



DEVELOPMENT AND IMPROVEMENT OF WRESTLING

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Annotation: Brief information about the types of wrestling and their development and progress.

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Nowadays, the task of training highly qualified athletes and wrestlers is considered the prestigious duty of every coach. The merits of our country's wrestlers in raising the flag of Uzbekistan in international competitions across the world's sports arenas are also incomparable.

In the process of preparing our athletes for competitions, special attention should be paid to developing their moral, aesthetic and spiritual preparation, their national pride, and to instilling the ideas of national independence more deeply into the minds of our youth. "Athletes are ambassadors of peace - athletes are heralds of peace."

Therefore, coaches should work hard during training sessions to educate heralds of peace so that they are fully compatible with this, and all the qualities they possess are worthy. In this, it would be appropriate for them to use mainly the lessons of our past, the courage shown by our ancestors, and the advice left by our scholars. We hope that in the future, Uzbek athletes will win victories in all sports on world arenas and at the Olympic Games, further enhancing the glory of our homeland and nation.

The Uzbek people should be proud of their national sports. As a result of the care of our country's leadership in the development of physical education and sports, our national sports are developing further and becoming more popular. As our President noted, nothing can make a country known to the world as quickly as sports.

Wrestling, considered one of the martial arts, has an ancient history. Wrestling competitions are depicted on silver plates, jugs, and ossuaries found in the ruins of the city of Varakhsha near Bukhara. In addition, images of hunting, riding, shooting, and wrestling competitions can be seen in the paintings on the palace walls of the ruins of Panjikent. The works of the ancient Greek historian Herodotus record that our ancestors, the Sakas, Massagets, and Turkic tribes, organized wrestling competitions during "Navruz" and folk holidays. In addition, it is written in folk epics that the heroes of "Shahnoma", "Alpomish", and "Gorogli" were also brave wrestlers. The religious books of Zoroastrianism "Avesta" and "Mahabharat" also reflect the use of wrestling exercises in fighting the Sakas, Massagets, and Turkic tribes with "evil forces".

The unique methods of single combat of the ancestors of the Turkic peoples, that is, the current Uzbeks, Kazakhs, Kyrgyz, Karakalpaks, Turkmens and others, originated from the way of life of various peoples and tribes living in a certain historical period, reflected the characteristics of the internal and external environment of their lives, served the purpose of physically training people, raising them to be strong, agile, resilient, courageous and fearless. The ancient ancestors of the Uzbeks went through a difficult path before they created their high culture, showed great courage. This required the people to be physically strong.

Battles between tribes, later military campaigns and battles against invaders required men to be physically strong, courageous and brave in every way. Conflicts between tribes were also resolved by competitions - wrestling matches, where wrestlers from each tribe came out to compete. National single-handed wrestling



methods began to come in handy in the upbringing and training of brave warriors. The first types of physical exercises that were formed in the history of our ancestors are wrestling methods. Wrestling served not only as a means of military combat, but also as a form of entertainment for the people.

Wrestling methods were formed and developed in accordance with the places of residence and conditions of the peoples, as well as their customs. While the belt wrestling method (Fergana method) was formed among the peoples and ethnic groups living in the Eastern part of Central Asia, the International Wrestling Method (Bukhara method) was formed among the peoples living in the Northern and Southern parts of Central Asia. Both wrestling methods served as a means of physical development and military training of the people.

The fact that the methods of single combat of the peoples of Central Asia have basically gone through a single and uniform path of development, as well as the similarity of the customs and national traditions of the Turkic peoples, is also clearly visible in the methods of wrestling. The Bukhara method of wrestling of the Uzbeks is almost no different from the Kures methods of the Kazakhs and Kyrgyz, the Guresh methods of the Turkmens, while the Fergana method of wrestling is almost no different from the Belshuf methods of the Uyghurs and Karluks.

The methods of wrestling have been formed and developed in accordance with the places of residence and conditions of the peoples, as well as their customs and traditions. While the belt method of wrestling (Fergana method) was formed among the peoples and ethnic groups living in the Eastern part of Central Asia, the International method of wrestling (Bukhara method) was formed among the peoples living in the Northern and Southern parts of Central Asia.

The development and popularization of wrestling methods was greatly influenced by the coexistence of peoples, the harmonization of their national traditions and customs. At the same time, the passage of the "Great Silk Road" through the territory of Central Asian countries also had a great influence on the mastery and popularization of physical exercises and martial arts among peoples. For example, wrestling methods similar to Fergana wrestling methods were formed among the Mongols and Kareys.

Wrestling methods have an ancient history, and today these wrestling methods are widespread in all countries of Asia and among a number of European nations. Eastern thinkers wrote about wrestling methods, their formation, types and master wrestlers in their works. For example, in the "Baburnoma", the famous commander and ruler of the Timurid dynasty, Muhammad Babur, describes one of his military campaigns and says that wrestlers fought at the settlement; The boatman Lokuri wrote that Dost Yosin fought a wrestler named Khair; Dost Yosin defeated his opponent with great difficulty.

Babur highly appreciated the famous wrestler of that era, Muhammad Abu Said, and called him an unparalleled wrestler. Babur wrote in his memoirs that among his contemporaries there were people who could knock down a horse with one blow.

In Ibn Sina's "Canons of Medicine", wrestling methods are also described as follows. There are several types of wrestling. One of them: each of the two wrestlers grabs the belt of his opponent and pulls him towards him, while the wrestler tries to get rid of his opponent. The second one tries not to let him go. Another type: one of the two wrestlers hugs the other tightly with both hands, pulls him towards him and turns him over, at this time he must pass under the right hand of the first wrestler, the wrestlers sometimes straighten their postures and sometimes bend over. The types of wrestling also include returning blows with the chest, holding the neck of another person and bending them down, entangling each other's legs with their own legs, or tearing off the legs of the other with their feet, and movements used by wrestlers.

Our wrestlers have participated in world wrestling competitions since the beginning of the last century. They have defeated all their rivals in the wrestling arenas of foreign countries and European countries and are recognized as unrivaled wrestlers.



The Uzbek land has long been considered a land of great scholars, wrestlers and wrestlers. Our people are fundamentally different from other nations with their national pride, honor, hospitality and dignity. After gaining independence, the Republic of Uzbekistan gained the right to choose its own path of development in all areas. Many of our skilled athletes have won victories in international competitions and raised our flag high under the sounds of our national anthem. As a result of the rise, the Uzbek people have shown their identity to the peoples of the world.

The current popularity of Uzbek wrestling methods is a sign that our national values are being restored and the ancient dreams of our ancestors are coming true.

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