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## THE ORIGIN AND DEVELOPMENT OF WRESTLING IN UZBEKISTAN

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**ABSTRACT:** This article reflects the history of the emergence and development of wrestling, as well as the rules of our wrestling.

**Keywords:** Struggle, courage, patriotism, courage, sports, heritage, generation, personnel, world..

### INTRODUCTION

A lot of work is being done to popularize, develop and introduce to the world our ancient sport of wrestling, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism and humanism.

At the same time, the growing popularity of wrestling has led to the organization of prestigious international competitions, modernization of existing infrastructure and logistics, improving the supply of sports equipment and clothing, expanding production in this area, as well as training qualified personnel, coaches and referees. requires further attention. To pass on the rich traditions and values of wrestling inherited from our great ancestors to future generations, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, to support and encourage the interest of young people in national sports. Our main goal is to further strengthen the sport, to create the necessary conditions for all segments of the population, especially young people, as well as the peoples of the world to engage in this sport. It is a universal fact that the Uzbek national struggle

has entered the world arena and during the years of national independence has become a tradition of different peoples and nations in the spiritual and physical values of one nation. Wrestling is a sport that has aroused the love of everyone with its fighting spirit, beauty, charm and honesty.

In wrestling, wrestlers are required to be free from filth, greed, theft, and dishonesty, and to be noble, humane, and even respectful of their opponents. Struggle strengthens people, strengthens the will, awakens and strengthens their love for their people and homeland. That is why the fighters are determined never to betray their friends, their nation, their homeland. Wrestling is a sport that heals the will, motivates you to a specific goal, and teaches you to overcome difficulties with endurance and perseverance. That is why wrestling is a school of education that develops a person spiritually, physically and morally. As a result of individual competitions, wrestlers develop their physical qualities such as agility, dexterity, strength, speed, and achieve spiritual and moral maturity. Uzbek wrestling has a history of several thousand years. Ancient manuscripts indicate that wrestling was a popular sport in prehistoric

times. This is confirmed by many written and historical monuments. For example, according to the author of the ancient world scholar Elian Claudius, the territory of modern Uzbekistan was inhabited in ancient times by the Sak, Massaget and other tribes. The test of strength between them is widespread. If the boys were to get married, they would have to win the fight. Well-known orientalist and ethnographer SP Tolstov writes that in the past, Uzbeks attached great importance to wrestling in ceremonies such as Eid al-Fitr, Eid al-Adha, Navruz and festivals. During the first three days of the holiday, there was a struggle led by the elders, a demonstration, the release of prisoners, and the forgiveness of the guilty. Many archeological materials confirm that our struggle is one of the main games in the life of the Uzbek people.

Indeed, our people saw our struggle as one of the main means of physical training. According to ethnographic research, our wrestling in the territory of our country was widely developed in the IX-X centuries AD, and it became customary to hold wrestling competitions at all festivals.

If we look at the ancient sources one by one, we can be sure that our struggle has developed and that many heroes have passed through the Uzbek people. They were known in seven climates for their unparalleled skills in wrestling, heavy lifting, and wrestling, and were popularly known as wrestlers. Examples of Uzbek folklore - such as "Alpomish", "Tolganoy", "Gorogly" - also praise the struggle of wrestlers. According to historical sources, in the 10th century AD, many wrestling competitions were held in the territory of modern Uzbekistan. An ancient Chinese manuscript, Tan-shu, states that Fergana was divided into two parts during the Navruz holiday and that competitions were held.

According to the 10th century Arab geographer and traveler Maxidi, similar competitions were held in large cities such as Merv, Samarkand, and Balkh on the occasion of Navruz. The great ruler Abu Ali ibn Sina in his book *Kitab al-Qanun fit-tib* gives information about two types of struggle. He writes that in the first case, two people try to pull each other down by grabbing each other by the waist, while in the other type, one of them grabs the other by the collar, pulls the opponent's legs, wraps and tried to break it down using return methods.

According to Ibn Sina, similar methods of struggle were known a thousand years ago. However, both methods are prohibited. The philosopher and poet Pahlavon Mahmud (1247-1326) was considered an untouched wrestler in Iran, Turkestan and India. In 1881, in the book "Azari from the Fire", published in Bombay, the following lines were written:

Mahmud Qashqari writes in his famous book "Devoni lug'atit-turk" that wrestlers hold each other by the waist and lift their opponents with their feet. The incomparable heroes and struggles of the wrestlers are praised in Tabiri's "History", Firdavs's "Shohnoma", Sherozi's "Devon", Nizami's "Khamsa", Navoi's "Farkhod and Shirin", Bobur's "Boburnoma".

