

History Of Kurash And Today's Ravnaki

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Abstract: This article briefly describes the history of our struggle and the development of today.

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Today, the Quraysh, which is gaining worldwide attention, fame and glory, and attracts millions, also has its deep historical roots as one of the highest spiritual values of the world. The material evidence found as a result of research, studies and archeological scientific researches and observations of historians, archeologists, archeologists and philosophers has proved that the age of Kurash is at least 2500-3000 thousand years. Rare finds, artifacts and rock art found in the Surkhandarya and Zarafshan oases and a number of ancient settlements in the Fergana Valley testify to this.

There are six findings that provide scientific evidence for the history of our struggle. For example, a mural of two fighting heroes found in Panjikent is a unique monument of the Sogdian statehood, ie the Middle Ages. Another such item is a cylindrical spool vessel, which was found in ancient Bactria (Southern Uzbekistan). One piece of it depicts two wrestlers and one of them kicking his opponent in the leg. Another statue on the rim of the vessel also reflects the position of the wrestlers in the struggle with their hands raised. These vessels belong to the Bronze Age, which testifies to the fact that the history of Kurash is even longer, that is, 3.5 thousand years. The next finding is two horse bridles from the Bronze Age. According to Professor MP Gryaznov, both types of wrestling have been developed in the spirit of the spiritual struggles of the Sak-Scythian tribes and belong to the early stages of the nomadic period. The surface of the silver bucket flange, which dates back to the middle of the first millennium, also depicts the situation in which two wrestlers wrestle. Artifacts found in the village of Chelak, near Samarkand, also reflect the past. Among these vessels, which are decorated with geometric patterns, the silver handle packaging is especially noteworthy. On the outside of his handle, two wrestlers are depicted wrestling in the same Kurash style. According to the research of ethnographers, even the oldest epics, fairy tales and legends contain scenes of struggle. By their content, you can be sure that they belong to the matriarchal period. It follows that the struggle dates back to 5,000 years ago.

Wrestling has a history of several thousand years. There is information in ancient manuscripts that wrestling took a worthy place in the structure of mass competitions even in BC. This is confirmed by many written and historical monuments. For example, according to the author of the ancient world scholar Elian Clavid, the territory of modern Uzbekistan was inhabited in ancient times by the Sak, Massaget and other tribes. The power struggle between them was widespread. If the boys were to get married, they would have to overcome their heads in a fight.

Well-known orientalist and ethnographer SP Tolstov writes that in the past, Uzbeks attached great importance to wrestling in ceremonies such as Ramadan, Eid al-Adha, Navruz and festivals. During the first three days of these festivities, a struggle was organized under the leadership of the elders, a hand-to-hand show was held, the prisoners were released, and the guilty were acquitted. According to many archeological materials, our struggle is one of the main games in the life of the Uzbek people. In fact, our people saw our struggle as one of the main means of physical training. According to ethnographic research, our wrestling in the territory of our country was widely developed in the IX-X centuries AD, and it became customary to hold wrestling competitions at all festivals. If we look at the ancient sources one by one, we can be sure that our struggle has developed and that

many heroes have passed away in the Uzbek land. They were known in the seven climates for their unparalleled skills in the field of strength testing, lifting heavy loads, and wrestling, and were popularly known as wrestlers. Samples of Uzbek folklore - such as "Alpomish", "Tolganoy", "Gorogli" - also praise the struggle of wrestlers.

According to historical sources, in the 10th century AD, many wrestling competitions were held on the territory of modern Uzbekistan. Ancient Chinese manuscript Tan-Shu states that competitions were held in Fergana on the occasion of Navruz.

According to the 10th century Arab geographer and traveler Maxidi, similar competitions were held on the occasion of Navruz in large cities such as Merv, Samarkand and Balkh. The great ruler Abu Ali ibn Sina in his book *Kitab al-Qanun fit-tib* gives information about two types of struggle. He writes that in the first case, two people tried to knock each other down by grabbing each other by the waist, and in the second round, they tried to knock each other down by kicking his opponent's legs, using the methods of beating and throwing. According to Ibn Sina, such methods of struggle were known a thousand years ago. However, in both methods it is forbidden to take the foot by the lake.

Philosopher and poet Pahlavon Mahmud (1247-1326) was considered an untouched wrestler in Iran, Turkestan and India. The book "Azari from the Fire", published in Bombay in 1881, contains the following lines:

If we look at the history, in ancient times, especially Amir Temur, our national struggle was very developed. Kurash was a source of physical training and strength for Amir Temur's troops. In particular, Amir Temur paid great attention to the types of competitions and battles of wrestling and called on his Kushis to study the science of wrestling. Amir Temur was not only a statesman, intelligent, enlightened, a historical figure with a perfect knowledge of military science, but also a wrestler with a deep knowledge of the art of wrestling.

