



The role and importance of national wrestling in the system of physical education

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ABSTRACT

The article provides some recommendations on the importance of using modern pedagogical technologies in the field of wrestling, worldview and thinking, the formation of scale, the formation of physical, spiritual and moral qualities of the Department of Preschool Education and Pedagogy.

Keywords:

National Wrestling, Bukhara, Fergana, Olympic, Pahlavon Mahmud, Sports, Methods, Criteria, Practical Lessons.

Introduction

It is a universal phenomenon that the Uzbek national struggle has entered the world arena and during the years of 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 greed, and to be noble, humane, and even respectful of their opponent. Struggle strengthens people, strengthens the will, awakens and strengthens their love for their people and homeland. That is why the fighters are determined and will never betray their friends, nation and 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 plays the role of 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.

It is known that Uzbek national wrestling is a popular sport in Central Asia and 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 main methods of this fight are to overtake the opponent, to knock him over, to knock him over from the inside, to grab him by the opponent's shoulder, and to lift him off his shoulder by bending his knee. In Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and the Republic of Karakalpakstan "Bukhara" wrestling was held. In the Fergana wrestling, the opponents are standing, holding the belt in front of them, and are not released during the competition. He lifts the opponent off the ground and knocks him down. Typical methods of this struggle are:

throwing, first of all, knocking the opponent off the ground, bending and turning the opponent without throwing his head on the carpet, knocking down the opponent, grabbing the opponent by the thigh and knocking him over the shoulder.

The struggle for Fergana took place in the Fergana Valley, Tashkent and Syrdarya regions. Yes, wrestling is one of the ancient, universal, widespread, honest, far-fetched values of our people. It has flourished during the years of national independence, has expanded its borders, and is sweeping the globe

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. International tournaments dedicated to the memory of Tursun ota in Karakul, Amir Temur in Shakhrisabz, at-Termizi in Surkhandarya, Bahouddin Naqshband in Bukhara, Bobur Mirzo in Andijan, Pahlavon Mahmud in Khorezm He made a great contribution to the rise of Uzbek wrestling to a new level and its entry into the world of sports as a new species. Therefore, the subject of national wrestling, which is included in the system of physical education taught in educational institutions of the republic today, is important to increase the physical fitness of young people, increase their spiritual and moral potential, willpower, prepare them for social work and homeland defense. is widely promoted as a tool. After all, this subject is based on the requirements of the Law "On Education", the "National Training Program", and our students. In the study of issues such as hygienic exercise, exercise routine, hygienic requirements for regular special physical activity, rest, recovery of movement, diet "Physical Education Hygiene" Classes provide both theoretical and practical support to the wrestler. It is based on the round robin wrestling, which combines honesty and purity, and plays an important role in the formation of the physical, volitional, spiritual and moral qualities of our youth, and is recognized as a

new sport. Uzbek Kurashi has a long history. In the past, our ancestors fought as a national custom and tradition at weddings, holidays, big celebrations and even during conflicts between states and rulers. The two rivals fought and the conflict was resolved without conflict, massacre, war and bloodshed. Because the people believed in the justice and honesty of their wrestlers and acted on them

A broader and deeper analysis of these and similar issues reveals the great respect of commanders and emirs for the game of wrestling, such as Amir Temur, Pahlavon Mahmud, Zahiriddin Muhammad Babur, Jaloliddin Manguberdi, Hussein Boykaro. Based on History of Physical Culture and Management. In the process of studying this science, along with international sports movements in our country and abroad, there will be an opportunity to learn about the development of wrestling, the participation of Uzbek wrestlers and athletes in the Asian, World and Olympic Games. Economic and legal status of the athlete, coach and organization, prospects for training specialists in the field of physical culture and wrestling, in the form of long-term goals and objectives ("Free and prosperous homeland, free and prosperous life is our ultimate goal") is seen as the theoretical basis for defending the interests of certain athletes. Indeed, the Uzbek national wrestling, which has bravely withstood the test of centuries and epochs, has become a real hero, a worthy rival. Information about their appearance in the arenas, again in the arenas, is brought to the attention of students through this subject. When studying these topics, IA Karimov said, "When we turn to history, we must keep in mind that this is the memory of the people! Just as there is no perfect human being without memory, there is no future for a nation that does not know its history."

"There is no future without historical memory", "Historical memories teach a person to be vigilant, encourage courage, strengthen the will" - The theoretical view is that wrestlers-athletes. Thus, all the disciplines of physical education are an important force in preparing young people for physical activity, building a healthy lifestyle, instilling in them

the qualities of lightness, agility, speed, endurance, willpower, and preparing the younger generation for work and defense of the Motherland. Thanks to national independence, the Uzbek struggle became known to the world. She has aroused great interest among the peoples of the world due to her attractiveness, beautiful and graceful movements.

Today, many countries in Latin America, Europe and Asia pay great attention to Uzbek wrestling and eagerly watch wrestling competitions and congresses. After the adoption of the Decree of the First President of the Republic "On support of the International Wrestling Association" on Uzbek wrestling, which is the ancient value, honor and pride of the Uzbek people (February) , 1999) The focus on national wrestling in the Republic was intensified.

Literature:

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