

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.*

INTRODUCTION

The basic rules of modern sports kurash were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Kurash Federation (FILA) was established (now it has 144 countries, Uzbekistan has been a member since 1993). Greco-Roman kurash, freestyle kurash, judo, sambo and other types of sports kurash are widespread in the international arena. In the following years, Uzbek kurash as a separate type of kurash began to be recognized worldwide.

Kurash is one of the means of training a person to be strong, dexterous, resilient and strong-willed. Under the supervision of doctors, it is allowed to engage in kurash from the age of 12. Archeological findings and historical manuscripts confirm that kurash has been an integral part of Uzbek lifestyle since ancient times. Two wrestlers, one of them beating the other, are depicted on a Bronze Age cylindrical pottery vessel found in ancient Bactria (southern Uzbekistan). Another archaeological find from this period shows wrestlers demonstrating kurash techniques. These unique finds prove that kurash was a part of the lifestyle of our ancestors even before 1.5 thousand years BC. According to the Greek writer Claudius Aeolian (2nd-3rd century) and other historical figures, the girls of the Saka tribe, who lived in this area, chose their grooms by competing with young men. Later, the girls determined the bridegroom by setting a condition, and in this condition, there was a kurash competition. An example of this is the conditions of

Barchin in the Uzbek folk heroic epic - "Alpomish". Ibn Sina wrote in his work "The Laws of Medicine": "There are types of kurash.

One of the two wrestlers grabs his opponent's belt and pulls him to himself, at the same time he takes measures to get rid of his opponent...". This definition is close to the rules of modern kurash. Also, "Devonu Lug'otit Turk" by Mahmud Koshgari, "Hamsa" by Alisher Navoi, "Holoti Pahlavon Muhammad", "Badoye' ul-vaqaye" by Zayniddin Vasifi, "Futuvvat-namei Sultani" by Husayn Vaiz Koshifi, "Futuvvat-namei Sultani" by Zahiriddin Muhammad Babur "Boburnoma" contains valuable information about Kurash. In the 9th-16th centuries, Kurash became widely popular among the people. During this period, Pahlavon Mahmud and Sadiq, wrestlers, raised the level of kurash.

There is also a type of Uzbek folk singles kurash called belt kurash. There are also many archaeological finds and historical manuscripts related to it. A figurine found in ancient Mesopotamia dating back 5,000 years depicts wrestlers competing in belt kurash. In the ancient Chinese manuscript "Tan-shu" it is written that weddings and celebrations in the Fergana Valley do not take place without kurash competitions. Ahmad Polvan, Khoja Polvan and others gained fame in this type of kurash (end of 19th - beginning of 20th century). During the Tsarist occupation and the period of the Soviets, efforts were made to artificially suppress the Uzbek national struggle from the people's way of life. By the end of the 90s of the 20th century, these attempts were terminated.

In 1991, Kamil Yusupov, a representative of the dynasty of wrestlers and an international master of sports in several types of kurash, developed the following rules of Uzbek kurash adapted to international standards: They compete in a standing position on the blue-green kurash carpet marked with ". The winner will be determined based on the methods used and their behavior on the field. In kurash, it is not allowed to use methods that cause pain to the opponent.) will be tied, men will fight in 60, 66, 73, 81, 90, 100 kg and more than 100 kg, women will fight in 48, 52, 57, 63, 70, 78, and more than 78 kg weight categories (children, weight categories are determined taking into account age characteristics in competitions of seniors, juniors, seniors and girls). The 2003 Congress of the International Kurash Association (IKA) in Tashkent set a time limit of 3 minutes in official competitions in order to ensure the intensity of each match.

According to the methods used, "Chala", "Yonbosh", "Halol" evaluations are given, and "reprimand", "Dakki", "Ghirrom" punishments are given for actions that violate the rules. If the fighter receives an "honest" rating (or his opponent is punished with "ghirram"), this means his victory. Getting a double "side" (or being punished by an opponent with a double "ducky") also means victory. "Chala" grades are taken into account, and the winner is given to the wrestler who received the grade, if the number of grades and penalties of the wrestlers is equal, the grade has priority, if the number of penalties is equal, the one who received the last penalty is the loser, if all are equal (or the grade and no penalty), the winner will be declared by majority vote of the judges. In 1992, a kurash federation was established in Uzbekistan, and in 2001, a belt kurash federation was established in Uzbekistan. In September 1998, in Tashkent, representatives of 28 countries (USA, Bolivia, Great Britain, Holland, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA), and in connection with this, there was Uzbek kurash here. a major international competition was held. 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 Uzbek national kurash. In the same year, the

first Uzbek kurash world championship was held in Tashkent, and an international women's competition was held in Bryansk, Russia.

The International Kurash Academy, the World Kurash Development Fund were established under the IKA, and the "Kurash" magazine was established under the foundation of the association. This literary-artistic, social-publicistic, information-advertising magazine has been published in Tashkent since October 1999. In 2000, the Month of Kurash was held in Uzbekistan. During this month, about 2 million people went to the kurash mat. A traditional international competition named after the honorary president of IKA Islam Karimov was founded in Great Britain. Since 2001, the International Kurash Institute (in Tashkent) has been operating. 66 national federations became members of IKA (2003). European, Asian, Pan American and Oceanic kurash confederations were formed. Currently, more than 600 thousand people are engaged in Uzbek kurash in foreign countries. World, continental and national championships and championships in this type of kurash, in Uzbekistan dedicated to the memory of Al-Termizi, Pahlavon Mahmud and many other international competitions are regularly held. Currently, in Uzbekistan, students are educated in this type of sport in 22 schools of Olympic substitutes, 37 sports schools for children and teenagers, and 206 kurash schools. More than 100 kurash clubs operate in higher educational institutions. 851 coaches work with wrestlers (2003).

In 2003, the Olympic Council of Asia included this type of kurash in the program of the Asian Games. Bahrom Anazov, Isoq Akhmedov, Makhtumkuli Mahmudov, Kamal Murodov, Toshtemir Muhammadiyev, Akobir Kurbanov (Uzbekistan), Kubashkhanim Elknur, Selim Totar's son (Turkey), Alexander Katsuragi, Carlos Honorato (Brazil), Pawel Melananets (Poland), Hiroyoshi Kashimoto (Japan) and others won and received prizes.

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