



## PHYSICAL EDUCATION IN CENTRAL ASIA IN THE MIDDLE AGES

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### Abstract

#### Background

Avitsenna gave the form and content of the exercise and its essence in the complex of measures for hygiene, health improvement and treatment of the patient. Avitsenna was the first to create a doctrine, that is, a classification of physical exercises, which determined when and in what order each person should practice. According to Avitsenna, "the main measure of health is physical fitness."

Amir Temur spent his holidays hunting, hiking and camping. In such cases, he invented ways to climb mountains on horseback and on foot, using ropes and sticks. During his holidays, he encouraged the warriors to participate in activities such as horse racing, wrestling, fencing, and kupkari. Ladders, ropes and rappels were widely used to capture the city's forts. In his historical novel "Amir Temur" B. Akhmedov wrote about campaigns and battles in the mountains: Therefore, some slipped and fell on ropes, ladders and ropes. Amir Temur climbed the stairs, using a ladder of one hundred and fifty gases specially made for him ... The next day, before the sun had set, they climbed another mountain peak. So another two days went by." When crossing rivers, they used swimming, steering boats, and sailing over large areas using air-filled nets to cross fast and large rivers. Amir Temur knew how to find the right way to the destination, use the sun, moon and stars on the way. The use of military exercises was one of the priority areas of Amir Temur's activity.

From an early age Bobur was taught to run, ride horses and play chess. He rode and fought with his peers. But in childhood and youth, he did not last long. The untimely death of his father brought him to the throne.

**Keywords:** Alpinism, humanism, archery, chess, horse racing, javelin throwing, chavgon, wrestling, fencing, horse riding, strong, persistent, enthusiastic, brave.

#### Methods

The article is devoted to the correct component, differential semantics, methods of observation, aimed at determining the role of the works of our ancestors in the education of children.





The relevance of the topic is reflected in the following: first, the spiritual, moral and socio-political views of our ancestors are universal, such as patriotism, self-awareness, humanity, honesty and purity, self-control, self-control. absorbs qualities. patience and maturity, the spirituality of a harmoniously developed generation. It is important for him to realize that high spirituality is an invincible force.

## Results

It is necessary to pay attention to the moral education to learn humanity and courageous white reading about the games chess, horseback hiding, javelin throwing, chawgon, wrestling, horse riding and fencing. The readers can improve not only physical but also moral education.

The connection between physical education and spiritual development is analyzed in the works of Alisher Navoi. The connection between the concept of a healthy person and physical perfection has been investigated.

## Conclusion

Since education is the most important part of our lives, the works of Abu Ali ibn Sina and Zahiruddin Muhammad Babur are also necessary for education. Every social system is directly related to the future of humanity.

## Introduction

Every social system is directly related to the future, the future of humanity, the standard of living of people, the development of science and culture. The development of science and culture depends on the level of educational work. This philosophical belief is a social law of state importance.

Therefore, after independence in our country, "Education and upbringing has been identified as a priority in the field of social development of the Republic of Uzbekistan." [6]

One of the urgent tasks facing our society and state is to take care of people, to bring up and bring up the younger generation as a mature person, modern, educated, highly spiritual, strong-willed, strong-willed person. As the first President of Uzbekistan Islam Karimov noted, the most important task before us now is "... - to put them at the center of educational work, to raise them to a new level, to educate our young generation to be mature thinkers with independent thinking in all respects. [2. 4 p] It is known that the upbringing of young people is the product of our national traditions, customs, love for our immortal heritage, the spirit of devotion to them, the work we do for each of us. In the current era of globalization, it is important to form immunity





against foreign ideas, to use the spiritual heritage of our great ancestors, to improve the methods of ideological education, which are widely used today, to form a culture of effective use of the Internet. The faith of the people and its spirit have such a powerful influence that it creates the basis for creative work of every sane person, for the honesty of his profession.

## Methods

The Uzbek people have such a divine blessing; they have their own national faith. We can see this in the image of great people, thinkers. Because the spirit of the people and the faith in it are expressed by the most advanced representatives of the nation, the thinkers.

