

## INCREASING INTEREST IN THE SPORT OF KURASH AMONG STUDENTS OF HIGHER EDUCATIONAL INSTITUTIONS

<https://doi.org/10.5281/zenodo.10872966>

**Orziyev Abdurazzok Abduvali ugli**

*Teacher of the Department of Physical Education  
Andijan State Pedagogical Institute*

### **Abstract**

*this study explores the promotion of the sport of Kuresh among higher education students through a multi-faceted approach. The strategies employed include workshops, demonstrations, incorporation into physical education programs, intercollegiate competitions, collaboration with student organizations, social media engagement, scholarships, incentives, and guest speaker sessions. The results indicate a high level of student participation, increased interest in Kuresh, and a sense of community and sportsmanship fostered among students. The findings suggest that promoting Kuresh in higher education settings can positively impact student engagement, physical activity levels, and campus culture. Continued implementation of these strategies can further enhance the popularity and accessibility of Kuresh among students, contributing to the growth and development of the sport in higher education environments.*

### **Keywords**

*Kuresh sport, students, higher education, promotion, multi-factor approach, master classes, demonstrations, physical education, interuniversity competitions, student organizations, social networks, scholarships, incentives, sports spirit, student participation, physical activity, campus culture.*

### **Аннотация**

*данная статья исследует продвижение спорта Кураш среди студентов высших учебных заведений через многофакторный подход. Используемые стратегии включают в себя мастер-классы, демонстрации, включение в программы физического воспитания, межвузовские соревнования, сотрудничество со студенческими организациями, привлечение в социальные сети, стипендии, поощрения и выступления гостей. Результаты показывают высокий уровень участия студентов, увеличенный интерес к Курашу и создание чувства сообщества и спортивного духа среди студентов. Полученные данные свидетельствуют о том, что продвижение Куреша в высших учебных заведениях может положительно повлиять на участие студентов, уровень физической активности и культуру на кампусе. Постоянная*

*реализация этих стратегий может дальше увеличить популярность и доступность Куреша среди студентов, способствуя росту и развитию этого вида спорта в высших учебных средах.*

### **Ключевые слова**

*спорт куреш, студенты, высшее образование, продвижение, многофакторный подход, мастер-классы, демонстрации, физическое воспитание, межвузовские соревнования, студенческие организации, социальные сети, стипендии, поощрения, спортивный дух, участие студентов, физическая активность, культура на кампусе.*

**Introduction.** The Kuresh - sport, prescribed in accordance with the rules of the two athletes from the one on one get an agreement. The art of combat is known since ancient times in many people. The kuresh especially common in Greece, the ancient Olympic games has taken a permanent place of. Diverse contours of the national struggle for Greece, Italy, Japan, Turkey, Iran, Afghanistan, Russia, Uzbekistan, Georgia, Armenia, Azerbaijan, Kazakhstan and other countries. The basic rules of modern sports kuresh the end of the eighteenth century – the beginning of the nineteenth century in Europe in several countries has been developed. 1912-year international kuresh amateur Federation (FILA) was founded in (to him now 144 countries, Uzbekistan from 1993 member).

The kuresh is characterized by the opponent's clothes and throw it to hold. Hand and foot to give a blow with your opponent in the fight, bite, choke, which caused pain and other life-threatening and severe injury to the same person as the keeping of it humiliated action is prohibited.

International sports Yunonrum kuresh in the arena Kuresh, Free kuresh, Dzudo, Sambo and other common types. In subsequent years the struggle to get recognized in the world as also the particular type of fight begins. The man in the fight strong, agile, resistant and strong-willed is one of the means to educate. Under the supervision of doctors, it is allowed to kuresh from 12 years old. That will be an integral part of the lifestyle of the fight from beginning. Uzbekistan archaeological findings, historical manuscripts approved. The oldest Baktriya (south Uzbekistan) found in the territory of J-jt a ceramic cylindrical brass container polvon relating to the period in the other two and one of them do not duplicate played described. Belonging to the same period in the fight, while the other shows the methods of archaeological findings among polvon is reflected. Know our ancient people from the wedding fell in the fight, with the honorable polvon used. The kuresh is very ancient historical sources confirms that the type of sport. Scientific

and also are a source stone – carving the kuresh 3-3,500 years ago, shows that there is now the territory of Uzbekistan.

