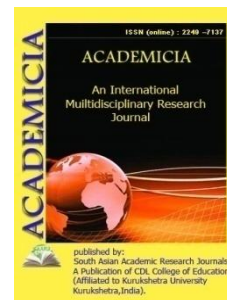




**ACADEMICIA**  
**An International**  
**Multidisciplinary**  
**Research Journal**  
 (Double Blind Refereed & Peer Reviewed Journal)



**DOI: 10.5958/2249-7137.2021.01758.4**

## 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.*

### INTRODUCTION

Under the slogan of a new worldview, Uzbekistan has opened the way for reforms not only in politics but also in physical culture and sports. In particular, on the basis of the Resolution of the President of the Republic of Uzbekistan dated November 4, 2020 No PP-4881 "On measures to develop the national sport of wrestling and further enhance its international prestige", the rapid development of the national sport of wrestling and its prestige in the world community. laid the groundwork for growth.

Kurash has been one of the most popular and beloved national games of the Uzbek people for centuries. Kurash is an ancient form of individual wrestling, which has its roots in the territory of

modern Uzbekistan. 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. Rare finds, artifacts, and rock art sources from the Surkhandarya, Zarafshan oases, the Fergana Valley, and the Sarmishsay Gorge, as well as a number of ancient settlements, have a history of three and a half thousand years. The masterpieces of Oriental literature, such as "Shohnoma", "Qobusnoma", "Zafarnoma", "Boburnoma", also contain vivid lines about the appearance of wrestlers, colorful images, descriptions and descriptions that disturb their spiritual world.

Heroes such as Alpomish, Alp Er Tonga, Pahlavon Mahmud, who were born and raised in our great and holy Motherland and whose blessed names have become legends and epics, spread the fame of the Uzbek land all over the world through wrestling. According to ethnographic research, our wrestling in the territory of our country was widely developed in the IX-X centuries AD, and wrestling competitions became common in all festivals. Abu Ali ibn Sina's Kitab al-Qanun fit-tib also provides valuable information about the struggle. Kurash was a source of physical training and strength for Amir Temur's troops. In particular, Amir Temur paid great attention to competitions and types of wrestling and called on his troops to study the science of wrestling. Amir Temur was not only a statesman, clever, enlightened, a historical figure with a perfect knowledge of military science, but also a strong wrestler with a deep knowledge of the art of wrestling. Mahmud Kashgari writes in his famous book "Devoni lug'atit-turk" that wrestlers hold each other by the waist and lift their opponents with their feet. The unparalleled heroes and struggles of the wrestlers are praised in Tabiri's "History", Firdavs's "Shohnoma", Sherozi's "Devon", Nizami's "Khamsa", Navoi's "Farhod and Shirin", Babur's "Boburnoma". It is known that Uzbek wrestling developed in the IX-XIII centuries. During this period, wrestling became one of the most popular forms of entertainment. Wrestlers such as Pahlavon Mahmud, Jaloliddin Manguberdi, Darveshmuhammad spread the fame of Uzbek wrestling in those times. Prestigious competitions have been held in our country since 1992. International tournaments dedicated to the memory of Amir Temur in Shahrisabz, At-Termizi in Surkhandarya, Bahauddin Naqshband in Bukhara, Bobur Mirzo in Andijan, Pahlavon Mahmud in Khorezm have contributed to the rise of Uzbek Kurash to a new level and its entry into the world sport. On September 6, 1998, the founding congress of the International Kurash Association (IKA) was held in Tashkent with the participation of representatives of 28 countries from Latin America, Europe and Asia. At the same congress, the Executive Committee of the ICA was formed, and the international rules of Kurash were unanimously approved. Islam Karimov has been elected Honorary President of the International Kurash Association. Uzbek words such as "Kurash", "tazim", "tokhta", "yonbosh", "chala", "dakki", "halal" sounded loudly in the language of judges of different nationalities, which brought great joy to the hearts of our people.

### **The Main Findings and Results**

The phrase "Uzbek wrestling" has become an important and effective tool among athletes around the world to demonstrate the qualities of honesty and humanity, tolerance and fighting spirit. The National Wrestling Federations of 127 countries are full members of the International Wrestling Association. Wrestling is a national sport in the comprehensive scientific research of the leading scientists of the country AKAtoev, K.Yusupov, F.Odilov, J.Tursunov, TSUsmonkhujayev, F.Kerimov, O.Toymurodov, J.Nurshin, U.Ibrokhimov, J.Tashpulatov. described. Uzbek wrestlers

Abdulla Tangriev, Rishod Sobirov, Khushvakt Ruzikulov, Sabir Kurbanov, Sayfiddin Khodiyev and others started their careers in wrestling<sup>1</sup>.

