

STAGES OF DEVELOPMENT OF THE NATIONAL STRUGGLE

Mambetkasimova Kirmizi Baltabaevna*

*Assistant,
Department of Individual Struggle and Natural Sciences,
Nukus branch of the State University of Physical Culture and Sports of Uzbekistan,
UZBEKISTAN
Email id: kmambetkasimova@gmail.com

DOI: 10.5958/2278-4853.2022.00364.0

ABSTRACT

Increasing momentum and notoriety when they come into the public eye. The conflict that has captured the attention of millions also has a long history as one of the highest spiritual ideals in the world. Material proof that the age of conflict is at least 2.5–3 thousand years old has been uncovered as a result of research, research, and archaeological scientific searches, observations of historians, ancient scientists, elslumos, and philosopher scientists. Unique discoveries found in Surhan, the Zarafshan Oases, several old Fergana Valley villages, Asori-Atiqas, and samples of Fine Art engraved on rocks all bear full witness to this. Opinions and reflections on the stages of the national struggle's evolution are maintained in this page.

KEYWORDS: *Struggle, National Struggle, Development, Stages, Methods Of Struggle, Wrestlers.*

INTRODUCTION

There are six discoveries and tangible proofs that demonstrate the history of our battle scientifically. Chunonchi, a fresco depicting two pahlavons in struggle that was discovered in Panjikent, is regarded as a special memorial to Sogdiana statehood throughout the and Middle Ages. One such object is a ceramic vase with a cylinder shape that was discovered in ancient Bactria (Southern "uzbeksiton"). It shows two wrestlers, with one of them playing his opponent off his leg in one particular scene. The pahlavons also found their expression, lifting their hands and taking part in the conflict, in the statuettes in another dish flange. These bronze-aged containers attest to the fact that the history of the conflict spans yanayam longer, or 3.5 thousand years.

The following discovery is a Bronze Age two-horse chase. According to professor Gryaznov, the two horseshoes that detail various forms of conflict are constructed in accordance with the sak-Scythian tribes' pre-nomadic spiritual beliefs and date from the beginning of that period. The position that the two pahlavons are taking for granted to our wrestler is depicted on the surface of the silver scoop flange, which dates to the middle of the first millennium AD. The items from the past are also heard in the village of Bucket, which is close to Samarkand. Among these plates with geometric patterns, the package made of silver is particularly eye-catching. On the surface of its handle, it is expressed that two wrestlers are getting in the manner of Uzbek wrestling. This find dates back to the early medieval period.

Not for nothing did Benazir alloma become famous. In his book "The Laws of Tib," Abu Ali ibn Sina further stressed the significance of struggle for a person's mental and physical health. A person who frequently participates in physical education won't require a cure for the illness, according to the Great Physician. Oriental literary masterpieces like "Shahname" and "Baburnama" also included beautiful illustrations of the aristocratic world serzhilo as well as colorful paintings of their wrestlers' sirati-yu. The wrestlers disseminated Alisher Navoi's Highness' dowry among seven different climes, and he took pleasure in their hardship and joy. Therefore, in the works of koplav, the pahlavons wrote down wonderful events and tablets about their life and activities. In the special "Kholoti Palilavon Muhammad" manoqi (a work of biography) dedicated to the polvonzadeh, the creator, the unequal polvonzade of his time Pahlavon Muhammad, in addition to the art of struggle, perfectly mastered religious and secular sciences, including astronomy and mathematics, chemistry and philosophy, literary studies and art studies, jurisprudence and other knowledge.

The evolution of the conflict reached a new height in the ninth century AD. During customary holidays, weddings, and important public events, people living in the area that is now Uzbekistan exploited the conflict as entertainment and recreation at that time. Later, wrestling evolved from being a kind of entertainment into a sport and a means of physical preparation. Legends started to be created about the strongest wrestlers as they rose to fame among the populace. A prime example of this is Pahlavon Mahmud, who lived in the XII century. Even yet, his burial is regarded as a holy shrine and a preferred destination for travelers.

At the beginning of the 1980s, the famous Uzbek wrestling master, dyuzdochi and sambochi Kamil Yusupov began research work on the rich heritage of Uzbek wrestling. One of the activists of the revival of this sport, the main goal of this breed was to develop new rules of struggle that correspond to international norms. By the beginning of the 90s, he set himself the goal of successfully fulfilling this honorable task and bringing the Uzbek struggle to the international arena. At first, he brought the rules of struggle that he developed to the attention of the public, experts and enthusiasts. The new rules embodied the most arduous traditions of Uzbek wrestling and international sports norms such as a special dress head, the place of holding competitions and the duration of the competition.

