

THE NATIONAL SPORT “KURASH” AND ITS ROLE IN PHYSICAL AND MORAL EDUCATION

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Annotation: This article analyzes the history and development stages of the Kurash sport, its significance in the physical education system, and its role in the moral and ethical upbringing of the younger generation. It also highlights the international recognition of Kurash and its position as a sports brand of Uzbekistan.

Keywords: Kurash, national sport, physical education, spirituality, youth, sports training, international arena.

INTRODUCTION

Among the rich historical heritage and national values of the Uzbek people, Kurash holds a special place. It is not only a type of sport but also a symbol of courage, honesty, and bravery. Ancient sources indicate that Kurash served as an important means of forming the military, moral, and physical preparedness of the Uzbek people. Therefore, studying Kurash not only as a sport but also as an effective pedagogical tool in youth education has become an essential issue today.

In recent years, large-scale reforms have been carried out in Uzbekistan to develop physical education and sports, revive national sports, and promote them internationally. Kurash stands at the center of these reforms and is recognized as a national sports brand of Uzbekistan. The establishment of the International Kurash Association (IKA) in 1998 and the expansion of this sport to more than 130 countries confirm its growing global significance.

The uniqueness of Kurash lies in its ability to cultivate not only physical strength but also moral, mental, and spiritual qualities. This sport instills values such as honesty, respect for opponents, willpower, and patience. Thus, promoting Kurash among young people serves as an important factor in fostering a healthy, patriotic, and well-rounded generation.

The purpose of this article is to analyze the role of Kurash in physical and moral education on a scientific basis, to reveal its importance in the educational process, and to develop recommendations for the further development of national sports.

MAIN PART

1. The Origin and Historical Development of Kurash

The word “Kurash” means “to wrestle” or “to struggle.” Historical sources show that Kurash was an integral part of folk festivals and celebrations in the territories of ancient Uzbekistan. In Uzbek epics such as Alpomish and Gorogly, wrestlers are glorified as heroic figures.

During the years of independence, Kurash gained state-level recognition. In 1998, the International Kurash Association (IKA) was established, granting the sport international status. Today, Kurash is practiced in more than 130 countries around the world.

2. The Role of Kurash in the System of Physical Education

Practicing Kurash develops strength, agility, endurance, and coordination. Scientific research shows that regular training positively affects the cardiovascular, respiratory, and nervous systems. Through Kurash training, students and learners acquire healthy lifestyle habits and improve their overall fitness.

3. The Role of Kurash in Moral and Ethical Education

Kurash is not only a means of physical conditioning but also a tool for developing honesty, respect for others, willpower, and patience. The ability to accept victory and defeat with dignity, self-control, and team spirit plays an important role in the moral development of youth.

4. Enhancing the International Prestige of Kurash

In recent years, Kurash has been included in the programs of the Asian Games, Universiades, and World Championships. At the XVIII Asian Games in Jakarta in 2018, Kurash was featured for the first time as an official sport, marking a major milestone for Uzbekistan. Currently, active efforts are being made to include Kurash in the Olympic Games. It is also important to improve the international refereeing system and strengthen the scientific and methodological foundations of athlete training.

THE IMPACT OF KURASH ON PHYSICAL AND MORAL EDUCATION

| Direction | Indicators | Qualities Developed through Kurash | Practical Result |
|------------------------|---|---|---|
| Physical Training | Strength, agility, endurance | Muscle strength, speed, balance | A healthy, physically fit individual |
| Technical Training | Techniques and movements, coordination | Coordination, attention, quick reaction | High athletic mastery |
| Psychological Training | Stress resistance, self-control | Willpower, patience, self-discipline | Competitive athlete with strong mentality |
| Moral Education | Honesty, fairness, respect | Patriotism, humanity | Morally mature, ethically pure individual |
| Social Significance | Teamwork, friendship, respect for opponents | Cooperation, communication culture | Socially active, well-rounded individual |

Table Analysis:

As shown in the table, Kurash contributes not only to physical development but also to the moral, psychological, and social formation of an individual. Therefore, it should be regarded as an important educational tool in schools and sports programs.

CONCLUSION

Kurash is a part of our national heritage, a symbol of pride, and an invaluable means of educating the younger generation. It helps form individuals who are physically healthy, morally strong, and patriotic. Therefore, expanding the teaching and practice of Kurash in educational institutions, sports schools, and higher education establishments and studying it on a scientific basis is of great importance.

RECOMMENDATIONS

1. Integrating Kurash into the education system:

- Increase the number of Kurash clubs in schools, colleges, and universities.
- Include Kurash as a regular component of “Physical Education” curricula as a national sport.
- 2.Improving the qualifications of coaches and referees:**
 - Introduce an international certification system.
 - Regularly update scientific and methodological manuals, video lessons, and teaching materials.
- 3.Promoting scientific research:**
 - Expand research projects on the biomechanical, physiological, and psychological aspects of Kurash.
 - Encourage dissertations, academic articles, and analytical studies devoted to Kurash.
- 4.Promoting Kurash among youth:**
 - Organize nationwide sports festivals under the slogan “Kurash for a Healthy Generation.”
 - Develop special media programs and social campaigns dedicated to the history of Kurash.
- 5.Strengthening international cooperation:**
 - Develop new competition formats in collaboration with the International Kurash Association (IKA).
 - Continue diplomatic and sporting initiatives aimed at including Kurash in the Olympic Games.
- 6.Improving infrastructure:**
 - Build modern Kurash halls, training centers, and sports boarding schools in various regions.
 - Provide athletes with equipment, uniforms, and facilities meeting international standards.
- 7.Integrating moral and ethical education:**
 - Incorporate national values, honesty, justice, and patriotism into Kurash lessons.
 - Promote the principle of “fair wrestling” (halol kurash) as a key educational guideline.

SUGGESTIONS

- 1.Expanding access for youth:**
 - Establish Kurash sections in every school to develop discipline and courage.
 - Introduce basic modules on Kurash techniques and tactics into general education.
 - Promote Kurash through mass media and social networks to engage youth interest.
- 2.Improving coaching and methodology:**
 - Develop modern methodological guides on Kurash techniques and age-specific training.
 - Enhance referee training on competition rules and fair play standards.
- 3.Strengthening material and technical resources:**
 - Localize the production of mats, uniforms (yaktak), and competition equipment.
 - Create Kurash clubs and centers at district and city levels for all age groups.
- 4.Expanding competition opportunities:**
 - Hold local and regional tournaments and reward participants.
 - Showcase Kurash more widely in national and international arenas.
 - Improve the system of performance evaluation and athlete development monitoring.
- 5.Building a national brand and promotion:**
 - Present Kurash not only as a sport but also as a cultural and educational phenomenon.
 - Develop branded clothing, accessories, and logos to promote Kurash.
 - Launch awareness campaigns emphasizing women’s participation and inclusion.
- 6.Women’s Kurash and gender equality:**
 - Develop specialized training programs for female athletes.
 - Promote women’s involvement in Kurash to support sports culture and social equality.
- 7.Research and systematic evaluation:**

- Study the physical, psychological, and social impact of Kurash and use findings to shape strategies.
- Implement athlete monitoring systems for performance tracking and individualized coaching.

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