The main part. The main task is to form the main components of the system of training wrestlers in higher education, to develop a system of competitions and training. Precise planning of undergraduate programs is one of the factors in managing the system of sports training, which requires large financial costs and pre-organization of the following components: the schedule of competitions in the national sport of wrestling, the schedule of training sessions, as well as logistics of sports training. begins with addressing security issues. Only after these plans are approved will sports training be planned. 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. These laws determine the effectiveness of the competition and the optimal training structure, the adaptive characteristics of the national sport of wrestling, the means and methods of pedagogical influence, the duration of the main competitions and their age to achieve the best results, multi-year training, macrocycles. period and other reasons. These various factors determine the duration, purposefulness, and content of the multi-year preparation stages, macrocycles, cycles, meso-, and microcycles, the relatively complete, independent, and interrelated training process structures.

It would be very wrong to distinguish between primary and secondary structural components in a training system. For example, it is incorrect to look at cycles or phases as the main elements of a structure, microcycles and activities as secondary elements, and vice versa, microcycles or activities, weeks or months cannot be considered as basic elements of a structure. Each element of the structure, regardless of its duration, is associated with the solution of specific, specific and specific tasks. The training process should be considered as a set of different structural elements. These elements are subject to the main strategic task of training - to ensure the full technical, tactical, physical, psychological and integrated training of wrestlers in accordance with the laws of formation of higher sportsmanship in a particular national sport. 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. However, this, of course, is not the basis for dividing the various elements of the preparatory structure into primary and secondary elements. In the monograph "Improvement of methods of initial training of the national sport of wrestling" the author emphasizes the need to improve the initial stage of teaching wrestling in higher education, increase the number of hours and loads and conduct it in an intensive phase.

The main components of the management system of the training process of wrestlers can be justified by the following tasks:

1. Creation of a unified system of accounting and analysis of training and competition loads.
2. Identify the most effective training tools and methods.
3. Optimizing the design of the training process, that is, finding ways to rationally distribute the tools and methods of training at different stages of preparation.
4. Development and unification of the system of control over the level of training of the wrestler.

In wrestling, high results are not possible unless the physical qualities are well developed, especially mental ability, especially quick thinking, visual memory, attention distribution, and the ability to move from one thing to another. Over time, the requirements for the mental capacity of the wrestler increase significantly, because only a high level of these qualities allows the following:

- 1). Conducting the competition in a mode characterized by a high concentration of intellectual operations in conditions of increasing physical fatigue, which ultimately determines the effectiveness and stability of the results;
- 2). Equipping the fighter with tactical means of combat, as he is required to choose the optimal option ten times from a large number of actions that can be used in the absence of opportunities, to plan the nature of combat interaction, to engage directly with the opponent.

Problems of adaptation to the load of training and competition in sports - the complexity of the problem of managing the training of wrestlers is determined by the multifactorial nature of the components that determine the state of training and the outcome of the sport depends on its manifestation. In the national sport of wrestling, the interaction of physical and mental factors is determined by the complexity of the movement, the unpredictability of tactics, and the high emotional intensity of the activity. The high intensity of motor movements, as well as the extremeness of not only the race, but also the training conditions, cause great reactions to loads, especially in competitions and contests. The accumulation of such loads leads to changes in the adaptation process, which can lead to their incompatibility and inadequate reactions to the loads.

Training improves adaptation not only in a given direction, but also in the intermediate mechanisms of adaptation, increases the tone of the body, develops its overall flexibility. However, the possibilities for adaptation are not limitless, so downloads can lead to maladaptation. Therefore, there is a need to interpret exercise as a complex conflict process, a process that involves the simultaneous regression of a number of functions and structures of the body. The optimal workload parameters identified during many years of pedagogical experience (including more workload, intensity and specialization) ensure the effectiveness of training in the context of a high level of morphofunctional development of the body of skilled wrestlers. Short-term adaptation to operating conditions is ready and relies on fully formed physiological and psychological mechanisms. Such reactions occur immediately after the onset of the stimulus, but can only spontaneously adapt to its relatively short-term effects. Long-term adaptation involves reactions in which there are no ready-made mechanisms that are ready to take place, only genetic preconditions that allow environmental factors to form gradually over multiple and long-term effects. Managing an athlete's training process is the gradual formation of the mechanisms needed for long-term adaptation, that is, for achieving a high level of training.

