
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.*

INTRODUCTION

Nowadays, the popularity of Uzbek struggle methods is national that our values are being restored and that the ancient dreams of our ancestors are coming true is an indication that The main factor in the popularization of wrestling among our people and youth was its martial arts, violent methods, and training, which led to spiritual maturity.

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In recent years, our country has a very high level of wrestling qualified athletes emerged. They compete in international competitions, in the world and on the continent championships, successful participation in the Asian Games and victories have won prizes. In every region of our country wrestling clubs have been established in each district and are highly qualified coaches provide young people with all the theoretical and practical knowledge of wrestling are coming. Young athletes fly the Uzbek flag in international sports arenas regular sports skills to achieve high lifts are improving. [2]

Forms of national wrestling to bring up a physically fit, spiritually mature person is one of the tools. At present, the type of national wrestling in our country is becoming more widespread. Belt of national wrestling in recent years, more than a thousand talented athletes have grown up in our country came out. They are in the Asian, European and world championships of our republic have been successfully participating. [3]

Of course, the victory of each athlete is the whole is a symbol of the victory of the Uzbek people. A sport is a national pride for young people and plays an important role in educating in the spirit

of national independence.

The science of the Subject:

People of the world with the Uzbek struggle, which is considered one of our national values engaged in love 'Uzbek language' bow, struggle, sideburns, honest, the language of the peoples of the world of rebuff is spoken in Uzbek our nation it is increasing its pride and position. Each of the international competitions with participation of Uzbek children, his family, homeland and fellow countrymen sympathize with him, will avoid becoming cohabited. Their achievement is the achievement of our people and success is. International sports in our country in many sports Organization of competitions, holding of competitions in high spirit, Uzbek participation of athletes in international sports associations and clubs in our country great attention to professional sports, while the sport is widely developed proof of being given. [4]

At the initiative of the president, many efforts have been made to develop national sports and turn them into international sports under way. In particular, the Uzbek type of struggle with a belt is also on the heels. The success of Uzbek athletes in international competitions the victories of our wrestlers in the world sports arenas can also be included. To such victories our wrestlers fighting in the belt-fighting method .In the Russian city of Kazan, then in the city of Alma-Ata of Kazakhstan, [5]

In the city of Uratapa, Tajikistan and in other cities of Kyrgyzst an inclusion of past international and World Championship competitions victories you can. The peoples of Central Asia are world-famous for their methods of Soloit has become and is becoming more popular. Uzbek method of national struggle Bukhara wrest ling currently sports the world in the name of international wrestling ranked ranked. [6]

Relevance of the Topic:

At the initiative of our President, a lot of efforts are being made to develop national sports and turn them into international sports. The technical training of a wrestler is characterized by the level of mastery of the system of movements by the athlete, which ensures high sports results. The wrestler is divided into general and special technical training. General technical training is aimed at acquiring various movement skills and abilities in auxiliary sports, special technical training is aimed at acquiring technical skills in wrestling. [7]

Aims and Objectives of the Topic:

Due to independence, the Uzbek struggle spread to all continents of the world, Uzbek-language struggle of all nations and peoples, honest, tolerant, etc. The Republic of Uzbekistan, the Uzbek people and the whole world is a clear example of its recognition by the community. Uzbek Given the importance of the struggle in the upbringing of young people, each of our young people in order to bring them up as well-rounded, healthy and spiritually mature people it is advisable to take the following measures. [8]

1. Increase the number of wrestling lessons in educational institutions.
2. Accelerate the publication of textbooks, teaching aids and necessary literature on Uzbek wrestling.
3. Uzbek wrestling among youth in regional districts increase competition.
4. Unified training on Uzbek national wrestling uniform program, regulations and textbooks for trainings and competitions, create applications.

It is advisable to implement the above proposed measures and in the future training of highly skilled athletes, a growing age in educating the generation in the spirit of our ancestors, in shaping a healthy life style and practical assistance in educating in the spirit of love for the Motherland. [9]

CONCLUSIONS AND SUGGESTIONS:

The physical training of a wrestler is one of the most important components of sports training and is a process aimed at developing physical qualities - strength, endurance, flexibility, agility and speed. The main tasks of physical training are: to increase the level of health of athletes and the functional capacity of various systems of their body. Development of physical qualities in a unit that meets the specific characteristics of wrestling. Physical training is divided into general, auxiliary and special training. The general physical training of the wrestler is the foundation, the necessary basis for achieving high results. It mainly provides the solution of the following tasks: Comprehensive harmonious development of the wrestler's organism, increase of its functional capabilities, and development of physical qualities. Improving health. Proper use of active recreation during intense training and competition. General physical training involves a variety of tools. These include exercises on slingshots and slingshots, exercises on a special simulator with a partner, general developmental exercises from other sports: acrobatics, athletics, sports, swimming, etc. [10]

Auxiliary physical training is designed to create the specific foundation needed to effectively perform large-scale work aimed at developing specific movement skills. It has a much narrower and more specific focus and addresses the following challenges: Mainly developing qualities that are more specific to the struggle. Selective development of muscle groups that are largely involved in wrestling movements. Exercises such as advanced means of auxiliary physical training are used, which, in accordance with their kinematic and dynamic composition and the nature of the nervous tension, correspond to the main actions of the wrestler in the competition. Such exercises include: performing different methods of wrestling through gestures; exercises performed on special simulators; Exercise with wrestlers' mannequin.

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