## Results

The work of Zakhriddin Muhammad Babur, the sultan of the poetry garden, the great thinker and statesman, which is an expression of the potential and opportunity in the psyche of our people, is also an immortal example of the people's faith. We are always proud of the great name of the thinker, the immortality of his creative heritage, the fact that his artistic genius knows no bounds of time and space. In the words of our first President Islam Karimov: "If we call this great man a saint, he is a saint of saints, a thinker, a thinker of thinkers, a poet, a sultan of poets." [1. 7 p]

## Discussion

From the first days of independence of Uzbekistan, the task was to highlight the history of the country and reveal all the realities. It is known that our country is famous for its great scientists, generals and statesmen who have made an invaluable contribution to world culture. In the development of national culture, Uzbekistan has long been one of the leading cultural centers in the history of mankind among the countries of the world, the countries of Central Asia, due to its unique features, geographical and natural amenities.

Abu Ali ibn Sina (980-1037). One of the great scientists of world medicine, Avitsenna was a sage well versed in philosophy, literature, music and many other fields. The scientific and pedagogical heritage of Avitsenna is enormous. Abu Ali ibn Sina's most famous work is The Laws of Medicine, which is of particular importance. This work was first translated into Uzbek, translated into other languages in 1153, and then repeatedly reprinted (1956, 1980, 1993). On the initiative of the government and public organizations of the republic, in 1980 a large scientific conference was held in Bukhara on the occasion of the 1000th anniversary of the birth of Abu Ali ibn Sina. It



is noted that in the works of Avitsenna much attention was paid to education and physical education. More than 30 medical works of the thinker-scientist have survived to this day. The author's works highlight the essence of physical education, advanced ideas about physical exercises and the content of practical classes.

Avitsenna gave the form and content of the exercise and its essence in the complex of measures for hygiene, health improvement and treatment of the patient. Avitsenna was the first to create a doctrine, that is, a classification of physical exercises, which determined when and in what order each person should practice. According to Avitsenna, "the main measure of health is physical fitness."

The first part of the book "Laws of Medicine" is devoted to the protection and development of human health. The book scientifically describes the human body and its organs, the anatomical structures that take place during the formation and development of a person, the state of physiological and mental processes, the causes of diseases. [5. 47 p]

In his writings, the advice of Avitsenna is very important that the exercises should be performed in different forms and styles depending on the age, gender, health, well-being and illness of a person. Based on the work and experience of Avitsenna, he gave specific instructions on how a person should respond to physical exercise in childhood, adolescence, youth and old age. This legacy of scientific and pedagogical education has made a significant contribution to the development of physical culture of the peoples of the world.

Avitsenna described "physical training as a voluntary action that makes one breathe deeply and consistently." According to Avitsenna, a person who does not exercise suffers from severe pain (constriction of the limbs) because his limbs become weak as a result of inactivity. He divided the types of physical education into two main groups:

- 1) actions of a person in the course of work;
- 2) special physical education classes. When the great scientist spoke about physical training, he meant mainly special physical education classes. There are many types of exercises and they are divided into fast, thin, easy, strong and weak groups.

Ibn Sina included shooting, boxing, fast walking, javelin throwing, hanging, jumping on one leg, fencing, javelin throwing and horseback riding as fast-acting types of physical training. The thin and light types include jumping rope, swinging or lying on a swing, boating, and other activities. A strong form of physical training includes exercises such as wrestling with one's own shadow, playing ball with large and small balls, wrestling, lifting stones, pulling a galloping horse off the leash.

According to Avitsenna, during physical training, fast and sharp movements are performed, alternating with light ones, and certain movements are not performed for





a long time. In the treatment of various ailments, he recommended the use of spiritual nutrition, ways of enjoyment, that is, the use of various factors, such as travel, travel, boating, enjoying natural scenery.

According to Ibn Sini, during physical exercises, fast and sharp movements are performed, alternating with the legs, and certain movements are not performed for a long time. In the treatment of various diseases, it is recommended to use spiritual nutrition, ways of enjoyment, there is the use of various factors, such as travel, travel, boating, enjoying natural scenery.

Avitsenna recommended special exercises to each participant in order to cure his illness. This includes massage exercises, which are divided into the following types:

- Powerful massage that strengthens the body.
- Weak body massage.
- Continuous sedative massage.
- Gentle body massage.