The development and application of effective teaching aids in wrestling is considered at the level of the process of practical acquisition at the level of skills, sensory-rational comprehension and memorization, that is, the acquisition of skills at the level of skills. The essence of the exercise process should be taken into account when beginning to teach basic technical skills to OO students. It is determined primarily by the requirements (structure and content) of competition in each sport, their effective implementation, the actions and conditions of competition, the physiological laws of the development of motor skills. One of the ways to improve the system of sports training is to ensure that the training system of athletes is strictly consistent with the

specific requirements for the chosen sport. The mastery of the competition takes place in the opposite order: first the initial quality-balance and functional basis is created, on the basis of which special physical qualities and abilities are developed, then mastering the techniques and tactics of competition actions, and complex application of technical-tactical arsenal and game activity in competitions. will give<sup>2</sup>.

In parallel with the algorithm for mastering competitive movements, there are exercises and competition tools, which are used to develop competition skills. As a result, all of this is reflected in the training activities - in the components of the exercise: general and special physical training, technical, tactical, integrated training. The structure of the training process also includes theoretical and psychological training: the acquisition of specialized knowledge and the development of personal willpower. The preparation of the novice wrestler for the training of special throwing movements is carried out on the basis of skillful application of certain methodological principles:

- 1) the principle of consciousness and activity;
- 2) the principle of universality;
- 3) the principle of regularity;
- 4) the principle of clarity;
- 5) the principle of sustainability.

When working with novice athletes, the implementation of these principles in the practical work of the coach is achieved when the training is properly organized and a methodologically sound system of teaching technical and tactical movements is used. During the training of wrestlers, it is necessary to know three basic principles:

1. The principle of sequential training from simple to complex, taking into account the fact that the body and its parts move at the required speed in time and space.
2. The principle of conformity of tempo and duration of movement to the objectives of training and safety of the training process, subject to a certain level of muscle tension and relaxation.
3. Strict adherence to the principle of safety of the training process, which requires special measures to ensure the safety of trainees,

It is advisable to base the process of training technical and tactical movements in wrestling on the principles of universality and consistency, which require the selection of selected exercises depending on the strength and ability of the participants. It is important to take into account the age and individual characteristics of the students, ie differential education. The principle of gradual increase in load is mainly related to the development of the quality of actions, and both of these rules are related to the process of acquiring knowledge and skills. New motor skills are built on previously accumulated skills. Depending on the principle of "whether mastered or not mastered", the content of each previous lesson serves as a stepping stone to the content of the next lesson. For example, in wrestling, intermediate exercises should be used to train the waist.

Achieving the learning objectives and solving the tasks is carried out by organizing the participants using a variety of tools and methods adopted in the theory of physical education and

sports methods and integrated into the system of influence in the classroom. In each case, the appropriateness of using this or that method is ensured by a number of requirements.

The inadequacy of the teaching of wrestling techniques and the lack of specific tasks do not allow for the correct choice of teaching methods, for example, in training sessions, the task is to teach the participant how to lift the waist. The task was defined and it was necessary to use the method of teaching in parts:

1. a) Capture an opponent;
  - b) Cutting an opponent off the carpet;
  - c) Playing the opponent;
  - g) Throwing the opponent and throwing him over the waist.
2. The principles of teaching methods should be based on the relevance and implementation of the whole system. It is known that this principle is implemented through a whole system of methods.
  3. Conformity to the specifics of the study material. There is a connection between teaching methods and types of exercise. In some cases, it may be appropriate to limit yourself to just the word style, in other cases, it may be necessary to use the demonstration method in more complex tasks. For example, games, compressions, attempts, and so on. However, each of these species tends to use more of one type of style and less of the other. The deeper this connection, the better the learning outcome.
  4. Adequacy of individual and group training of students. For example, for well-prepared students, it may be helpful to use a piece-by-piece approach to learning some movement activities, while for less-prepared students, it may be best to start with the introductory exercises. Special attention should be paid to the general level of knowledge of students when using word techniques.
  5. Compliance with the individual characteristics and capabilities of the coach. It goes without saying that every educator must have mastered all teaching methods. Approximately the same results are expected from the two methods in each case, but it is better to use the method that the trainer is better at.
  6. No style is considered unique and basic, universal. Great success is achieved when different methods are used.

