citizens of the Republic of Uzbekistan.

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According to the “Regulations on the State Committee of the Republic of Uzbekistan for Physical Culture and Sports” No. 148 dated March 16, 2017, in accordance with the established procedure, provide comprehensive assistance to the development of national sports and folk games of Uzbekistan, provide financing for the organization and holding of sports competitions in the country and abroad on national sports, physical education and mass events in folk games, as well as widespread promotion and development of national sports in the international sports arena. National Uzbek games have served and continue to serve not only as a means of entertainment for children and youth, but also as an important factor in their physical development and health promotion. Through national games and national sports lies the path to modern classical sports games and individual sports that are widely cultivated in our country.

The Uzbek people have been famous for many centuries for their palvan wrestlers and legendary riders, who are the founders of the national sports of Uzbekistan, such as kurash, belbogli kurash, turon and boykurgan. Thanks to independence, it became possible to present to the world our national sports, which are the cultural heritage of the country.

If Japan in the sports world is associated with millions of sports fans as the birthplace of judo, karate, sumo, China - wushu and kung fu, Korea - taekwondo and sireum, England - football, Canada - ice hockey, USA - baseball, basketball, American football etc., then now the national sports of Uzbekistan - kurash, belbogli kurash, turon, boykurgan and others will associate our state in the international sports arena. Today, Kurash wrestling has developed in more than 50 countries around the world, where in addition to world championships and championships, continental competitions are also held. It is gratifying to note that the inclusion of Kurash wrestling in the program of the Asian Games is another one of the most important events in the history of the sports movement not only in Uzbekistan, but also in the world.

In the context of updating the content of education, great importance is attached to the task of comprehensive development of the individual and his moral consciousness. Currently, the role of humanization of the educational process, instilling in students a scientific worldview, value orientation, and the formation of cognitive interests is significantly increasing. Today, it is no longer enough for students to master knowledge and skills; it is necessary to ensure that they develop an active life position. During the educational process, both the development of the student’s personality and his educational activities are in the teacher’s field of view. A physical education teacher experiences great difficulties when conducting outdoor games, since the composition of the students has different physical training, mental development, different degrees of proficiency in motor actions, different levels of knowledge and interests, and different motivational needs in the game.

Often a good game, but one that does not correspond to the interests of children, does not give the expected pedagogical result. In one case, the teacher needs to unite children and organize them, in another - to help identify children's initiative, in the third - to improve certain physical qualities. Organizing the actions of participants in various games provides them with creative initiative in choosing ways to achieve the goal.

National sports

The culture of each nation is unique, manifested in the language, traditions, customs, way of life, games. Preserving the continuity of spiritual values, norms, achievements is very significant, since this heritage is a necessary condition for the existence of a people as a nation. It is known that physical culture, having a long



history, is an integral part of the general culture. And, for the public of Uzbekistan, the successes of both high-level sports and mass physical culture are important, where national sports that convey the social memory of the people are a bright component.

It should be noted that the way to modern sports lies through the national games. Let us list some traditional sports that have become an important component of the cultural memory of society and are being developed in modern Uzbekistan.

So, equestrian sport was and remains a very popular type of competition. For example, kupkari (ulak), a kind of equestrian competition, was formed at the beginning of the 2nd-3rd centuries BC, requiring resourcefulness and dexterity from riders. In the Turkic languages, the etymological meaning of the name "kupkari" was lost and traditionally began to be called by the name of the inventory - "ulak". In a competition in front of a hundred riders, they threw the carcass of a goat or a calf; riders tried to lift the carcass without dismounting; the task is to escape from the crowd, fighting off the pursuers. Ulak is, first of all, a competition, a game held during holidays, wedding celebrations, in which riders from nearby villages were involved, divided, according to the rules, into two groups. According to the results, the names of the winners were announced, who were awarded prizes, gifts (cattle, clothes, carpets, cash rewards, etc.). For thousands of years, the game has been formed, developed, gained popularity by the foundations of the people, inextricably linked with national traditions and way of life.

