

**OPPORTUNITIES OF USING WRESTLING SPORTS IN DEVELOPING A SENSE OF
NATIONAL PRIDE IN YOUTH**

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Annotation: The article studies the use of the opportunities of events held in the sport of wrestling in forming a sense of national pride in students. Also, wrestling competitions are considered as one of the main factors in raising a well-rounded generation.

Key words: wrestling, physical education and sports, well-rounded generation, sense of national pride, pride, hard work, health, initiative, activity, formation, development, education.

A number of works are being carried out to popularize, develop and introduce to the world our national sport, wrestling, which embodies our ancient values, in particular the ideas of courage, bravery, patriotism, and humanism, and to turn this value into a global masterpiece.

As a result of the direct support of our state, wrestling has been widely recognized as an international sport, and terms such as "kurash", "halol", "ta'zim", "tokhta" and "yobosh" have taken a firm place in the international sports vocabulary. On December 20, 2024, the Resolution of the President of the Republic of Uzbekistan No. PQ-450 "On measures to develop and popularize the national sport of wrestling" was adopted. The concept defines the goals, objectives, priorities, future stages of the systematic development of wrestling in Uzbekistan and foreign countries, and serves as the basis for developing programs and comprehensive measures for the development of wrestling.

On September 6, 1998, the International Wrestling Association was established, uniting 129 national federations from five continents of the world. In 2010, the International Wrestling Association received recognition from the World Anti-Doping Agency, which is an important requirement for applying for inclusion in the Olympic Games program. Our athletes have been worthy of defending the prestige of our country, taking prize places at international wrestling events.

To date, more than 500 international wrestling tournaments have been held in many countries of the world, 12 world championships (among adults), and national wrestling federations have been established in many countries. More than 300 athletes from our country have become winners and prize-winners of world and Asian championships and international tournaments in wrestling.

Wrestling will now be included in the program of the Islamic Solidarity Games. A procedure for preferential admission to higher educational institutions of winners of the Asian Games, Asian and world championships in wrestling, as well as the championship of Uzbekistan, is being introduced. In order to widely involve the public, especially the youth, in this sport, it was planned to establish a non-governmental non-profit organization "Kurash National Sports Center" under the Uzbekistan Kurash Federation.

Today, the tradition of kurash is developing and becoming more popular. Not a single national holiday is complete without kurash. The most interesting thing is that when introducing a wrestler who has entered the circle in all sports competitions, the first thing is to say his "Motherland", which means that this wrestler also protects the honor of his motherland, and thanks to his achievements and victories in it, noble qualities such as love for his homeland, respect for it, and care for people are cultivated in them. Kurash is one of the means of

increasing the power of our homeland, educating the younger generation in a balanced way, prolonging life, and strengthening health. Therefore, developing kurash at the level of the times is of great importance.

One of the prestigious competitions was the VIII World Championship in Termez on October 19-23, 2011. It is the tenth traditional international tournament for the Presidential Prize in wrestling dedicated to the memory of Al-Hakim at-Termizi. Foreign referees guided the Uzbeks in their pure Uzbek, sonorous voice with commands such as "tokhta", "halol", "tanbeh", "dakki" (stop), which are considered the pride and value of the Uzbek people. It was clearly visible in the competition that foreign referees from Korea, Japan, Iran, Afghanistan, South Africa, Russia, Cyprus, England, Greece, Turkmenistan had thoroughly mastered the rules of wrestling.

On October 19-21, 2011, an international scientific and practical conference dedicated to the VIII World Championship and the Al Hakim at-Termizi Memorial Tournament was held. The president of the International Wrestling Association, Komiljon Yusupov, as well as the president of the African Wrestling Confederation, Mr. Thomas Dunker, as well as prominent scientists in this field from a number of countries such as India and Iran, participated in this conference with their reports.

Two-time World Judo Champion, Olympic medalist, famous Bukhara wrestler Rishod Sobirov emphasizes that he achieved the world judo champion status and recognition of the sport to the people and the world through Uzbek wrestling. Recalling his memories, the wrestler expressed the following thoughts: "If I had not wrestled at weddings and holidays in rural areas since childhood, if I had not felt the pain of defeat and the joy of victory, I would not have achieved the results I have today. I believe that an athlete should be not only physically mature, but also spiritually rich, educated and cultured, and respect the traditions and values of his nation." A person can achieve something only if he believes in his own strength and is proud of it. Understanding his own worth makes an intelligent person more humble and more persistent. It is not right for a person to be proud beyond his abilities, nor to beat himself up. The pride of a person who knows how to remain himself is complete.

In order to study the views of sports coaches on the possibilities of comprehensively educating students through the sport of wrestling, an open questionnaire was conducted with the trainees (trainers) of the Samarkand branch of the Institute for Retraining and Advanced Training of Specialists in Physical Education and Sports. 85 respondents participated in the questionnaire. The following answers were received in the questionnaire: Noble qualities such as love for the Motherland, respect for it, and caring for people are cultivated. Discipline is formed in students through strict adherence to the rules of sports competitions. In sports competitions, special relationships are formed with opponents, teammates, and referees. National values, traditional holidays, and various rituals are learned from national games. In sports competitions, new friends are made, and a culture of communication is formed in the process of communicating with them. When they see the winners of sports competitions, they feel envy for them, and as a result, hard work is formed through the desire for victory. When they win sports competitions, they feel proud. Their homeland is recognized, they also defend the honor of the country, and they develop a sense of pride and honor due to their achievements and victories. Physically, they develop in all aspects.

As can be seen from the answers given by sports coaches, wrestling cultivates positive qualities in students in all aspects. The main thing is that the coaches positively assess the

educational properties of wrestling. Unlike other sports, it has an effective effect on the formation and development of respect for national values and a sense of national pride in students. Sports competitions and all kinds of events held in wrestling serve as one of the means of promoting our national values, increasing the power of our homeland, educating the younger generation in a balanced way, and strengthening the health of the population.

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