

Uzbekistan National Wrestling: The Basis of Physical Education and Spiritual Performance

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Abstract

This article highlights the role and importance of Uzbek national wrestling in physical education and spiritual development. The role of wrestling in educating the younger generation in the spirit of a healthy lifestyle, courage, fortitude and patriotism is analyzed. The international prestige of our national sports heritage and its importance in strengthening our national pride are also discussed.

Keywords: Uzbek national wrestling, physical education, spiritual development, national sports, education of the younger generation, healthy lifestyle, patriotism, national heritage, international prestige.

Introduction

A number of works are being carried out to popularize, develop and introduce to the world our national sport, wrestling, which embodies our ancient values, in particular, the ideas of courage, bravery, patriotism, and humanism, and to turn this value into a global masterpiece.

At the same time, the growing popularity of wrestling requires further strengthening the focus on organizing prestigious international competitions, modernizing the existing infrastructure and material and technical base, improving the supply of sports equipment and clothing, expanding production in this regard, as well as training qualified personnel, trainers, and referees for the industry.

In order to convey to future generations the rich traditions and values of the sport of wrestling inherited from our great ancestors, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, to further strengthen the sense of patriotism in young people by supporting and encouraging their interest in the national sport, and to create the necessary conditions for all segments of the population, especially young people, as well as peoples of the world, to engage in this sport:¹

The following shall be determined as the main directions of development of the national sport of wrestling (hereinafter referred to as wrestling):

¹ O'zbekiston Respublikasi Prezidentining 2020-yil 4-noyabrdagi PQ-4881-son qarori Kurash milliy sport turini 2025-yilgacha yangi bosqichga olib chiqish konsepsiyasi

- wide involvement of all segments of the population in wrestling and transformation of wrestling into a national sport in Uzbekistan;
- popularization of wrestling, its transformation into a world sport and its inclusion in the program of the International Olympic Games;
- formation of the necessary material and technical base and infrastructure for wrestling;
- inclusion of step-by-step wrestling and combat wrestling as priority sports in the physical training of the Armed Forces and law enforcement agencies;
- training professional trainers and referees in kurash, developing educational and methodological manuals, strengthening the scientific and methodological base of kurash;
- creating a brand of Uzbek kurash, producing unique sportswear and kurash carpets while attracting investments, and taking measures to commercialize kurash;
- widely promoting kurash among the population, including through the mass media.
- international competitions in kurash among students of higher educational institutions;
- holding international tournaments in kurash for the prize of the President of the Republic of Uzbekistan, as a priority, in foreign countries;
- Starting from 2020, once a year, hold the "Uzbek Wrestler" republican wrestling competition among employees of state bodies, institutions and organizations;
- In 2021-2025, in regional centers, the cities of Nukus and Tashkent, gradually establish wrestling master schools under the Ministry (hereinafter referred to as wrestling master schools), which will be built using innovative technologies, cheap, energy-efficient and quickly constructed lightweight structures and materials, and will be financed from the State budget;
- Reorganize the International Wrestling Institute under the auspices of the International Wrestling Association and the Uzbekistan Wrestling Federation;
- To approve the proposals to transfer the boarding school specialized in the national type of sports wrestling, located in the Boysun district of the Surkhandarya region under the jurisdiction of the Ministry, to the Uzbekistan Wrestling Federation for free use, while maintaining the current financing procedure.

The concept of bringing the national sport of Kurash to a new level by 2025, set out in the Resolution of the President of the Republic of Uzbekistan No. PQ-4881 dated November 4, 2020, identifies important areas for further development of our national sport of Kurash.

The further development and popularization of wrestling involves attracting all segments of our country's population, regardless of age, to a healthy lifestyle, educating young people to be loyal to the Motherland, making wrestling one of the favorite sports of the peoples of the world, further promoting its humanitarian ideas such as honesty, justice, and tolerance to the world, actively attracting investments in this area, commercializing it, and popularizing the brand of truly Uzbek wrestling.

The main goal of this Concept is to officially include wrestling in the European, African, and Pan-American Continental Games and to achieve its recognition by the International Olympic Committee through the international organization "GAISF — Global Association of International Sports Federations" and to create all necessary conditions for its inclusion in the program of the International Olympic Games by 2028.

From the scientists of our country N.A. Tastanov, K. Yusupov, A.R. Taimuradov The topic of this study was not studied by scientists of the previous period, but general ideas and views were

expressed. He conducted extensive scientific research in the field of physical education and sports. Lesgaft created the basis of the theory of physical culture and physical training. The systematic structure of the theory of sports training was improved by Russian scientists Matveev. From the scientists of our country R. Salomov, F. Kerimov, H. Usmonkhodjaev wrote textbooks and scientific works on this topic. Uzbek national wrestling is not only a great school of physical training, but also of spiritual education. It plays a major role in raising the young generation to be healthy, courageous, and spiritually mature. Developing wrestling and bringing it to the international level is an important task in enhancing our national pride. Therefore, we all need to pay attention to our national sport and ensure that it remains a legacy for future generations.

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