

HISTORY OF TURON INDIVIDUAL WRESTLING SPORT, TURON INDIVIDUAL WRESTLING COMPETITIONS AND METHODOLOGY OF THE RULES RELATING TO THIS SPORT TYPE

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Abstract

This article provides information about the history and development of the sport "Turon single wrestling", the main goals and directions of Turon single wrestling, instilling the spirit of patriotism in children, and the philosophical foundations of "Turon single wrestling".

Keywords: Physical education, single combat, victory, exercise, physical qualities, speed, movement, education, manners.

TURON YAKKA KURASH SPORT TURI TARIXI, TURON YAKKA KURASH SPORT TURIDAGI MUSOBOQALAR VA USHBU SPORT TURIGA TEGISHLI QOIDALAR METODIKASI

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Annotatsiya:

Ushbu maqolada Turon yakka kurash sport turning tarixi, rivojlanaishi, Turon yakka kurashining asoiy maqsadi va yo‘nalishlari, bolalarga vattanparvarlik ruhini sindirish, Turon yakka kurashining falsafiy asoslari to‘g‘risida malumot berilgan.

Kalit so‘zlar: Jismoniy tarbiya, yakka kurash, g‘alaba, mashq, jismoniy sifatlar, tezlik, harakat, tarbiya, odob-axloq



Аннотация:

в данной статье представлены сведения об истории и развитии одиночной борьбы «Туран», основных целях и направлениях одиночной борьбы «Туран», воспитании духа патриотизма у детей, а также философских основах одиночной борьбы «Туран».

Ключевые слова: Физическое воспитание, единоборство, победа, упражнение, физические качества, скорость, движение, воспитание, манеры.

Introduction

President of our country Sh.M. Mirziyoyev paid a lot of attention to sports. Including, in order to make a person fully mature, physically and mentally prosperous and healthy, there are many gyms in our country, and in these gyms there are trainers from certain sports. One of them is Turan individual wrestling, which is our national sport.

Turan singles wrestling sport, which was included in Uzbek sports on August 16, 1992 by Ustozimi Bobomurodov Aziz Boliyevich nation (TURKMAN), this sport started training for the first time at Tailoq Olympic Reserve Vocational Vocational College in Taylop district of Samarkand region from September 1, 1992. 1995 in Tashkent 1996 in Surkhandarya Khorezm 1998 in Ferghana Karakalpakstan A Republic 2000 in Jizzakh 2002 in Syrdarya 2008 developed throughout the republic.

This sport has long been famous as an example of the art of fighting among the Turkic peoples. This type of single combat was perfected during the time of Amir Temur. The history of the development of Turan national martial arts in Tashkent region has been an ancient martial art of our people, since ancient times, our people have used these martial arts to protect their family, tribe, and homeland from external enemies. After the independence of our country, this martial art began to develop as a sport. Due to the efforts of Saidov Bakhodir Hadjievich, this sport was officially recognized as a sport of Turanian martial arts in 1993. One of the families engaged in Turan is the Khojaev dynasty. The head of the family Khairulla Khojaev is a master of sports, his successors are Sadullakhujaev Jamoliddin (master of sports), Asian champion, Khujaev Komoliddin is the champion of Uzbekistan, Khairullaev Asliddin is engaged in this sport. National folk games and sports of all countries are in the main place. They attract millions of people. This, in turn, shows the nation's efforts to preserve, develop and leave the heritage of its games and sports to the next generation. For example, representatives of a large number of nationalities gather at the forums and festivals of "World National People's Games and Sports" organized by UNESCO and other international organizations. This is a clear proof that people strive to live in an atmosphere of mutual friendship, peace, and development. Today, millions of people witness the feelings of competition, defeat and victory that arise on the sports scene. In addition, the people of Uzbekistan have always preserved and developed not only the development of society, the development of science, culture and customs, but also folk games and national sports. At the same time, they got information about Uzbekistan, its folk games and national sports. Our ancient martial art has seen the world as a young national sport. In the 1980s, Bohodir Saidov, the master of sports of the international category, conducted a series of consistent researches for the study and modernization of unique special physical training, which is a part of our national value. increased and showed its effect.