Alaman-baiga (poyga) is a folk race that reached its greatest development in the Middle Ages. It was held, as a rule, during the holidays, has not lost its significance, is included, as far as possible, in the program of holidays and sports and athletics. According to the rules: they saddled their horses, lined up in one line and, on a signal, rushed forward to a certain place, then the whole galloping cavalcade turned back; the one who returned first was considered the winner.

Baiga (poyga) - a long-distance jump. It was usually held during major complex competitions in the form of races over a distance of 50 km.

Chowgan - horse polo. The beginning of development dates back to the 7th-8th centuries, the game was one of the main entertainments of the warriors. The riders had special sticks (suljans) with which the ball was knocked out. The players were divided into two parties; each team tried to pass the ball into the opponent's goal. Sometimes the chowgan was not played on horseback, reminiscent of modern field hockey.

In addition to equestrian sports, dorbozlik, the art of performing with a balance beam (langar) on a fixed rope, enjoyed success. The art of balancing act originated over 2.5 thousand years ago in the East, and then spread throughout the world. Rope walkers, who demonstrated excellent physical fitness and good coordination, performed during festivities and festivities.



The next sport that won the love of the people is kurash, the national belt wrestling. In the course of measures to revive the historical heritage, special attention was paid to this type of martial arts, since it is Uzbekistan today that has the primacy in its identification among other martial arts, the development of certain rules as a sport, and giving it international status. The duel, being a national treasure, embodied the centuries-old philosophy, values, respect for the opponent, humanism, honesty. What simple rules confirm, we recall: painful and suffocating techniques, grips below the waist and all kinds of manifestations of aggression and humiliation are prohibited; the fight takes place exclusively in the stance, it is forbidden to wrestle in the prone position, when the body of the opponent is supported on the third point, the fight stops. Kurash is, first of all, a competition of strength and dexterity with mutual respect of rivals for each other. All this makes kurash a simple, understandable, spectacular, dynamic and safe sport, accessible to both young men and people of advanced age. And, the terms, for example, “kurash”, “halol”, “taazim”, “tukhta”, “yonbosh” naturally entered the international sports vocabulary.

Interest in kurash wrestling led to the development of other types of martial arts. For example, this is confirmed by the popularity, especially among young people, - “Uzbek zhang sanati” (Uzbek martial art) - a modern type of martial art that embodies the centuries-old traditions of the martial arts of the peoples of the region. This martial art was created on the basis of the studied heritage, enriched with effective techniques of various combat systems. This martial art is characterized by certain areas: sports, health-improving (for the age after 40 years), art of the hand (3,000 hand techniques), martial art of the Temurids (work with a knife, saber, stick, spear), combat wrestling. The complexes of defensive and attacking actions are named after historical figures, which undoubtedly contributes to patriotic education.

Another no less interesting type of martial arts, which cannot be ignored, is Turon (the historical meaning of the word is dexterous, strong, fearless) - martial arts containing elements of various styles that were



encountered in ancient times in fights that took place on the territory of modern Uzbekistan. According to experts, in the past in the trading cities there were people involved in the escort and protection of caravans following the Great Silk Road. They possessed unique combat skills that allowed them to successfully confront numerous and well-armed opponents. These martial skills, which have been properly systematized and reworked, form the basis of Turon martial arts. At the same time, it should be taken into account that martial arts carries a specific philosophy, a system of worldview, acquaintance with which allows a fighter to achieve the required level of psychological preparation.

The listed national games, physical exercises, national sports that have been formed over the centuries, of course, comprehensively developed not only physical qualities (strength, speed, endurance, dexterity, flexibility), but also moral and volitional ones. Gradually, the utilitarian significance of the physical direction of personality development was not only supplemented by the promotion of a healthy lifestyle, active physical education and sports, but turned into a part of everyday life, into a form of leisure, and grew into the concept of its further organic development.

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