

The Place of Our Great Scholars in the Sport of Wrestling

F. Kh. Karimov

Tashkent Institute of Finance Associate Professor of “Physical Culture and Sports” Department

Annotation: This article is covered the theme “The role of great characters in the development of kurash sports” and highlighted the history of kurash. The article outlines the relevance, purpose, mission and outcome of the topic. Along with paying special attention to the technique of fighting kurash sports, the great contribution to the development of the sport is the contribution of Pakhlavon Mahmud, Amir Temur, Zahiriddin Muhammad Bobur, and great thinker Alisher Navoi.

Keywords: physical education, wrestling, spiritual education, sports training, healthy generation, great figure.

Ensuring the prospects of the Republic of Uzbekistan at the level of world development is associated with significant changes in the economic, social, political and cultural spheres. Participating in such changes requires people to have a high level of general and specific knowledge, a high culture, spirituality, and a broad outlook. Reconstruction of the education system on the basis of these requirements will serve to meet the needs of society in the field of education of future generations. Independence, free thinking, justice and equality have brought new happiness to our compatriots. At the same time, the physical culture and sports movement has gained its rightful national status. Physical culture and sports also have a place and place in the economic, political, cultural and social potential of the republic. The First President of the Republic of Uzbekistan said with great pride that the health of the population is very valuable and ways to achieve independence: “Our land lovingly educates wrestlers and heroes. Today, national sports are being restored everywhere ... about their health The culture of personal care must be inculcated from a young age, with the help of schools, neighborhoods, the health care system, physical education and sports, ”he said. The most important measures for the further development of physical culture and sports are being implemented in Uzbekistan. A clear example of this is the Law of the Republic of Uzbekistan “On Physical Culture and Sports” (January 14, 1992), which guarantees the strengthening of health of the entire population, the creation of conditions for their physical culture and sports. This Law was re-adopted on May 26, 2000 and September 4, 2015 in the new edition. Peculiarities of the national model of physical culture and sports in Uzbekistan - the logic of its spiritual content is the unique mentality of the Uzbek people, respect for science, high morals, harmony, generosity, kindness, hospitality, initiative and solidarity of the people. reaches The spiritual content of the model of physical culture and sports in Uzbekistan corresponds to the concept of spiritual awakening of the country. Great attention is paid to the ongoing reforms in our country, the protection and strengthening of the health of the younger generation, the provision of educational programs in all areas of the educational process. Therefore, the foundation of physical culture and sports has been laid in educational institutions, mainly since childhood and adolescence. Physical education and sports are used as a spiritual and ideological tool in the proper organization of a healthy lifestyle and the healthy upbringing of the younger generation. Today we are trying to build on the heritage of democratic ancestors, on the basis of national values, based on the requirements of our way of life. It is on the basis of these actions that a healthy person stands. Shaping a healthy person through physical education and sports should be the task of an entire society. While each individual, family, andparent makes physical education and sports a habit, and

