


# Wrestling – A Symbol of Our National Heritage and Sports Traditions

Elmira Khudoyberdiyeva

Termez State Pedagogical Institute, 2nd Year Student,  
Physical Education Department

	<p><b>Abstract</b></p> <p>This article tells about the history, cultural and sports traditions of the national sport of Uzbekistan - kurash, and its important role in the life of the people. Since ancient times, kurash has been considered a symbol of courage and perseverance of the Uzbek people. The article extensively covers the origin of kurash, its role in national holidays and ceremonies, its ancient techniques, and its development as an international sport based on modern rules. It also discusses the achievements of legendary wrestlers and modern wrestlers who have strengthened the place of kurash in our national heritage. Through this article, readers can deeply feel that kurash is not just a sport, but also a rich heritage that reflects the centuries-old values and culture of the Uzbek people.</p> <p><b>Keywords:</b> Wrestling, sports history, wrestling rules, athletes, sports development, sports traditions, national heritage.</p>
-----------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

## Introduction

Kurash is one of the national Uzbek sports, which is a one-on-one fight between two athletes according to established rules. The sport of Kurash has a long history, having existed even in the time of ancient peoples.



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

In the legendary epic of Alpomish, which appeared a thousand years ago, wrestling is mentioned in the distant past. It is noted in sources that it was the most popular and entertaining sport that took on a mass character in Uzbekistan. A number of philosophers and historians who lived and worked in ancient and medieval times mentioned wrestling with special respect in their works. Abu Ali Ibn Sino, one of the

great thinkers of the East, admitted that “Practicing wrestling is the best means of ensuring the health of the soul and body.” Despite this, there is still no clear information about when and where exactly wrestling appeared. In turn, such ambiguity did not prevent a number of scientists from recognizing wrestling as one of the ancient sports.

Wrestling was especially widespread in Greece and took a permanent place in competitions at the ancient Olympics. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. The basic rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was established (now it has 144 countries, Uzbekistan has been a member since 1993). Greco-Roman wrestling, freestyle wrestling, judo, sambo and other types of sports wrestling are widely spread in the international arena. In recent years, Uzbek wrestling has also begun to be recognized as a separate type of wrestling on a global scale. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Wrestling is allowed to be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. A cylindrical ceramic vessel from the Bronze Age, found in ancient Bactria (southern Uzbekistan), depicts two wrestlers, one of whom is beating the other. Another archaeological find from the same period depicts wrestlers demonstrating wrestling techniques. These unique finds indicate that wrestling was part of the lifestyle of our ancestors even 1.5 thousand years ago. According to the Greek writer Claudius Elian (2nd-3rd centuries) and other historical figures, the girls of the Saka tribe who lived in this area chose their grooms by wrestling with young men. Later, the girls determined the groom by setting conditions, and a wrestling competition was held on these conditions. An example of this is the Barchin conditions in the Uzbek folk heroic epic “Alpomish”. One of them is that one of the two wrestlers grabs the belt of his opponent and pulls him towards him, while at the same time looking for a way to get rid of his opponent...”. This definition is close to the modern rules of Kurash. Also, Mahmud Kashgari’s “Devonu lug‘otit turk”, Alisher Navoi’s “Hamsa”, “Holoti Pahlavon Muhammad”, Zayniddin Vasifi’s “Badoye’ ul-vaqoye’”, Husain Voiz Kashifi’s “Futuvvatnomai sultani”, and Zahiriddin Muhammad Babur’s “Boburnoma” contain valuable information about Kurash. In the 9th-16th centuries, Kurash became widely popular among the people. During this period, wrestlers such as Pahlavon Mahmud and Sodiq Palvon developed the art of Kurash.

