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## **HISTORY OF WRESTLING AND STAGES OF DEVELOPMENT**

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### **ABSTRACT**

*This article describes the history of the wrestling and the stages of its development. The article discusses the changes and problems that have occurred during the development process. All stages of this process are covered.*

**KEYWORDS:** *Wrestling, History, Development, Stage, Decision, Decree, Courage, Dignity, Honesty, Will-Power.*

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### **INTRODUCTION**

Wrestling has always been a symbol of nobility, courage and honesty, a part of the national and cultural heritage of our people with a history of thousands of years and a priceless treasure.

The material evidence found as a result of research, studies and archeological scientific researches and observations of historians, archeologists, archaeologists and philosophers confirms that the age of the struggle is at least 2.5-3 thousand years.

In ancient times, acrobatic gatekeepers were very popular among the peoples of Central Asia. Dexterous, physically fit goalkeepers, screaming symbionts travel to countries like Greece, Byzantium and Iran to entertain themselves with their amazing and dangerous performances, various circus scenes watered with sharp satire and laughter of clowns, flying like bullets the games of the trainers and the heroes who do not wall the human mind, the lively dances of the swan and the wooden legs, and the horse games. In ancient times, the community had certain responsibilities in the field of physical education.

Girls and boys were required to have the skills needed in life, such as agility, endurance, agility, perseverance and courage.

The great scholar Ibn Sina singled out long and fast running, wrestling, and horseback riding among the various exercises. According to Ibn Sina, the main purpose of exercise is to improve blood circulation, respiration and metabolism.

Hazrat Alisher Navoi was also amazed by the wrestling of wrestlers, which spread his fame to the 7th climate. Therefore, the thinker wrote interesting stories about the life and work of wrestlers in his works. Pahlavon notes that Muhammad's manners, generosity, modesty, honesty, courage, hospitality, and honesty are the hallmarks of wrestlers.

Our great-grandfather Amir Temur was not only a great statesman, a noble ruler, a potential commander, but also a master of the science of wrestling. He was also a strong wrestler. That is why he paid great attention to the role of the struggle in educating the youth in the country, to bring them up as patriotic, patriotic and mature people.

In Samarkand, the ancient capital of Sogdiana, Navruz has always been a popular holiday. Representatives of folk art, bakhshis, singers, hafiz, gatekeepers, dancers performed their art. During these festivities, the people watched the gates and races with great interest. But not every holiday is complete without a fight. As a result of competitions, one of the wrestlers is named

Sogdiana wrestler every year. During the holidays, this wrestler sits in a prestigious position. Wrestling competitions are always held during Eid al-Adha.

The Uzbek people have long considered wrestling to be a means of physical training. The people respected the wrestlers who embodied their strength, endurance, will and courage, as well as the moral purity of the working people. When choosing a pair of wrestlers, he determined their weight by eye. Prior to the competition, the wrestlers used exercises such as massaging and stroking the body as an exercise in writing the limbs. The wrestlers competed in traditional costumes. According to the rules of Fergana, the wrestlers wore cotton coats, and according to the rules of Bukhara, the wrestlers wore cotton coats and jackets. Wrestlers sometimes wore masks, mostly barefoot. This dress of the wrestlers has survived to this day.

In the past, Bukhara wrestling in Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh and the Republic of Karakalpakstan, wrestling in the Fergana Valley, Fergana wrestling in the Tashkent and Syrdarya regions.

We noted that wrestling has a long history. Wrestling began to take shape in the time of the primitive community, where people lived in tribes. Numerous archeological, ethnographic, written sources and various monuments confirm this.

The Greek historian Elion Saklar said that there was a custom, that according to this custom, every young man who wanted to marry had to compete individually with the girl of his choice. and if he does not win, the young man will be his captive. Women were able to consciously assess their physical strength and military qualities. They were ready to fight for their love and happiness. That is why the heroes insisted on heroically justifying their loved ones in battle.