It is known that Uzbek wrestling developed in the IX-XIII centuries. During this period, wrestling became one of the most popular sports of the people and became very popular, and wrestlers such as Mahmud, Jaloliddin Manguberdi, Darvesh Muhammad spread the fame of Uzbek wrestling.

If we look at the history, in ancient times, especially in the time of Amir Temur, our national struggle was very developed. Kurash was a source of physical training and strength for Amir Temur's troops. In particular, Amir Temur paid great attention to the types of

competitions and battles of wrestling and called on his troops to study the science of wrestling. Amir Temur was not only a statesman, clever, enlightened, a historical figure with a perfect knowledge of military science, but also a strong wrestler with a deep knowledge of the art of wrestling. It is known that Uzbek national wrestling is a popular sport in Central Asia and the oasis of Kazakhstan, where "Bukhara" and "Fergana" forms of wrestling are widely used. There is a way to knock down "Bukhara" standing up in the fight, without holding the waist below. The basic techniques of this fight are to overtake the opponent, to throw him with a hammer, a hammer, an inverted shot from the inside, to hold the opponent's shoulder and to lift him off the shoulder by bending the knee. In Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and the Republic of Karakalpakstan, "Bukhara" wrestling was depicted.

In the Fergana wrestling, the opponents stand up, grab the belt in front of them, and do not let go during the competition. He lifts the opponent off the ground and knocks him down. Typical methods of wrestling are: throwing, first throwing the opponent off the ground, bending the opponent, turning him and throwing his head without touching the carpet, knocking the opponent down, grabbing the opponent by the thigh and knocking him over the shoulder. The Fergana Kurash was depicted in the Fergana Valley, Tashkent and Syrdarya regions [2, 6] [5, 8]

Yes, wrestling is one of the ancient, universal, widespread, honest and far-fetched values of our people. It flourished during the years of national independence, it has wide borders, it covers the world. There are fans, admirers and participants of Uzbek wrestling in more than 100 countries on five continents. The

national Uzbek wrestling, which combines national pride, honesty, dedication, pride and courage, has been the cause of prestigious competitions since 1992. The Yusupov dynasty of Bukhara wrestlers worked hard to develop and bring the national wrestling to the world. The second child of the dynasty (now deceased), Jorakul Tursunov, was the head of the family. On February 26, 1991, a meeting of the National Wrestling Association of Uzbekistan was held at the meeting of the State Committee for Physical Culture and Sports. The conference marked the future of this sport. It is known that there were two methods of national struggle: Bukhara and Fergana. Although the rules are similar, they are different. Given this situation, it was decided to create two independent federations. A number of organizational issues were addressed. Jorakul Tursunov, Doctor of Biological Sciences, Master of Sports in Kurash and Sambo, was elected the first President of the National Kurash Federation by the Bukhara method, and Mirzajon Islamov, Minister of Agriculture of Uzbekistan, was elected by the Fergana method. At this meeting, the future plans of the national struggle were developed and approved. One of the most important tasks of the federation was to study the history of national wrestling, to develop new rules, to hold wrestling competitions on the basis of new rules and to bring them to the international arena in the future.

On June 18, 1991, at the first scientific-practical conference chaired by the President of the National Wrestling of Uzbekistan J. Tursunov, Komil Yusupov included the agenda of the conference to discuss the new rules of wrestling and referred it to the conference participants. The commission's decision recognized the rules of wrestling based on

national customs and traditions. In the future, it was decided to hold the first competition in the village of Miraki, Kashkadarya, and for the first time in the history of Uzbekistan, a national wrestling competition was held under the new rules of wrestling under the leadership of J. Tursunov.

Since 1992, prestigious competitions have begun. International tournaments dedicated to the memory of "Tursun ota" in Karakol, "Amir Temur" in Shahrisabz, "At Termizi" in Surkhandarya, "Bahauddin Naqshband" in Bukhara, "Bobur Mirzo" in Andijan, "Pahlavon Mahmud" in Khorezm He contributed to the rise of Uzbek wrestling to a new level and its entry into the world of sports as a new sport. [3, 9]

Because from the very beginning of the competition, the wrestling won the love of all participants, foreign experts, with its charm, beauty and honesty.