In the 9th century AD, the development of wrestling reached a new level. At that time, the population living in the territory of modern Uzbekistan used wrestling as a means of entertainment and relaxation during traditional holidays, weddings, and large public events. Later, wrestling turned from a means of entertainment into an independent sport and a method of physical training. The strongest wrestlers became famous among the people, and legends began to be woven about them. Pahlavon Mahmud, who lived in the 12th century, is a vivid example of this. Even today, his grave is a favorite place for pilgrims. In the 14th century, the unparalleled commander and statesman Amir Temur, who left a bright mark on the history of mankind, used wrestling to train his soldiers and improve their physical fitness. It is known that the army of Amir Temur was considered the most powerful and invincible army of his time. Over time, wrestling became one of the most beloved and revered traditions of the population living in the territory of modern

Uzbekistan. In this sense, it is no exaggeration to say that kurash is ingrained in the blood of Uzbeks. The love for this sport is passed down from generation to generation.



Bugungi kunga kelib birgina O‘zbekistonda kurash bilan muntazam shug‘ullanuvchilarning soni ikki millionga yetgan. Ushbu sport ishqibozlari va havaskorlarning soni esa behisobdir.

Today, the number of regular kurash practitioners in Uzbekistan alone has reached two million. The number of fans and amateurs of this sport is countless.

In the early 1980s, the famous Uzbek kurash master, dyuzdo fighter and sambo fighter Komil Yusupov began researching the rich heritage of Uzbek kurash. One of the

activists of the revival of this sport, the main goal of this person was to develop new rules of kurash that would meet international standards. By the early nineties, he successfully completed this honorable task and set himself the goal of bringing Uzbek kurash to the international arena. At first, he made the rules of kurash he had developed available to the public.

The new rules incorporate the traditions of Uzbek wrestling and international sporting standards, such as special clothing, the venue for competitions and the duration of the competition. Sports experts have recognized that the rules of wrestling, developed by Komil Yusupov, fully



meet international sporting requirements. One of the main advantages of the rules of wrestling is that they do not allow the continuation of the competition while lying down. As soon as one of the athletes' knees touch the mat, the referee stops the competition and the wrestlers continue the competition while standing. This ensures that the wrestling is conducted at a fast pace and is interesting and exciting for the fans. In addition, the rules of wrestling prohibit the use of techniques that grab the lower part of the belt or cause pain and strangulation. Thus, wrestling has become one of the safest sports that prevents injuries to athletes.

Conclusion: Wrestling is not only a sport, but also a vivid symbol of our national pride and traditions. This sport plays an important role in promoting a healthy lifestyle among our youth. Today, the popularity of wrestling on the international stage and the desire to include it in the Olympic Games program indicate that its future is bright.

The increasing attention to wrestling in Uzbekistan from year to year means that it is recognized not only as a sport, but also as an integral part of our national culture.

## References

1. O'zbekiston Respublikasi Kurash Federatsiyasi rasmiy sayti – [www.kurash.uz](http://www.kurash.uz)
2. Xalqaro Kurash Assotsiatsiyasi (IKA) rasmiy sayti – [www.kurash.org](http://www.kurash.org)
3. Daminov, I. A. (2022). UMUM TA'LIM MAKTAB O 'QUVCHILARIDA SOG'LOM TURMUSH TARZINI SHAKLLANTIRISHNING MUHIM TOMONLARI. *Academic research in educational sciences*, 3(7), 28-34.
4. Ashiraliyevich, D. I. (2022). Solving situations in tactical training in martial arts on the example of judo. *Modern Journal of Social Sciences and Humanities*, 4, 160-163.
5. Ashiraliyevich, D. I. (2022). Judo as a Means of Developing Physical Qualities and Coordinating Abilities of Students. *International Journal of Discoveries and Innovations in Applied Sciences*, 2(2), 33-35.
6. Daminov, K. R. I. SPORT SELECTION IS A MODERN MODEL OF FUTURE SPORTS.
7. Turaboyev, B. S., & Daminov, I. A. (2014). Dzyudo.
8. Chorievna, D. Y., & Or'olovich, B. C. (2021). Opportunities to use national and movement games in physical education and athletics. *Web of Scientist: International Scientific Research Journal*, 2(05), 909-913.
9. Chori, B. (2024). The Influence of Chess Sports on Children's Mental Development. *Miasto Przyszłości*, 53, 941-943.
10. Urolovich, B. C. (2024). THE ROLE OF DIDACTIC GAMES IN PERSONALITY FORMATION OF PRIMARY CLASS STUDENTS. *Miasto Przyszłości*, 48, 1484-1490.