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WOMEN'S KURASH

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ABSTRACT: Women, who are the main fear of our lives and the future of our nation, are versatile the place of physical culture for them to be healthy physically fit The country today All kinds of women's sports at the level of modern demand pays great attention to development. Today, proposals and measures are being taken to further improve the growing sport of wrestling, especially among women.

KEYWORDS: kurash, professional wrestling, upright jacket grappling, sambo, judo, karate, taekwondo, weightlifting.

Professional wrestling is a dramatic enactment of wrestling as a spectator sport. As is the norm for this sport, women's professional wrestling is organized by wrestling federations called promotions. Some promotions are exclusively for women, while others have separate divisions for women. Among the nations that have women's professional wrestling are Australia, Bolivia, Canada, Japan, Mexico, the United Kingdom, and the United States. Some promotions such as WWE traditionally don't announce the weight of female competitors during their ring entrances due to the old adage "you don't ask a woman her weight

Kurash is an ancient type of upright jacket grappling which originated in the territory of modern Uzbekistan. According to the latest scientific research the age of Kurash is at least three and a half thousand years. Kurash is one of the oldest martial arts the people had ever practiced.

Kurash is an Uzbek word. It means – «reaching the goal with the just or fair way». Since its birth till recent times Kurash was used as a martial art and the public physical entertainment during major holidays, feasts and wedding parties. Kurash is mentioned in many historical sources.

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. 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 imagined¹.

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, choking 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. 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 first 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.

Nowadays, not only men but also women are involved in sports engaged. Women in freestyle wrestling, sambo, judo and arm wrestling Regular world championships are held between With women to have some knowledge of the female body from the work trainer requires In the process of training the characteristics of the female body identity is very important.

Effective work is being done to attract girls to sports. The head of our state The decisions and decrees issued by both promote the development of women's sports and women This is evidenced by the widespread focus on coaches. Also for female coaches that the door to opportunity is wide open and that more can be achieved no doubt. Elegant sports include gymnastics, wrestling, rock climbing, and soccer the talent of the girls, who prove to be no less than any boy, is duly acknowledged.

Recently, the Uzbek Women's Wrestling Cup was held in Namangan. It is no exaggeration to say that Namangan lived in the glory of wrestling for several days. The tournament showed that women's wrestling is developing in our country. It is safe to say that everyone has witnessed the effective work of the Wrestling Association of Uzbekistan. As for the direct debates, the fans were able to watch the high-level fights, no less than in the Asian and World Cups.

A variety of sports among young people in Asia, Europe, America and the World tournaments and championships in various sports attracts. Among them are Uzbek girls. Uzbekistan is making a significant

contribution to its reputation. The Uzbek girls' world championships in this field encourages the use of opportunities and conditions. Children's sports Involvement of local women in sports in the development program, they special attention is paid to the recognition and upbringing of talented young people is given. Because sports play an important role in the development of our great future takes over. In this way, to train mature and skilled athletes from Uzbek girls, to mobilize them for world sports competitions, especially the Olympics is one of the most important current issues.

In 1997, the Committee for Physical Culture and Sports of Uzbekistan, Republican Wrestling Association and Freestyle Wrestling of Uzbekistan "Independence Cup" to the world at the initiative of the federation and Grand Prix tournaments in a short period of time found a worthy place among. World Wrestling Association highly rated by. The Independence Cup is at a high level in our country exile 1999 freestyle, Greek rum and women's wrestling basis for holding the XIII Asian Championship in our country it has been. The national team of Uzbekistan is 30 in this prestigious competition was ranked No. 1 among Asian countries. As a result of great work, the first President of the Republic of Uzbekistan Islam Karimov was born was the first world leader in world wrestling was awarded the highest award of the Association "Golden Coral". The "Independence Cup" is huge for the development of world wrestlers contributed².

From the day Uzbek wrestling began to fly around the world, women the struggle also began to fly violently. June 7, 1999 in Russia International Women's Tournament in Bryansk, May 6-7, 2000 was the first world among boys and girls in the Russian city of Tver Wrestling Championship, July 13-17, 2000 in Antalya, Turkey The second world championship among men and women was held. 2000 Islam Karimov in Bedford, Great Britain, on October 1-3

The international tournament was held among men, women and veterans. April 28-29, 2001 The girls also took part in the first Asian Championship in Tashkent.

Islam on November 11, 2001 in Dortford, Kent, United Kingdom Karimov won an international tournament. In this case, between young men and women, adult wrestling competitions were held between men and women. On April 13-14, 2007 in the city of Termez for the traditional award ceremony of the President Among women in the VIII international tournament dedicated to the memory of Hakim at-Termizi also won the first world championship. This is the first big international The organization and holding of competitions are important in the history of Uzbek wrestling important as vocabularies. Republican and international prestige with the participation of our girls competitions have become more crowded than other types of wrestling. This is a clear indication of the interest of our women in honest Uzbek wrestling is the proof.

