

## Foundation of Modern Struggle

**Khujomov Bobomurod Xaytmurodovich**

Associate Professor of Tashkent State Pedagogical University

**Abstract:** This article provides a brief overview of the foundation of modern wrestling.

**Keywords:** world, struggle, youth, nation, region, spiritual, value.

Today, national wrestling federations have been established in more than 134 countries of the world, and many young people of the world are engaged in wrestling and participate in prestigious competitions. During the trainings and competitions, athletes of the world compete with the rules of wrestling, which include the spiritual world of the Uzbek nation and its philosophy. Also, representatives of many nationalities in almost all regions of the world (Africa, America, Oceania, Europe, Asia) use the Uzbek language for "meet", "bow", "middle", "fight", "stop", " " uses terms such as "halal", "side", "chala", "rebuke", "dakki", "ghirrom", "bekor", "time", "punishment". This, in turn, serves to ensure that the Uzbek nation and language are known to the world through struggle.

Through wrestling, Uzbek traditions, values, customs, and art are glorified to the world. From the beginning of the 1980s, traditional wrestling began to revive. Scientific research was conducted to study it, new universal rules of wrestling were developed that meet international standards, and terms used during its conduct were included in the occupation.

At the beginning of the 1990s, a period of active processes for the popularization of wrestling began.

On June 18, 1991, at the first scientific-practical conference held under the leadership of the Honorary President of the National Wrestling Federation of Uzbekistan (deceased) J. Tursunov, Komil Yusupov introduced the rules of wrestling into the agenda of the conference and referred them to the participants of the conference. According to the decision of the commission, the rules of fighting presented on the basis of national customs and traditions were recognized. The folk game is a national sport, allowing people to have a good time at holidays, celebrations, and weddings, giving them laughter, joy, and happiness.

It can be emphasized that wrestling is a great tool in raising a healthy generation in all respects. The first President Islam Karimov cheered the spirits of great scholars while sending our national sport to the world. After that, the well-known wrestler Komil Yusupov developed the laws and regulations and wrestling clothes that correspond to the world standards of 1992. Based on these wrestling rules, a memorial tournament of famous Tursin wrestler Yusupov was held as a test in Karakol district. Then memorial tournaments of our grandfather's At-Tirmizi, Amir Temur, Bahauddin Naqshbandi, Pahlavon Mahmud, Mirza Babur were held.

In 1994, written texts and video images from wrestling competitions were also shown at the Asian Games held in Hiroshima.

In 1995, at the Asian Congress of the International Judo Federation held in India, detailed information about the fight was provided.

In this way, Uzbek wrestling became known to the world. The "volcano", which has just opened its eyes, has swept the land of Asia and stretched towards the world.

On March 6-7, 1998, a meeting of the inspection committee of the European Judo Federation was held in Dublin, Ireland. Written and video materials about the struggle were shown. Representatives from Uzbekistan were invited to the 50th anniversary congress of the International Judo Federation held in Monaco on April 15-18, 1998. President of the Irish Olympic Committee, Vice-President of the Association of European Olympic Committees Patrick Hickey's services were also great.

In September 1998, after the international competition for the President's prize, letters of support for the fight began to arrive from Poland, Japan, Turkey and other countries.

Islam Karimov, the first President of Uzbekistan, who supported the internationalization of wrestling in every way, was elected the 1st Honorary President of the CCA, Komiljon Yusupov, who developed the rules and regulations of wrestling, was elected the first President of the CCA.

As a logical continuation of these positive works, on February 1, 1999, the decree of the first President of the Republic of Uzbekistan "On support of the International Wrestling Association" was signed. This timely decree serves to spread the struggle throughout the world. This year, for the first time in the history of Uzbekistan, the 1st World Wrestling Championship was held at the Yunusabad sports complex. (May 1-2, 1999).

## References

1. K. Yusupov. Rules, techniques and tactics of international wrestling. Tashkent-2005.
2. F. Akhmedov, A. Abdulakhatov. Uzbek wrestling is a masterpiece of national and universal human values. Tashkent 2017.
3. Akhmedov F, Abdulakhatov A, Khaitov O. Wrestling is a sport - a value - a means of spirituality and education. Monograph. Tashkent 2020.