

Stages of Development of Wrestling Sport in Physical Education and Sports System

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Abstract: This article provides detailed information about the stages of development of wrestling.

Keywords: wrestling, sports, decisions and decrees, stages of development, stage, nation, people, era, lifestyle, rivals.

Today, fundamental reforms are being carried out in our country, especially in recent years, in physical education and sports as well as in all areas. In this regard, several decisions and decrees of the head of our country were adopted. President Shavkat Mirziyoyev, in his "New Development Strategy of Uzbekistan" book, assessed that further development of physical education and sports is an important factor in ensuring the health of the population. In addition, 67 of the development strategy of New Uzbekistan for 2022-2026; "Regularly engaged in physical education and sports

"Increase the number of citizens" and increase the number of people regularly engaged in physical education and sports to 33% in 2026. In particular, at the special meeting of President Shavkat Mirziyoyev on April 1 of this year, dedicated to the development of mass sports, special instructions were given to increase the number of young people between the ages of 7 and 30 engaged in mass sports to 6 million. It is not for nothing that the head of our state pays great attention to this area. Because this field is of strategic importance, preventing the population of the country from getting sick, strengthening people's health by increasing their ability to protect themselves from it during the pandemic, improving the individual's physical and spiritual development in all aspects, being ready to work effectively and protect the homeland, through the realization of human physical capabilities. Its incomparable role in the development of the country is becoming clear day by day.

Wrestling differs from other sports in a number of aspects. One of its main aspects is to touch or hold the back of the opponent's body to the mat (ground). Certain methods are used for this. Such techniques are performed by grabbing the opponent's body, arms, legs or clothes.

The most important characteristic for wrestling is not to hit the opponent with hands or feet. Such actions are strictly prohibited in wrestling.

The types of wrestling, in turn, are divided into types according to certain technical specifications. Different types of struggle were created by representatives of different nations and peoples in different periods of development. The development and formation of the types of fighting are directly compatible with the way of life of mankind. Historical sources and archeological finds show that fighting types were used as a means of defense and fighting by tribes and peoples. Fighting types such as horse racing, archery, and javelin were widely used and developed as a method of fighting. Each type of struggle is distinguished by a set of certain actions and methods. However, what they have in common is that the opponents change each other's body in relation to the wrestling mat (that is, the ground). Some methods are performed by throwing, rolling, pain, holding, turning.

At the new stage of the development of society, sports have developed rapidly. The issue of organizing sports competitions, training athletes, discovering new sports and increasing the viewership of the existing ones has begun to find its solution. This period was also of special importance for the development of wrestling.

Some types of wrestling were officially recognized (judo, sambo, freestyle and Greco-Roman wrestling), the rules of existing types of wrestling were improved, the issue of holding competitions and training wrestlers was developed. Due to the above factors, wrestling has taken its place in the world of sports.

According to experts, there is a need to further develop types of wrestling. One of the main reasons for this is to increase the status of wrestling among sports, and the second is the importance of wrestling in human education. These two reasons determine the constant relevance of the issue of further development of types of struggle.

As mentioned above, Uzbek wrestling entered the world stage today with the term "wrestling". Our national sport is known as "wrestling" in all countries. The issue of studying the importance of wrestling as a sport and its scientific and methodological foundations is being studied by experts.

In wrestling, athletes compete while standing. Wrestlers compete in a special blue and green wrestling suit known as a "yaktak", a red belt and white pants. During the competition, it is allowed to perform a technique by grabbing different parts of the opponent's chest and belt. The competition is held in a specially equipped area - a wrestling mat.

During the match, if a wrestler's knee touches the mat, the match is stopped and restarted. The competition will be conducted by a team of judges. During the competition, wrestlers are prohibited from engaging in actions that are contrary to wrestling rules and wrestling ethics. Before the start of the competition and after the end of the competition, the wrestlers show respect and bow to each other.

Today's rules of wrestling define all aspects such as conducting competitions, determining weight categories, technical and hygienic requirements for wrestling uniforms, wrestlers' ethics, wrestling halls and refereeing.

Gaining independence of Uzbekistan was of great importance for the development of the struggle. On June 18, 1991, at the first scientific-practical conference held under the leadership of J. Tursunov (deceased), the honorary president of the National Wrestling Federation of Uzbekistan at that time, Komil Yusupov included in the agenda of the conference to discuss the rules of wrestling. At this conference, for the first time, the rules of wrestling were presented to the participants of the conference, and the rules of wrestling presented on the basis of national customs and traditions were recognized based on the decision of the commission. This lecture literally paved the way for the future prospects of the development of wrestling.

The appearance of wrestling on the world stage and its recognition as a sport is undoubtedly connected with the name of the first President of the Republic of Uzbekistan, Islam Karimov. In an interview with our first president I. Karimov (April 14, 1992), Komil Yusupov expressed his views on increasing the prestige of wrestling. "How can wrestling be introduced to the international arena as a sport?" His honest questions set K. Yusupov's heart on fire. During the conversation, the first president of our country gave a number of valuable instructions on raising the struggle, which embodies qualities such as national pride, national values, traditions of our people, honesty, bravery, selflessness, to the international level. They emphasized that wrestling is a great tool for raising a healthy generation in all respects.

