

The background is a purple-tinted image of a desk. In the foreground, a black pen with a silver nib is lying on a sheet of graph paper. In the background, there is a piece of paper with some faint, illegible text and numbers, possibly a document or a page from a book. The overall aesthetic is academic and professional.

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Technique Tactics and Rules of Our National Sport of Wrestling

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Annotation: This article provides a summary of the rules, techniques, and tactics of wrestling.

Key words: wrestling, sport, rule, technique, tactics, wrestler, dexterous, round, education.

An in-depth study of the many thousand-year history of wrestling confirms that wrestling has been honored and valued as an example of physical and spiritual maturity of wrestlers since time immemorial. That is why the physical strength of wrestlers, their outstanding stature, or the aspects of wrestling, mobility, agility, and how they behave in a wide circle, manners, moral image, treatment of their opponents, attitude to society and the environment, and patriotism are one aspect of wrestlers. took place separately. Wrestling is not just a sport, but a means of physical and spiritual development of a person. Great ancestors called Kurash a school of education. Students of this school and those who saw the field were described as follows: • Wrestlers do not swear, but they never betray their country. • Wrestlers walk away from promiscuity, adultery, scheming, drug addiction, and fight against such vices. • Wrestlers are strong-willed people, so they don't follow anyone's advice. • Wrestlers protect the weak and helpless, distribute a share of the prize given to the halal victory to the needy. • Wrestlers are distinguished by their nobility, humanity, and deep respect for their opponents. • Wrestlers can have their own strong opinion. In the above definitions given to wrestlers, it can be seen that the philosophy of wrestling formed over the centuries is embodied. They are as follows: • Formation of an independent outlook and free thinking; • Educating a determined person who is open-minded, free from stupidity and lack of courage, who believes in his own knowledge and strength and lives; • Strengthening the will of people, especially young people, creating a spiritual atmosphere that serves to strengthen their faith; • Self-awareness in human thinking, preservation of sacred values, perfecting the feeling of affection; • Enhancing the qualities of noble people such as faith, honesty, generosity, honesty, kindness. Struggle, which teaches, serves to form the feelings of victory, pride and pride in the human heart, makes its unique contribution to the perfection of creative youth, to those who can meet the demands of intense life. After all, the philosophy of wrestling leads a person to perfection. So, struggle is "a way to reach the goal honestly!" Because wrestling is a spiritual and physical healing force that brings different nations together, unites them, and sets them on a good path.

This is undoubtedly the achievement of all of us. We noted above that wrestling is not only a sport, but also an important factor in the physical and spiritual development of society through it, and our great-grandfathers called it a school of education. Each member and participant of the wrestling school must build his life and practical activity on the basis of certain scientific, spiritual and educational etiquette principles and strictly follow them. In other words, Wrestlers are wrestlers, and their training requires specific laws and regulations that are formed, based on a logical consistency, a strict scientific system, which have entered into the form of traditions and embody moral and ethical qualities. As long as wrestling demands from wrestlers-wrestlers to demonstrate high qualities such as courage, courage, determination, honesty, correctness, bravery and purity, this in turn imposes a great sense of responsibility on them. After all, people belonging to this category, who set an example for others, must first improve their personality physically and mentally, and constantly move towards maturity and perfection. The teachings of Husayn Vaiz Koshifi, a great thinker of the 15th century, about the etiquette of wrestlers, which have been applied for centuries and have not lost their importance even today, have

been accepted as the necessary etiquette principles of wrestlers today. It can be seen from this that Kurash is a kind of delicate craft, science and manners mixture, harmony, in which there is mutual sincerity, cooperation, camaraderie, disinterestedness, friendly attitude between the teacher and the students. It determines everything. The more thoroughly a teacher can teach his student his knowledge, skills, and the science of wrestling, and if he can direct his efforts towards specific goals and objectives, then this will definitely bear fruit. . For this purpose, the student must regularly improve his physical skills, talents, and abilities, listen to and accept the teacher's teachings with his soul, follow them consistently, and achieve the best qualities in his body language. is temporary. Only then will he have qualities such as a worthy succession to our great ancestors, growing up as a perfect person. Any young man or woman who wants to fully learn wrestling must follow its rules, etiquette and moral principles. With his actions and morals, he should never spoil the reputation of his homeland and of course Kurash, and he should remain loyal to his people, country, and Kurash in any situation until the last moment of his life. In addition, Wrestlers should not talk too much during training or training (if there is no need for it), concentrate on one place and not focus on other things, do not injure each other, when they are gathering to learn a technique and it is necessary to inform their partners immediately if there is any defect in each other's wrestling shoes. Every person who enters the wrestling family must learn and follow the following rules of etiquette, otherwise he will be considered unworthy of the title of trainer or wrestler.