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respects them as a value, society continues to engage in physical education and sports. “In short, sport is the most important tool for educating a harmoniously developed generation in our country and will continue to be so in the future. Because sport means a healthy generation, a healthy future. Therefore, only a healthy people, a healthy nation can do great things.” One of the peculiarities of the current stage of development of society is to ensure that the Republic of Uzbekistan becomes one of the developed countries of the world by raising the educational and cultural level of the population, especially youth, teaching and improving the quality of wrestling, studying the history of wrestling, introduction of innovative educational technologies. In January 2017, a traditional international freestyle and Greco-Roman wrestling tournament was held in Baku, Azerbaijan, with the participation of junior athletes born in 2000-2002. Members of the national team of Uzbekistan also took to the mat in both directions. At the end of the two-day competition, young wrestlers from Uzbekistan won 12 medals at the international tournament. Of these, 3 are gold, 4 silver and 5 bronze medals. In 2015, Uzbek athletes won more than 860 medals at world, Asian championships and other international tournaments. Of these, 311 are gold, 274 silver and 276 bronze medals. Our athletes are especially successful in athletics, rhythmic gymnastics, boxing, wrestling, judo, taekwondo, equestrian sports. Wrestling classes and wrestling clubs are organized in educational institutions. The training stages of wrestlers will consist of the initial stage of preparation, the stage of gaining specialization and the stage of achieving high results in wrestling. The dream of every wrestler is to achieve high results in sports, the basis of which is formed in the initial stage of preparation. When coaches form a wrestling team, they should work to ensure that many famous athletes come out of the group. The goal of physical culture in our country is to prepare a healthy, mentally active and creative person for life. As a result of such attention to sports, Uzbek athletes are gaining high positions in the international arena. The fact that wrestlers are constantly improving their wrestling techniques depends in many ways on themselves. Mastering advanced techniques and a creative approach during training ensures the growth of the athlete’s skills. Mastering the theoretical foundations of wrestling ensures the success of the coach’s work, allowing the results to be high. Wrestling technique means performing the given exercises in a purposeful way. It is necessary to rely on the laws of physiology and dynamic anatomy, as well as pedagogy and psychology, in order to know the coordination of the movement techniques and motor apparatus that make up the skills, respectively, the internal organs and other systems of the body. Wrestling is one of the oldest sports and has a very interesting and bright history. The ancient man has traversed a difficult path for many thousands of years, from instinctive offensive and defensive movements to coordinated movements close to modern methods of wrestling. With the onset of sedentary life, the physical training of peoples was characterized by combat training, and, above all, various martial arts were brought to the forefront. Along with hunting scenes in the ancient man’s regular habitats, images of people struggling began to emerge. The bronze statue, made in about 2800 BC, is the oldest monument to belt wrestling. It is based on the method of squeezing the opponent and giving him pain. Ancient Greece played a special role in the development of physical education and wrestling. In the IX-VIII centuries BC in ancient Greece was created a system of physical education, which has not lost its relevance. In special schools, experienced teachers paid special attention to the preparation of children for the program, which included wrestling, as well as short-distance running, long jump, javelin and discus throw. At the same time, the participants mastered the skills of hand-to-hand combat and throwing stones. If we look at the history of Uzbek wrestling, it is reflected in many historical monuments. National wrestling was one of the favorite sports of the people both in the Timurid period and in the following periods. The world-famous Uzbek wrestlers have left an indelible mark on the history of wrestling. Saying the words “wrestler” and “wrestler” in the name of such wrestlers made them even more powerful. Wrestling is a test of strength of brave young men, holding them shoulder-to-shoulder, turning their necks and waists, using a variety of methods to stretch the shoulders of their

opponents. Our national struggle serves as a key tool in preparing and educating young people for life in a healthy, energetic, courageous, agile, strong, resilient. Pakhlavon Mahmud (1243-1326) from Khorezm, who lived in the second half of the XII century and the beginning of the XIII century, traveled throughout Central Asia, where he fought with the best wrestlers. Especially in Iran, India and other eastern countries. Pahlavon Mahmud won a several-day battle with an Indian wrestler, in return for which he freed tens of thousands of his fellow countrymen in the century. The activity of the famous commander and statesman Amir Temur (1336-1405) in the use of exercise and national sports deserves universal recognition. He was a brave, courageous, fearless, brave hero. Suffice it to recall the struggle between Amir Temur and QalichArslan in Temurnoma. During the reign of Zahiriddin Muhammad Babur Mirzo, a descendant of wrestlers, special attention was paid to wrestling. His great-grandfather Amir Temur, his son Mironshah, Sultan Muhammad Mirzo, Sultan AbusaidMirzo were also physically strong and strong. Bobur had wrestlers named SadiqPolvon and KulolPolvon. Wherever a wrestling match was held, Babur put them in a fight with other wrestlers. Along with a number of works by the preacher Kashifi (1440-1505), he expressed his views on physical culture and sports in his work “Futuvvatnomaisultoniy” (“Royal Courage”). He expressed his views on wrestling, among other sports. “Of course,” he writes, “wrestling is one of the most popular and popular professions; those who do so live by the law of righteousness and purity in all circumstances”. Admittedly, the conscious use of power potential in wrestling is a primary element, and so is the importance of wrestling as a sport. At this point, the scholar emphasizes the balance of theoretical and practical aspects in the struggle, and quotes this ancient wisdom. “Power without knowledge is a king without justice, and knowledge without power is a king with justice but no army.”

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