

National "Kurash": History and Contemporary (On the Example of the Uzbek People)

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Annotation: Just as every nation in the world has its own national sport, the history of Uzbek national kurash goes back a long way, and they have been improving over the centuries and are still respected as a national and universal value.

Keyword: Uzbek, kurash, Turkmens, "guresh", Kazakhs, "kures", Kyrgyz, "kurosh", Tajiks, "gushtingir", Uyghurs, "chelish", Tatars, "kuresh", Circassians, "tutush", "sirim".

As stated in the "Explanatory Dictionary of the Uzbek language": "Kurash" - a fight between two people, based on certain rules, to win. Kurash - to compete with each other to fall or get out. ¹ Uzbeks - "kurash", Turkmens - "guresh", Kazakhs - "kures", Kyrgyz - "kurosh", Tajiks - "gushtingir", Uyghurs - "chelish", Tatars - "kuresh", Circassians - "tutush", Koreans call it "sirim"².

In the works of Alisher Navoi, the sultan of the realm of poetry, kurash-kushti, kushtigir-kurashchi, polvon, kushtidonlig are described as a good knowledge of kurash.³

In the "Boburnoma" of the king and poet Zahiriddin Muhammad Babur, it is explained as a wrestler, a wrestler, a wrestler.⁴

Today, the Uzbek national wrestling, which is gaining popularity and fame in the eyes of the world, attracting millions of people, is an ancient popular sport and has deep historical roots. This is fully confirmed by archeological, ethnographic data and written sources.

In the 40s and 50s of the XX century, the expedition of the Khorezm archeological and ethnographic complex led by S.P.Tolstov found many material sources related to the kurash. According to the research of academician A.Askarov, many archeological evidences revealed as a result of archeological scientific researches proved that the age of Uzbek wrestling is at least 2.5-3 thousand years. Rare finds, artifacts and rock art samples found in a number of ancient settlements of the Surkhandarya oasis, Zarafshan and Fergana valleys testify to this.

For example, a painting found in Sogdiana is noteworthy. It is also decorated with a pattern, making the silver handles silent. The silver cup handle depicts a fight between two wrestlers. While one of the wrestlers presses the head of the other down, the second wrestler is depicted trying to lift his opponent's waist with his right hand. In the research of academician A.Askarov, this kurash is called freestyle wrestling.

There are many findings today that are awaiting a more detailed study, in which we can be absolutely sure that they reflect the very antiquity of our kurash, a number of unique aspects.

Rock paintings (petroglyphs) found in the Tangritog Cave in the northern part of the Tien Shan Mountains, one of the archeological monuments in Uzbekistan, depict people struggling with the Scythian-Sarmatian tribes in the Bronze Age (4,000 BC). A mural depicting two wrestling heroes found in Panjikent is a unique monument to the Sogdian statehood, ie the Middle Ages. Another such item is a cylindrical pottery 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 state of the wrestlers as they prepare to fight with their hands up. These vessels belong to the Bronze Age, which testifies to the fact that the history of Uzbek wrestling is

¹ Explanatory Dictionary of the Uzbek language. Volume 2. 2006, P.433

² A.Ro'ziyev, N.Azizov. O'zbek milliy bel olish kurash tarixidan. T., 2010.P.19

³ A brief dictionary of Navoi's works.. T., 1993.P.138

⁴ A concise glossary for Boburnoma. Андижон, 2008.P.96

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even longer, that is, 3.5 thousand years.

The next find is two Bronze Age horses. According to the Russian archeologist Professor MP Gryaznov, both horses, in which the methods of Uzbek wrestling are described, were developed in the spirit of the Sak-Scythian spiritual worldview and belong to the early stages of nomadic times. The surface of the bucket fence of the middle of the first millennium AD also depicts the kurash of two heroes. According to experts, there is a possibility that this bucket belonged to ancient Byzantium.

Artifacts found in the village of Chelak, near Samarkand, also reflect the past. Among these vessels with geometric patterns, a glass with a silver handle attracts attention. On the outside of his handle, it is said that two wrestlers are competing in the same Uzbek style. This finding dates back to the early Middle Ages. The ornaments on the outside of the silver bowl of the 5th century AD feature six landscapes depicting the kurash.

The monument was originally housed in the State Hermitage in St. Petersburg, Russia, and is now housed in the Museum of History in Germany. The mural in Samarkand dates back to the 7th century AD and depicts two Sughd warriors fighting.

According to folklore research, even the most ancient epics, fairy tales and legends have many accounts of the kurash. If you pay attention to their content, you will be convinced that they belong to the period of the dominion of the mother seed. It follows that the history of Uzbek wrestling dates back to more than three thousand years ago. The centuries-old history of our national wrestling testifies to the fact that in the eyes of our ancestors, wrestling, first of all, was honored as an example of the comprehensive maturity of wrestlers.

