

DIE MÖGLICHKEITEN, KURASH SPORTS IN DER ENTWICKLUNG EINES GEFÜHLS DES NATIONALEN STOLZES BEI STUDENTEN ZU NUTZEN.

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Zusammenfassung: Der Artikel untersucht die Nutzung der Möglichkeiten von Kurash bei der Bildung von Nationalstolz unter Studenten. Darüber hinaus wurden Kurash-Wettbewerbe als einer der Hauptfaktoren für die Erziehung einer harmonischen Generation angesehen.

Grundwörter: Kurash, Leibeserziehung und Sport, harmonische Generation, National - ein Gefühl von Stolz, Stolz, Fleiß, Gesundheit, Initiative, Aktivität, Bildung, Entwicklung, Bildung.

THE POSSIBILITIES OF USING KURASH SPORTS IN THE DEVELOPMENT OF A SENSE OF NATIONAL PRIDE AMONG STUDENTS.

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Abstract: The article examines the use of the opportunities of kurash in the formation of a sense of national pride among students. In addition, kurash competitions were considered as one of the main factors in the upbringing of a harmonious generation.

Basic words: kurash, physical education and sports, harmonious generation, national - a sense of pride, proud, industrious, health, initiative, activity, formation, development, education.

A number of works are being carried out to popularize, develop and promote our national sport, kurash, which includes the ideas of our ancient values, in particular courage, bravery, patriotism, humanism, as well as turning this value into a universal masterpiece.

As a result of the direct support of our state, kurash has been widely recognized as an international sport, and terms, such as "kurash", "halol", "ta'zim", "to'xta" and "yonbosh" have taken a firm place in the international sports dictionary.[1]

In order to further develop and popularize the national sport of kurash among the population, especially, juvenile and youth, strengthen the sense of national pride and patriotism among the younger generation, as well as promote a healthy lifestyle in society and ensure the achievement of high results on the world sports arena by presidential decree, which the Decree of the President of the Republic of Uzbekistan dated October 2, 2017 No.PD-3306 "On measures for the further development of the national sport "Kurash".

At the same time, the growing popularity of kurash requires the organization of prestigious international competitions, modernization of the existing infrastructure and material and technical base, improvement of the supply of sports equipment and clothing, the development of production in this regard, as well as the training of qualified personnel, sport trainers and judges for the sphere.

To pass on the rich traditions and values of kurash sports inherited from our great ancestors to future generations, to increase the role of the sport of Uzbekistan brand on the world stage, to further strengthen its sense of patriotism by supporting and encouraging the interest of young people in national sports, to create the necessary conditions for all segments of society, The Decree of the President of the Republic of Uzbekistan "On measures to develop the national sport of kurash and further increase its international prestige" dated November 4, 2020 was adopted for the purpose of official participation in the continental Games of Africa and Panama and awarding by the International Organization "GAISF — Global Association of International Sports Federations" and inclusion in the program of the International Olympic Games. Kurash has developed the concept of bringing the national sport to a new level until 2025 (in later places — the concept).

In the concept of "Physical training for kurash athletes", "Kurash for children", "Kurash for adults", "Queen of kurash", "Kurash is national pride", "Pride of the Nation" development and implementation of a media plan for popularization by preparing special roles and other titles, as well as their daily airtime, including during viewing, preparation of the TV show "Kurash star", "Veteran of kurash", "History of kurash", "Kurash is people's holiday", organization of radio broadcasts, wide promotion of kurash among young people, as a general movement, the organization of entertainment events for wrestling for various types of kurash, celebrations and events is determined.[2]

The concept defines kurash's goals, objectives, priorities, future stages of the structural development of the structure in Uzbekistan and foreign countries and serves as the basis for the development of programs and measures for the development of the structure.

On September 6, 1998, the International Kurash Association was established, uniting 129 national federations from five continents of the world.

In 2010, the International Kurash Association received an award from the World Anti-Doping Agency, which was considered an important requirement when issuing an order for inclusion in the Olympic Games program.

