



Wrestling – The Honor of Uzbek Nation

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ABSTRACT

In this article, there exist information about Uzbek wrestling that educating the young to be courageous, brave, modest, honest, loyal and ready to defend their home country with no fear and hesitation in PE classes has been set as the main goal in it.

Keywords:

Wrestling, alp, Alpomish, Barchin, Pakhlavon Makhmud, epic poem, Kongirat, tribal chief

Wrestling. According to the rule a fight of two sportsmen one by one. The art of wrestling has been known in many nations since ancient times. Especially, being widespread in Greece, it had occupied its permanent place in ancient Olympiad competitions.

Several forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran (Persia), Afghanistan, Russia, Uzbekistan, Azerbaijan, Kazakhstan and other countries.

It is obvious that the motive of argument, competition between heroes dominates in many folk epics and it has a significant impact on the sequence of events. Usually, in written literature pedigrees are given as a prize for those who fight together. In folk epics, heroes are those who compete for themselves.

In folk epic “Alpomish” Khakimbek is so brave that, he fights with all kalmak alps for his lover Barchin. In written literature, the scene of fight putting a woman on bet has been performed so skillfully in the story of Lukman Burikhan “The sun has not set yet”.

In epic “Alpomish” Barchin’s ability to fight has been pointed out. It can be known from her words to the fighting Alpomish.

Watching their fight with her concubines and girls of Kongirat with ten thousand houses said a word to Khakimbek: “ Flowers will blossom in spring in gardens, Seeing the flower a nightingale sings delightfully, you have become tribal chief’s son in Narman, if you cannot defeat, give us the turn, your lover came to zeal, after holding why not to throw into the sky, if you cannot defeat, I will ask for the turn, I will wear men’s wear and I will gain my all strength to my wrist, I will divide them into pieces...”

Uzbekistan is the country of heroes, the land of brave men. Uzbek women have never gone behind them in case of bravery as well. It is obviously seen that wrestling has been popular from the ancient times.

Uzbeks stand out creating the most epic poems of all among other world nations. Scientist have found out that there exist nearly one hundred and fifty epic poems sung by Uzbek bards from the end of XIX century to the second half of XX century.

In epic Alpomish, it is defined that our nation fights no self-concerns in the way of brief and honor from the ancient times. The model of Alpomish, who dedicated himself so that Aybarchin is not in quarrel among Kalmaks and his country mates are not discriminated by the strange, challenges the young to be brave, self-confident, trustworthy and loyal. Besides that, there exist the greatest spiritual and moral virtues specific for Uzbek nation, particularly, the senses of self-perception of our public in the epic. Not only is it just a simple epic, but also it is a mirror reflecting our nation's spiritual world. So, the millennium of the creation of this epic was celebrated widely in our country in 1999.

Since the human society has appeared, the human names his feelings towards another person differently. The most delicate ones are friendship, affection, honor, pride, faithfulness and loyalty among them. Because these feelings are followed by virtues like faithfulness, defence of homeland, confidence, belief and respect. If literature evokes human feelings, the subject of Physical Education challenges the person to be brave, courageous, prideful and healthy based on those feelings.

In epics, love is the main feeling that will lead the human to the perfection. Heroes are the real enthusiasts of the feeling of love, the emotions of love and affection are regarded as the main tool, which can help the person to develop to be perfect.

Main rules of a contemporary wrestling have been created from the end of XVIII century to the beginning of XIX century. In 1912, Federation of International Wrestling Amateurs (FIWA) was created. Currently, 144 countries are members of the federation; Uzbekistan has been enrolled as a member of the federation since 1933. In the International Stage, there exist Greco-Roman wrestling, freestyle wrestling, judo, sambo (martial arts) and other kinds of wrestling sport.

Wrestling is one of the tools to make the person to develop being strong, adroit, nimble, tolerant and determined.

It is possible to do wrestling from the age of 12 under the control of doctor.

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