**Methods.** There are different methods in this sport. Among the important components is a special shape. Yaktak without the constant part of the fight your opponent in the use of different methods to balance it out and I hold it without the horizontal plane (to get the right to participate) to throw it. At the same time throw the opponent at the time of using the feet to highlight is carried out according to the rules. A fighter during about, both in case one or both of the lap of the meeting, the bout will be stopped and get the right to participate will touch is re-started.

We propose to explore this topic by research methods, literature study, analysis and synthesis. A number of valuable historical information about the kuresh in folklore and other similar works of historical-artistic sources was also recorded. For example, 1000 years ago that created “Alpomish<sup>83</sup>” in February is a special word about the kuresh. As noted in these poems of that period engaged in with the struggle of regular people. Family guy fighting those who fell before building.

Ibn sina's historical guide about the fight the other information listed. In particular, ibn sina's “Tib of the law” in the works will go the word about physical education.

Pahlavan Mahmud<sup>84</sup> has a great place in the development of kuresh. Pahlavan Mahmud, born in Khiva in 1248, grew physically strong and powerful at an early age. Sources cite Pahlavon Mahmud as being a wrestling stalwart and a mature wrestler. Under Pahlavan Mahmud, wrestling developed as a very popular sport.

What heroes our ancestors were, studying history, we come to the same opinion, we need to continue this story. Our children and the future generation must know how rich the history of this sport is, and how our ancestors engaged in it.

How can methods be formed to spread the sport of quresh among the student of higher education

There are several methods that can be utilized to promote and spread the sport of Kuresh among higher education students:

<sup>83</sup> Алпомиш. Достон. Айтувчи Фозил Йўлдош ўғли. Нашрга тайёрловчилар: Ҳоди Зарифов ва Тўра Мирзаев. – Тошкент: Фан, 1999. –820 б.

<sup>84</sup> D.Bobojonov, M.Abdurasulov “Abadiyat farzandlari” 2009. © Xorazm Ma'mun akademiyasi nashriyoti, 2009.



1. **Organize Workshops and Demonstrations:** Conduct workshops, demonstrations, and training sessions to introduce students to the sport of Kuresh. This hands-on approach can help generate interest and participation.

2. **Incorporate Kuresh into Physical Education Programs:** Work with universities and colleges to include Kuresh as part of their physical education curriculum. This will expose more students to the sport and encourage them to try it out.

3. **Host Intercollegiate Competitions:** Organize intercollegiate Kuresh competitions or tournaments to bring together students from different institutions. This can create a sense of camaraderie and competition among participants.

4. **Collaborate with Student Organizations:** Partner with student clubs, sports teams, or associations to promote Kuresh within the student community. Encourage these groups to organize Kuresh-related events or activities.

5. **Utilize Social Media and Online Platforms:** Leverage social media platforms and online channels to raise awareness about Kuresh. Share videos, tutorials, success stories, and updates related to the sport to engage students digitally.

6. Offer Scholarships or Incentives: Provide scholarships, awards, or incentives for students who excel in Kuresh competitions or show dedication to the sport. This can motivate more students to get involved and take up Kuresh.

7. Invite Guest Speakers and Athletes: Arrange talks or interactive sessions with renowned Kuresh athletes, coaches, or experts. Their insights and experiences can inspire students and encourage them to explore the sport further.

By implementing these methods, universities and colleges can effectively promote the sport of Kuresh among higher education students and cultivate a thriving community of Kuresh enthusiasts on campus.

### **Results and Discussion.**

The results of this study demonstrate that implementing a multi-faceted approach to promoting the sport of Kuresh among higher education students can yield positive outcomes in terms of increasing awareness, generating interest, and fostering active participation. By combining strategies such as workshops, intercollegiate competitions, social media engagement, and collaborations with student organizations, universities and colleges can effectively cultivate a thriving community of Kuresh enthusiasts on campus.

Furthermore, the incorporation of Kuresh into physical education programs not only exposes students to a new and exciting sport but also promotes physical fitness, teamwork, and sportsmanship among participants. The success of intercollegiate competitions highlights the potential for Kuresh to serve as a platform for friendly competition and community-building within the student population.

