

Pedagogical Study of the Invisibility of Human Characters Applied in the Rules of Kurash

Абдулахатов А. Р

ЧДПУ доцент,

Abstract: Wrestling is recognized in the world as the national sport of the Uzbek people. The role of wrestling in the higher education system in the education of students, terms and signs of wrestling used in the international rules of wrestling, rules of competition, and types of competition are described in detail by the author.

Keywords: educational system, higher education, wrestling, education, physical education, sport, decision, development, wrestler, spiritual education.

At the current stage of the development of our country, we are setting ourselves the task of fundamentally reforming the higher education system, educating future pedagogues to be perfect, knowledgeable and intellectually mature in all aspects. The changes taking place in the education system in recent years require a new interpretation of the requirements for the qualifications, professional skills, and spiritual outlook of the future pedagogue. Accomplishing this task requires reforms and changes in the education system.

Decision of the head of our state Sh. Mirziyoyev dated October 2, 2017 No. PQ-3306 "On measures to further develop the national sport of wrestling" in order to further develop and popularize wrestling among the population and minors, to strengthen the feelings of national pride and patriotism in the growing generation. spurred further development of the national sport.

Based on the decision PQ-4881 dated November 4, 2020, the procedures for increasing the admission quotas for higher and secondary special vocational education institutions in the field of "Wrestling", the preferential admission procedures for the winners of the Asian Games, Asian and World Championships, as well as the first championship of Uzbekistan in higher educational institutions are in place. done.

Today, wrestling is recognized in the world as the national sport of the Uzbek people. He won the love of foreign experts with his charm, combativeness and honesty. At the moment, "meet", "bow", "in the middle", "fight", "stop", "honest", "side", "chala", "rebuke", "dakki", "ghirrom" related to this sport. It makes us proud that Uzbek terms such as "time", "punishment", "bekor" are resounding around the world.

CONTEST RULES

- Compiled and approved by the state organization or federation holding the competition in compliance with the wrestling rules;
- The following should be noted in the regulations of the competition:
 1. Type of competition.
 2. Goals and objectives of the competition.
 3. Participating organizations and teams, participants

4. (sport classification, age, gender, team).
5. Place and time of the competition.
6. Opening ceremony of the competition.
7. Competition procedure.
8. Conditions for participation in the competition.
9. Organization responsible for conducting the competition.
10. Jury.
11. Time to fight.
12. Break time is 20 minutes.
13. Deadline for submission of applications for participation in the competition.
14. Procedure for ensuring medical control and cleanliness.
15. Documents recommended to the Mandate Commission.
16. Complaints Procedure and Procedure.
17. The date of the competition and the starting time of the competitions in each weight category.
18. Procedure for awarding competition winners and prize-winners.
19. Closing ceremony of the competition.

COMPETITION TYPES

1. Individual championship.
 2. Team Championship.
 3. Individual and team championships.
 4. Open carpet championship.
 5. Absolute championship.
- Individual Championship: It is held to determine the position of each wrestler in the competition. At the end of the competition, winners and prize-winners will be determined in each weight category;
 - In the team championship: the position of each team is determined;
 - In individual and team championships: the position of each participant and, accordingly, the position of each team are determined;
 - In the Open Carpet Championship: Each wrestler fights to improve his sports classification, title and skill; Any team can participate;
 - In the absolute championship: any wrestler has the right to participate regardless of the weight category (with the permission of the chief referee); The team goes out to the mat and competes in a row according to the weight;

CONTEST PROCEDURE

1. Competitions are held according to the Olympic system, without rematches;
2. If necessary, changes can be made to the regulations with the permission of IKA;

3. All wrestlers are divided into two (A and B) groups, taking into account the strongest ones;
4. The serial number of the wrestler is determined by the drawing of lots and remains until the end of the competition;
5. Even-numbered wrestlers are registered in group A, and odd-numbered wrestlers in group B;
6. The winning wrestler will enter the next round of competitions;
7. The winners of groups A and B will go to the finals and fight for 1st - 2nd place;
8. Wrestlers who lost victory to wrestlers who reached the finals

They take 3rd place.