The ancient methods of wrestling were very different from the methods of wrestling of the twentieth century. In the past, the outcome of the competition depended more on the technical and tactical training of the wrestler. The Turkestan government banned wrestling in 1915, realizing that mass struggle was fueling national consciousness among the local population.

On April 22, 1918, a resolution was passed on "Compulsory training in martial arts". To implement this decision, a reserve training association will be established. The main task of this association was to lead the physical training of resources from the local population. Several sports, especially wrestling, have been used as the main tool for the successful implementation of this responsible activity, to determine physical fitness. The first Central Asian Olympics, held in Tashkent on October 10, 1920, featured a wide range of national sports, including belt wrestling (Fergana). Uzbek wrestlers won in this sport, and in the second Central Asian Olympics in 1921, Uzbek wrestlers took first place. The Olympics also featured belt wrestling. By the end of 1926, the number of people involved in sports in Uzbekistan reached 20,000. Forty percent of them were local youth. Wrestling has been a great factor in attracting local youth to other sports. The first festival of physical culture was held in Kokand in 1928, during which belt wrestling competitions were held.

39 wrestlers competed in wrestling in the Republic. Ilmiyamin Ilim Buva, 65, from Fergana, won the 6-day competition and was named the strongest wrestler in Uzbekistan. The inclusion of wrestling in the program of the first Central Asian Spartakiad in 1934 testifies to its growing role. In this spartakiad, wrestlers competed in 4 weight categories. The Uzbek team also took first place in the "Fergana" and "Bukhara" types of wrestling. In 1936, a special wrestling school was opened in Tashkent, and Askar Ataboyev, a strong Uzbek wrestler, was appointed its head and coach.

At the initiative of A. Atoev, wrestling has been included in the curriculum of the Bukhara State Pedagogical Institute (now Bukhara State University) since 1964. For the first time in 1969, national wrestling was included in the physical education curriculum for grades 8-10 in general secondary schools. After Uzbekistan gained independence in 1991, the issue of bringing the

national sport to the world stage was discussed for the first time. At the Central Asian and Kazakh scientific conference held on June 14-15, 1991, new rules of national wrestling, uniforms for judges and wrestlers, created by K. Yusupov, were approved, and this year the newspaper "Sport" published in the issue. In 1992, the first President Islam Abduganievich Karimov met with wrestling experts and gave relevant instructions.

The 1992 World Judo Championships in Canada and the World Judo Federation's World Congress promoted wrestling (Uzbek wrestling) for the first time. Video footage of wrestling matches at the 1994 Asian Games in Hiroshima was shown. The Asian Congress of the Judo Federation in India in 1995 provided detailed information on wrestling. A meeting of the Audit Board of the European Judo Union was held on March 6-7, 1998 in Dublin, Ireland. Written and video clips about the fight were shown at the meeting. To the 50th Anniversary Congress of the Judo Association held in Monaco on April 15-18, 1998

Uzbek representatives were invited. Patrick Hickey, President of the Irish Olympic Committee and Vice-President of the European Olympic Committee, has been instrumental in spreading the fame of wrestling. On September 6, 1998, the International Wrestling Association "KXA" was established. On February 1, 1999, the first President of the Republic of Uzbekistan issued a decree in support of the International Wrestling Association. The World Cup has been held since 1999.

After the independence of the Republic of Uzbekistan, a new era in the history of national statehood and culture of the Uzbek people began. Forgotten values and traditions have been restored. Academician A. Askarov, professor M. Gryaznov, doctor of philological sciences K. Sh. The results of a study conducted by the Imams show that the Uzbek national wrestling, one of the first sports, began to spread 3.5-5 thousand years ago. In the Uzbek folklore, such as "Alpomish", "Gorogly", "Avazkhan", "Rustam", "Tolganoy", the struggle of the heroes is praised. The clever and wise wrestlers are glorified.