Overall, the findings suggest that promoting the sport of Kuresh among higher education students can have a significant impact on student engagement, physical activity levels, and overall campus culture. By continuing to implement these strategies and initiatives, universities and colleges can further enhance the popularity and accessibility of Kuresh among students, ultimately contributing to the growth and development of the sport in higher education settings.

### **REFERANS:**

1. Ярашев Жамшид Раззокович ПРАВИЛА УЗБЕКСКОЙ БОРЬБЫ КУРАШ // Academy. 2021. №4 (67). URL: <https://cyberleninka.ru/article/n/pravila-uzbekskoy-borby-kurash> (дата обращения: 23.01.2024).

2. Kurash turlari nazariyasi va uslubiyati / darslik: N.A.Tastanov.-T.: «Sano-standart» nashriyoti. 2017-yil. 480 bet.
3. Алпомиш. Достон. Айтувчи Фозил Йўлдош ўғли. Нашрга тайёрловчилар: Ҳоди Зарифов ва Тўра Мирзаев. –Тошкент: Фан, 1999. –820 б.
4. **D.Bobojonov, M.Abdurasulov “Abadiyat farzandlari” 2009. © Xorazm Ma’mun akademiyasi nashriyoti, 2009.**
5. Файзиев Я.З., Зиёев Д.Я. Краткий исторический обзор развития физического воспитания и спорта// Academy. № 9 (60), 2020. С. 32-35.
6. Абитова Ж.Р. Десять причин, почему физическая культура так важна в школах // Academy. № 10 (61), 2020. С. 39-41.
7. Абытова Ж.Р. Механизмы интеллектуального развития дошкольников с помощью физических занятий // Проблемы педагогики. № 3 (48), 2020. С. 79-81.
8. Комилова, Ф. М. (2022). РАЗВИТИЕ ОРГАНИЗАЦИОННОЙ КУЛЬТУРЫ УЧИТЕЛЯ НАЧАЛЬНЫХ КЛАССОВ. Вестник науки и образования, (3 (123)), 90-92.
9. Комилова, Ф. М. (2019). Коллективная организаторская деятельность как средство развития личности ученика. Проблемы педагогики, (6 (45)), 12-14.
10. Комилова, Ф. М. (2020). Формирование организационной культуры у детей с младшего школьного возраста. Вестник науки и образования, (3-3 (81)), 42-44.
11. Умнов, Д. Г. (2023, November). ОСОБЕННОСТИ ФОРМИРОВАНИЯ ПОТРЕБИТЕЛЬСКОЙ КУЛЬТУРЫ У ДЕТЕЙ ДОШКОЛЬНОГО ВОЗРАСТА ПОСРЕДСТВОМ РАЗВИВАЮЩИХ ЦЕНТРОВ ДОО. In *INTERDISCIPLINE INNOVATION AND SCIENTIFIC RESEARCH CONFERENCE* (Vol. 2, No. 13, pp. 127-131).
12. Умнов, Д. Г. (2022). МЕТОДОЛОГИЧЕСКИЕ ОСНОВЫ ВЗГЛЯДОВ НА ПОТРЕБИТЕЛЬСКУЮ КУЛЬТУРУ ЗАРУБЕЖНЫХ СТРАН И РЕСПУБЛИКИ УЗБЕКИСТАН. *Проблемы педагогики*, (2 (60)), 25-28.
13. Умнов, Д. Г. (2020). Создание педагогических условий экономического воспитания детей дошкольного возраста в условиях дошкольного образования. *Вестник науки и образования*, (16-1 (94)), 47-49.
14. Умнова, М. (2023). БОШЛАНҒИЧ ТАЪЛИМ ЎҚУВ МУҲИТИДА ЎҚУВЧИЛАРНИНГ БИЛИШГА ҚИЗИҚИШИДАГИ ПЕДАГОГИК-ПСИХОЛОГИК АСПЕКТЛАР. *Talqin va tadqiqotlar*, 1(18).

15. Умнова, М. (2023). СТИМУЛИРОВАНИЕ ПОЗНАВАТЕЛЬНЫХ ИНТЕРЕСОВ УЧАЩИХСЯ НАЧАЛЬНЫХ КЛАССОВ В ИННОВАЦИОННОЙ ОБРАЗОВАТЕЛЬНОЙ СРЕДЕ. *Namangan davlat universiteti Ilmiy axborotnomasi*, (7), 606-613.