



TYPES AND PLACE AND IMPORTANCE OF THE NATIONAL BIRD IN THE SYSTEM OF PHYSICAL TRAINING

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creative,
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ABSTRACT

This article discusses the role of Uzbek national wrestling in the world arena, stages of development, development of society, the younger generation that can rationally solve future social problems, as well as the importance of Uzbek national wrestling in physical and intellectual development.

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Uzbek national wrestling is a sport that has aroused the love and interest of everyone with its fighting spirit, beauty, charm and honesty. In wrestling, wrestlers are required to be free from filth, greed, theft, and greed, and to be noble, humane, and even respectful of their opponent. Struggle strengthens people, strengthens the will, awakens and strengthens their love for their people and homeland. That is why the fighters are determined and will never betray their friends, nation and homeland. Wrestling is a sport that heals the will, motivates you to a specific goal, and teaches you to overcome difficulties with endurance and perseverance. That is why wrestling plays the role of a school of education that develops a person spiritually, physically and morally.

As a result of individual competitions, wrestlers develop their physical qualities such as agility, dexterity, strength, speed, and achieve spiritual and moral maturity.

It is known that Uzbek national wrestling is a popular sport in Central Asia and Kazakhstan, where "Bukhara" and "Fergana" forms of wrestling are widely used. There is a way to knock down "Bukhara" standing up in the fight, without holding the waist below. The main methods of this fight are to overtake the opponent, to knock him over, to knock him over from the inside, to grab him by the opponent's shoulder, and to lift him off his shoulder by bending his knee. In Bukhara, Khorezm, Samarkand, Kashkadarya, Surkhandarya, Jizzakh regions and the Republic of Karakalpakstan "Bukhara" wrestling was held.

In the Fergana wrestling, the opponents are standing, holding the belt in front of them, and are not released during the competition.

The opponent is lifted from the ground and knocked down by leg movements. Typical methods of this fight are: throwing, throwing the opponent, first of all, off the ground, bending the opponent, turning, throwing his head without touching the carpet, knocking the opponent down, holding the opponent by the number, twisting over the shoulder.

The struggle for Fergana took place in the Fergana Valley, Tashkent and Syrdarya regions.

Yes, wrestling is one of the ancient, universal, widespread, honest, far-fetched values of our people. Kurash became widespread in the late 20th century, with vast borders that encompassed the world. There are fans, admirers and participants of Uzbek wrestling in more than 100 countries on five continents. The national Uzbek wrestling, which combines national pride, honesty, dedication, pride and courage, has been the cause of prestigious competitions since 1992. International tournaments dedicated to the memory of Tursun ota in Karakul, Amir Temur in Shakhrisabz, at-Termizi in Surkhandarya, Bahouddin Naqshband in Bukhara, Bobur Mirzo in Andijan, Pahlavon Mahmud in Khorezm He made a great contribution to the rise of Uzbek wrestling to a new level and its entry into the world of sports as a new species.

Therefore, the subject of national wrestling, which is included in the system of physical education taught in educational institutions of the republic today, is important to increase the physical fitness of young people, increase their spiritual and moral potential, willpower, prepare them for social work and homeland defense. is widely promoted as a tool.

Wrestling students:

To grow up to be physically fit, well-rounded, energetic people;

To be strong-willed, strong-willed, courageous and courageous;

To be brave boys, free from muteness and cowardice, ready to take any danger;

To develop independent thinking, free thinking, creativity, initiative;

To teach people to be self-aware, faithful, honest, patient, kind, ready to ensure the inviolability of the borders of our Motherland;

It is a science that is committed to national and universal values, preserves and multiplies the spiritual heritage, and is ready to defend its people and nation from any harm.

It is natural to turn our youth into people who can meet the demands of today's hectic life and society, active participants in the newly created society. Therefore, the prestige of the subject "National types of wrestling and teaching technologies" taught in educational institutions, especially in higher education, has increased. The globalization of Uzbek wrestling, the formation of the International Kurash Association, the holding of international wrestling tournaments, the introduction of wrestling at the Olympic Games, and the growing interest in the teaching of this subject have also increased. It should be noted that the subject "National types of wrestling and teaching technologies" teaches students agility, dexterity, courage, pride, courage, kindness, faith, while honesty serves the education of honesty, he feels the need for knowledge of the sciences of physical education. In particular, in the disciplines of "Theory and methods of physical culture", "Hygiene of physical education", "Physiology and biomechanics of exercise", "Sports and its teaching methods", "Gymnastics and its teaching methods" Information on teaching national wrestling to young people, their general and special physical training, assimilation of movement techniques, voluntary, spiritual, mental training of wrestlers in the process of wrestling, as well as practical assistance in the project of planning, organizing and conducting wrestling shows. In particular, if the wrestlers learn to master the theoretical foundations of physical culture, physical movement skills and abilities, principles, methods and techniques of their education on the basis of the achievements of human civilization, to cover the organization and conduct of physical culture classes, young people to understand the physiological features of a healthy lifestyle, the functional capabilities of the body of students, the physiological basis of exercise classifications and the development of motor skills, vegetative support of muscle activity, physical activity, normative and physiological basis. minladi. It is natural that the knowledge of this field will help to enlighten all layers of wrestlers, to gradually strengthen their physical fitness.

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