According to the scientist, the massage will be rough or light. Rough massage is performed with a rough cloth. Light massage is done with a light cloth. Massage is mainly done to tighten weakened limbs, tighten soft ones, soften roughness and soften hard ones. Physical massage is also taught here: 1) preparatory massage; 2) post-workout massage. The significance of massage in accelerating the work of the circulatory system, improving breathing, and the proper functioning of the digestive organs is fully reflected in the scientific and practical education of the scientist. Avitsenna considered rest, sleep and proper nutrition to be the most important factors in maintaining health. One of the most important aspects of Avitsennas teachings on physical education is wrestling. There are also several types of wrestling. One of them is for each of the two wrestlers to grab their opponent by the belt while the wrestler takes action to get rid of his opponent. The other tries not to let go. Another type: one of the two wrestlers hugs the other with both arms and pulls him to the side, during which time the first wrestler must pass under his right arm, (wrestlers) sometimes straighten their legs, and sometimes bend (types of wrestling) include repeating a chest strike, bending over another person's neck, confusing each other's legs with one's own, playing or tearing the other's leg with the legs, using wrestlers. [6. 74 p]

Avitsenna gave concrete examples of the fact that special efforts are made to each part of the body to improve the health of a person through physical training and bring it to perfection. It combines the movements of the arms and legs with the natural movements of the chest and respiratory organs, as well as all other organs. He performed exercises such as moving all the organs of the vocal cords, making loud noises, sticking out the tongue, stretching, twisting and spitting. He recommended





boating, jumping, swinging, wagon riding, and other exercises to fire up the internal organs.

The most important means of physical training of Avitsenna were bathing, bathing in cold water, drinking water and drinks, eating, sleeping and resting. He also showed the basics of fitness in old age and the transition to the seasons while traveling in general.

An in-depth study of the scientific and pedagogical teachings of Avitsenna in the field of physical education, as well as ways to apply them to people, taking into account their age, gender and social life, does not lose its relevance today. To do this, it is necessary to widely promote physical culture among the population, to convey to everyone the essence of its significance in strengthening human health and achieving physical maturity. Avitsennas experiments on the use of exercise to prevent and treat various diseases have received the approval of researchers and medical professionals around the world.

The great poet-humanist, like other great people of the medieval Renaissance, showed what a real person should be like throughout his life. He fought against the injustice of his time and expressed this in his works. Probably for this reason, the fact that the poet was a personal example, in turn, led to the appearance in his works of a unique interpretation of the ideas of humanity and goodness.

Amir Temur (1336-1405) - a major statesman and politician, founder of a large centralized state, commander. The activity of Sahibkiran Amir Temur is of great historical importance for the development of the Turan state and the development of culture. In the former Soviet era, the positive qualities and actions of Amir Temur were not mentioned or falsified, on the contrary, he was characterized as a spy, invader, colonialist. However, in large countries such as France, Great Britain and Germany, the positive qualities of Amir Temur are described on the basis of historical evidence.

There are separate chapters in Temur's Charters devoted to the issues of combat and physical training of troops and infantry, including infantry and equestrian combat, fencing and javelin throwing, combat and physical training of a warrior, high mountain regions, teeth, river crossing, etc. are described in detail. The process of walking, riding and fighting in those days was very difficult, requiring dexterity, speed, vigilance. When the time came, it took a lot of practical strength, dexterity, skill and courage to fight one on one with the enemy and defeat him.

Amir Temur himself taught many exercises to his emirs, ministers, commanders, centurions, captains and soldiers, taught students. He used swords, spears, bows, clubs, clubs, whips, ropes, and so on. All soldiers had to be fluent in these weapons.





Each warrior was strong, agile, brave and a sniper. The fighters also used one-on-one riding, arguing, and overthrowing. These actions were also taught by Amir Temur and his special commanders.

Amir Temur spent his holidays hunting, hiking and camping. In such cases, he invented ways to climb mountains on horseback and on foot, using ropes and sticks. During his holidays, he encouraged the warriors to participate in activities such as horse racing, wrestling, fencing, and kupkari. Ladders, ropes and rappels were widely used to capture the city's forts. In his historical novel "Amir Temur" B. Akhmedov wrote about campaigns and battles in the mountains: Therefore, some slipped and fell on ropes, ladders and ropes. Hazrat Sahibkiran climbed the stairs, using a ladder of one hundred and fifty gases specially made for him ... The next day, before the sun had set, they climbed another mountain peak. So another two days went by." When crossing rivers, they used swimming, steering boats, and sailing over large areas using air-filled nets to cross fast and large rivers. Amir Temur knew how to find the right way to the destination, use the sun, moon and stars on the way. The use of military exercises was one of the priority areas of Amir Temur's activity.

Zakhriddin Muhammad Babur (1483-1530) - Among the Timurids, government played a significant role in the history of culture and education. The Baburi dynasty ruled India for over 300 years. Babur's father, Umarshaikh Mirzo, was the grandson of Amir Temur and the ruler of Fergana. From an early age, Babur was interested in science and poetry, for his bravery and courage he received the nickname "Bobur" (Lion). After the death of his father (1494), he ascended the throne at the age of 12.