A special place was given to the physical strength, stature, skill in wrestling, agility, behavior in a wide circle, morality, spiritual appearance, attitude to the opponent and other virtues. It has also been a long-standing tradition to follow untouched warriors as piru masters and strictly follow the Pandu's advice.

If we look at the pages of Mazi, 2,500 years ago, in the book "History" by Herodotus, the "Father of History" (484 BC), it was written about the wrestling traditions of the ancient people of modern Uzbekistan.

According to the Greek author Ellian Claudius (late 2nd century - early 3rd century AD), if the men of a tribe wanted to marry, they had to win a fight with a girl. If the young man wins this fight, the girl belongs to the groom. If the young man cannot conquer the girl, the young man becomes her captive.

The Roman historian Quintus Curtius Rufus (1st century AD) wrote in his History of Alexander the Great that Alexander the Great marched into Central Asia (IV BC) and did not pay attention to the bravery and death of the national heroes who fought against him. writes that he saved his life.

A Chinese source, Tan-Shu (10th century), states that during the Navruz holiday in Khorasan, the population was divided into two groups and organized wrestling competitions.

In the fairy tales "Hasan and Zahro", which are rare examples of Uzbek folklore, and in many epics such as "Alpomish", "Tolganoy", "Gorogly", the traditions of kurash are deeply described in the art.

At the beginning of the VIII century, when the Arabs invaded Movarounnahr, the wrestlers fought valiantly against the invaders. Qutayba planted tens of thousands of dirhams on their heads to destroy each povon. But the people fought valiantly for the freedom of the Motherland without selling their heroes. The invaders did not limit themselves to this, but forbade the traditional kurash.

According to the Arab geographer and traveler Maqdisi (Muqasi 947-1000), wrestling competitions were held in major cities such as Balkh, Merv, Samarkand, mainly during the Navruz holiday.

Great scholars Mahmud Kashgari's "Devonu lug'atit turk" Abulqasim Firdavsi's "Shohnoma", Kaykovus's "Qobusnoma" Abdurahmon Sa'di's "Gulistan", Ibn Sino's "Laws of Medical Science" Alisher Navoi's "Saddi Iskandariy", Zahriddin Muhammad Babur's "Boburnoma" interesting information is provided.

Our great ancestor, Abu Ali ibn Sina, the Sultan of Medicine, wrote in his book The Laws of Medicine that wrestling consists of different types, one of which involves two men grabbing each other's belts and trying to get rid of each other, but one does not let go of the other. The other embraces his opponent, passes his left hand under his right arm, and pulls him around. Another type of wrestling is kicking, kicking, kicking and knocking down an opponent. ”

Born and raised in our great and holy Motherland, such heroes as Alpomish, Alp Er Tonga, Pahlavon Mahmud, whose blessed names have become legends, spread the fame of the Uzbek land to the world

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through kurash.

The methods of "kokma", "kayratma", "poypechak" and "ilmokli" used in our national wrestling have long been used by wrestlers.

The Bukhara style of Uzbek national wrestling also existed during the Suyavush period, which took place four thousand years ago. The kurash continued during the Achaemenid, Samanid, Tahirid, Qarakhanid, Timurid, Shaybanid, and Mangit dynasties. According to the rules of this method of wrestling, methods that harm the health of wrestlers are strictly prohibited. During the fight, it was not possible to hold the bottom of the waist, pull the belt, deliberately let go, take off the legs, bend the arms, bite, punch.

In Bukhara wrestling, "knocking", overturning the opponent from the inside, "overtaking" the opponent, "overtaking" the knee with a "loop", "double", "lightning", "wrapping", "norpush", "handcuffs", "return", "twist", "wait and turn", "adjacent" and other methods are used. (Norboev H .; Surkhan polvonlari T .: NEUZ; 2010.B.5-6)

Sahibkiran was especially developed during the reign of Amir Temur and his successors.

In the second half of the 14th century, Sahibkiran Amir Temur, an incomparable great commander and statesman who left a bright mark in the history of mankind, effectively used the method of kurash to strengthen his soldiers and increase their physical fitness. We know that Amir Temur's army was the most capable and invincible army of its time.

Hazrat Sahibkiran Amir Temur is the eternal pride of our people and nation. For this reason, historians have rightly called the XIV-XVI centuries the age of Amir Temur or the great rise in the history of Central Asia - the second Renaissance.

The national kurash later developed considerably during the Timurid period as well. For example, the king and poet Zahriddin Muhammad Babur, one of the successors of the Timurids, left the country after his defeat with Babur Shaibanikhan and conquered Kabul and later India in the early 16th century. Babur attached great importance to the development of physical culture in the territory of the Mirza kingdom. Boburnoma also contains in-depth information about the national kurash that developed at that time.

Wrestling is invaluable in educating a healthy generation, including strengthening the country's defense capabilities and improving the martial arts. In other words, the kurash is one of the historical values that shape and unite the nation, the people.

