

## Rules of uzbek national wrestling

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### ABSTRACT

The article provides general information about the Uzbek national wrestling: the history of the development of wrestling, as well as the rules for evaluating wrestling competitions. In addition, the history of the origin of the Uzbek national wrestling and the stages of its development are specially discussed.

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## O'zbek milliy kurashi qoidalar

**Kalit so'zlar:**

kurash,  
kurash san'ati,  
ochkolar,  
jarima ochkolari,  
maxsus qoidalar.

### ANNOTATSIYA

Maqolada o'zbek milliy kurashi va uning rivojlanish tarixi, shuningdek, kurash musobaqalarini baholash qoidalar haqida umumiy ma'lumot berilgan. Bundan tashqari, o'zbek milliy kurashining kelib chiqish tarixi va uning rivojlanish bosqichlariga alohida to'xtalib o'tilgan.

## Правила национальный узбекской борьбы кураш

**Ключевые слова:**

кураш,  
борьба,  
искусство борьбы,  
очки,  
штрафные очки,  
специальные правила.

### АННОТАЦИЯ

В статье даны общие сведения об узбекской национальной борьбе: история развития борьбы, а также правила оценки борцовских соревнований. Кроме того, отдельно обсуждена история зарождения узбекской национальной борьбы и этапы ее развития.

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Kurash is a kind of national belt wrestling, traditional among the Turkic people. On the territory of modern Uzbekistan, this type of martial arts appeared about three and a half thousand years ago. For many centuries, the rules, techniques, traditions and philosophy of wrestling have been passed down from generation to generation. In the ancient legendary epic Alpomysh, kurash is mentioned as the most common and favorite type of wrestling, the historian and philosopher Herodotus described kurash in detail in his work "History" among other customs and traditions of ancient Uzbekistan, Avicenna considered this type of martial arts useful not only for the health of the body, but also spirit. Tamerlane introduced kurash into the physical training and self-defense program for the soldiers of his invincible troops. Kurash was the main entertainment at holidays and celebrations. In addition, fights were held before major battles, when the strongest and most dexterous fighters of the warring parties converged on the field. They say that there were cases when, at the end of such fights, the commanders of the troops concluded a truce and canceled the battle.

Years passed, kurash did not lose its popularity, remaining one of the most beloved and revered traditions among the peoples of Uzbekistan and never left the borders of Central Asia. That is why no attempts were made to systematize or generalize all the information about kurash.

So, in 1980, the master of kurash, judo and sambo Komil Yusupov, having carefully studied the millennial traditions of folk wrestling for ten years, created the universal rules of kurash. Then, on their basis, weight categories, terminology and gestures, the duration of the fight, the uniform for wrestlers and judges were determined – everything that was necessary in order to turn the ancient folk pastime into a modern sport. A uniform for wrestling was determined, which includes wide white trousers and a spacious shirt, a mandatory cloth belt used to make it easier to grab an opponent, its length is 180–220 cm and its width is 50–70 cm. The basic rules of kurash are quite simple. The only position is standing. The main task is to throw the opponent on his back – such an outcome in kurash is considered a clear victory. For this task, only throws and sweeps are allowed, which are evaluated by the judges. Kurash is a safe and simple type of martial arts, since any painful, shock and suffocating techniques, grabs below the belt are prohibited in it. Despite this, the fights look very dynamic and spectacular.

Kurash is a sport in which two athletes compete one on one according to a set rule. The art of wrestling has been known to many nations since ancient times. Wrestling is especially common in Greece and was a regular feature of the ancient Olympic Games. Various forms of national wrestling exist in Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries.

The basic rules of modern wrestling were developed in several European countries in the late 18th and early 19th centuries. In 1912, the International Amateur Wrestling Federation (FILA) was formed (now 144 countries, Uzbekistan has been a member since 1993). Greek wrestling, freestyle wrestling, judo, sambo and other types of wrestling are widespread on the international arena. In recent years, Uzbek kurash has also gained worldwide recognition as a separate sport.

Kurash is one of the means of developing strength, dexterity, endurance and will of a person. Kurash can be practiced from the age of 12 under the supervision of doctors. Archaeological finds and historical manuscripts confirm that wrestling has long been an integral part of the Uzbek way of life. Cylindrical Bronze Age pottery found in ancient

Bactria (southern Uzbekistan) depicts two wrestlers, one wrestling with the other. Another archaeological find from the same period shows wrestling. These unique finds testify that 1.5 thousand years ago kurash was part of the way of life of our ancestors. According to the Greek writer Claudius Elian (II-III centuries) and other historical figures, the daughters of the Saka tribe, who lived in this area, chose the groom, fighting with the young men. An example of this is the conditions of Barchin in the Uzbek folk epic “Alpomish”.

In the 9th-16th centuries, kurash was widespread among the Uzbek people. During this period, the popularity of kurash increased among the Pakhlavon Mahmud and Sadik Polvon tribes. There is also a type of individual wrestling of the Uzbek people called belt wrestling. Many archaeological finds and historical manuscripts are associated with it. A statue found in ancient Mesopotamia 5,000 years ago depicts wrestlers competing in belt wrestling. ancient chinese manuscript “Tang-shu” says that weddings and holidays in the Ferghana Valley would not have been held without kurash competitions. Ahmad Polvon, Khoja Polvon and others became famous in this kind of kurash (late 19th – early 20th century). In 1991, Kamil Yusupov, a member of the kurash dynasty and an international master of sports in several types of kurash, developed the following rules for Uzbek kurash in accordance with international standards:

Wrestlers must compete standing on a blue-green kurash carpet with markings.

The winner will be determined based on the methods used and their behavior on the field.

Strangulation in the fight, the use of painful holds is not allowed, one of the wrestlers is dressed in a blue jacket, the other is wearing a green jacket (women have a white T-shirt inside the jacket), a belt 4-5 cm wide.

Men compete in the 60, 66, 73, 81, 90, 100 kg and over 100 kg categories, women compete in the 48, 52, 57, 63, 70, 78 kg and over 78 kg weight categories, children, teenagers, the elderly and girls also compete in weight categories based on their age.

The Congress of the International Wrestling Association (IKA) in Tashkent in 2003 set the official time of the competition at 3 minutes, so that each fight was energetic. In accordance with the applied methodology, the following types of assessments of the struggle are applied: “incomplete”, “lateral”, “clean”, and for illegal actions – “warning”, “dakki” (severe warning), “deception”. If a wrestler receives a score of “clean” or if his opponent is penalized with a score of “cheating”, it means that he has won. Get a side mark twice or penalize an opponent with a mark twice “dakki” also means victory. Taking into account the “incomplete” marks, the victory is awarded to the wrestler with the highest number of points, if the number of points and penalties of the opponents is the same, then the wrestler who received the last penalty point is considered the loser. If the wrestlers have an equal number of points and there are no penalty points, then the winner will be declared by a majority vote of the judges.

In 1992, the Kurash Federation was established in Uzbekistan, and in 2001, the Kurash Belt Federation was established in Uzbekistan. In September 1998, representatives of 28 countries (USA, Bolivia, Great Britain, the Netherlands, Russia, Uzbekistan, Japan, etc.) became the founders of the International Kurash Association (IKA) in Tashkent. In 1999, the first world championship in Uzbek kurash was held in Tashkent, and an international women's tournament was held in Bryansk (Russia).

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