

Importance of Uzbek Kurash in Uzbekistan

Eshchanov Quranboy Raxmatullayevich and Jabborov Hamid Toyirovich

Khorezm region, Khonka district, School 14, teacher.

Abstract: *The Uzbek kurash is one of the most ancient types of traditional wrestling in the world and, probably, the most popular amusement in Uzbekistan. In today's society it has its own importance in our country. In this article, there is written about the importance of Uzbek Kurash.*

Key words: legendary, techniques, tradition, uniform, tournaments

1. INTRODUCTION:

In the 14th century Tamerlane used kurash as a part of a training programme for his soldiers. As is well-known, Tamerlane's army conquered half of the world and was never defeated. Centuries afterwards kurash has become one of the favourite and esteemed traditions among the peoples populating the territory of contemporary Uzbekistan. The Uzbeks say that they have kurash in their genes, in their blood. Today there are about two million people in Uzbekistan going in for this sport.

2. MATERIALS AND METHODS:

There is no holiday in Uzbekistan that goes without kurash. This sport does not require a special ground or a gymnasium. In the former times people were wrestling on the ground, sometimes covered with carpets. The rules are simple and democratic. Kurash is acceptable to both the young and the old. Holidays often feature wrestling with the participation of grey-bearded old men.

Kurash requires much strength and stamina and is not characterised by complex technique and tactics. Wrestling in a recumbent position is prohibited in kurash. The contestants may wrestle only when on their feet, and are only allowed to throw or trip the opponent. Any blows, painful grip or stranglehold, as well as catching below the waist, are explicitly forbidden. All this makes kurash a simple, clear, spectacular, dynamic and safe sport. .

Almost 2500 years ago Herodotus, the ancient Greek philosopher and historian in his famous books called "Histories" says that Kurash is a common practice for people living in the territory where the modern Uzbekistan is located.

The legendary epos Alpomish created more than one millennium ago calls Kurash the favorite and wide spread martial art in Central Asia. The great oriental scientist and the creator of the modern medicine science – Avicenna (Abu Ali Ibn Sina), who lived in the X century in Bukhara, writes that practicing Kurash is the best way to keep health of both body and spirit.

In the XIV century Timur, one of the most prominent statesmen in history used Kurash in his army for physical training and self defense. Its well known that the army of Timur conquered half of the world and never had been beaten. Centuries passed by and Kurash has become one of the most popular and respected traditions of the people of Uzbekistan. Uzbeks say that Kurash is in their genes, in blood. Today there are more than two million Kurash players all over Uzbekistan.

3. RESULTS:

For more than three millenniums Kurash was limited by the borders of Central Asia. Techniques, traditions, rules and philosophy of Kurash verbally were passed from generation to generation, from fathers to children. Till the very recent times nobody ever tried to systemize and generalize the heritage of Kurash. In contrary Kurash was used as a basis for another sport – in the beginning of the XX century Russians took throwing techniques of Kurash to create Sambo. And only in 1990 Komil Yusupov, the widely known master of Kurash, Judo and Sambo from Uzbekistan finished that kind of research on Kurash. He created the new universal rules for Kurash, the rules which incorporated the best features of Kurash- thousands years old philosophy of courage and humanism with the tight requirements of the modern sport. He introduced to Kurash weight categories, gestures and terminology based on 13 Uzbek words, set a fixed duration of the bout, uniform for players and referees, and all other things without which a modern sport could not be imagined.

Kurash rules prohibit any actions on the floor. Action is allowed only in standing position – there is no groundwork, and only throws and leg sweeps can be used by players. Any techniques using armlock, chocking and kicking, as well as grips below the belt are strictly prohibited. All it makes Kurash a simple, friendly, interesting, dynamic and safe sport to practice.

Starting from 1991, the year Uzbekistan became independent state, the first President of Uzbekistan His Excellency Islam Karimov, the initiator and inspirer of all historical changes in Uzbekistan, the man who made crucial contribution to Independence of Uzbekistan, formulated the goal to promote Kurash worldwide as a new international

sport. President Karimov while meeting Komil Yusupov in 1992 gave his ideas on the ways to make the sport of Kurash an international one and through this sport introduce Uzbekistan, its history, traditions and philosophy to the world.

After that meeting using the support of the Uzbek President, the group of activists of Kurash led by Mr. Yusupov started the international propaganda and promotion of Kurash. They held several big tournaments in different parts of Uzbekistan using the new rules – the success was overwhelming. Sometimes the large stadiums could not accommodate all spectators. The group made presentations at various prestigious sport forums in South Korea, Canada, Japan, India, USA, Monaco and Russia. And the goal was soon reached.

4. DISCUSSION:

In September 1998 the capital of Uzbekistan – Tashkent held the first ever international Kurash tournament. Players from almost 30 countries of Asia, Europe and Pan America participated. Usually the Kurash event in Uzbekistan are held at the football stadiums. This tournament, which was for the Prize of the Uzbek President, was not an exception.

During this tournament Tashkent hosted another historical event. On September 6th 1998 representatives of 28 states of Asia, Europe and Pan America established the International Kurash Association – the official international sport organ representing Kurash in the world. Since that day September 6th is the official birthday of the new international sport – Kurash. Delegates of the first inaugural Congress ratified the Statutes of the new organization and the international rules of Kurash, elected the managing body of the IKA- the Directing committee. Islam Karimov, the president of Uzbekistan and one of the key person in the international promotion of Kurash was elected as the Honorary President for life, Komil Yusupov, the author of the Kurash rules, became the President of the IKA. The Directing Committee has 19 seats. The members are elected by the Congress of the IKA by majority vote, the office term is five years, and they could be re-elected.

Uzbekistan became a center of the Muslim world. Is it any wonder that the customs of the Uzbeks and their close and distant neighbors have much in common. For example, the national Uzbek wrestling kurash in different variations exists among almost all Turkic peoples. So, sooner or later, kurash should have been formed as an independent sport.

The technique, rules and philosophy of kurash were passed by word of mouth. No tries were made to systematize and generalize knowledge about kurash until 1990, when Komil Yusupov, the famous master of kurash, completed this kind of research. He developed new general rules of kurash. He instituted weight categories, gestures and

terminology based on 13 Uzbek words, the duration of the fight, the form for athletes and judges, and everything else without which modern sports cannot be imagined.

Kurash is an extremely spectacular sport. For passivity a wrestler is severely punished. If within 25 seconds the wrestler does not attempt to hold a reception, the judge announces a warning to him. Three warnings mean a loss.

5. CONCLUSION:

The appearance of kurash on the world stage as an international sport has further increased the interest in this sport from authoritative sports organizations and countries of the world community. Probably, there is no man who at least once did not try his hand at the national struggle – kurash in Uzbekistan. Regularly about 2 million people are occupied by the kind of sport in the republic. Uzbek wrestling attracts people primarily because it is devoid of any aggression. This art is not to maim and kill, but to rejoice in the beauty and perfection of movements.

6. REFERENCES:

1. International Kurash Institute (Iki) Kurash Federation Of Uzbekistan (Kfuz) Chirchik State Pedagogical Institute In Tashkent Region Scientifically-Methodical Providing For Retraining And Professional Development Of Specialists In Physical Culture And Sport Under The Ministry Of Physical Culture And Sport Of The Republic Of Kurash: History, Theory And Methodics. Olimjon Khaitov, Akramjon Abdulakhatov.
2. Uzbek national kurash may be included in the program of Olympic Games, 2020.
3. Historical and Ethnographic Features of the Uzbek Kurash, 2019.