During the years of independence, under the leadership of the President of our republic, our national struggle has developed at a high level and great work has been done to enter the international arena. Kamilov Utkir Tolipovich was elected President of the National Wrestling Federation of Uzbekistan at a conference on February 24, 1999, when J. Tursunov was elected President of the International Kurash Academy. On June 21, 2001, the Uzbek struggle suffered a heavy defeat. The founder of Uzbek kurash, the first President of the Kurash Federation of Uzbekistan, Doctor of Biological Sciences, Professor, Master of Sports in Kurash and Sambo Tursunov Jorakul Yusupovich died prematurely at the age of 63. The soul of this noble man will remain in our memory forever. The hard work, a lot of research and effort was not in vain. On September 6, 1998, the pages of thousands of years of Uzbek wrestling were written in golden letters as a world event. At the

founding congress in Tashkent with the participation of representatives of 28 countries from Latin America, Europe and Asia, it was acknowledged that the International Wrestling Association (IWA) was formed and the national value of our people appeared on the world stage under the name "Wrestling".

At the same Congress, the Executive Committee of the ANC was established, and the international rules of Uzbek wrestling proposed by Kamil Yusupov for discussion in the Congress were unanimously approved. Islam Karimov, the First President of the Republic of Uzbekistan, was elected Honorary President of the International Kurash Association, and Komil Yusupov was elected President of the ICA. On February 1, 1999, the President of the Republic of Uzbekistan signed the Decree "On Support of the International Wrestling Association". This timely decree serves and continues to spread the Uzbek struggle not only in Uzbekistan, but also around the world, embodying the ideas of courage, bravery, patriotism and humanity. Today, wrestling federations have been established in more than 100 countries on 5 continents.

The sport of wrestling has also developed in Karakalpakstan. In our country, people of different nationalities, living in a mixed village, drinking water from the same river, grazing sheep, lived in harmony and harmony. Especially along the Aral Sea, throughout the Turanian lands, the customs and traditions of the peoples are close to each other, with very little difference between them. Given the fact that these peoples often migrated, marriage itself required them to be physically strong to protect their country from external enemies, their families, their villages. That's why games that require agility, agility and strength have been passed down from father to

son. Seed, tribe, and hunting competitions, such as wrestling, kupkari, and archery, were organized. The alpine wrestlers, who were selected through such competitions, were considered to be the prestige of the village and the tribe. [3,12] Uzbek Pahlovon Mahmud, Kazakh Hajimukhan, Karakalpak Ernazar Olakoz, Turkmen Khudaiberdi Boltaev, who lived in different periods and left an indelible mark on their bravery. In addition, Abdurakhim Azimov, Sapalak Shamuradov, Jakabay Saparov, Matnazar Reymov, Satiboldi Miltikbaev, Yusup Ismaylov, Omirbek Aitimov, Shamurod Masharipov, Jiyenbay Kaljanov, Asamatdin Kabulov, Yarash Kazakov, who made a great contribution to the flourishing of wrestling in Karakalpakstan in the XX century. , Tanabergen Turimbetov, Adilbay Bekbauliev, Jalgas Tajimurodov, Charsham Tajimurodov, Serik Jusipbekov, Murod Dosimbetov, Murot Boltaniyozov and other great wrestlers raised the national flag and defended the honor of the people. has been doing.

In the new 21st century, the sport has not stopped developing in the region. New champions and wrestlers appeared again. In particular, the names of Berik Jusipbekov, Nizamatdin Khojabaev, Nukusboy Doniyorov and our daughters Gulmira Kaniyazova, Zulkhodja Khudoyorova, Sanayim Erkinbaeva, Kundiz Baymanova, Amangul Allanazarova. We are confident that this will not stop us from becoming champions, but that our young people will reach new heights.

Thanks to the efforts of our President Shavkat Miromonovich Mirziyoyev, today our wrestling has become a modern sport. It has a strong place in the Asian Games. World wrestlers "middle", "bow", "struggle", "honest", "sideways", "half", "dakki", "reprimand", "disgrace", "invalid", "equal" ", " Stop ", " time

". November 4, 2020. This is a bright day in the history of our national struggle. On the same day, the President signed a decree "On measures to develop the national sport of wrestling and further enhance its international prestige." It was, of course, a long-awaited historical event. A new era in the promotion of Uzbek sports in the world has begun This decision was greeted with great joy not only by our people, but also by all fans and wrestlers of our national wrestling. Every day, representatives of our foreign federations and international sports communities congratulate us and express their warm relations.

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