Mahmud Kashgari writes in his famous book "Devoni lugatit-turk" that wrestlers hold each other by the waist and wait for their opponent with their feet. The incomparable heroes and struggles of the wrestlers are praised in Tabiri's "History", Firdavsi's "Shokhnoma", Sherozi's "Devon", Nizami's "Khamasa", Navoi's "Farkhod and Shirin", Bobur's "Boburnoma".

It is known that wrestling developed in the IX-XII centuries. During this period, wrestling became one of the most popular sports of the people and became very popular, and wrestlers such as Pakhlavon Mahmud, Jaloliddin Manguberdi, Darveshmuhammad spread the fame of Uzbek wrestling.

However, during the more than 70 years of colonial rule, the struggle, which was one of the national values of the Uzbek people, was neglected and its development slowed down. Just as every nation in the world has its own national struggle, Uzbeks have their own kind of struggle called the Fergana and Bukhara methods. At present, these national struggles are called "Belbogli kurash" and "Uzbek kurash". It has been passed down through the centuries and has survived to the present day. Kurash, one of the national sports of the Uzbek people with a long history, has been developing for centuries and has been a source of delight for people. At that time, the performances of wrestlers in folk festivals with different relationships were the most interesting and attractive. Therefore, the names of the wrestlers were revered at work, they were even considered as national heroes.

Since the day of independence of the Republic of Uzbekistan, the development of national features of physical culture and sports, the revival of our values, including national sports and folk games. At the founding congress on September 6, 1998, President Islam Karimov was elected Permanent Honorary President of the International Wrestling Association.

On February 1, 1999, in connection with the recognition of Uzbek wrestling as a world sport, embodying national values, courage, patriotism and humanism, in order to further strengthen the position of the International Wrestling Association in the world, the Republic of Uzbekistan The decree of President IA Karimov was adopted:

After Uzbekistan gained independence in 1991, the issue of bringing national sports to the world stage was discussed for the first time.

Wrestling is a sport in which two athletes compete one-on-one in accordance with the established rules. The art of wrestling has been known in many nations since ancient times. Wrestling is especially popular in Greece and has been a regular feature of the ancient Olympics. Different forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The basic rules of modern sports wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was formed (now it has 144 countries, Uzbekistan has been a member since 1993). Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread in the international arena. In recent years, Uzbek Kurashi has also gained worldwide recognition as a separate type of Kurash. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Kurash is allowed to be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. A cylindrical pottery from the Bronze Age found in ancient Bactria (southern Uzbekistan) depicts two wrestlers and one of them playing the other. Another archeological find from the same period shows wrestlers wrestling. These unique findings indicate that even 1,500 years BC, Kurash was part of the way of life of our ancestors. According to the Greek writer Claudius Elian (2-3rd century) and other historical figures, the daughters of the Sak tribe who lived in this area chose the groom by fighting with the young men. The girls later identified the groom by condition, and there was a Kurash competition in that condition. An example of this is the conditions of Barchin in the Uzbek folk epic "Alpomish". Ibn Sina wrote in his "Laws of Medicine": "There are different types of wrestling. This definition is close to the rules of modern wrestling. Also, Mahmud Kashgari's "Devonu lug'otit turk", Alisher Navoi's "Hamsa", "Holoti Pahlavon Muhammad", Zayniddin Wasifi's "Badoe'-ul-vakoe'", Hussein Voiz Kashifi's "Futuvvat-nomai sultoniy", Zahiriddin Muhammad Babur's "Boburnoma" contains valuable information. In the 9th-16th centuries, Kurash was widely popular among the people. During this period, Pahlavon Mahmud and Sadiq Polvon tribes increased the popularity of Kurash.

There is also a type of Uzbek people's individual wrestling called belt wrestling. There are many archeological finds and historical manuscripts related to it as well. A statue found in ancient Mesopotamia 5,000 years ago depicts wrestlers competing in belt wrestling. Ancient Chinese manuscript "Tan-shu" says that weddings and festivals in the Fergana Valley will not take place without Kurash competitions. Ahmad Polvon, Khoja Polvon and others became famous in this type of Kurash (late 19th - early 20th century). During the Tsarist occupation and the Soviet era, attempts were made to artificially squeeze the Uzbek national Kurash out of the people's way of life. By the end of the 1990s, these attempts were stopped.

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