At international kurash events, our athletes take prizes and defend the prestige of our country.

Still in many countries of the world in terms of kurash more than 500 international tournaments, 12 world championships (among adults) were held, national kurash federations were organized in many states. Among our compatriots, more than 300 athletes were winners and prize-winners of world championships, Asian and international kurash tournaments.

The first World Championship in the field of kurash was held in 1999 in Tashkent (Uzbekistan), the Second World Championship in 2000 in Antalya (Turkey), the third World Championship in 2001 in Budapest (Hungary), the fourth World Championship in 2002 in Yerevan (Armenia), the V World Championship in 2005 in Tashkent (Uzbekistan), the VI World Championship in 2007 in Ulaanbaatar (Mongolia), the VII World Championship (Turkey), the X World Championship in 2015 in Khorramabad (Iran), the first place XI Jahan in 2017 in Istanbul (Turkey) The first place XII World in 2019 (Korea) is proof that, that kurash is spreading its wings all over the world.

Kurash is now included in the program of Islamic sports games.

The procedure for kurash of winners of the Asian Games, Asian and World Championships, as well as those who took the first place in Uzbekistan to higher educational institutions is being introduced. [2]

In order to attract the public, especially young people, to this sport, it was planned to organize a non-profit organization of the National Sports Center "Kurash" under the Kurash Federation of Uzbekistan.

Today the tradition of kurash is developing and gaining popularity. Every national holiday is not complete without kurash. The most interesting thing is that when presenting kurash athletes, which circulated at all sports competitions, it is first said that this is kurash athletes' "Native land", which means that this kurash athletes also protect the honor of kurash athletes' native land, in which, thanks to his achievements

and victories, such noble traits as love for his/her homeland, reverence, care for people are brought up.

Kurash is one of the means of increasing the power of our motherland, competent education of the younger generation, increasing life expectancy, strengthening health. Therefore, the development of kurash at the level of the request period plays a promising role.

One of the prestigious competitions is the traditional international tournament held in the city of Termez on October 19-23, 2011 for the prize of the President of the Republic for kurash in memory of the 8th World Championship and Al Hakim al-Termizi. Foreign judges determined the conditions of kurash, which were considered the pride and value of the Uzbeks, with the orders of **"to'xta"**, **"halol"**, **"tanbeh"**, **"dakki"** in a clear Uzbek sonorous voice. Foreign judges, such as Korea, Japan, Iran, Afghanistan, Syria, Russia, Cyprus, England, Greece, Turkmenistan, have deeply mastered the rules of kurash, which was evident at the competitions.

On October 19-23, 2011, a scientific and practical conference dedicated to the VIII World Championship and the Al Hakim al-Termizi Memorial Kurash was held in World. This conference was attended by the President of the International Kurash Association Komiljon Yusupov, as well as the President of the African Kurash Confederation Thomas Danker, mature scientists in the same field from a number of countries such as India, Iran and other countries.

In his speech, Komiljon Yusupov noted that Uzbek kurash, which is the embodiment of national pride and value, was brought to a global scale, and the most joyful kurash took place in Incheon, South Korea, in 2013, in the program of the 4th Asian Individual Kurash Games. He noted that kurash was another bold step taken to gain access to the Olympic Games program.

Mr. Thomas Dekker, President of the African Kurash Confederation, noted in his speech that kurash is rapidly increased in the world of sports. Also, due to the lack of a tatami (carpet) in a number of African countries, children were informed that the kurash zone was occupied on a sandy platform, that is, from a mixture was made sand, salt (carpet). Almost half of African countries have already faced Uzbek kurash, and it's no secret that constantly engaged in. Based on the information of Mr. Thomas Vanker, we are knowing that Uzbek kurash has already taken its rightful place among the type of world sport. African countries with kurash are engaged in love with children and young people. In fact, according to the principles of the development of universal values, kurash is now moving from national to regional. Kurash is not only just a national value, but also it has reached the level of a universal value that serves the

peoples of the whole world, the fact that kurash is a universal value is reflected in the philosophy and ideas of its history.