Sports experts recognized that the rules of struggle developed by Kamil Yusupov fully meet the requirements of international sports. One of the main advantages of wrestling rules is that they do not allow the competition to continue lying down. As soon as the knee of one of the athletes touches the carpet, the referee stops the competition and continues the competition with the wrestlers standing. This circumstance ensures that the fight is carried out at a fast pace and is interesting and exciting for fans. In addition, the rules of struggle prohibit the use of styles that grip the lower part from the belt or provoke pain and suffocate. In this way, the fight has become one of the safest sports in which injuries to athletes have been prevented. Uzbekistan's declaration of independence in 1991 gave a new life to the struggle.

Millions of wrestling fans packed stadiums across the Republic in their fervor to watch these alluring competitions, even as thousands of wrestlers from all sections of the nation indicated a wish to compete. The activists' actions were not exclusive to Uzbekistan. They have been hosting promotions for Uzbek wrestling at a number of major sports conferences since 1992, taking place in South Korea, Canada, Japan, India, the United States, Monaco, and Russia. According to

this, it appears that the struggle is a kind of subtle skill, a blending of knowledge and manners, in which mutual sincerity, cooperation, solidarity, impartiality, and cordial relationships between the teacher and the students determine a great deal.

No matter how thoroughly the teacher can teach his student his knowledge, skills, knowledge of this struggle, direct his efforts towards a specific goal-the muddoos, it will certainly pay off. To do this, it is necessary for the disciple to regularly perfect his betinim exercise, talent and talent, listen to and accept the teacher's stepsons with the soul's ear and consistently follow them, to commit the best qualities and qualities of his own physique, only then will he find in him the content of the qualities worthy of our great ancestors, Every guy or girl who wants to fully study wrestling needs to comply with his laws, ethics and moral principles. With his actions and morality, he should never pour out the reputation of his homeland and, of course, the struggle, and remain faithful to his people, land, struggle in any case until the last moment of his life.

Alternatively, it is necessary that wrestlers do not speak too much during training or during shooting times (if this is not necessary), gather their attention in one place and do not look at other things, do not injure each other, express each other immediately to their partners even when they are struggling to learn a method. Wrestlers will be aimed at developing their physical qualities, strength, speed, metin will, endurance and flexibility. Strength is the ability to eat external influences with muscle tension. In the development of muscle strength, muscle tissue is observed with an increase in size and shape. It is possible to improve the body structure by increasing the volume of all muscle groups of the body. The quality of strength is important in types of struggle. The force generated during movements is called Dynamic Force. Without movements, the force generated at the expense of muscle tension, on the other hand, is called static force. The indicator of exposure to weight using muscle strength is called the absolute strength indicator.

When completing acts in conformity with the objective of the action, physical attributes are interdependently realized. When one physical quality is highly developed, other physical traits inevitably follow. The harmonious development of physical attributes should receive a lot of attention during the physical fitness activities. Wrestlers work to develop a distinct characteristic as their physical fitness levels rise. Such preparation frequently also results in the disproportionate development of physical traits. You may be unable to learn quick motions if you undertake static exercises with big loads. And for the development of speed, it is not advisable to perform heavy loads. An example of this is the difficulty of weightlifters in performing the movements of sports games or the difficulties that arise when sprinters carry heavy loads. Therefore, when organizing physical training of athletes, it is necessary to focus on the development of physical qualities in 57 interrelationships.

In Conclusion, for this, it is necessary to devote a day to the weekly schedule of classes for sports games, swimming, wrestling, gymnastics and acrobatics, as well as strength training. In the development of physical qualities of wrestlers, great attention should be paid to the upbringing of special qualities as well. A conscious approach to the processes of manifestation of strength, speed training and movement control when performing exercises leads to the formation of special physical qualities in wrestlers. Wrestlers will be aimed at developing their physical qualities, strength, speed, met in will, endurance and flexibility. Strength is the ability to eat external influences with muscle tension. In the development of muscle strength, muscle tissue is

observed with an increase in size and shape. It is possible to improve the body structure by increasing the volume of all muscle groups of the body.

REFERENCES:

1. K.Yusupav. Technique and tactics of struggle international rules. Tashkent 2005.
2. N.X.Azizov. The struggle of belbagli Turkestan. Tashkent: Teacher 1998.
3. Goncharova O.V. Development of physical abilities of young athletes. Tashkent. 2017.
4. International rules, techniques and tactics of struggle. K.Yusupov Gafur Gulam publishing house 2005.
5. Fight A.Atayev T. "O'killer" 1987.
6. Physical education. Textbook for professional colleges. T.S.Usmankhajayev, S.G.Arzigulov, V.A.Kadirav. 2003.