Etiquette principles of mentors If one of his students struggles badly, don't jerk him, but gently shake him. The teacher must be a person with pure intentions and without defects. He must know all the subtleties of the science of wrestling. He should be kind to his students. Let his disciples be called to purity. Don't be jealous of his students' property. Let him teach according to the ability of each student. Don't be stingy, don't take anything from your students. It is necessary to always remember his stosis. Be well behaved. Appearance. clothes are clean. Have good morals. To have pure intentions. He does not envy anyone. lust Do what the teachers say. Don't be stingy. Not to be a beggar is to be a finder of people's day. To be a friendly union in language and heart with other students and colleagues. You should not be proud of your strength. Not rejoicing over Raib's defeat. To speak little in front of the teacher. listen with your head down, do not object when the teacher speaks.

Do not gossip about others.

1. The wrestling uniform must be made of cotton, it must be in good condition, the fabric must not be too hard.
2. it is allowed to specify as follows:
 - the state coat of arms (on the left breast, maximum size 10 x 10 cm);
 - manufacturer's trademark (3x3 cm, at the bottom of the front of the yacht);
 - mark on the shoulder (no more than 25 cm, 5 cm new);
 - Stitches (25-x25 cm, allowed on the backside, athlete's surname can be placed).
3. The length of the jacket should be 10-15 cm above the knee. The length of the belt, which is wrapped around the waist twice over the jacket, from the knot to the end, should not be less than 20 cm, the length of the jacket sleeves should be no more than 20-25 cm below the elbow, The distance between the waist and the sleeve should be 5 cm, the length of the trousers should be up to the ankles, the space between the legs and the trousers should be 10-15 cm along the entire length, the belt should be 4-5 cm longer, the color is red must be. The order of putting on the jacket (picture 2) and tying the belt is correct. (3 pictures)
4. Female wrestlers must wear a white, tight-fitting t-shirt or short-sleeved collarless shirt.

5. If the Wrestler's clothes (pants and pants) do not meet the requirements, the referee must ask the Wrestler to change them. The wrestler must stretch his arms forward and convince the referee that his sleeves are in accordance with the established rules.
6. Wrestlers of both sexes also wrestle barefoot. If there is unexpected weather, with the permission of the referee, he can wear light shoes on his feet.

The Wrestler's clothes (underwear and trousers) must be clean, dry, not smelly, fingernails and toenails must be cut short, and long hair must be trimmed so that it does not interfere with other Wrestlers.

Any Wrestler who does not follow the rules of hygiene will be deprived of the right to participate in competitions.

1. The minimum size of the wrestling mat should be 10x10 m, 12x12 m, 14x14 m, the maximum size is 16 x 16 m. The wrestling mat must be covered with a material that usually consists of red, green, blue, white and light green colors.
2. The wrestling mat is divided into two areas. The line separating these areas is called the "danger line", it is always red and 1 m apart.
3. The dangerous line, the area inside it is called "safe area", its minimum size is 8 x 8 m, and its maximum size is 10 x 10 m.
4. The area outside the danger line is called "dangerous area" and is 3 m.
5. Two white lines in the safe area with a width of 1 m and a length of 2 m mark the starting and finishing areas of the shooting. These lines are drawn in the working zone and should be 5 m apart.
6. The wrestling mat must be placed on a soft floor or on a special platform, and there must be no less than 1 m of free space around the wrestling mat.

The wrestling mat comes in the following sizes:

200 x 100 x 4 cm or 5 cm,

150 x 100 x 4 cm or 5 cm,

100 x 100 x 4 cm or 5 cm. white air color Green white air color Green white air color Green
red - 18 pcs.

Pale green-30 pcs.

White - 2 pcs.

Khava color-11 pcs.

Green - 11 pcs.

red - 18 pcs.

Light Green - 30 pcs.

White - 2 pcs.

Khava color-24 pcs.

Green - 24 pcs.

red - 18 pcs.

Light Green - 30 pcs.

White - 2 pcs.

Khava color-39 pcs

Green - 39 pcs

Prepared:

Open from the bottom of the leaf, red-light Green - white-air color - Green; the second foaming foam is covered with a special tent.

XX. Equipment needed for wrestling competitions

1. The following equipment must be placed next to each carpet.

- a table and three chairs;
 - two easy chairs;
 - stopwatch (special table showing time);
 - microphone;
 - Scoreboard (a bell that makes a sound about the end of the fight to show the scores and clear time).
2. Two easy chairs for side referees are placed in opposite corners of the safety area and they must not block the field of view of the scoreboard.
3. The scoreboard should be located outside the work area where judges, referee commissions, and spectators can easily reach it (there must always be a mechanical scoreboard in reserve for control), the scoreboard must meet the requirements.
4. If an electronic clock is used, a mechanical clock is used for checking. 5. A gong or buzzer is used to notify the referee that the draw is over.
5. Spectators (press, television, etc.) are prohibited from being closer than 3 meters to the field of competitions.
6. Electronic equipment - hand-held stopwatch (chess clock) and scoreboard should be used simultaneously with electronic equipment, as the failure of the hand-held equipment may occur.