When studying kurash as a national and universal value, the opinions of famous and honorable kurash athletes and trainer were studied. Honorary kurash athlete, emeritus sport trainer Khudoyberdi Makhmudov expressed such thoughts about kurash: "It takes many years of work to prepare a kurash athlete and show results. For many years, regular training with kurash athlete is really necessary. But just the training itself is not enough for this. However, it is necessary to constantly kurash athlete in control. Honorary kurash athlete Khudoyberdi Makhmudov this implies the following:

- The spirit of kurash athlete should be pure and strong;
- Kurash athlete must constantly keep the body clean, rest in time and eat enough;
- Kurash athlete must to be believer and proudly. Certainly, it should be controlled by sport trainer.

Honorary kurash athlete from Surkhandaryo, Kuronboy kurash athlete expressed such thoughts about kurash: "If you are real kurash athlete, you must to be brave, if your power is enough to over your opponent, get out of area, your power is enough to win, break down honestly. Don't overdo it with yourself, your opponent, and audience! Kurash requires honesty, courage. Strong recognition is also characteristic of polvo kurash athlete". Continuing his idea, he was pleased to talk about the existence of modern facilities, gyms, kurash carpets, which have come to the fore today compared to the days of independence. He said with pleasure his that gratitude for our first President I.A.Karimov and kurash fans.

Makhtumkuli Mahmudov, who is world champion in kurash said: Kurash for me heritage from my grandfather, heritage from my father. All my little brothers followed my way. All of them assimilate the knowledge of kurash. When our father learned the method of kurash, he said and educated us: my children, do not forget that area belongs to brave person.

Famous kurash athlete from Bukhara, Rishod Sobirov, who is 2-time world judo champion, 3-time Olympic bronze medalist, claims that he achieved his national, international recognition through Uzbek kurash. When kurash athlete recalled his memories, he expressed his opinions: "If I had not participated in kurash at weddings and holidays in rural conditions since childhood, I would not have achieved today's results if I had not felt the flame of defeat and our victory. I consider that the athlete's candidate is not only physically mature, but also morally rich, educated and cultured, sport athlete also needs to respect the customs and values of his/her nation."

According to opinions of famous kurash athletes, champion in the World, Toshtemir Muhammadiev, Bahrom Avazov, international category judges Olimjon Khayitov, Ibrohim Karimov, Bahodir Berdikov, mature our scientist Juma Toshpulatov, Urakboy Ibragimov, Khamrokul Rofiev, Furkat Ahmedov and others:

- kurash is a sport that requires courage, bravery and honesty;
- kurash requires extreme maturity from an athlete in terms of physique;
- kurash demands spiritual improvement from kurash athletes;
- the rules and philosophy of kurash are based on the ideas of humanism;
- kurash brings people and nations closer to each other;
- kurash is the most effective and exemplary means of education;
- in short, kurash is a universal value.

In connection with national values and traditions of kurash, regular organization of competitions in national sports "Kurash" in open spaces. The development and approval of the calendar plan for holding tournaments dedicated to the memory of the great state and public figures of the country in the national sport "Kurash" has been established. Today, the tradition of kurash is gaining more and more popularity. Every national holiday does not pass without kurash. The most interesting thing is that when presenting kurash athletes, which circulated at all sports competitions, the first is called his "native land", which means that this kurash athletes also protect the honor of his/her native land, because of his/her achievements and victories, such noble traits as love for his/her homeland, reverence, care for people, national pride are brought up.

Human pride is pride. Everyone has an appetite for a sense of satisfaction with their achievements. Parents are proud of their cain children, the teacher is a talented scientist, the writer is a good job, the gardener is a picturesque garden, the nation is proud of its heritage, talented children, and so on.

