

## **PHYSICAL EDUCATION NAME OF THE REPORT: "KURASH"**

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**Abstract:** In this article, the history of the sport of wrestling, this sport is developing in our country There will be talks about finding trends, achievements, competitions. From him The results of the Uzbek athletes in the world arenas will be analyzed.

**Key words:** Wrestling, competition, arena, medal, athlete, prize.

Wrestling is a sport in which two athletes compete individually according to a set rule Exchange. The art of wrestling has been known in many nations since ancient times. K. especially Widespread in Greece, it has taken a permanent place in the ancient Olympic Games. National different forms of struggle Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Available in Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. The basic rules of modern wrestling were one of the European in the late eighteenth and early nineteenth centuries developed in several countries. 1912 International Amateur Wrestling Federation (FILA) (now 144 countries, Uzbekistan has been a member since 1993). Sports in the international arena Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread. In recent years, Uzbek wrestling has also gained worldwide recognition as a separate type of wrestling. Wrestling is one of the means of educating a person to be strong, agile, resilient and strong-willed. Wrestling is allowed from the age of 12 under the supervision of a physician.

Wrestling from the beginning Archaeological finds, historical manuscripts that are an integral part of the Uzbek way of life confirms. A cylindrical Bronze Age found in ancient Bactria (southern Uzbekistan) in a ceramic vessel are depicted two wrestlers and one of them playing the other. It belongs to this period

another archeological find shows wrestlers wrestling. These unique findings are one of the lifestyles of our ancestors who struggled even 1.5 thousand years BC indicates that it is a part. Greek writer Claudius Elian (II-III century) and other historians the individuals write that the daughters of the Sak tribe, who lived in the area, married the groom to themselves who chose to struggle with. The girls later identified the groom by condition, and this the condition was a wrestling match. This is in the Uzbek folk epic "Alpomish" Barchin conditions can be given as an example. One of them is one of two wrestlers grabs his opponent's belt and pulls him, while trying to get rid of his opponent. This description is close to the rules of modern Kurash, Hussein Voiz Kashifi's "Futuvvatnomai sultoniy", Zahiriddin Muhammad Babur's "Boburnoma" contain valuable information about wrestling. IX-XVI The struggle in the sub was very popular among the people. During this period Pahlavon Mahmud, Sadiq Polvon etc. increased the popularity of wrestling. There is also a type of Uzbek people's individual wrestling called belt wrestling.

To him too There are many relevant archeological finds and historical manuscripts. 5,000 years ago period A statue found in Mesopotamia depicts wrestlers competing in belt wrestling. The ancient Chinese manuscript "Tan-shu" says that weddings and festivals in the Fergana Valley will not take place without K. competitions. Ahmad Polvon, Khoja Polvon and city k. This type of K. became famous (late 19th - early 20th century). The invasion of tsarism to artificially oust the Uzbek national K. from the people's way of life during the Soviet era was moved. By the end of the 1990s, these attempts had ceased. 1991- Kamil, a representative of the wrestling dynasty, an international master of sports in several K. species. Yusupov developed the following rules of Uzbek K. in accordance with international standards: tu shuls 14 x 14 m to 16x 16 m, the quadrant with a hidden colored avni line \* compete in a standing position on a marked blue-green K. carpet. Winning methods used and amygdala based on assessments of their behavior on the field. In K., to the opponent Painful methods are not allowed, one of the wrestlers is blue and the other is green. she wears a colored jacket (women wear a white T-shirt inside the jacket), a belt 4 - 5 cm wide (belt \*) males 60, 66,

73, 81, 90, 100 kg and over 100 kg, females 48, S2, 57, 63, 70, 78, and They want to compete in weight categories over 78 kg (boys, girls, adults, girls) In competitions, age categories are determined, taking into account age characteristics).

People The 2003 Tashkent Congress of the Kura Association (K.A.) In order to ensure that the "Chala", "yonbosh", "halo) \* grades, contrary to the rules, in accordance with the methods used hurakatlarya exa \_fanbch", "dakki", "girrom" are punished. If the wrestler gets a "halo" score (or if his opponent is punished with "stealth") it means his victory, Twice dish (or the fact that the opponent is punished twice \_dakkj \*) also means victory. "Incomplete" grades accounting is carried out and h. k. The wrestler who receives the final score in the tie of the seas will be awarded, In the case of an equal number of assessments and penalties, the assessment will have an advantage, the number of penalties will be equal is considered to be the last penalized mag lub if all are equal (or not rated and penalized) if so, the winner will be announced by a majority vote of the judges. Wrestling Federation in Uzbekistan in 1992, belt wrestling in Uzbekistan in 2001 Federation was established, in September 1998 in Tashkent 28 countries (USA, Bolivia, Great Britain, Representatives of the Netherlands, Russia, Uzbekistan, Japan, etc.)

International Wrestling Association (IKA) In this regard, there is a major international competition on the Uzbek K. was held. On Support of the International Wrestling Association of the President of Uzbekistan Decree (February 1, 1999) stimulated the slow development of the Uzbek national K. That year The first world championship on Uzbek K. in Tashkent, women in Bryansk, Russia International K. Academy, World K. at the ICA The Development Fund was established, the jury "Kurnsh" was established under the auspices of the association. It is in the field of art, socio-publicism, information and advertising. In Tashkent, October 1999. From the moon has been published since. In 2000, K. month was held in Uzbekistan. During this month, about 2 million people K came out on the carpet. In the UK, IKA is traditionally named after the honorary

president Islam Karimov international competition was established. Since 2001, the International K. Institute (in Tashkent) has been operating began. 1KA has 66 national federations (2003). Europe, Asia, Pan America and Oceania K. confederations were formed.

He is currently in a foreign country with 600 Uzbeks more than a thousand people are engaged. World, continental and national championships in this type of K. and the first, dedicated to the memory of At-Termizi, Pahlavon Mahmud in Uzbekistan and Many other international competitions are held regularly. Currently, there are 22 international competitions in Uzbekistan school of Olympic vice-presidents, 37 schools of children's sports and 206 schools of K. students are educated in this type of sporting. More than 100 K. in higher education institutions. 10 'operates garages, deals with Wrestlers & S1 loyal coach (2003).

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