

The Emergence of Kurash on the World Stage

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ABSTRACT

The article describes the history and development of one of our national sports Kurash, and analyzes the stages of its development, history of which dates back to 2.5-3 thousand years, and even longer. This is evidenced by various archeological finding, memorabilia, and paintings found in the vicinity of our homeland, regions such as Surkhandarya, Zarafshan, Fergana. Kurash as a sport connected with the history, traditions and lifestyle of Uzbek and Karakalpak nations. The article depicts the features of Kurash as the same kind of sport that was shaped under rituals, culture and traditions of the Uzbek and Karakalpak nations. The article presents the history, philosophy, social and pedagogical bases and significance of the national sport Kurash. Furthermore, the paper discusses about the character of humanity and educational importance of the sport Kurash. The background, training and international and national competitions are discussed in the article. The author compares the former and new rules of Kurash, state laws, decrees, and analyzes some changes made to the rules of Kurash, describing the associations, funds, and Kurash institutions' aims and goals in developing this sphere.

KEYWORDS: Kurash, national sport, history, The International Kurash Association, championship

INTRODUCTION

The real path of the development of Kurash is closely connected with the independence of the Republic of Uzbekistan. With the support of the first President of the Republic, International Kurash competitions started to be held more frequently across the country. K. Yusupov made a research and worked on the rules of wrestling in order to include national wrestling in the list of world sports [16]. When the International Kurash Association was established, the first world championships, international tournaments are being regularly organized. The first World Kurash Championship was held in 1999, in Tashkent, and then it was held in major cities of Turkey, Bulgaria and Armenia. The International Kurash Academy, the International Kurash Institute, and Kurash Development Fund were established [6, 10, 13, 14].

Today, Kurash is known around the world and is recognized as a sport. Kurash, like many other nations, is one of the ancestral sports of the Uzbek and Karakalpak people. Kurash can incorporate peculiarities that are close to the spirit and character of the Uzbek and Karakalpak people, namely courage, bravery, spiritual generosity, fairness and humanism. We have a legitimate ground to hope that in the future Kurash will be included into the Olympic program. While our wrestlers perform at national ceremonies and weddings of our people, they were heroes who called their people to fight during the war, shielded their chests and defended their homeland from enemies.

According to the research of historians, archeologists, philosophers and other scientists, we can see that the age of today's Kurash, that is, the period of its emergence, is at least

2.5-3 thousand years ago. Today, some invaluable findings of the regions in our country such as Surkhandarya, Zarafshan, a number of settlements of Fergana people, as well as examples of rock arts can be an evidence of the history of the sport Kurash [15]. These 6 findings are of great importance as a scientific proof of the history of Kurash. One of them, found on the wall in Panjikent, that is described a wall painting of two wrestlers fighting in the Sogdian, which dates back to the Middle Ages. A cylindrical jug found in the ancient Bactria (southern Uzbekistan) is also invaluable. In one part of the jug, two people that are fighting are described, and the first one is kicking his opponent's leg. The drawings on another jug show the wrestlers preparing to fight with their arms raised.

LITERATURE REVIEW

These findings date back to the prehistoric times, which indicate that the origin of the sport Kurash dates back to earlier times, 3.5 thousand years ago. An artifact from the Bronze Age depicts a fight on a horse's bridle. It has an embossed image of two wrestlers. Also, according to a photo by Professor M.P. Gryaznov, it is drawn in accordance with the spiritual views of the Scythian tribes, indicating that they belong to the earlier stages of the nomadic period. The silver bowl, which dates back to the middle of the first millennium AD, describes an action of two wrestlers fighting. Early medieval artifacts found in the village of Shelak, near Samarkand, also can be the fact that points to the past [13, 14].

One of the most interesting features of the findings is that a silver-stamped package between these pieces, which are

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decorated with geometric patterns, describes two wrestlers wrestling in today's wrestling style. We can see that such a deep-rooted national Kurash has gone through different periods of development at all times. Despite having some difficulties in the history, our people have never stopped fighting. Due to the fact that Uzbekistan was a member of the USSR Council from the 1920s to the 1990s, no special attention was paid to national sports. In particular, little attention was paid to the Uzbek Kurash [14]. However, our people did not give up Kurash. At that time, people organized small-scale Kurash competitions, contests at weddings and other national ceremonies. The real development of the struggle started in 1991, the year of the Independence of the Republic of Uzbekistan.

RESULTS AND DISCUSSION

Currently, competitions are organized in the countries around the world, and the reason of why words in Uzbek language such as "Ta'zim" (to bow), "Kurash", "Halol", "Yonbosh", "Chala", "G'irrom" (unfair) are heard everywhere, and it is also thanks to the Independence of the country.

The first President of the country, along with all spheres, made special efforts to raise the name, prestige, status of people, the development of sports for the health of the people in our country. There are three types of sports competitions: "Umid Nihollari", "Navqiron Avlod" and "Universiada" [8, 16]. Moreover, the problems that hinder the development of sports and physical education have been eliminated.

One of the members of Kurash generation Kamil Yusupov, had dream of making the sport Kurash a secular sport in the 1980s. However, at the time, the idea remained a raw fantasy. However, he continued to work towards his goal hoping for the best to come in the future. After the Independence of our people, K. Yusupov started to work diligently. As a result of several years of research, the rules, procedures and methods of national Kurash have been reworked and adapted to the rules and methods of world sports [16]. The issue was analyzed at the scientific conference of Central Asia and Kazakhstan convened on June 14-15, 1991. And after two days of intense negotiations, the uniforms of the judges and wrestlers were approved along with the rules. The news was published in newspapers and magazines, as well as in separate books and distributed handouts.