National proud is national pride. National pride is a conscious sense that a nation is an integral social unity. This is such a strong state of mind, historical unity, blood kinship, language, culture, spirituality, economic life and the unity of the future occupy a deep place in the hearts of the representatives of the nation.

National pride is, first of all, the human virtue of a nation in which every representative of the nation knows and appreciates the history, spiritual, moral values, prospects of his/her people, at the same time a sense of pride associated with fair protection, deep perception and study, respect for national dignity, traditions, history, literature, art and culture of other peoples and nations.

National Pride calls on young people to mobilize their strength, abilities and talent in the form of national and universal interests. The high national dignity, honor and glory of the Uzbek people are based on their exceptional kindness and pure conscience.

National pride, first of all, is an incomparable example of a responsible attitude to self-realization, ensuring national prosperity in the face of the prospects of one's nation. The person is an ideal person who knows his/her national past well, who can appreciate it and at the same time enrich it in new area.

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National pride, first of all, is an incomparable example of responsibility to the perspective of one's own nation, self-awareness, the act of ensuring national prosperity. Person is an ideal person who knows his/her national past well, who can appreciate it and at the same time enrich it in new area. Otherwise, a sense of national pride can simply turn into a means of boasting. If there are more than 200 nations in the world, then each nation has its own unique dignity. Therefore, the peoples living in different regions have different lifestyles, traditions that are not similar to each other. In particular, Uzbeks have accepted faith, honor and shame as an important virtue in all spheres of public life. They have such a character that sometimes it is called only "Uzbek virtue".

Another aspect of the feeling of national pride is that it is a sign of the attitude of young people, first of all, to any nationality, not only to the merits of getting rid of its broad opportunities, but also to the country affected by living conditions, citizenship. Young people with strong national pride can be proud of their country and cannot be indifferent to its fate. This means that such people deeply understand their prospects and diligently serve people.

National pride, national identity are interconnected in content and essence, enrich and complement each other, one cannot exist without the other.

People who do not know and do not respect their past have no future. The past consists not only of a period that has already become irrevocable both for us and for other peoples, hidden from our eyes, turned into the heritage of history, but also of the basic soil, the root of which never loses its significance.

A person is able to achieve something in his destiny that he believes in and is proud of. Understanding one's own dignity makes an intelligent person more humble, more patient. For a person to be proud of something more than their own abilities, and hitting

the ground is also indecent. The pride of a man who knows how to stand on one's own completely.

In order to study the opinions of sports coaches about the possibilities of comprehensive education of students through kurash, an open questionnaire was conducted with students (coaches) of the Samarkand branch of the Institute of Retraining and Advanced Training of Specialists in Physical Education and Sports. **85 respondents** took part in the survey. The following responses were received to the questionnaire:

Such noble qualities as love for the Motherland, tenderness, and caring for people are brought up. 10 people.

The discipline of order is formed among students by strict observance of the rules of sports competitions. 8 people.

In sports competitions, a special relationship develops with the opponent, his/her teammate, judges. 9 people.

National values, traditional holidays, various ceremonies will be informed about the national games of the people. 11 people.

Meet new friends at sports competitions, in the process of communicating with them, a culture of treats is formed. 7 people.

When they see the winners of sports competitions, they feel envy towards them, as a result of which labor is formed through the desire for victory. 12 people.

Person prouds when wins a sports competition. They recognize their native land, defending the honor of the earth, thanks to its achievements and victories, pride is formed in them. 13 people.

From a physical point of view , develops each site. 15 people.

As can be seen from the answers of sports trainers, kurash educates students with positive qualities in all aspects. The main thing is that sports trainers positively evaluate the educational features of kurash. Unlike other sports, it has an effective impact on respect for national values, the formation and development of a sense of national pride among students.

Sports competitions and all kinds of events held in the field of kurash serve as one of the means of promoting our national cadres, increasing the power of our Motherland, harmonious education of the younger generation, strengthening the health of the population.

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