
DEVELOPMENT OF THE UZBEK METHOD OF STRUGGLE

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ABSTRACT

This article discusses the Uzbek wrestling and its development in our country, as well as the main means of educating young people to become physically fit and spiritually mature. The popularity of wrestling in our country has proven to be one of the main means of educating young people to become physically fit and spiritually mature. Today, these sports are loved by the people of our country, as well as our youth.

KEYWORDS: *Wrestling Techniques, Sports, Standing - Passing, Throwing, Overturning; On The Ground - Turns, Throws On The Ground, Can, Can, Acrobatics, Athletics, Sports, Swimming, Freestyle Wrestling, Sambo, Dzyudo.*

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