

## Historical Roots of the National Wrestling Sport or the History of the Creation of Wrestling in Ancient Sources

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**Annotation:** In this article, the history of the development of wrestling, a national sport, as well as the unique features of wrestling are described in historical sources.

**Key words:** struggle, manuscript, source, root, wrestler.

To convey the rich traditions and values of wrestling to future generations, to increase the role of wrestling in the world arena under the name of the Uzbek sports brand, to further strengthen the sense of patriotism among young people by supporting and encouraging their interest in national sports, We all know that the creation of necessary conditions for all strata, especially young people, as well as the people of the world to engage in this type of sport, has risen to the level of state policy today.

Together with the Wrestling Federation of Uzbekistan, the National Olympic Committee and the Ministry of Physical Education and Sports, a "Roadmap" was drawn up to bring the national sport of wrestling to a new level by 2030, and to further increase the international prestige of the national sport of wrestling in 2020-2030. " is a clear expression of our opinion. It is known that wrestling is one of the main means of improving the physical culture of young people. In addition, wrestling is the oldest, most popular and widespread sport.

In ancient times, there were many people among our people who embodied dexterity, agility, strength and willpower. Famous wrestlers with these qualities and high technical and tactical skills were called wrestlers by the Uzbek people.

In the book "Laws of Medicine" by the great scholar Abu Ali Ibn Sina, fighting is recognized as an important means of improving the mental and physical condition of a person. Alisher Navoi, the sultan of poetry, describes the contests of strong wrestlers and describes some methods. As can be seen from these works, the Uzbeks had a sufficiently developed national wrestling sport.

Wrestling, which has turned from a national value into a universal value, and has captivated the world's attention today, has a deep history as a spiritual value and a sport. The physical evidence found as a result of the researches, researches and archeological researches and observations of historians, antiquarians, philologists and philosophers confirm that the age of the struggle is at least 2.5-3 thousand years old.

In the 4th century, dexterous acrobats were very popular among the peoples who lived in Central Asia. Agile, highly trained gatekeepers, squealing symbols go to countries such as Greece, Byzantium and Iran, and perform their spectacular and dangerous games in various circus scenes, sprinkled with sharp satire and laughter of entertainers and clowns. the games of the flying magicians and the incredible wrestlers, the lively dances of the wooden legs, and the profound words and verses of the horse-plays, the exercises adapted to these games. In ancient times, the community imposed certain obligations on its people in the field of physical education. Young girls and boys were required to have skills such as dexterity, endurance, agility, determination and courage that are needed in life.

According to the information given in "Oynoma", during the Sassanid era, the children of nobles lived in their parents' house until the age of 6, after reaching the age of 7, they were transferred to public

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education, placed in special schools at the disposal of the rulers, and until they reached the age of 19, they stayed in the same school. educated. People who are famous for their knowledge and value worked as coaches in these schools. Most importantly, these schools pay special attention to the issue of physical education of children.

The great scholar Ibn Sina divides physical education into two. The first type is the actions that a person performs in the course of work, and the second is special physical training actions. Al-Qanun, which consists of five volumes, contains a description of the structure of the human body, the etymology of diseases, teachings on healthy living, and instructions on how to treat diseases with natural forces and medicines.

Ibn Sina's opinion about prevention instructions is of particular importance. She cares about people's longevity and teaches them the routine they need to live healthy and promote health throughout their lives. He believes that choosing foods suitable for youth and health, eating in moderation and drinking fluids, keeping the body clean, and exercising are the means to a long life. Among various exercises, Ibn Sina emphasized long and fast walking, wrestling and horse riding. According to Ibn Sina, the main purpose of exercise is to improve blood circulation, breathing and metabolism in the body.

Works such as "Shahnoma", "Qabusnoma", "Zafarnoma", "Boburnoma", which are considered masterpieces of Eastern literature, contain bright lines about the character and appearance of wrestlers, as well as vivid images and descriptions that decorate their spiritual world.

His Highness Alisher Navoi also enjoyed wrestling, and the contest of wrestlers who spread his fame to seven climates. Therefore, in many works, he wrote down wonderful stories and pictures about the life and work of wrestlers. In the special "Holoti Pahlavon Muhammad" (biographical work) dedicated to the wrestlers, the genius creator, the incomparable wrestler of his time, Pahlavon Muhammad, in addition to the art of wrestling, discussed religious and secular sciences, including astronomy and mathematics, chemistry and philosophy, literature and science. He said that he had mastered ethnology, jurisprudence and other knowledge. He specially emphasized that he created famous tunes such as "Chorgoh", "Segoh", "Panjgoh", and in particular, he has a high taste and knowledge in the art of poetry.

Amir Temur, who built a powerful kingdom in his time, was not only a great statesman, an enlightened ruler, a potential commander, but at the same time, he was also a strong wrestler who perfectly mastered the science of fighting. That's why he attached great importance to the role of struggle in training the youth of the country, making them mature individuals who love the country, serve the country, and mature. In Sharafuddin Ali Yazdi's "Zafarnoma" and Alisher Navoi's "Nasayim ul-Muhabbat", the wrestlers Bobohoki (originally from Shibirgan region in northern Afghanistan), Uchkara Bahadir (originally from Khatirchi district of Navoi region), Abbas Osman Joloyir (originally from Karakol district of Bukhara region). Interesting information about hundreds of unique Uzbek wrestlers, such as from Karakol district of Bukhara region.

In conclusion, it should be noted that wrestling is our national sport, and we have a lofty goal of raising it to the highest level and including it in the program of the Olympic Games. Of course, these goals cannot be achieved by themselves, there are many things that need to be done in this regard. Today, all our wrestling specialists and athletes have a number of tasks, such as organizing and conducting sports training using new modern methods and increasing the capabilities of athletes. Our coaches and athletes can do these tasks. Because the Uzbek people are the land of wrestlers whose spades have not touched the ground, and it is in the hands of our youth to continue this tradition.

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