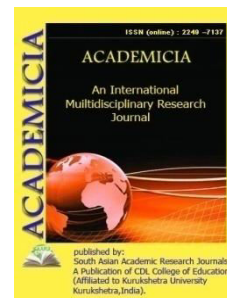




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**TEACHING WRESTLING AS ANATIONAL SPORT IN HIGHER
 EDUCATIONAL UNIVERSITIES**

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ABSTRACT

This article describes the historical development of the national sport of wrestling, directions, methods, research on wrestling, the development of the strength of wrestlers, the principles of basic training, the importance of the right and left hands in wrestling, methods of teaching wrestling, improving the training of wrestlers. The long-term structure of the process of training skilled wrestlers is based on the laws of objective formation of sportsmanship, which is specific to certain martial arts. There is a great deal of material evidence that proves the history of our struggle scientifically. For example, a mural of two fighting heroes found in Pajikent is a unique monument of the Sogdian statehood, ie the Middle Ages. . Serious mistakes made over many years or years of preparation, that is, long-lasting structural elements, are difficult to make up for in the future, and mistakes in the design of individual training or microcycle programs can be overcome relatively easily with subsequent sensible work.

KEYWORDS: *Wrestling, National Wrestling, Belt Wrestling, Wrestling Terms, Initial Training, Strength Development Experience.*

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