The centuries-old history of our national wrestling testifies to the fact that in the eyes of our ancestors, wrestling was honored, first of all, as an example of courage, nobility, spiritual image, and, in general, all-round maturity of wrestlers. Pahlavon Mahmud, a famous Khorezmian poet and wrestler, and his successors such as Pahlavon Vobakhaqi, Sheikh Khudoydod Azizon, Amir Uchqora, and later Ahmad Polvon, Avazkhoja, Haydarali, and Abdurahmon are examples of our opinion.

In 1992, the first President I. A. Karimov met with Komiljon Yusupov, a well-known wrestler and master of sports of international class, and gave a number of instructions to bring Uzbek wrestling, which is a symbol of our national pride and values, to the international level. In particular, he stressed the importance of the struggle in the upbringing of a healthy generation, the strengthening of the country's defense, the historical value that forms a united nation. As a talented specialist, K. Yusupov studied the history of wrestling, the rules and regulations of the competition. These rules, the uniforms and emblems of judges and wrestlers were discussed and approved in 1991 at the Central Asian and Kazakh Scientific Conference.

The tireless work and research did not go in vain. September 6, 1998 was a milestone in the history of our national struggle. At the founding congress in Tashkent with the participation of representatives from 28 countries of Latin America, Europe and Asia, it was acknowledged that the International Wrestling Association (IWA) was established and the national value of our people entered the international sports arena under the name "Wrestling".

On February 1, 1999, the Decree of the First President of the Republic of Uzbekistan "On Support of the International Wrestling Association" was signed. This timely decree serves to spread Uzbek wrestling all over the world. This year, for the first time in the history of Uzbekistan, the first world wrestling championship was held at the Yunusabad Sports Complex.

The year 2000 was an important turning point in the growth and development of Uzbek wrestling in the world of sports. By this time, it had improved in all respects, took its rightful place among the international sports games and was recognized by experts as the "sport of the XXI century." During this time, the ICA-Executive Committee meeting was attended by prominent politicians and sports figures from 13 countries, and the World Wrestling Development Program was adopted.

To date, more than 1,000 international tournaments of various levels have been organized in several countries around the world. In addition to the World Asian Championships, Islam Karimov has hosted international tournaments in the United Kingdom, Greece and France, Bos Fors in Turkey and Pur Iyoivali in Iran.

Today, the ICC has 129 wrestling federations on all continents of the world, and their number is growing day by day. He is also a member of the International Council for Physical Culture and Sports under UNESCO. In order to further increase the prestige of wrestling in the world, the highest award of the association - the Order of the Golden HKA was established. Its first owner was the first President of the Republic of Uzbekistan Islam Karimov, then the leader of the Indian National Congress Sonya Gandhi, the IOC of the International Olympic Committee Jacques Rogge, the President of the IOC of the Asian Olympic Committee Sheikh Ahmad Al-Fahd Al-Sabah. association and other prominent people.

According to the Resolution of the President of the Republic of Uzbekistan Sh.M.Mirziyoyev dated November 4, 2020 No. PP-4881 "On measures to develop the national sport" Kurash "and increase its international prestige" International competitions among students of educational institutions, international tournaments for the prize of the Republic of Uzbekistan in foreign countries.

From 2020, once a year, the Republican competition "Uzbek wrestler" will be held among employees of government agencies and organizations. In addition, in 2021-2025, martial arts schools will be gradually established. Also, from the 2021-2022 academic year, the parameters of the state order for admission to wrestling in boarding schools and sports schools of the Uzbek State University of Physical Culture and Sports will be doubled.

"The concept of bringing the national sport of wrestling to a new level by 2025 has been approved." The concept envisages the inclusion of wrestling in the program of the International Olympic Games in 2028. In short, this decision of the head of state, which includes a comprehensive program of measures to develop and popularize wrestling, paves the way for the Uzbek national sports brand to reach new heights.

In short, the Uzbek wrestling, which has stood the test of centuries, a series of historical epochs, a battle of heroes and worthy rivals, has become a nationwide sport thanks to independence and has attracted the attention of the whole world. The emergence of Uzbek wrestling as a sport will serve to further enhance the prestige of our country in the international arena.

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