

## THE PLACE OF THE SPORT OF WRESTLING TODAY

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### **Abstract:**

This article describes the sport of freestyle wrestling, the history of its formation, the emergence and rules of freestyle wrestling. Also, the importance of freestyle wrestling for people and society is revealed.

**Key words:** freestyle wrestling, rules of freestyle wrestling, physical qualities, endurance, strength and speed

It is known that complex tests in various sports formed the basis of the general physical fitness of the ancient Greeks. Freestyle wrestling is of great importance in all sports. In wrestling matches, unlike the current rules, the criterion of victory was to completely knock out the opponent or force him to admit defeat. In wrestling, this was achieved by using effective techniques that deprived the opponent of continuing the contest, forcing him to kneel from the 8th century BC.

Sculptors of the ancient world depicted fragments of wrestling matches. In these competitions, wrestlers used leg holds as well as leg moves.

Modern freestyle wrestling, according to experts, was formed in England. Since the 18th century, there has been a fighting option here, in which wrestlers are given a wide choice of means of attack.

The 19th century became the century of rapid development of professional wrestling in Europe. Professionalism in sports has also taken over America. Wrestling has become a lucrative occupation. Youth sports clubs promoting freestyle wrestling began to appear in North America. Wrestling has become an interesting and entertaining sport that develops a person in all aspects.

In 1904, at the third Olympic Games held in the USA, the Americans used their rights as hosts and for the first time included freestyle wrestling competitions instead of Greco-Roman wrestling in the Olympic program. However, representatives of other countries did not participate in these competitions, because all participants were representatives of one country - the USA. The program of the next Olympic Games (1908) included two types of wrestling. However, at the 5th Olympic Games (Sweden, 1912), the organizers did not include freestyle wrestling in the Olympic program, and athletes participated in Greco-Roman wrestling competitions.

In 1921, this committee was transformed into the International Amateur Wrestling Federation (FILA). Since 2014, this organization has been transformed into UWW, that is, in English pronunciation (United Word Wrestling). It is noteworthy that this change was announced at the Congress within the framework of the World Championship held in Tashkent. UWW is the largest and most influential sports organization in the world.

Since the VII Olympic Games (Belgium, 1920), freestyle wrestling has been constantly included in the program of the Olympic Games. At that time, the Olympic Games were the only

competition where freestyle wrestlers from different countries could test their strength. No other international competitions were held.

The first European Championship was held in Paris in 1929, and the first World Championship was held in Tokyo in 1951.

Freestyle wrestling is a type of sport, where two people (athletes) compete for victory based on established rules. Freestyle wrestling competitions are held on a sports field with a diameter of 9 m (or a size of 12x12 m). Men compete in 55, 60, 66, 74, 85, 97 and 120 kg, women in 48, 52, 57, 63, 70, 78 and over 78 kg. Competition time is 3 rounds of 2 minutes, the break between rounds is 30 seconds. In freestyle wrestling, it is allowed to pull, close and turn, and perform techniques by holding the legs. Performed methods are evaluated with 5 (net victory), 4 (technical advantage or elimination), 3, 1 point. The winner is determined according to the points. If one of the wrestlers performs a method suitable for 5 points, is recognized as the winner in the 1st and 2nd rounds in a row, surpasses his opponent with a difference of 6 points, as well as according to the decision of judges, coaches and doctors, he will be drawn before the deadline. is stopped.

Since ancient times, the national wrestling of many peoples had the methods used in modern freestyle wrestling (ancient wrestling). A wrestling competition similar to freestyle wrestling was included in the program of the Olympic Games held in Greece from 708 BC. The modern rules of freestyle wrestling were developed in Great Britain in the second half of the 19th century. In 1894, the first major competition was organized in St. Louis, USA. Freestyle wrestling competitions have been part of the program of the modern Olympic Games since 1904.

Since ancient times, the national wrestling forms of many nations have had methods used in modern Freestyle wrestling (see: Wrestling). The program of the Olympic Games held in Greece included a wrestling competition similar to freestyle wrestling from 708 BC. The modern rules of freestyle wrestling were developed in Great Britain in the second half of the 19th century. In 1894, the first major competition was organized in St. Louis, USA. Freestyle wrestling competitions have been part of the program of the modern Olympic Games since 1904. International Amateur Wrestling Association (FINA) was established in 1912 in order to develop games and types of Greco-Roman wrestling. 154 countries (Uzbekistan since 1992) are members of it. World championships in freestyle wrestling have been held for men since 1951, and for women since 1995.

In order to develop freestyle wrestling and Greco-Roman wrestling, the International Association of Amateur Wrestlers (IGA) was established in 1912, and 154 countries (Uzbekistan since 1992) are members of it (2004). World championships in freestyle wrestling have been held for men since 1951, and for women since 1995. Freestyle wrestling became popular in Uzbekistan in the 50s of the 20th century. The championships of Uzbekistan have been held for men since 1956, and for women since 2003. Since the 90s of the 20th century, the organization of such prestigious competitions as the "Independence Cup" Grand Prix, the World Youth Championship, created a foundation for the development of freestyle wrestling in the country. Under the leadership of coaches such as Kursat Ablayev, Georgii Vanyukhin, Alexander Gorelik, Koldosh Asragulov, Obid Nazirov, Rahmonberdi Ahmedov, Salim Abduvaliyev, Ma'mur Roziyev, Leonid Shipilev, Arsen Fadzayev, Makharbek Khadartsev, Ruslan Khinchagov, Ramil Ataulin, Adham Ochilov, Freestyle wrestlers such as Dilshod Mansurov, Magomed Ibragimov, Artur Taymazov won the Olympic and Asian Games, world and Asian championships and other prestigious competitions. Uzbek referees such as Konstantin Mikhaylov, Ravil Biktyakov, Tahir Gulomov manage international freestyle wrestling competitions. In 715 sports schools and circles of the republic, 8780 people are engaged in freestyle wrestling under the guidance of 286 coaches. 4,807 of them have sports degrees and titles (2004).

Freestyle wrestling became popular in Uzbekistan in the 50s of the 20th century. In the 5 Summer Olympic Games held in Uzbekistan among men since 1956 and among women since 2003, a total of 20 medals have been won, of which 7 (4 gold and three silver) belong to wrestlers. championships are being held. managed to participate

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