

THE ORIGIN OF SINGLE KURASH AND THE STAGES OF ITS DEVELOPMENT

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ABSTRACT

People's physical culture, which is considered a component of Uzbek national culture, has a special socio-psychological place in forming a physically strong new generation and creating a healthy lifestyle among young people. Kurash is a type of sport, a one-on-one match between two athletes according to established rules. The art of kurash has been known in many nations since ancient times. Kurash is especially widespread in Greece, and has taken a permanent place from the ancient Olympic competitions. Various forms of National Kurash exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

KEYWORDS: *Historical Manuscripts, Uzbek Folk, International Kurash Association, Oceanic Kurash.*

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