

THE SUN OF VALUES - STRUGGLE

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***Abstract** - In this article, the opinion that wrestling is a sport is a value. Its history, greatness, antiquity, folk characteristics, its national spirit and reputation are discussed.*

***Key words** - Wrestling, sport, specialist, club, process, wrestler, physical education, people, world, world.*

Values are like the sun. The world is covered with light from his presence. The paths of those who seek him, who are confused by his iron will always be bright. After all, enjoying the spiritual blessings of our great grandfathers is an inexhaustible treasure, like the love of the sun. According to the sources, there were two types of fighting even 1000 years ago. In one of them, it was allowed to grab the opponent's waist and the wrestlers did not use their legs, and in the other, they moved with their legs, where they could grab it, but in both of them it was forbidden to grab the legs with their hands. If we compare these two types of wrestling with the types of wrestling developed in our republic, we can see that one of them corresponds to the Fergana method of national wrestling, and the other to the Bukhara method. Struggle is also a part of the history of our people, values inherited from our ancestors. September 6 - International Wrestling Day. Wrestling is recognized as a modern sport. By the relevant decision of the head of our state, Shavkat Mirziyoyev, the day of the establishment of the International Wrestling Association - September 6 - is set to be widely celebrated as the International Wrestling Day.

Wrestling, which has been celebrated as one of the most popular national games of our people for centuries, has a history of 3.5 - 4 thousand years. In ancient times, it existed only as a national game during traditional ceremonies and holidays, but was not recognized as a specific sport. After we gained independence, there was an opportunity to turn wrestling into a separate sport and develop it on the international stage. As a result of the analysis of single combat types, the essence of our national values, the study of the principles of formation, consultation with experts, Komil Yusupov, the international class master of sports in judo and sambo, the winner of international tournaments, developed the modern sports rules of wrestling that meet the requirements of international sports. Its dress, weight categories, competition organization system were created. These rules were published in "Sport" newspaper on September 17, 1991 under the article "We have our own language, we have our own struggle".

During 1991-1998, its rules were promoted in order to turn wrestling into an international sport in a number of countries of Asia, Europe, America, and Africa. On September 6, 1998, the International Wrestling Association (IKA) was founded at the founding congress held in Tashkent with the participation of representatives of 28 countries of the world. Since 1999, championships and international tournaments have been held in hundreds of countries such as Uzbekistan, Turkey, Hungary, Armenia, Mongolia, France, England, Germany, Romania, Ukraine, Iran, Russia, Dominican Republic, and India. This serves the glorification of our Motherland and the appreciation of our national values in the world. The main thing is that through the struggle, the ideas of friendship, unity, and peace are promoted among peoples.

There is probably no nation or country that does not want to see its sport at the Olympic Games. Just as the Chinese dream of u-shu, the Thais of muay thai, the Japanese of karate, and the Russians of sambo at the top of the world sport, wrestling It is the great dream of our people to be included in the summer Olympic

Games. Wrestling entered the stage of the Asian Games in 2002. In the same year, an exhibition performance was made at the Asian Summer Games in Busan. In 2003, Article 59 of the IOC Regulations was amended, and wrestling was recognized as an Asian sport. Asian Summer Games in Doha, Qatar in December 2006, 2nd Asian Indoor Games in Macau in November 2007, 3rd Asian Indoor Games in Hanoi, Vietnam in 2009 and Martial Arts in Thailand Wrestling competitions were organized at the Asian Games.

A number of decisions of the President of the Republic of Uzbekistan Sh. Mirziyoyev on the further development of the national sport of wrestling were announced. These historical documents and attention are an important factor in the further development of our national sport, which has been revered as a symbol of courage, tolerance, nobility and honesty. As a result of the direct support of our state, purely Uzbek words such as "Kurash", "Halal", "Bow", "Stop", "Yonbosh" have taken a place in the dictionary of international sports terms. On September 20, 2017, at the 36th General Assembly of the Olympic Council of Asia held in Ashgabat, the capital of Turkmenistan, wrestling was included in the program of the 18th Asian Summer Games.

In conclusion, we can say that with the independence of our beloved Uzbekistan, drastic changes took place in all areas. In particular, attention to physical education and sports has been increased at the state level. Particular attention was paid to national sports as an integral part of our national values. There has been an explosion in the development of wrestling, our national sport. In order to spread it more widely among the people, large-scale wrestling tournaments have been held in the regions of our republic. Wrestling, which is one of the popular types of sports, has a very ancient history. The issue of development of wrestling, which is one of the national sports of the people, is also in the attention of our president. During the years of independence, many existing wrestling halls and arenas were renovated and new ones were built. Various

meetings and tournaments are held dedicated to the birthday of great scholars. The fact that the youth of the world, who are participating in the competitions held in dozens of countries in the wrestling, which is our national pride, are becoming familiar with a healthy lifestyle is a proof that Uzbekistan has gifted a rare treasure to the world community. The fact that young people with different languages and beliefs are winning national, continental and world championships in sports uniforms decorated with the flag of Uzbekistan is a vivid example of this.

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