

KURASH: HISTORY, DEVELOPMENT, AND PROSPECTS

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Abstract. *Kurash is a traditional Uzbek wrestling with an ancient history. This article examines the evolution of Kurash from its origins to the present day, analyzes the activities of the International Kurash Federation, and discusses the prospects for the development of this sport. The main problems are identified, and possible solutions are proposed.*

Keywords: *Kurash, traditional wrestling, International Kurash Federation, development, prospects, problems, solution.*

Аннотация. *Кураш - традиционная узбекская борьба, имеющая древнюю историю. В статье рассматривается эволюция кураша от его истоков до современности, анализируется деятельность Международной федерации кураша, а также обсуждаются перспективы развития этого вида спорта. Выделяются основные проблемы и предлагаются возможные методы их решения.*

Ключевые слова: *кураш, традиционная борьба, Международная федерация кураша, развитие, перспективы, проблемы, решение.*

INTRODUCTION

Kurash is a national form of wrestling with a centuries-old history. This sport is not only a means of physical education but also a cultural heritage of the Uzbek people. Historical sources confirm that elements of Kurash were used as early as the times of ancient civilizations in Central Asia. Archaeological findings, rock paintings, and historical chronicles testify to the popularity of Kurash among the peoples of the region. Kurash wrestling was practiced not only as a form of physical training but also as an element of ritual and festive events.

Modern Kurash originates from the folk traditions of Uzbekistan. Today, this form of wrestling is an integral part of national culture and is actively supported by state and international organizations. This article examines the historical path of Kurash, its modern development, and the future of this sport.

Historical Development of Kurash

Kurash in Ancient Times

Kurash is mentioned in sources dating back more than 3,000 years. It is known that great military leaders, such as Amir Timur, used Kurash as part of their warriors' physical training system. In medieval Central Asia, this type of wrestling was an essential part of military training and was widely practiced during public celebrations and festivals.

Kurash in Uzbekistan

In Uzbekistan, Kurash has retained its authenticity and has been passed down from generation to generation. In the 20th century, it became an official sport, received standardized rules, and began to attract international attention. Today, numerous national tournaments are held in the country, and Kurash is included in the sports programs of schools and universities.

Modern Kurash and International Recognition

In 1998, the International Kurash Association (IKA) was established to promote this sport worldwide. The federation's headquarters is located in Tashkent, Uzbekistan. The president of the International Kurash Federation is Haider Farman. Over the past 10 years, the federation has actively worked on integrating Kurash into international sports competitions, expanding its global reach, and organizing world championships. Today, Kurash is included in the programs of international sports events such as the Asian Games and the World Martial Arts Games. The federation also develops educational programs for referees and coaches, contributing to the professionalization of the sport.

Methods. The study employed methods of historical source analysis, comparative analysis of sports disciplines, and interviews with experts from the International Kurash Federation. Documents regulating the rules and development of this sport were also examined.

Results. Kurash has a history spanning more than 3,000 years and is an integral part of Uzbek culture.

- In 1998, the International Kurash Federation was established, with its headquarters in Tashkent.

- Over the past 10 years, the federation has organized numerous international competitions, developed educational programs, and contributed to the inclusion of Kurash in international sporting events.

Discussion

Key Issues

- Insufficient funding for the development of Kurash in some countries.
- Lack of a unified system for training coaches and referees.
- The need to increase international recognition of Kurash.

Solutions

- Creating programs to promote Kurash in schools and universities.
- Strengthening cooperation with international sports organizations.
- Enhancing media support and broadcasting of competitions.

Conclusion. Kurash is not only a sport but also an important element of Uzbekistan's cultural heritage. The future development of this type of wrestling will require a comprehensive approach, including organizational, financial, and educational support.

Today, Kurash is actively developing in more than 130 countries worldwide. Among the leading nations in this sport are Uzbekistan, Iran, Turkey, Russia, India, and South

Korea. These countries regularly achieve top positions in international competitions and invest significant resources in the development of this sport.

International championships and tournaments play a crucial role in popularizing Kurash. Some of the major events include:

- The Kurash World Championship, organized under the auspices of the International Kurash Federation (IKA), which gathers the strongest athletes from around the world [1].

- The Asian Games, where Kurash is included in the competition program, contributing to its recognition on the international stage [2].

- The European Kurash Championship, bringing together the best teams from across the continent [3].

- The President's Cup of Uzbekistan in Kurash, a prestigious tournament featuring wrestlers from various countries [4].

In addition to major tournaments, regional and national competitions are held annually in different countries to develop and promote Kurash. One of the key objectives of the International Kurash Federation is to include this sport in the Olympic Games program, which will provide it with even greater international recognition [5].

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