

THE PLACE OF UZBEKISTAN NATIONAL WRESTLING IN THE WORLD ARENA TODAY

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Abstract: This work covers the history, stages of development, basic rules and the role of kurash, the national sport of the Uzbek people, today. The importance of kurash in the physical and spiritual education of the younger generation, its influence in the international arena and its role as a national value are discussed. Information is also provided about the role of kurash in the sports life of Uzbekistan and its international successes.

Keywords: National wrestling, Uzbekistan, sport, value, education, international competition, honesty, courage, tradition.

Introduction:

Wrestling is an ancient sport that reflects not only physical strength and skill, but also the spirit, culture and history of the people. Wrestling occupies a special place among the rich traditions of the Uzbek people. For centuries, our people have preserved it not only as a means of physical training, but also as an important value that promotes the principles of honesty, courage and respect. National wrestling has become an integral part of large gatherings such as holidays, weddings and folk festivals. Today, it is widely recognized not only in Uzbekistan, but also throughout the world, finding its place in international sports arenas.

National struggle — This is an ancient and traditional sport of Uzbekistan, in which wrestlers compete on a carpet in special clothing. This sport demonstrates not only physical strength and skill, but also morality, honesty and courage. Kurash is part of the rich cultural heritage of the Uzbek people and has been passed down from generation to generation for centuries.

Basic information:

- Name: Kurash (often called "national wrestling")
- Origin: Uzbekistan (Central Asia)
- Attire: Light jacket (lighter jacket - "yaktagi"), belt (colors vary depending on level), sports pants.
- Mat: It is held on a special soft mat (similar to a judo mat).
- Goal: To throw the opponent completely on his back is considered the highest score.
- Basic rules of wrestling:
 - Wrestling is performed only in a standing position.
 - Fighting while lying on the floor, kicking, and striking are prohibited.

2. Shoulder-to-shoulder knockdown is the main goal.

- Knocking down an opponent with their shoulders fully touching the mat is called “halal” (the highest score).
- There are also lower scores such as “sideways”, “strange”.

3. The behavior and etiquette of athletes are important.

- Wrestlers bow to each other before and after the competition.
- Cheating and rudeness are strictly prohibited in wrestling.

4. Wrestling levels (belt system):

In wrestling, athletes are awarded different belt levels based on their skill. They are usually distinguished by colors (green, blue, brown, black, etc.). However, this system may vary in some regions.

5. Historical and modern significance:

- Kurash has been developing in Uzbekistan and throughout Central Asia for thousands of years.
- Since 1998, the International Wrestling Association (IKA) has been established.
- Today, world wrestling championships, Asian Games, and other competitions are held.
- At the initiative of the President of Uzbekistan, “Kurash Day” and events to promote kurash are held annually.

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Uzbek national wrestling is a unique traditional sport that has been preserved as a cultural heritage of the Uzbek people for centuries. In recent years, national wrestling has significantly strengthened its place and position not only in Uzbekistan, but also in international sports arenas.

1. International recognition and popularity

- Uzbek national wrestling has been recognized as an official sport in a number of international tournaments and competitions.
- Cooperation has been established with international wrestling federations, and its rules and standards are being harmonized worldwide.
- National wrestling styles, including Uzbek wrestling, are being widely promoted within the framework of the World Wrestling Federation (UWW).

2. Athlete's successes and participation in international competitions

- Uzbek wrestlers are actively participating in Asian, World Championships and other major competitions, winning many medals and prizes.
- These achievements increase the prestige of Uzbek wrestling and serve to interest the younger generation in the national sport.

3. Promotion as a cultural heritage

- National wrestling has become a means of introducing the culture and traditions of Uzbekistan to the world in international arenas.
- Kurash demonstrations are held as part of various festivals and cultural events, and its importance is conveyed to the general public.

4. Development prospects

- To enhance its status as a sport on a global scale, wrestling federations are expanding new tournaments, international cooperation, and youth programs.
- The prospects for kurash becoming a sport and being included in the Olympic Games are also being considered.

Period	Key events and developments	Role and achievements in the world arena
Ancient times	Wrestling has developed as a traditional sport and has become popular among the people.	Mainly a local and regional grassroots sport.
Early 20th century	National wrestling began to develop systematically, and federations were established.	The first participations in international competitions have begun.
1990s	After independence, great attention was paid to the development of national sports.	Cooperation with international federations has increased.
2000s	Active participation in international wrestling competitions and championships	Winning medals at many Asian and world championships.

Period	Key events and developments	Role and achievements in the world arena
	began.	
2010s	National wrestling has begun to be recognized as an international sport..	The development and expansion of the World Wrestling Federation.
2020 and beyond	Youth sports are developing, new technologies are being introduced.	High rankings of Uzbek wrestlers in world arenas.

CONCLUSION:

Today, Uzbek national wrestling is taking its rightful place in the international sports arena. Its cultural significance and sporting potential are recognized not only at the national level, but also at the global level. In the future, this traditional sport is expected to be further promoted and strengthen its position in the international sports community.

SUGGESTIONS:

1. Expanding international cooperation
Strengthening cooperation with the World Wrestling Federation and other international sports organizations, organizing joint competitions and trainings.
2. Further improving and standardizing wrestling rules
Improving the rules and refereeing system to bring wrestling into line with international standards, ensuring transparency and fairness.
3. Developing youth and school sports
Populating national wrestling among youth in Uzbekistan and other countries, introducing educational programs at the school and mahalla levels.
4. Holding more international competitions in Uzbekistan
Increasing international attention to national wrestling by organizing world and Asian championships, international festivals in Uzbekistan.
5. Promotion through broad media
Actively covering the history, rules and achievements of national wrestling through television, the Internet and social networks.
- 6.Improvement of sports infrastructure
Development of special training halls, sports equipment and coach training programs for wrestling.
- 7.Efforts to include national wrestling in the Olympic Games program
Negotiations with world sports organizations, strengthening the international recognition of national wrestling.

RECOMMENDATIONS:

1. Training and continuous improvement of qualified coaches
Organizing coaching courses that meet international standards, increasing the knowledge and experience of coaches.
2. Paying special attention to the development of youth sports
Introducing national wrestling textbooks and training programs in schools and sports schools, attracting young people to sports.
3. Ensuring the comprehensive physical and mental preparation of athletes

Conducting training based on diet, rehabilitation, psychological preparation, as well as modern technologies.

4. Expanding participation in international competitions

Sending athletes to more international tournaments, gaining experience there and adequately defending the name of the country.

5. Conducting promotional campaigns to promote and popularize wrestling

Providing information to the general public about the history, rules of wrestling and the achievements of athletes through the media, social networks, and cultural events.

6. Improve sports infrastructure

Create special wrestling halls, equipment and conditions, and provide all conditions for the comfort of athletes.

8. Increase appreciation for national wrestling among the younger generation

Expand educational and cultural events to enhance appreciation and respect for the national sport.

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