February 1, 1999 "Supporting the International Wrestling Association Decree of the President of the Republic of Uzbekistan No. PF-2211 "On mainly to further develop women's wrestling in the region, women upbringing in the spirit of courage, bravery, honesty, humanity, love for the Motherland and the development of women's health through sports, women In order to increase the popularity of wrestling, on September 6, 2005, "Woman - Surkhandarya region on the establishment of the Women's Wrestling Federation Resolution No. 155 of the Governor was adopted. March 30, 2006, No. 76 registered. The only women's wrestling competition in the country Federation "was first established in Surkhandarya region. Of the Federation as branches in all cities and districts of the region «Barchinoy kurash Clubs have been established and are operating. Based on the above decisions, the Ministry of Culture and Sports, At the initiative of the Wrestling Federation of the Republic of Uzbekistan in 2006 For the first time among women in Termez on April 14-16 The championship of the Republic of Uzbekistan.

Social psychological attitudes and environment play an important role in the training of modern female wrestlers plays. Girls struggling with these psychological factors are people around them: parents and relatives, friends, is reflected in the interactions between study, work, and sports team members. Constant with them to communicate in a way that affects the mental state of the female wrestler, her spiritual and volitional readiness. and can have a positive or negative impact on its potential in sports.

Perennial pedagogical Our observations show that the wrestler is in the most appropriate social psychological environment, that is, how important the responsibility of the people around the wrestler is for his or her performance in the sport when they understand, the athlete clearly feels their kindness and friendly support. In the complex conditions of everyday life and in various sports situations, female wrestlers feel the care and support of their loved ones. Read her sports routine at home or the conditions necessary for the proper organization of work and leisure are created.

At the same time, female wrestlers are well aware of the high demands placed on them. It is necessary in such cases, those around him should strongly condemn the misconduct committed by the fighter. Such a psychological microclimate contributes to the proper upbringing of female wrestlers, giving her invaluable and willpower qualities helps to form. In doing so, it prevents support and movement, giving the athlete a good rest and helps the body regain strength³.

All this leads to a sharp decline in spiritual and volitional qualities, a decline in sports activity will come. Our practical observations are often based on the misconduct of female athletes and their The inappropriate micro-environment and the athlete are not subjective factors in the disruption of the agenda that it is caused by the objective conditions around it, which has a negative effect on the athlete.

The trainers-coaches are socio-psychological related to the micro-environment of the female wrestlers the factors make them aware of the situation well and constantly monitor it, as well as improve it they must take all measures to. The rational psychological environment around the athlete is disturbed using various pedagogical tools, methods and other measures of influence in the situation

it is necessary to take drastic measures in time to normalize. The most comfortable in everyday life. Living conditions also increase the ability of athletes to work and make them stronger The cleanliness of the living quarters is also good for the athlete.

Follow the rules of personal hygiene for the rest, as well as conduct hydro-activities to restore energy should be at a level that provides the necessary conditions for All kinds of training process when planning, take into account the characteristics of the athlete's training and work activities need The level of workload on the trainers should be slightly reduced during the period of intensive training it is also special to develop an agenda to plan the micro figure in the most convenient way for a week need to pay attention. This is a training session during the whole week and on some days to ensure that their activities are properly interspersed with rest and recovery activities scientific research and practical observations show that in the training of athletes the targeted use of socio-psychological factors for the health of female wrestlers and to have a high level of professionalism, to develop their sports skills independently the level of readiness ensures the stability of the form, the ability to adapt quickly to any conditions was won.

Raising a healthy and harmoniously developed generation in our country is the responsibility of the youth realization of their creative and intellectual potential, the youth of our country. As well-developed individuals who fully meet the requirements of the XXI century there are a wide range of conditions and opportunities for adulthood is being done. In this regard, further popularization of sports in our country and development, the physical development of the younger generation, children in the field of sports development, with sports for young people, especially rural girls extensive involvement in regular exercise, new sports complexes, stadiums and construction of facilities, providing them with modern sports facilities and equipment, with highly qualified instructors and coaches bringing about reforms and good deeds that have a gradual strengthening of the work to be done is going on.

In addition, at the initiative of the President, women in our country

A number of measures are being taken to develop sports in the region:

decision-making on healthy lifestyles among young people, their alcoholism and drug addiction, various other destructive threats and alien to us religious and extremist influences. Comprehensive measures are being taken to protect against attacks. In recent years, more and more women are participating in sports



growing. Now they are not only national, but also international participating in competitions. Today, women compete in sambo, judo, in many sports such as wrestling, karate, taekwondo, weightlifting, and football are achieving high results. The development of women's sports in Uzbekistan has a long history depends Women's health is healthy for the future of a great country plays an important role in educating the next generation.

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