

Wrestle - Uzbekistan's National Sport

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Abstract: This article is about Uzbek national wrestling. The legends of the origin and history of the sport and its development over the centuries, the essence of the meaning, as well as the importance of this sport today, the attention paid to it, its impact on the consciousness and spirituality of young people, and the development of this sport. and the technique of national wrestling.

Keywords: Defeat, trickery, defence, counter-attack, “Compulsory training in martial arts” decision, “Bukhara” method, “Fergana” method, Surkhan method.

Introduction

Our people have always raised their children to be physically strong, intelligent, and highly intelligent. They are considered honorable people who shun the forbidden, do not shy away from hard work, and do not have a conscience that does not love honour. For this reason, they are considered exemplary examples of folk oral creativity. In epics such as «Alpomish», «Gorugli», and «Kuntugmish», tales and legends, invaluable qualities such as courage and courage, love and loyalty, honour, and kindness have always been glorified. Our people have wonderful sayings and proverbs that glorify such qualities as courage, bravery, honor, honesty, agility, awareness, and patriotism in these wise words. For example, proverbs such as: “A man is tested in the field”, “Clashing with wealth, stealing horses”, “A man’s strength is the strength of the people”, “Do not boast about your father, boast about your horse”, “Words are more valuable than money”, “Honor kills a man”, “Let there be honor until the man has wealth”. The most important of the activities that strengthen the will of people and strengthen their patience and perseverance are physical education and sports.

The Uzbek people have long been a people who have focused on raising their children to be strong, with lion-like arms, courageous, and with sharp eyes. That is why many brave men who were worthy of the people’s love, brave boys who were shields for the freedom of the country, and distinguished wrestlers who carried the honor of the people have grown up from this people. No wedding, gathering, or celebration of this nation has passed without wrestling or fighting. This nation holds wrestlers in special respect, and loves their bravery, courage, and honesty. The wrestlers of this country are considered honest, noble, courageous, simple, and hardworking wrestlers who compete not for money but for honor.

Materials and methods

The traditional games of the Uzbek people, which have been formed over the centuries, have also played an important role in raising the younger generation to be physically mature and spiritually perfect. The role and place of folk games in the development of many heroes, wrestlers, and riders among our people is incomparable. In particular, games such as “aq suyak”,

zuv-zuv, "bobol taka", "chirkash", "chillik", "haul", "ganosh", and "poyga" occupy a special place [1.86].

One of the traditional games of our people is considered to be wrestling. Of course, every nation has formed many competitions and contests throughout its history. Many sports competitions have been invented that test people's dexterity, agility, strength, and willpower, and the history of these competitions is as ancient and continuous as the history of mankind. For example, wrestling was held in ancient Greece as an event of the ancient Olympic Games, and the history of such types of wrestling as sambo, judo, and Greco-Roman wrestling is also very long. However, Uzbek wrestling is a unique sports competition that is distinguished by its popularity, speed, simplicity, and sincerity, and quickly takes a place in people's hearts, arousing a special interest and a sense of fun in them.

Wrestling is a sport in which two wrestlers fight one one-on-one according to established rules. Therefore, it is not for nothing that wrestling competitions in the Surkhan oasis are also called «Olish». Wrestling is considered one of the means of raising a person to be agile, strong, resilient, and strong-willed. Wrestling has long been an integral part of the lifestyle of the Uzbek people. Wrestling as a sport has been known in many nations since ancient times and is closely connected with the history of mankind. Statuettes from ancient Mesopotamia dating back five thousand years show wrestlers wrestling. Wrestling was one of the five events of the Olympic Games in ancient Greece [2.96].

Various forms of wrestling are found in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Uzbekistan, Russia, Georgia, Armenia, Azerbaijan, Kazakhstan, and other countries. For example, Greco-Roman wrestling has been around since ancient times, while Japanese wrestling has developed judo and karate, Korean wrestling has developed taekwondo, and Chinese wrestling has developed wushu. Today, there are over 400 wrestling styles [3.204]. The basic rules of modern wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was founded. Currently, 144 countries are members of it, including Uzbekistan, which joined the federation in 1993.

Greco-Roman wrestling, freestyle wrestling, judo, and sambo are widely spread in the international arena. Due to independence, Uzbek national wrestling was also recognized as a separate sport in the world. According to some sources, the emergence of Uzbek national wrestling has a history of three and a half thousand years.

Results and discussion

The material evidence found as a result of research, studies, archaeological scientific searches, and observations by historians, paleontologists, ethnographers, and philosophers proves that the age of wrestling is at least 2.5-3 thousand years old. Unique finds, artifacts, and rock paintings discovered in a number of ancient settlements in the Surkhan and Zarafshan oases and the Fergana Valley also fully testify to this. For example, a cylindrical ceramic vessel from the Bronze Age, found in the Surkhan oasis in the southern regions of Uzbekistan, depicts two wrestlers, one of whom is beating the other in the wrestling technique.

Also, another archaeological source from the same period shows wrestlers demonstrating wrestling techniques. These vessels date back to the Bronze Age, which indicates that the history of wrestling is even older, namely 3.5 thousand years. A statuette from the 3rd century BC depicts two wrestlers holding each other's belts [4.132].

In the field of Uzbek national wrestling, there have been many wrestlers in our country since the past, who in their time fought well and were proudly mentioned in the people's mouths.

Two types of wrestling have long been formed in the territory of present-day Uzbekistan: grabbing the opponent's belt in advance and grabbing the opponent's belt freely. The first type of wrestling was called the «Ferganacha» and the second was called the «Bukharacha» style. These types of wrestling are still widespread in our republic today. In modern literary language, these two types of wrestling are called «national wrestling» in the «belt» style. All three types of this sport are popular today, and the «belt» type of wrestling of these sports mainly serves as a support. The development of the sport, its transformation into a sport of «results close to the limits of possibilities» implies a significant change in the previously formed views and mental skills of specialists, trainers, and scientists regarding the process of training athletes.

The history of Uzbek national wrestling embodies the lifestyle of our ancestors, demonstrating honesty, courage, bravery, generosity, agility, physical strength, and honor. Over thousands of years, wrestling has improved and expanded its sphere of influence to the world. Every village, hamlet, and household grew up under the influence of this national wrestling, asking their creator to raise their children to become wrestlers.[6] There are many national sports in the world. However, it took several decades for them to become popular. Thanks to independence, the noble goal of restoring our ancient values in our country and spreading them widely is also bearing great fruit today.

In particular, in order to widely popularize the national sport - wrestling, during the years of independence, international tournaments were organized in Shakhrisabz for the President of the Republic of Uzbekistan's prize in memory of Amir Temur and in Termez in memory of Al-Hakim At-Termiziy[7]. As a result, international tournaments were organized in memory of the world. After that, Uzbek wrestling was widely demonstrated at major sports conferences held in countries such as South Korea, Canada, Japan, India, the USA, and Russia. As a result, the world community officially recognized Uzbek wrestling as an international sport on September 6, 1998. At the founding congress, which was held with the participation of representatives of 28 countries from Asia, Europe, and the Americas, the International Wrestling Association (IWA) was founded.

Conclusion

Our national sport, wrestling, is considered one of the most popular sports today, and at the same time, like all sports around the world, our national sport is one of the sports that has its own technique today.

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