The rules of Kurash are simple and easy to understand. According to the rules of Kurash, the correct actions of wrestlers are evaluated using the terms "Halal" (fair), "Yonbosh", "Chala". Once watched, wrestlers and also visitors can easily and quickly master this rule of Kurash [16]. Therefore, this rule, developed by K. Yusupov, in a short time was approved by Kurash experts, coaches, judges, and most importantly, the Kurash audience and the whole nation as well. In addition, for the first time in the history of the sport, the body weight of wrestlers aged 36 to 80 years and older was included in the rules of Kurash as a result of consideration of circular Kurash programs [5, 6]. In this case, this raised the prestige of wrestling even higher, because wrestlers over the age of 35-40 completely used to give up on wrestling as before and stopped Kurash.

In 1991, on August 7-10, a big Kurash festival with the participation of wrestlers from Central Asia and the Republic of Kazakhstan was held at the Miraki recreation center in Shakhrisabz district [1,2]. For this time, the wrestlers fought

according to the new rules. Competitions under these new rules have been widespread since 1992. The first competitions of Kurash began with the rejoicing of the souls of the great wrestlers and scholars who lived in the history [11, 12]. International tournaments dedicated to the memory of Tursun ota in Karakul, Amir Temur in Shakhrisabz, At Termizi in Surkhandarya, Bahauatdin Naqshbandi in Bukhara, Babur Mirzo in Andijan, Pahlavon Makhmud in Khorezm, the increase of the level of Uzbek Kurash had a special effect on the popularization [15, 9].

Despite the organization of international competitions to turn the national sport into a secular sport, the number of competitions in our country was not enough. Therefore, there was a necessity to organize more Kurash competitions in foreign countries. As a result, a number of competitions were held. For example, it was held in 1992 in South Korea, the following year in Canada, Lithuania, in 1994 in Japan, and in subsequent years in the foreign countries such as Ireland, India, Russia, and a number of other countries. During the competitions, foreign Kurash experts, coaches, judges, were given a broad understanding of the rules of our national sport, and also demonstration exercises were organized as well.

Such efforts paid off, in 1998, September 6, the date of Uzbek Kurash recognition in the world, engraved in golden letters in the history [7]. The formation of the International Kurash Association (IKA) at a congress in Tashkent with the participation of representatives from 28 countries of Latin America, Europe and Asia proved that the national value of our people has entered the world arena under the name "Kurash". Islam Karimov, the former President of our country, who supported Kurash in every way, became the Honorary President of the Association. An executive committee has also been set up [14]. New rules of Kurash were recognized as International rules, and K. Yusupov was selected as the President of the Association [16]. At that time, the First President of the Republic of Uzbekistan issued a decree on February 1, in 1999 "On support of the International Wrestling Association".

Currently, wrestlers from more than 100 countries around the world are regularly involved in Kurash, and competitions are organized. In these member countries of the association, at least more than 100 clubs have been established in each of them, training young children in Kurash. Regional confederations have been formed on the continents of America, Africa, Europe, Asia and Oceania. The highest body of the International Kurash Association is the Congress. Since the founding of the International Kurash Association, under his leadership, many large and prestigious competitions have been held. For instance, the World Cups, the Junior World Championships, the Continental Junior and Adult Championships, international tournaments and sponsorship competitions, and cup competitions can be included. The first World Cup was held in 1999 in Tashkent, then in Antalya (Turkey, 2000), Budapest (Hungary, 2001), Yerevan (Armenia, 2002) and other major cities and still are being conducted. Since 2002, the World Cup and Championships have been held every two years.

Continental championships for adults and juniors are also held regularly. The first European Championship in Minsk in 1999, the First Asian Championship in Tashkent in 2001, the first African Championship in Hartenbos, in Africa in 2001, the first Pan-American Championship in La Paz, Bolivia in

2002, the first Oceanian Championship in 2003 in Auckland, New Zealand were solemnly organized. Since 2000, the British National Kurash Federation has hosted the Honorary President of the Kurash Association in London, and the International Tournament I. Karimov has been organized regularly for many years.

CONCLUSION

The International Kurash Academy was established in October, in 1999 by the Decree of the President of the International Kurash Association. The Academy aims to create a history of science-based Kurash, to promote it around the world, to create scientific and practical methods of Kurash, to organize international scientific conferences, seminars, trainings and a collection of scientific articles [7,8]. Also, the Academy purposes to establish and strengthen sports, scientific-practical, cultural, ties with the countries involved in Kurash, to open branches of the International Kurash Academy in the countries, to create scientific and methodical relations with other sports academies, institutes, schools and set the task of carrying out important tasks such as installation and exchange of experience. For the first time, the International Kurash Institute, a non-governmental organization, was registered on April 28, in 2001 by the Ministry of Justice of the Republic of Uzbekistan. Kurash will be promoted around the world, and its reputation will be enhanced by leading experts in the field. One of the main tasks and goals of the International Kurash Institute is to train and retrain leading specialists who will contribute to the development and popularization of Kurash along the world. Furthermore, training world-class Kurash instructors and coaches, the institute open specialized schools and academic lyceums, and retrain specialists.

In 1999, the World Kurash Development Fund was established with the participation of the Presidents of 6 countries that joined the International Kurash Association: Japan, Hungary, India, Poland, Russia, Bulgaria, and the National Kurash Federations. The National Kurash Federation of Uzbekistan was registered in March, in 1992. The Federation closely supports the International Kurash Association as a domestic organization and contributes to further promotion and development of our national sport Kurash worldwide.

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