First of all, Zakhriddin Muhammad Babur spiritual-moral and socio-political views show that people acquire universal qualities such as patriotism, self-awareness, humanity, honesty and purity, self-control, patience and maturity, the strength of the spirituality of a harmoniously developed generation. is important in the deep realization that it is an invincible force. Thirdly, Zakhriddin Muhammad Babur, as a thinker who introduced the Uzbek people to the world, expressed our nationality, justified the possibilities of the Uzbek literary language, described the harmony of teachings, Islam and mysticism with harmonious physical education.

Fifth, the works of our great ancestor, in essence, serve to form in young people a sense of national pride and national pride. If we study his works again and again, it becomes clear that there are more and more undiscovered aspects.

The reason for independence is the analysis of the means of spiritual and physical education in the formation of harmoniously developed young people with their own thoughts, views and civic position in the epics of Zakhriddin Muhammad Babur, whose work has acquired a completely new meaning.





There is a lot of scientific research on the life, creative heritage and worldview of Zakhriddin Muhammad Babur. After independence, a deep and comprehensive study of the creative heritage of Zakhriddin Muhammad Babur, a new approach to it began. [9. 65 p] In recent years, a number of studies have been conducted on some aspects of the literary heritage of Zakhriddin Muhammad Babur, in which the research of Babur scholars, especially N. Kamilov, I. Haqqul, M. Paradaeva and others has scientific value. . [8. 198 p] In our research, we consider it expedient to take a positive approach to the study of Navoi's work, especially in the study of educational ideas in the works of thinkers by young people, making positive use of the scientific works of our scientists. Within the framework of the history, development, description and classification of national games, which are an integral part of our national and spiritual values, Uzbek scientists T.Usmankhodjaev, F.Nasriddinov, U.Karabaev, A.Pulatov, Sh.Isroilov have published information about Zakhriddin Muhammad Babur. In particular, the manual "National and Moving Games" discusses the history of the games, analyzes some aspects of the work of Alisher Navoi, including Ibn Sino, Kaikavus, including some folk games.

Novelty of the scientific article:

- Proposals and recommendations for the study of Navoi's works have been developed.
- In the works of Zakhriddin Muhammad Babur, the connection between physical education and spiritual development is analyzed.
- The connection between the concept of a perfect man and physical perfection has been studied.

The scientific significance of his work The results of this article can be used as a scientific source in the conduct of educational work in educational institutions, such as ethics, literature, national ideas and spirituality, etiquette, sense of homeland, as well as spiritual and educational activities.

It is noteworthy that in his works and a number of other works he treats folk games with affection, describes them one by one, uses special terms and phrases depending on their use. In particular, his pandu advice on the importance of physical culture, physical education, folk games to maintain and strengthen human health is commendable.

The emergence and development of national folk games in those days was a requirement of the time for people to be strong, resilient, agile and courageous. National folk games have become more complex over the centuries and have become a special sport. From time immemorial, national games such as walking, running, tyranny, horseback riding, fencing, and wrestling have attracted the attention of many kings, especially generals. Many lyrical and epic works of Zakhriddin Muhammad







Babur clearly describe the analogy of the terms of folk games and types of competitions or the description of the types of games, the plates associated with this type of game, the image of the contestants, the biography. We see the harmony of physical and spiritual upbringing in the image of Baburnona in Zakhiriddin Muhammad Babur has positive qualities as a child. He grows up to be a very smart, intelligent child. Farhod studied with great enthusiasm, studied medicine, mathematics, logic and other sciences, and soon mastered a number of sciences, improving his abilities and skills. Babur not only mentally educates, but also engages in physical and military exercises. Swimming, horseback riding, fencing and more will remain his daily routine. At 10, he will have the strength of a 20-year-old. He amazes people with his mental and physical strength, skill. According to Navoi, on the first day of his study, Babur learned the alphabet, memorized the Qur'an in a year, and at the age of 15 became strong enough to grind stones with one hand: "He was able to shoot a bow like a rainbow with force and hit the West from the East. When he fired, the fighting star of the sky, Mirrix, would untie his knots of fear and say goodbye. Before the blow of the sword, any ground would crack and resemble the pits formed when water washed away. If Elbrus attacked Mount and struck a hammer, it would go up into the sky in a swarm. As he turned his spear like a spear over his head, the revolving sky served as a shield for him. With a nail in the heel of his boot he pierced the underground fish, and with the tip of his arrow he pierced the flange of the sky" (6. 98 p). Babur is described as a skilled rider, swordsman, master of martial arts, very humble, pure in heart, eyes and words. If he rode a horse to the field, everything under the horse's hooves would be shattered: His straw horse rode faster than the sky horse, and the rope thrown from the horse was wrapped around the neck of the star who looked like a warrior in the sky. "[1. 381 p]

In a word, he was defeated in the struggle for the throne, moved with relatives and soldiers to Afghanistan, India and ruled there all his life. The life, time and all the events of Bobur are captured in the play "Boburnoma". In it, he recounts his journey from the Hindu Kush mountains to distant lands on horseback, swimming barefoot to train in the mountains, and fierce battle.