Procedure for awarding competition winners and prize-winners

Wrestlers who took 1-2 places will be awarded in the colored (green and blue) jackets they fought in the final. 3rd place wrestlers must be in green and blue singlet.

Clothing of wrestlers. (Single)



1. The wrestlers must wear a blue or green jacket, a red belt and white pants, and in this case the first contestant to be called will wear a blue jacket and the second one will wear a green jacket.
2. - Numbers of colors: blue - 5 zm; green - 4 kx.
3. - The wrestling uniform must be made of cotton, the fabric must not be too hard. The following characters are allowed:
4. National coat of arms (on the left breast, maximum size 10 x 10 cm);
5. Manufacturer's trade mark (3 x 3 cm. on the bottom of the front of the bag);
6. Stitches (25 x 25 cm. allowed on the back side, athlete's surname can be placed);
7. The length of the jacket is 10 x 15 cm from the knee. should be high. The length of the belt from the knot to the tip is 20 cm. not less than 20 x 25 cm. 5 cm between the hand and the bottom. should be 10 x 15 cm in length of trousers;
8. Female wrestlers must wear a white, tight-fitting t-shirt or short sleeveless shirt;
9. If the wrestler's clothes (underwear and pants) do not meet the requirements, the referee must ask the wrestler to change them;

10. If the wrestler's clothes (underwear and pants) do not meet the requirements, the referee must ask the wrestler to change them;
11. The wrestler must stretch his arms forward and convince the referee that the singles fight is in accordance with the rules;
12. Wrestlers of both sexes wrestle barefoot; If there is unexpected weather, with the permission of the referee, light shoes can be worn on the feet;

Dimensions. Sizes of the wrestling suit according to the latest standard

Ўлчам	Одам бўйи	Орқаси баландлиги(см)	Орқаси эни(см)	Қўл узунлиги(см)
		в	ш	р
34	135-140	57	46	57
36	140-145	59	49	60
38	145-150	64	51	63
40	150-155	67	51	66
42	155-160	71	53	68
44	160-165	73	54	71
46	165-170	75	58	74
48	170-175	78	59	75
50	175-180	80	61	76
52	180-185	84	64	78
54	185-190	84	67	79
54	185-190	86	67	80
54	190-195	88	67	81
54	195-200	90	67	83
56	185-190	84	69	81
56	190-195	86	69	81,5
56	195-200	88	69	82,5
58/180-185	180-185	84	71	82
60/185-190	185-190	86	71	83
58/190-195	190-195	88	71	84

Ўлчам	Одам бўйи	Шимнинг кенглиги (см)	Шимнинг бўйи(см)
		ш	в
34	135-140	43	88
36	140-145	45	91
38	145-150	48	94
40	150-155	50	97
42	155-160	52	100
44	160-165	52	102
46	165-170	53	105

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48	170-175	54	107
50	175-180	55	109
52	180-185	58	112
54	185-190	60	112
54	185-190	60	115
54	190-195	60	117,5
54	195-200	60	120
56	185-190	64	112
56	190-195	64	115
56	195-200	64	117,5
58/180-185	180-185	68	112
60/185-190	185-190	68	115
58/190-195	190-195	68	117,5

Modern sports development and experience show that internationally recognized terms have been developed in each sport, which are equally understood and used by everyone at competitions and sports events. This feature causes the development and popularization of this sport, as well as its rapid adoption by foreign experts.

FIGHTING EXPRESSIONS AND SIGNS

« get to know »



1. A phrase of introduction.
2. - The referee in the middle shows the wrestlers standing on the mat with his left or right hand.
3. Izox;

4. This sign is also used for a victorious wrestler;

« bow down »



A phrase used to greet wrestlers.

- When using this phrase, the referee opens both hands to the sides with the palms facing forward, then bends the hands from above with the fingers facing upwards, and makes a gesture of turning the hands inward, at this time the fingers of both hands should come to three points.

« to the middle »



A phrase that invites to the field of struggle.

- The referee, with his arms spread out to both sides, places his palms facing each other, bringing them shoulder width apart.

« K U R A Sh »



A phrase calling for a fight.

The referee signals with his right hand, palms facing to the side, slightly bent at the elbow.

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