

WRESTLING IS A TYPE OF SPORT AND REFLECTION OF NATIONAL CHARACTERISTICS IN IT

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Abstract

This scientific article talks about wrestling and the development of Uzbek national sports.

Key words: wrestling, national wrestling, sport, sport, technique, tactics, technology, Uzbek wrestling.

INTRODUCTION

The growing importance of sports and physical education in bringing today's young generation to adulthood, raising them as well-rounded people, developing their physical qualities, strengthening their health, increasing the efficiency of their future activities, and raising their mental and spiritual potential is gaining special importance. After all, a physically strong, mentally fresh, intellectually mature generation is the foundation of the future, the support of scientific and technical development.

Wrestling, one of the traditional sports of the Uzbek people, has a history of three and a half thousand years. Kurash is an Uzbek word, it is mentioned in a number of ancient Eastern literary sources as a sport of one-on-one combat and social entertainment.

In the past, as a national custom and tradition, our ancestors used to fight at weddings, holidays, big events, and even when there was a conflict between states and rulers. Two competing wrestlers came out and wrestled, and the dispute was resolved without destruction, war, or bloodshed. Because the people believed in the bravery and honesty of their wrestlers and relied on them. A wider and deeper analysis of these and similar issues, as well as the great respect of warlords and emirs such as Amir Temur, Pahlavon Mahmud, Zahiriddin Muhammad Babur, Jalaliddin Manguberdi, Husayn Boykara, for the game of wrestling, —History and management of physical culture rely on information from science. In the process of studying this subject, the development of types of wrestling among international sports activities in our country and abroad,

It will be possible to learn about the participation of Uzbekistan's wrestlers and athletes in the Asian, World and Olympic Games. Economic and legal status of the athlete, coach and organization, physical culture and prospects of training specialists in the field of wrestling are considered as a theoretical basis for protecting the interests of certain athletes-wrestlers in the form of long-term goals and tasks.

The most honorable traditions of Uzbek wrestling and international sports standards, such as special clothing, the place of holding competitions and the duration of the competition. Sports experts have recognized that the wrestling rules developed by Komil Yusupov fully meet the requirements of international sports. One of the main advantages of wrestling rules is that they do not allow the contest to continue while lying down. In fact, the Uzbek national wrestling, which bravely passed through the series of centuries and the complex tests of the times, was a contest of truly brave and worthy opponents, gained a life-giving spirit in the years of independence and spread its arms around the wide world through holidays, elections, competitions in various places, the Olympic Games. The information about their appearance in the games and arenas is brought to the attention of students through this subject.

After the adoption of the decree of the President of the Republic "On support of the International Wrestling Association" established on Uzbek wrestling, which is the ancient value, pride, and pride of the Uzbek

people (February, 1999- year) attention to the national struggle in the republic increased. General secondary, secondary special and vocational education, and higher education schools of the republic have started wrestling trainings, sections have been organized, and tournaments of various positions are being held. This requires the further improvement of the teaching of the science of "National wrestling types and its teaching methodology" taught in higher education schools, the development of ways, laws, and technologies to increase the effectiveness of its study. This requires the formation of professional competence of future Uzbek wrestling teachers and coaches. The relevance of our topic suggests teaching the national struggle to students and applying it to the general public.

Currently, the implementation of the educational goal includes educational functions, problem-modular features, teaching tools and levels of educational content implementation, educational acceleration and individual orientation - general pedagogic, special pedagogic, local (module) based on the characteristics of teaching such as education, A.Ya. Savelev, S.A. Smirnov, M.A. Chashanov,

Educational technologies were developed by V. P. Bepalko, V. M. Shatalov, E. N. Shiyanov, M. I. Makhmutov, L. A. Yutsyavichene, D. V. Chernilevsky and others. In the educational institutions of our republic, problematic, person-oriented, embodied, modular, developmental, programmed, differentiated, active, game-like technologies of teaching N. Avliyokulov, N. Sayidakhmedov, B. Farberman, O'. Tolipov, M. Usmonboyeva, B. Khojayev, Sh. Olimov, it is applied in practice based on scientific theory. So, these technologies help to think independently, actively learn, form and develop creative thinking, and achieve a guaranteed result. After all, actions such as knowing, understanding, understanding, distinguishing, self-control, clarifying and evaluating one's own activities are in constant motion.

In conclusion, it should be recognized that national wrestling, that is, Uzbek national wrestling and its development, is a sport that deserves to be introduced not only in the life of our country, but to the world.

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