

## The History of the Emergence of the Uzbek Struggle and its Formation

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**Abstract:** The article describes the sport of wrestling, the history of its formation, the origin and rules of Uzbek wrestling. The importance of wrestling for man and society was also revealed.

**Keywords:** kurash, national kurash, International Kurash Association, Belt Wrestling Federation of Uzbekistan, rules of kurash.



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### INTRODUCTION

A society with an increased focus on sports develops in the form of a healthy society. There are all kinds of sports that serve not only physical perfection, but also spiritual development of the individual. In particular, the sport of wrestling is a defense of national values, ensuring the strengthening of feelings of national pride, pride and confidence in a bright future in itself. The art of fighting has been known in many peoples since ancient times. This sport is a one-on-one take of two athletes under established rules. Wrestling in ancient times was especially widespread in Greece, and antiquity was a constant fixture from Olympic competitions. Today, various forms of national struggle exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The Basic Rules of modern sports wrestling began to appear in several countries of Europe in the late 18th — early 19th centuries. The International Amateur Wrestling Federation (FILA) of 1912 was formed (now it has 144 member countries, in particular, our country joined it in 1993). In the international arena, Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of sport Wrestling are common. In the following years, Uzbek wrestling also began to gain worldwide recognition as a separate type of wrestling. Wrestling is one of the main tools that educate a person to be strong, agile, resilient and strong-willed. Under the supervision of specialists, it is allowed to engage in wrestling from the age of 12. Archaeological finds, historical manuscripts confirm that the struggle has long been an integral part of the Uzbek lifestyle. A cylindrical pottery from the Bronze Age, found in the ancient Bactrian area, depicts two polwon struggles. Another artifact features a demonstration of the polwons' methods of struggle. These unique findings suggest that even before the 1.5 millennium BC, the struggle was part of the way of life of our ancestors. According to the Greek writer Claudius Elianus (2nd-3rd century) and other historical figures, the Daughters of the sak tribe chose the groom for themselves, fighting

with the guys. The girls later identified the groom by stipulation, and the stipulation was a wrestling contest. An example of this is the conditions of Barchin in the Uzbek folk heroic epic — "Alpomish". One of them draws one of the two wrestlers by grabbing his opponent's waistband, while making a measure of getting rid of his opponent. This definition is close to modern rules of struggle. Also, Mahmud Koshgari's "Devonu lexicotit turk", Alisher Nawai's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Wasifi's "Badoye' ul-vaqoye'", Husayn Voiz Koshifi's "Futuvvatnomai Sultani", Z.M.Babur's "Baburnoma" contains valuable information about the struggle. In the 9th-16th centuries, wrestling was widely popular among the people. During this period, the dovrug of Pahlavan Mahmud, the loyal polwon, was known all over the East.

There is also a type of Uzbek folk solo wrestling called Belt Wrestling. There are many finds and historical manuscripts that relate to this. A figurine found 5,000 years ago from the Mesopotamian region depicts polwons competing in Belt Wrestling. In the Chinese manuscript "Tan-shu" it is written that the state of Dovon (Fergana Valley) does not pass weddings, Siles without wrestling competitions. Ahmad Polwon, Khoja polwon gained fame in this type of wrestling (late 19th — early 20th century). During the period of chorism and shuros, on the basis of ideological movements, an attempt was made to artificially squeeze the Uzbek national struggle out of the folk way of life.

In 1992, The Wrestling Federation was formed in Uzbekistan. The 2003 Congress of the International Wrestling Association (IKA) in Tashkent set the competition time at 3 minutes in official competitions in order to ensure that each match was intense. The methods used are given "chala", "yonbosh", "honest" grades in accordance with their implementation, and the non-rule actions are given "reprimand", "dakki", "gin-om" punishments. If the wrestler gets an "honest" grade (or if his opponent is punished with a "thunder") it means his victory. Getting a double "side" grade (or punishing your opponent double "duck") also means victory. "Chala" grades are taken into account... The wrestler who received the last grade in the points tie is awarded a win, the wrestler's score and the number of penalties wins an advantage in the equal position, if the number of penalties is equal to the oxiigi is the loser who received the penalty, if all are equal (or not scored and not punished), the winner is declared according to.

In 2001, the Belt Wrestling Federation was formed in Uzbekistan. In September 1998, 28 countries (USA, Bolivia, UK, Netherlands, Russia, Uzbekistan, Japan, etc.) representatives became founders of the International Wrestling Association (IKA), and in this regard, this yeráa Uzbek wrestling promotion international competition was held. Prozident's "on supporting the International Wrestling Association" faimoni ensured further development of Uzbek national wrestling. In the same year, Tashkent hosted the first World Championships in Uzbek wrestling, an International Women's competition in Bryansk, Russia. An international wrestling academy was established under IKA.

The 2000 wrestling month was held in Uzbekistan. During this month 2 mln.ga a loved one climbed onto the wrestling carpet. In the United Kingdom, the traditional international competition named after Ika honorary president Islam Karimov was founded. Since 2001, the International Wrestling Institute has begun operations in Tashkent. 66 National Federations entered the IKA as members. European, Asian, Pan American and Oceania wrestling confederations were formed. Currently, more than 600 thousand people are engaged in Uzbek wrestling in foreign countries. World, Continental and Country Championships in this type of wrestling and international competitions in Uzbekistan dedicated to the memory of at-Termiziy, Pahlavon Mahmud and many others are held regularly. The Olympic Council of Asia included this type of wrestling in the Asian Games program in 2003. The wrestling world championships were won and won by Bahrom Anazov, Isaac Akhmedov, Maxtumquli Mahmudov, Kamol Murodov, Toshtemir Muhammadiyev, Akobir Qurbanov (Uzbekistan), Kubashkhonim Elknur,

Selim Totar Oglu (Tur-kiya), Alexander Katsuragi, Carlos Honorato (Brazil), Pavel Melananets (Poland), Hiroyoshi Kashimoto (Japan) and others.

The struggle, one of the traditional sports of the Uzbek people, has a history of three and a half thousand years. Wrestling is an Uzbek word, which is mentioned in a number of ancient Eastern literary sources as a sport of one-on-one acquisition and social entertainment. In the legendary Alpomish epic with a thousand-year history, the struggle has long been covered by the fact that in the past it was the most beloved and prestigious sport that took Mass on the Land of Uzbekistan.

A number of philosophers and historians who lived and worked in ancient and medieval times paid special tribute to the struggle in their works.

## CONCLUSION

The efforts of wrestling activists did not border Uzbekistan. They headlined events aimed at introducing Uzbek wrestling at a number of prestigious sports conventions held in South Korea, Canada, Japan, India, the United States, Monaco and Russia beginning in 1992. On November 4, 2020, on the basis of the decision of the president of the Republic of Uzbekistan "on measures to develop the National Sport Of Wrestling and further increase its international prestige"PQ-4881 "the concept of bringing the National Sport Of Wrestling to a new level by 2025" was developed. In it, the struggle marked the problems that were becoming an obstacle to the further popularization and development of the national sport and the tasks to eliminate them. At the same time, priority areas of increasing the prestige of Uzbekistan in the world were established by making wrestling one of the favorite sports of the world peoples, by widely promoting its humane ideas.

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