In sports practice, the use of such exercises, standardized or differentiated according to the age, sex and physical capabilities of the participants in terms of size, intensity, in the formation of physical qualities and technical-tactical actions (methods) specific to a particular sport, has a positive systematic methodological effect. It is known that the effectiveness of training or formation of technical and tactical skills is determined by the appropriate development of physical qualities inherent in the characteristics of the chosen sport. However, in all sports, especially situational sports, in addition to specific physical qualities, there are physical and functional components that play an important role in the composition of physical and technical-tactical capabilities, the high level of which can determine the fate of the competition. These include the right and left rotations during static and dynamic stress movements, and the

components that maintain balance under the influence of this process. As mentioned above, such components are a priority in wrestling, especially in the practice of belt wrestling. Pedagogical observations, surveys, and current research have shown that little attention is paid to the formation of balance-related components in wrestlers' training, which can increase the effectiveness of technical and tactical methods. In the wrestlers involved in the study, these components were found to be very poorly formed. However, experience has shown that such components, which expand the range of physical and technical capabilities and increase their functional value, can be effectively formed through the long-term regular use of special exercises developed by us. The introduction of this set of exercises into the practice of wrestling training and its application requires the observance of specific methodological procedures, normative requirements and technological guidelines.

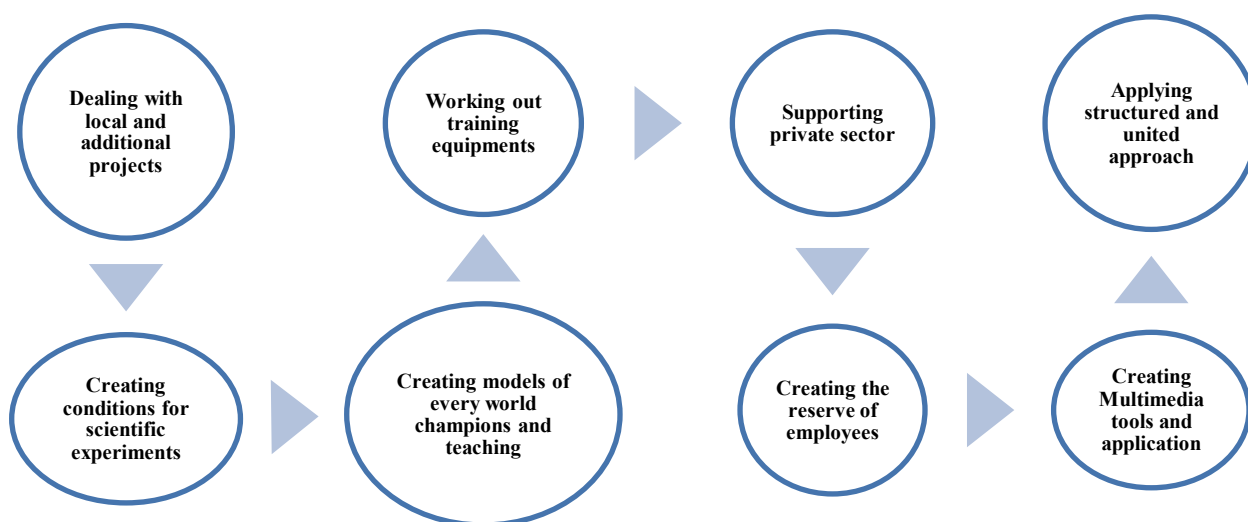


Figure 1. Guidelines for the systematic development of the national sport of wrestling.

## CONCLUSION

It is necessary to modernize the training system of wrestlers in vocational schools on the basis of innovative technologies and modern methods. The main goals and objectives of the research discussed above are the accuracy of the curriculum, the development of a plan for the implementation of foreign joint programs, the involvement of qualified trainers, the improvement of existing methods, the systematic implementation of initial training and other stages. It is important to popularize the integrated modeling system, to establish a system of regular training of general and individual sports pedagogical skills, as well as to create a generation of modern literature, to develop and ensure the development of multimedia tools in this regard.

In addition to studying the world experience, ensuring that local coaches conduct master classes in foreign sports schools, and establishing practical partnerships will also contribute to the further development of the sport of wrestling. Wrestling will also create opportunities for

research institutes and the private sector in the national sport, as well as a healthy and competitive workforce and environment in the system.

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