The great commanders Amir Temur, Zakhiriddin Muhammad Babur and subsequent rulers, in addition to teaching martial arts to their soldiers, paid special attention to ensuring that the soldiers were physically strong, dexterous, agile, hardy, brought up in them in the spirit of war.

The study of the practical activities of the great commander Amir Temur in the military-physical training of youth is one of the most pressing issues today. The physical culture of our people is rich in content in the social and educational sphere





with its own national characteristics. A thorough study of their historical directions and scientific and theoretical aspects is one of the most pressing issues of our time.

From an early age Bobur was taught to run, ride horses and play chess. He rode and fought with his peers. But in childhood and youth, he did not last long. The untimely death of his father brought him to the throne.

Gulbadanbegim, Babur's daughter, tells in Humayunnam that Babur was beside himself with joy when he captured the city of Agra in India. Soldiers, for example, say that if they weigh an average of 75 kilograms, then they ran along the wall, carrying a load of 150 kilograms. It also proved that Beaubourg was strong.

Because of his physical strength, Beaubourg has always liked bold guys. Therefore, more attention is paid to the physical training of soldiers. Soldiers were trained in wrestling, archery, goat riding, horsemanship and riding.

Alpinism, one of the most difficult and dangerous sports, has long been known to the inhabitants of Central Asia. In Central Asia, many types of mountaineering have developed, requiring general and special physical training, dexterity, courage, endurance, and perseverance. In particular, the information in his work "Boburnoma" indicates that Babur was a skilled and well-known climber who went through many lowlands of Central Asia, India and Afghanistan. Babur and his soldiers go through the Hindu Kush mountains, trying to find a way to get to Kabul.

In Central Asia, many types of mountaineering have developed, requiring general and special physical training, dexterity, courage, endurance, and perseverance. For example, they come to a cave in Central Asia called Kushi. Everyone, including Babur, with a shovel in his hand, began to dig a shelter. Khorin took refuge in the river. I was sitting in that cave and my boys told me to go to the big cave, but I didn't go. I wondered whether all my people were covered with snow and storms, whether I slept in a warm house and rested, whether all the people in the field were anxious and embarrassed, and did I sleep in a large cave? That would be stupid, it's far from a consensus. I see that all care is a burden, all patience is tolerable, there is a Persian proverb: if you die with friends, then to the wedding. He wrote that in such a storm I dug a hole in the snow, which I dug. [4. 56 p]

The humanist views of the thinker, which have a universal meaning, are nourished by Islamic philosophy, and in his works, the scholar has comprehensively developed his religious and secular aspects, outward and inward. Before analyzing the scholar's views on man and humanity, we think it is expedient to dwell on his relation to God and nature. According to him, God is the beginning of all beings. Everything in the world is transitory, temporary, and God is eternal, whatever happens in existence is done by His will. According to the thinker, "with the help of the intellect, man cannot





comprehend the secrets of all things, the changes in the world, their essence. It makes the mind weak. For human knowledge and mind are limited. He doesn't fully understand the truth. " Nevertheless, Babur does not imagine man as insane. The idea that no matter what a person does, he must believe in reason, in thinking, in his power, is an important aspect of a thinker's work.

## Conclusion

Abu Ali ibn Sina not only promoted the types of exercises, but also paid great attention to the moral education of practitioners. In the works of Abu Ali ibn Sina, Chess, one of the ancient national games, is most often mentioned.

Alpinism, one of the most difficult and dangerous sports, has long been known to the inhabitants of Central Asia. In Central Asia, many types of mountaineering have developed, requiring general and special physical training, dexterity, courage, endurance, and perseverance. In particular, the information in his work "Boburnoma" indicates that Babur was a skilled and well-known climber who went through many lowlands of Central Asia, India and Afghanistan. Babur and his soldiers go through the Hindu Kush mountains, trying to find a way to get to Kabul.

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