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“BELT WRESTLING” THE METHODS AND THEORY



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This guide is intended for coaches of all types of sports Uzbek state Physical culture and sport university and Pedagogical universities for physical culture and schools working in the field of belt wrestling, which includes a system of training aimed at achieving high sportsmanship of athletes in each preparatory department on the basis of the belt wrestling curriculum, their organization, content, laws, methods and tools are highlighted. This manual can be used by belt wrestling coaches, masters of sports, researchers.

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INTRODUCTION

Today, one of the important tasks of continuing education is to bring up a comprehensively mature, harmoniously developed person in line with modern developments. For this reason, the laws «On Education» (1997), «On Physical Culture and Sports» (in the new edition 2000) were adopted. A new version of the Law of the Republic of Uzbekistan «On Physical Culture and Sports» No. 394 of September 4, 2015 was adopted. Article 20 of this law specifies measures to strengthen and further improve national sports and folk games. The content of the above regulations provides for the implementation of continuous educational processes and the full involvement of students in physical education and sports, as well as mass sports competitions in the education of physical fitness. The State Program «Healthy Generation» encourages students to further improve their sports skills (special physical training) on the basis of the state program of physical education in general secondary education, ensuring general physical fitness of students and, in particular, engaging students in sports.

Their main goals and objectives are to test their strength in the «Umid Nihollari» sports competitions, «Alpomish» and «Barchinoy» special tests as a prelude to multi-stage, continuous sports competitions.

It is known that the means of physical education play a key role in educating young people, especially in their regular participation in their favorite sports. The most important thing is that the educational programs of schools, colleges, schools of higher sports, children's and youth sports schools include national sports (wrestling, belt wrestling), which are aimed at educating special physical fitness and improving sports skills of students. On this basis, students are armed with such qualities and human qualities as mastering national values, teaching to be loyal to the motherland.

During the years of independence, our country has taken its rightful place in the world community. Our country has become known to the world due to its extensive development in the political, economic, socio-cultural spheres and the consistency of reforms. In particular, the name Uzbek has become a world legend in the world of sports in the country called Uzbekistan. Athletes of our country have achieved high results at the world and Asian championships, the

Olympic Games, hoisted the flag of our country and played the national anthem in different parts of the world.

In Uzbekistan, wrestling (belt wrestling) has become an international sport, and since 1999, world championships and championships have been held on the continents. Another important aspect is that wrestling federations have been established in more than 50 countries. The International Wrestling Association is active in Uzbekistan. In this work, President Islam Karimov, as an honorary president of wrestling, has provided practical assistance. The Belt Wrestling Federation of the Republic of Uzbekistan, the State Sports Committee of the Republic of Uzbekistan, the International Belt Wrestling Federation «Dinamo», «Yoshlik», «O'quvchi» sports associations, the Republican Trade Union Children's Sports Development Fund are also involved in the development of wrestling in Uzbekistan and increasing their international prestige and the Youth Union of Uzbekistan, which supports the military. The network of children's and youth sports schools in wrestling (BOSM) is growing in number and quality.

— Importantly, national and belt wrestling has been included in the physical education curriculum of educational institutions since 2000.

— The establishment of the Children's Sports Development Fund and the sports facilities being built by this foundation in the villages of our country not only delight our people, but also arouse the spirits of our close and distant friends. Through this fund, first of all, the goal is to form a healthy lifestyle, protect our children from various negative influences, to turn sports into a mass, nationwide movement.

— This, in turn, has become one of the urgent tasks of today to acquaint young people with the methods of belt wrestling, to attract talented children to sports, to arouse their interest in belt wrestling, to raise the level of lessons and extracurricular activities.

— An important issue to be explored in the organization of belt wrestling training in children and youth sports schools is to ensure that coaches organize the organization of belt wrestling training in a methodologically correct way by targeting, systematizing and predicting results based on modern methods.

— Just as every nation in the world has its own national wrestling, Uzbeks also have sports called Belbog'li and Bukhara. Both types of wrestling have gone through a stage of historical development.

— Belbog'li kurash, one of the national sports of the Uzbek people with a long history, has developed over the centuries, entertaining people and demonstrating the skill and endurance of the men on the field. Therefore, the names of the wrestlers were revered among the people, they were even considered as national heroes.

— The period of formation of the tradition of national belt wrestling dates back to the beginning of the 5th-3rd millennia BC. Rather, we believe it originated 5,000 years ago. This is also confirmed by the above-mentioned ethnographic events (a girl's struggle with a boy) recorded by the Greek scholar Herodotus on an expedition to Central Asia in 455-447 BC.

— National wrestling has been one of the favorite sports of the people both in the Timurid period and in subsequent periods. Uzbek wrestlers, who spread the world in the field of wrestling, have left an indelible mark on the pages of history. Adding the words «wrestler» and «wrestler» to the names of such wrestlers made them more powerful. Poet Pahlovon Mahmud and Ahmad wrestlers were among the invincible wrestlers of their time. The main direction of our research is how to scientifically substantiate the organizational and pedagogical basis of belt wrestling in children's and adolescents' sports schools and the general purpose (impact on the physical and spiritual development of the new generation).

Through the study and analysis of scientific sources (literature, experiments, data) to organize belt wrestling classes in sports schools for children and adolescents:

— the interaction between the coach and the student-athletes is decided;

— independence of student-athletes (in relation to various activities and learning) is ensured;

— students-athletes become interested in mastering belt wrestling;

— an environment of interaction, interaction and mutual evaluation will be created between student-athletes;

— personal assessments of student-athletes in relation to their physical abilities are formed;

— the formation of physical, mental skills and abilities, as well as Uzbek manners and humility in students-athletes can be achieved quickly and early, which gives a special character to their physical fitness.

While students will continue the tradition of belt wrestling, a wide range of conditions will be created for them to be physically strong and healthy, to master cultural, educated, noble human qualities.

That is why the organization of belt wrestling classes in sports schools for children and adolescents on the basis of organizational and methodological specific theories, pedagogical requirements should be recognized as one of the urgent problems of educating a harmoniously developed generation.

CHAPTER I. THEORETICAL FUNDAMENTALS OF BELBOG WRESTLING

1.1. Theoretical preparation

Plan:	1. Organizational and pedagogical bases of belt wrestling
	2. The history of the development of belt wrestling
	3. The role of belt wrestling in increasing the physical activity of students

Key words: Wrestling, physical training, activity, healthy living, harmoniously developed generation, adolescents, education, development, social, developmental, economic, historical, spiritual, national, cultural, philosophical.

After the independence of Uzbekistan, serious attention was paid to strengthening the love for the Motherland in the hearts of young people through respect for national values. One of the main tasks of the population is to further develop the cultural and educational understanding of students, to bring them up physically fit.

Belt wrestling, which is our national value and embodies the ideas of patriotism and courage, has been recognized as a sport in the world. It is also worth noting that in order to properly organize the leisure time of teenagers, to increase their interest in sports, to help them to be agile, to achieve their goals, to be friendly and friendly with each other, as well as to prepare future athletes in belt wrestling how important it is to achieve success.

The goal is to further enhance the qualities of our people, such as generosity, honesty and compassion, to teach national values, pride, devotion to the Fatherland, in-depth theoretical knowledge and practical skills in belt wrestling.

Belt wrestling is an ancient national wrestling sport with a history of five thousand years and has been recognized as an important factor in physical education among the peoples of Europe and Turkey. It plays an important role in the physical education of young people as a spiritual heritage passed down from generation to generation through the national traditions, customs, holidays and weddings of nations.