Thanks to the independence of Uzbekistan, as a result of efforts to restore our ancient values and introduce them to the world, the national sport of wrestling has become popular. In particular, international tournaments dedicated to the memory of Sahibkiran Amir-Temur in Shahrisabz and Al-Hakim at-Termizi in Termez have been organized, and it has become a tradition to cover these competitions. In 1992-1998, Uzbek wrestling was demonstrated at major sporting events in South Korea, Canada, Japan, India, the United States and Russia. As a result, on September 6, 1998, the world community officially recognized Uzbek wrestling as an international sport, and the International Wrestling Association (IWA) was established at its founding congress with the participation of 28 countries from Asia, Europe and the Americas. It has become an official international sport of Uzbek wrestling. Currently, the association has more than a hundred member states. Thanks to HKA's efforts, world championships and international tournaments are being organized at a high level.

In July 2011, the next General Assembly of the Olympic Council of Asia was held in Tokyo, Japan. The program of the IV Asian Indoor Martial Arts Games 2013 in Incheon, South Korea was discussed at the meeting. The most gratifying thing is that according to the decision of the Asian Olympic Council, wrestling has been officially included in the program of the IV Asian Games. It was noted that in this prestigious tournament were held competitions in fourteen weight categories among men and women.

On May 26, 2012 in Karshi, the most famous wrestlers from 23 countries of the world demonstrated their skills at the VI International Wrestling Tournament for the Prize of the President of Uzbekistan, dedicated to the memory of our great ancestor Amir Temur. In 2014, an international tournament was held in Termez in memory of the Termez people. These international competitions were a success, proving once again that our national kurash, which has a history of many thousands of years, is an ambassador of peace and cooperation.

In the minds of national sports fans, Japan is the home of judo, karate, sumo, Chinese wushu and kung fu, Korean taekwondo and sirim, English football, Canadian ice hockey, American baseball, basketball, and Uzbekistan is recognized as a country of wrestling in the world. We use the word "Kurash" in two senses:

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the first is a competition between two wrestlers; the second is the high status of symbolic Uzbeks in the world. During the period of independence, great work has been carried out in Uzbekistan to bring up young people in a physically fit, spiritually mature, mentally healthy and intellectually developed way, to restore our national traditions and values. Thanks to our traditional struggle, which is one of our historical values, we are gaining recognition in the world. The importance of the national struggle, which has always been one of the masterpieces of our national culture, is evident from the fact that it embodies the values of history, courage, bravery, patriotism and humanity.

Among the national sports that played an important role in the formation of ancient Uzbek physical culture, "Bukhara Kurash" and "Fergana Kurashlar" have become modern and have risen to the level of international sports, introducing the Uzbek nation to the world under the names "Kurash" and "Belbogli Kurash". is coming.

The organization of wrestling competitions in strict accordance with the national traditions and values, the heritage and traditions of our great ancestors, the rules of these competitions is of great importance in the way of life of our people.

Wrestling circles cannot be imagined without bakuvul. They try to keep accurate records of the prizes allocated to the wrestlers, to give them to the winners in full, to look at all those who competed with justice.

Wrestling competitions at our weddings also include the rituals of "throwing a plate", "a guest has arrived", "there is a sign", "golden box".

Under the direct leadership of our state and the International Kurash Association, Kurash has been widely recognized as an international sport. Terms such as "kurash", "honest", "draw", "bow", "stop", "time", "sideways", "arrogant", "slow", "reprimand", "void" are international sports words and took a firm place among the expressions.

Today, the attention to wrestling has given strength to our wrestlers, who, based on their life experiences, have developed new rules of competition, the rules of competitions, the uniforms of judges and wrestlers in accordance with world standards. On the basis of these new rules, prestigious competitions began in 1992. International tournaments dedicated to the memory of Karakul-Tursunota, Shahrisabz-Amir Temur, Surkhandarya-At-Termizi, Bukhara-Bakhovuddin Naqshband, Andijan-Bobur Mirzo, Khorezm-Pahlavon Mahmud contributed greatly to the introduction. Many competitions were held for the first Presidential Prize in the world.

On June 20, 2017, at the 36th Assembly of the Asian Olympic Council in Ashgabat, wrestling was officially included in the program of the XVIII Summer Asian Games for the first time in its history. It is included in the programs of international wrestling competitions and sports by the International Kurash Association and the Republic of Uzbekistan. Active work is underway to promote the program of the Olympic Games. The decision of the Republic of Uzbekistan Sh. Mirziyoyev dated October 2, 2017 "On measures to further develop the national sport of Kurash" is a clear proof of this. The resolution provides for the development and approval of a comprehensive program of measures for the further development of the national sport "Kurash". (Xalq so'zi; October 3, 2017)

Wrestling competitions also play an important role in inculcating the national idea in young people. In addition, Pahlavon Mahmud liberated centuries-old Khorezmians in India due to his wrestling skills, and strengthened their interest in physical culture and mass sports, especially wrestling, by inculcating in the minds of young people that wrestling played an important role in the world fame of our great ancestor Amir Temur. we will increase his devotion, pride, pride and love for his country, people and homeland.

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