

## Kurash of Wrestling, Rules of Teaching

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### *Abstract*

*The history of the struggle is three and a half thousand years old. Kurash is an Uzbek word that is mentioned in a number of ancient Eastern literary sources as one-on-one wrestling and a social and recreational sport. Wrestling is one of the oldest types of wrestling. At the same time, it is the youngest sport on the world stage.*

**Keywords:** *Kurash, judo, physical education, sports, achievement, Amir Temur, Pahlavon Mahmud, time, pride, world, country, world, Olympics, Asia.*

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The Ministry of Physical Culture and Sports of the Republic of Uzbekistan is entrusted with such important tasks as attracting the general population to sports and a healthy lifestyle, developing sports infrastructure, implementing a unified state policy to ensure the country's worthy participation in the international sports arena.

Today, the popularization of physical culture and sports has been identified by the world community as one of the important directions of social policy. The achievements in this area will introduce the country to the world and make all our compatriots proud.

Wrestling has a history of three and a half thousand years. Kurash is an Uzbek word that is mentioned in a number of ancient oriental literary sources as a one-on-one wrestling and social entertainment sport. Wrestling is one of the oldest types of wrestling. At the same time, it is the youngest sport on the world stage. Despite its long history, wrestling only made its mark on the world sports scene in 1998. From the very beginning, the bright steps of the struggle and the goal expected of it were clearly defined. It is also about turning wrestling into an international sport.

In the ninth century AD, the development of wrestling reached a new level. At that time, the people living in the territory of modern Uzbekistan used wrestling as a means of entertainment and recreation during traditional holidays, weddings and large public events. Later, wrestling became a sport independent of entertainment and a method of physical training. The strongest fighters became well-known among the people, and legends about them began to be fabricated. Pahlavon Mahmud, who lived in the 13th century, is a clear example of this. His tomb is still a favorite place of pilgrims and one of the holy shrines. In the 14th century, Amir Temur, an incomparable commander and statesman who left a bright mark on human history, used wrestling to strengthen his soldiers and increase their physical fitness. It is known that Amir Temur's army was the most powerful and invincible army of his time.

Over time, wrestling has become one of the most beloved and respected traditions of the people living in the territory of modern Uzbekistan. In this sense, it is no exaggeration to say that the struggle is ingrained in the blood of Uzbeks. The love for this sport is passed down from fathers to children. Today, in Uzbekistan alone, the number of regular wrestlers is growing. The number of fans and amateurs of this sport is growing at an unprecedented rate.

Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In the following years, Kurash also began to be recognized worldwide as a separate type of Kurash. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Kurash is allowed to be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life.

In 1992, the Kurash Federation of Uzbekistan, and in September 1998, in Tashkent, representatives of 28 countries (USA, Bolivia, Great Britain, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA). The largest international competition was held in The Decree of the President of the Republic of Uzbekistan "On Support of the International Kurash Association" (February 1, 1999) gave impetus to the further development of Kurash. In the same year, the first World Wrestling Championship was held in Tashkent, and an international women's tournament was held in Bryansk, Russia. The International Kurash Academy was established under the IKA, the World Kurash Development Fund was established, and the Kurash magazine was established under the auspices of the association. The traditional international competition named after the honorary

president of IKA Islam Karimov has been established in Great Britain. World, continental and national championships and championships in this type of wrestling, in memory of al-Termizi, Amir Temur, Pahlavon Mahmud and many other international competitions are regularly held in Uzbekistan. Bahrom Anazov, Isak Akhmedov, Makhtumkuli Mahmudov, Kamol Murodov, Toshtemir Muhammadiev, Akobir Kurbanov and others (Uzbekistan), Kubashkhonim Elknur, Selim Totar oglu (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil) at the World Wrestling Championships Melanants (Poland), Hiroyoshi Kashimoto (Japan) and others won and became the winners.

Prior to each competition, the state that organizes the competition in its territory submits to the Wrestling Federation a list of judges who will serve in the competition, depending on the scale of the competition, and the judges approved by these federations have the right to serve in that competition. In each international tournament, continental championship and championship, World Championship and championship, wrestling competitions in the program of the Olympic Games are held only by judges certified and specially certified by the International Kurash Association.

Judo competitions have been held since 1883. The International Judo Federation (IJF) was established in 1956 and has about 170 member countries, including the Judo Federation of Uzbekistan (1991). The World Cup has been held since 1956, and since 1964 it has been included in the program of the Olympic Games. Judo has been practiced in Uzbekistan since the 1980s.

Some aspects of judo quickly became popular because it was similar to wrestling. Our judokas have achieved high results, especially during the years of independence, they have been awarded many medals in prestigious competitions. In particular, Armen Bagdasarov won silver at the Olympics (1996) and the Asian Games (1998), Farhod Turaev won silver at the World Championships (1999) and 2 gold medals at the A category (1998, 2001), Egamnazar Akbarov won silver at the World University Games (2001). gold, Kamol Murodov (1998) and Vladimir Shturbabin (1999) in the "A" category - gold, Suzanna Ahmedova - bronze medals at the Asian Championship (1999), Rishod Sobirov - 3 bronze medals at the Olympic Games (2008, 2012, 2016), at the World Championship 2 gold (2010,2011), 1 bronze, winner of the Asian Games, Asian champion, Abdulla Tangriev, silver medalist of the Olympic Games, winner of the Asian Games, Dilshod Choriev, Navruz Jurakobilov, Diyorbek Urozbaev, Sharofiddin Lutfullaev, Diyora Keldiyorovan became winners and prizewinners and won high-profile medals.

### **CONCLUSION:**

All kinds of sports are beneficial. The main thing is that your child loves the sport in which he is engaged and exercises voluntarily. It is wrong to force a child to do a sport he or she does not want. You can agree on a test session with your coach before giving your child any kind of sport. If your child leaves the test session in a good mood and confident to practice this sport, then it is possible to continue the training.

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