Classification of Turan martial arts - Turan martial arts is one of the independent sports martial arts that educates such feelings as physical fitness, strengthening of physical will, loyalty to the motherland, kindness, humanity, honesty, mutual respect, hard work, and nobility. Turan martial arts is recommended for boys and girls from 5-6 years old. Direction of Turan martial arts: a) restoring physical health; b) increase the performance of human internal organs and fight against aging; c) expanding the scope of thinking, increasing potential, strengthening memory and achieving physical fitness. The main principles of improving physical qualities in Turan martial arts practitioners are: a) flexibility; b) agility; c) traffic control; g) sacrosanct; d) power; e) durability; j) speed. Taking part in Turan martial arts training serves to strengthen and develop the athletes' physiological qualities. They are: a) increasing the capabilities of body parts; b) cardiovascular system; c) base movement apparatus; g) muscle tissues; d) nervous system; e) endocrine system and internal organs. The following are used to develop the mental and physiological qualities of athletes: a) gymnastic and acrobatic exercises; b) athletics exercises; c) swimming; g) sports games and others.

The main goal of Turan martial arts is to attract a wide range of people to regular physical education and sports. Contribute to making physical education and sports a daily lifestyle, restoring health, becoming a well-rounded person. The main direction of Turan martial arts consists of training and sports competitions, and it is carried out in the form of preparation and participation of athletes in competitions: a) free exercise direction (MASHQ), this high-level coordination of hand, leg and body movements in the direction. The level of complexity, speed, accuracy and agility of the performed movements, as well as the ability to maintain balance, feel the music, and aesthetic elegance determine the quality of the free exercise direction. b) fighting direction (FIGHT), this direction is a set of technical-tactical movements, this is a technical movement performed with body parts, (METHOD) is a technical movement used during competitions, in which the opponent athlete's body position is changed (the athlete who performs this technical movement by lowering the athlete from a standing position to a sitting or lying position must remain in a comfortable condition, as well as remove the opponent athlete from the field from a lying position and completely change his position) the movement of the opponent athlete during the competition is limited by the technical movements of OGRITMA and stifling (BOGMA).

Teaching ethics and culture to those engaged in Turan martial arts takes the main place in the educational process of the sport. Ethical culture serves to further develop high moral aspects in those involved, such as nobility, justice, kindness, honesty, respect, strengthening of one's will. The main etiquette of Turan martial arts is: 1. To put the right hand on the chest, on the heart - to show purity of heart; 2. Bending the head a little to the front means showing respect to the addressees, as well as acceptance of what was said; 3. Shaking hands (meeting) - expressing mutual respect and wishing for "Peace and Goodness".

The symbol of the Turan wrestling federation of Uzbekistan is based not only on the rules of the competition, but first of all on the pure communication of the participants with coaches, referees, all participants of the competitions, as well as with the competing athletes on the field. Ethical standards of self-introduction by athletes before entering the competition are performed by an unspoken action: "hands stretched forward at head height" with open palms, a physical, technical-tactical attitude acquired only with the pure intention of competition. to test actions,



as well as participating with a "pure heart and an open heart" and complying with all human ethical standards, means to compete honestly.

Athletes should show their open palms not only to each other and the referee, but also to the participants of the competition.

The development of Turan martial arts in the Republic of Uzbekistan and its appearance on the international sports scene. The development of Turanian martial arts as a sport was mainly due to the wide opportunities created by our respected head of state, who showed fatherly kindness to children after gaining independence, and created opportunities for them to practice physical education and sports. At first, he started working in a small club under the guidance of Bohodir Saidov. The first swallows of Turan martial arts (A.Smirnov, T.Fattakhov, J.Dadako'ziev, E.Akramov, D.Nogay, A.Khusniddinov, M.Mirgyiyosov, A.Sherdonaev, B.Khidoyatov), I. Ovchinnikov) began to attend with sincerity. Due to the direct support of a large number of our compatriots, devotees of physical education and sports, and their great contribution to the development of this type of our national sport:

In 1993, Turan martial arts was registered as an independent sport by the Physical Education and Sports Committee of Tashkent city;

1994 - the first official Tashkent city championship and first championship of Turan single-wrestling was held;

In 1995, the State Physical Education Sports Committee of the Republic of Uzbekistan approved and registered the documents of Turan single combat, and Turan single combat was given the status of a national sport of Uzbekistan. The first official Turan martial arts championship of Uzbekistan was held;

1995 - Turan martial arts athletes (Moscow region, Russia) took part in the 1st World Championship "Martial Arts". Andrey Smirnov (Tashkent) was among the top 10 strongest athletes in the world.

1996 - In this year, for the first time in the history of independent Uzbekistan, the national team participated in the World Festival "National Folk Games and Sports" organized by UNESCO in Bangkok, Thailand. In it, Turan martial arts athletes demonstrated the values of our republic in the field of physical education and sports among the representatives of more than 170 countries;

From March 17, 2004, the Turan Singles Wrestling Federation of Uzbekistan was accepted as a member of the National Olympic Committee of Uzbekistan.

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