XXI. The beginning and end of the relationship

1. Before the start of each match, three referees (the middle referee, two-side judge) stand together at the edge of the field where competitions are held, put their hands on their left chest and bow before taking their places. Before leaving the arena, the referees repeatedly gather on the sidelines, put their right hands on their left chests, and bow to the spectators.
2. Wrestlers bow before entering and leaving the mat, entering and exiting the wrestling arena, at the beginning and end of each match, placing their right hand on their left chest. After bowing in front of the wrestling arena, the Wrestlers must walk straight to a specially designated place, then bow to each other, putting their right hand on their left chest.
3. After the referee announces the result of the match, the Wrestlers once again bow to each other with their right hands on their left chests and leave the mat.
4. The referee and the side referees must stand before the wrestlers get on the mat, before getting ready.
5. All prostrations are performed by bending the neck and body. If the Wrestlers do not perform the bow, the referee must demand it.
6. When the referees on the carpet control the field, they must pay attention to the fact that the surface of the carpet is flat, clean, that there are no gaps between the tatami mats, that the chairs of the side

judges are in their places, and that the Wrestlers meet the requirements of the established rules. The referee must stand in the middle of the mat facing the timing table.

7. When the referee gives the command "STOP", he must look at the wrestlers. If they do not hear the command, the referee in the middle will quickly approach them and stop them.

XXII. Team leaders, coaches and representatives

1. Only the team manager, coach or representative has the right to directly address the head referee and his assistants.
2. The head of the team is responsible for the clothes of the wrestlers and their timely appearance on the mat, as well as general discipline.
3. Along with the chief referee and referees, the head of the team also participates in the drawing of lots.
4. During the fight, a place is allocated for the leaders of the team, and they must be in their place.
5. Team leaders or coaches can also act as competition referees if they have referee certificates.
6. Managers who do not comply with the above will be dismissed from their duties, and relevant organizations will be informed about this.
7. The coach of the group can stand at the designated place or around the carpet at a distance of 2 m during the reception.
8. The coach of the group may be present when his Wrestler is injured, in the event that he is being treated by a doctor according to the established procedure, but it is forbidden to disobey the decision of the referees on the edge of the carpet or insult them.
9. If the coach of the group does not obey the above, the referee in the middle may request the referee to issue a "DAKKI" warning to the coach.

The procedure for determining the weights of wrestlers

1. If competitions are held in any of the weight categories of the competition, the weights of the Wrestlers participating in that weight category will be measured two hours before the start of the competition.
2. The measurement of weights should not last more than 1 (one) hour, if there are many participants and it is not possible to weigh on one scale, with the permission of the chief judge, the scales can be made two or three, but the wrestlers who compete in each weight must , must be measured on a single scale.
3. Wrestlers must enter the weigh-in with a document confirming their identity.
4. A wrestler who has not measured his weight will not be allowed to compete in this weight category.
5. During the measurement, the Wrestlers must wear nothing but underwear.
6. In the process of determining the weights of wrestlers, there should be a commission formed by the chief referee: assistant chief referee, secretary, medical worker, 2-3 judges. The name of the wrestlers whose weight has been determined on the scale is recorded in the measurement report.
1. Youth and senior wrestlers regardless of weight

(With the permission of the head referee) They can fight in absolute weight. All

Those in charge must participate in the competition with medical permission, otherwise the Chief Referee is responsible.

Testimony (discharge) determining the level of skill of the wrestler;

- a sealed certificate about which team he belongs to, doctor's permission information about.

All the above-mentioned documents are mandatory before the competition seen in the commission, by the chief doctor and members of the commission is confirmed. Team to meet the above conditions and requirements leaders are responsible.

2. With the permission of the chief referee, young wrestlers (16-17 years old) can also participate in competitions between older wrestlers.
3. Wrestlers who wrestled in one weight in the competition are prohibited from participating in the second weight, but they can wrestle in absolute weight (with the permission of the head referee).

Obligation of participants

Contestants must adhere to the following:

- a) bow and greet each other before the start of the competition;
- b) strict adherence to the rules of wrestling and the rules of the competition;
- c) to obey the orders of the referee;
- d) able to behave properly during the competition;
- e) To go quickly to the place called when called by the participating referees.

2. General rules of wrestling

- Fighting is done only in a standing position and by using the methods allowed by the rules. Standing throws are judged by the referees;
- When the scores are equal, the Wrestler who received the last score wins;
- If the wrestler's price and punishment are equal, the price will have an advantage;
- If no ycy1 is used by the Wrestlers during the match, the referee in the middle stops the match, consults with the side judges, and gives a warning to the Wrestler who is slow.
- If the Wrestlers are given the same warnings consecutively, the winner will be given to the first warning;
- Competitions are held without rematches according to the Olympic system;
- In wrestling, the method is evaluated if it starts inside the mat and ends outside the mat line.

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