

THE ROLE OF NATIONAL WRESTLING IN THE LIVES OF YOUNG PEOPLE

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Abstract: National wrestling, or national wrestling, is a traditional form of wrestling that has been practiced for centuries in Central Asia, especially in Uzbekistan. In addition, the article discusses how the modern revival of national wrestling has contributed to the revival of traditional sports and how it helps shape the identity of the younger generation in an era dominated by globalization.

Keywords: National Wrestling, National Wrestling, Youth Development, Cultural Heritage, Traditional Sports, Physical Fitness, Discipline, Social Integration, Uzbekistan, National Identity.

Аннотация: Национальная борьба, или национальная борьба, является традиционной формой борьбы, которая практикуется на протяжении столетий в Средней Азии, особенно в Узбекистане. Кроме того, в статье обсуждается, как современное возрождение национальной борьбы способствовало возрождению традиционных видов спорта и как оно помогает формировать идентичность молодого поколения в эпоху доминирования глобализации.

Ключевые слова: Национальная борьба, Национальная борьба, Развитие молодежи, Культурное наследие, Традиционные виды спорта, Физическая подготовка, Дисциплина, Социальная интеграция, Узбекистан, Национальная идентичность.

National wrestling, also known as National wrestling, is a fundamental aspect of Central Asian culture, especially in Uzbekistan, where it has been practiced for generations. This ancient sport is more than just a physical competition; it is an embodiment of tradition, heritage, and values that have shaped the lives of many.

In recent years, the importance of National wrestling has grown, particularly among the younger generation.

As modern sports and globalization influence contemporary lifestyles, national wrestling offers a bridge between the past and the present, playing a crucial role in maintaining a connection to one's roots.

One of the primary roles of National wrestling in the lives of youth is its contribution to physical fitness. The sport emphasizes strength, agility, and endurance, providing young wrestlers with a comprehensive workout that enhances their overall health and physical capabilities.

Additionally, wrestling requires mental toughness, as athletes must demonstrate resilience, quick thinking, and strategic decision-making during matches. The discipline and focus required in training translate into other areas of life, helping young individuals develop a strong work ethic and the ability to overcome obstacles.

Beyond physical fitness, National wrestling plays an essential role in the development of character. The sport teaches valuable life lessons such as respect for opponents, teamwork, perseverance, and humility.

Young people involved in wrestling learn how to handle both victory and defeat with grace, fostering emotional maturity. Furthermore, National wrestling serves as a powerful tool for social integration, bringing together individuals from different backgrounds and communities. Wrestling tournaments and training sessions provide a platform for youth to interact, form friendships, and build a sense of belonging, which is especially important in an era where social isolation can be a concern.

In addition to its benefits for personal growth, National wrestling plays a critical role in preserving cultural heritage and national identity.

The sport is not just a physical activity but also a means of celebrating Uzbek traditions and values. By participating in National wrestling, young people connect with their ancestors' legacy and take pride in their heritage. The sport serves as a

living reminder of the cultural significance of wrestling in the region and its role in shaping the collective memory of the Uzbek people.

The development of national wrestling depends on the culture, historical conditions and physical training systems of each nation. The specific rules and techniques of national wrestling differ in each region. In order to fully understand the history and development of national wrestling, it is necessary to analyze it according to its origin.

- Uzbek national wrestling: National wrestling has developed in Uzbekistan for a long time, has its own unique traditions, and is still widespread today. The rules of this wrestling are based on the history and fighting traditions of the Uzbek people.

- Turkmen national wrestling: The national wrestling of Turkmenistan also has its own rules, and this type of wrestling requires high techniques and skills. The development of this type of wrestling was influenced by Uzbek and Turkmen warriors, who acted as a driving force.

- Kazakh national wrestling: Kazakh wrestling is distinguished by its unique techniques and rules. In the history and development of Kazakh wrestling, the determination of wrestlers and their adherence to traditional fighting methods played a significant role.

Competitions in National Wrestling provide athletes with ample opportunities to test their physical prowess and skills. Competitions are held in each region, at the national and international levels. Competitions in National Wrestling are organized according to the following basic rules:

- Relevant weight categories: In National Wrestling, athletes compete in their weight categories. Each wrestler competes in a weight class appropriate to their weight class, ensuring that the competition is fair and safe.

- Scoring System: In competitions, wrestlers are awarded points based on their technical ability to defeat their opponents. Each competition is held over a set period of time, and the final result is judged based on the wrestlers' skill.

In conclusion, National wrestling is more than a traditional sport; it is a vital aspect of youth development in Uzbekistan.

Its physical, mental, and social benefits contribute significantly to the growth of young people, helping them develop important life skills while staying connected to their cultural roots.

As the world continues to globalize, the resurgence of national wrestling is a powerful reminder of the importance of preserving local traditions and fostering a sense of national pride.

The role of National wrestling in the lives of young people is a testament to the enduring power of sport to shape individuals and communities, ensuring that the values of discipline, respect, and cultural heritage continue to thrive for generations to come.

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