According to K. Yusupov, the development of wrestling consists of the following stages.

The first stage includes the years 1992-1998, and its purpose is to create a basis for the formation of wrestling as a sport and its internationalization. For this, first of all, it is necessary to implement new rules of fighting, to promote them in the countries of the world.

For this reason, wrestling experts and promoters gathered in major sports conferences organized in countries such as South Korea (1992), Canada and Lithuania (1993), Japan (1994), Ireland and India (1995), USA (1996), Russia and Monaco (1998). They gave detailed information about Uzbek wrestling to the fans and showed demonstrations. At this stage (September 6, 1998) wrestling was officially recognized as a sport and the IFC was established.

The second stage covers the years 1998-2005 and aims to organize world championships, international competitions, and create a system of wrestling sports in the world.

At this stage, the Islam Karimov wrestling tournament held at a high level in Bedford, Great Britain, the cash heart of Europe, was also a global event. The participants of the tournament received an address in the name of Islam Karimov, the permanent Honorary President of the International Wrestling Association, the first President of the Republic of Uzbekistan. It says, among other things: "We confidently state that this competition will have the status of a traditional international tournament in Great Britain and will serve to increase the popularity of Uzbek wrestling in the world in the new millennium, and to strengthen friendship and brotherhood between the peoples of the world."

The activities of the International Wrestling Association, the International Wrestling Academy, the International Wrestling Institute, the World Wrestling Development Fund, and the National Wrestling Federation of Uzbekistan were reviewed and improved.

In 1999, for the first time in the history of wrestling, the First World Wrestling Championship was held at the Yunusabad sports complex. During this period, the World Wrestling Development Fund was established under the leadership of the presidents of the National Wrestling Federations of 6 countries that are members of the International Wrestling Federation - Japan, Hungary, India, Poland, Russia, and Bulgaria.

The year 2000 was an important turning point in the growth and development of wrestling in the world of sports, because by this time it had improved in all respects, took a worthy place among international sports and was recognized by experts as "the sport of the 21st century". At the same time, prominent political and sports figures from 13 countries participated in the meeting of the Executive Committee of the International Olympic Committee, and the "World Wrestling Development Program" was adopted.

The International Wrestling Institute (IKI) was established in 2001 on the basis of the founding of the IKA and the presidents of the National Wrestling Federations of its 10 countries.

On February 1, 1999, at the initiative of the first President of Uzbekistan, the Decree "On supporting the International Wrestling Association" was signed.

The third phase covers 2005 and beyond. The main goal of the IFC is to strengthen and develop relations with international and continental sports organizations, to include wrestling as a mass sport in the program of the Olympic and Asian Games.

The leadership of the International Olympic Committee, which is taking a clear step towards its highest goal, has started negotiations with the leaders of the International Olympic Committee. In May and July 2005, in the city of Lausanne, where the headquarters of the IOC is located, the first President of the IOC, Komil Yusupov, met with the then President of the IOC, Jacques Rogge, and expressed his views on the development of wrestling.

According to the Olympic Charter, in order to include a new sport in the program of the Olympic Games, 50% of the 114 current members of the IOC must vote in favor of this sport. For this reason, in order to support and popularize wrestling in the international arena, IOC held talks with more than 30 active members and leaders of the IOC.

According to the IFC Statute, the head office of the Association or Confederation shall be located in the country from which the President of the Association or Confederation is elected. According to this, the HKA headquarters is in Tashkent, the capital of Uzbekistan, the Pan-American Wrestling Confederation is in La Paz, Bolivia, the European Wrestling Confederation is in Istanbul, Turkey, the Asian Wrestling Confederation is in Tehran, Iran, the African Wrestling Confederation is in Johannesburg, South Africa, and the Oceania Wrestling Confederation is in Auckland, New Zealand. located in the city.

July 14, 2011 took a place in the history page as another bold step towards the entry of Uzbek sport - wrestling into the program of the Olympic Games. The leadership of the International Wrestling Association also participated in the jubilee XXX General Assembly of the Olympic Council of Asia held in Tokyo, the capital of Japan, and it was officially announced that the national sport took a place in the program of the 4th Asian Games organized in 2013 in Incheon, South Korea for indoor sports facilities and martial arts. .

In 2018, our wrestling was officially included in the program of the 18th Asian Games. In this prestigious competition, 15 medals were contested.

To date, international tournaments of various levels have been organized in several countries of the world. In addition to the world and Asian championships, the Asian Games, "Islam Karimov" in Great Britain, Greece and France, "Bosphorus" in Turkey and "Puriyoivali" in Iran, international tournaments for the prize of the President of the Republic of Uzbekistan Sh.M. Mirziyoev are held. In our republic, a number of international tournaments dedicated to the memory of our great ancestors are being held in a cheerful spirit (Al Hakim At Termizi, Amir Temur, Pakhlavon Mahmud, Zakhridin Muhammed Babur, etc.).

According to experts, there is a need to further develop the fight. One of the main reasons for this is to increase the status of wrestling among sports, and the second is the importance of wrestling in human education. These two reasons determine the constant relevance of the issue of further development of the struggle.

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