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## WRESTLING IS THE MOST EFFECTIVE TOOL FOR EDUCATING THE YOUNGER GENERATION TO BE PHYSICALLY HEALTHY AND MENTALLY MATURE

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### ABSTRACT:

**The article discusses the idea that wrestling is the most effective means of educating the younger generation to be physically healthy and mentally mature. Through wrestling, one of the most important tasks facing coaches and professionals is to bring up young people in a healthy and harmonious way, to study in detail.**

**KEYWORDS: Wrestling, sports, competitions, physical training, customs, technique, tactics, skill, coach, referee.**

### INTRODUCTION:

There are national sports in the world that reflect the customs, national traditions, social origins of each nation. National sports are used as the most effective tool in educating the younger generation to be physically healthy and mentally mature. Martial arts, including wrestling, is one of the most popular sports on all continents of the world. In many countries around the world, extensive research is being conducted to adapt the system of training young athletes in these sports to modern requirements. Comprehensive training of wrestlers, the use of a combination of methods to increase the effectiveness of technical actions of young wrestlers, optimization of pre-competition training to increase the

effectiveness of the competition, the development of various technical and tactical actions are among the pressing issues. In the theory and practice of training young wrestlers in the world, the selection of children for the initial stage of training, planning training at different stages of development, development of the most appropriate tools and methods to help master the basic technical elements, speed, strength, agility, endurance, taking into account age characteristics and a lot of research has been done to develop the qualities of flexibility.

In all regions of the country, a lot of work is being done to promote the importance of wrestling in human and family life, to protect young people from harmful habits, to create the necessary conditions for them to realize their abilities and talents.

Today, our independent Uzbekistan is entering a new stage of development. Every day begins with good news, good news, and dreams come true, hope for a great future. The creative potential of our people, the great achievements in various fields, the growing prestige of our country in the international arena fill our hearts with pride. The adoption of the above-mentioned historical document by the head of our state is undoubtedly another great news for our national value - our people, who sincerely love and respect the struggle. After all, wrestling is a bobomeros value that embodies such priceless qualities as honesty,

nobility, courage, patriotism. It is known from history that the struggle itself has reached these days by struggling, sharpening, healing, traversing a long and arduous path. For three and a half thousand years of history, it has been ingrained in the way of life of our people and is revered as a symbol of value, harmony of man and nature, hope and confidence, honor, pride, tolerance, perseverance and devotion, leading to physical and spiritual maturity.

During the reign of Amir Timur, wrestling was one of the main ways to increase the military and physical training of soldiers. Our great ancestors Abu Ali Ibn Sino's "Laws of Medicine", Mahmud Kashgari's "Devonu lug'atit turk", Alisher Navoi's "Khamsa", Zahiriddin Muhammad Babur's "Boburnoma" also contain valuable information about wrestling. Dozens of heroes, born and raised in our sacred land, whose names have become legends and epics, have spread the fame of our country throughout the world through struggle.

Kurash is an invaluable heritage passed down from ancestors to generations as a lofty virtue instilled in our people.

Today, active measures are being taken to include wrestling in the programs of international sports competitions and tournaments, and in the future in the program of the Olympic Games.

In 2010, the International Wrestling Association was recognized by the World Anti-Doping Agency, which was an important requirement when applying for inclusion in the Olympic program.

The Summer Asian Games, organized by the Olympic Council of Asia every four years and recognized as the Continental Olympics, is an important post-Olympic competition in terms of prestige and importance. It will be attended by thousands of athletes from all over the continent. Therefore, the program of these games includes sports that have a place in the

world and are developing on all continents, - said the spokesman of the International Kurash Association Jamshid Namozov. - The official inclusion of wrestling in the program of the XVIII Summer Asian Games is a sign that a significant step has been taken in this direction, it is widely recognized by the international sports community. Along with the results achieved in recent years in the historic resolution of the President "On measures to further develop the national sport" Kurash ", the shortcomings that hinder the further development of this sport and their elimination, further development and popularization of wrestling among the population, especially minors and youth, a number of tasks have been set to strengthen the sense of patriotism in the younger generation, as well as to promote a healthy lifestyle in society and ensure high results in the world sports arena. The resolution states that the work on popularization of wrestling does not meet modern requirements, does not form an integrated system of clubs and sections to identify and select talented wrestlers and their training, as well as effective mechanisms for training coaches and referees, an effective system of incentives for winners. The lack of the necessary material and technical base and sports infrastructure, the lack of development of sports equipment hinders the organization of training of athletes at the required level and the holding of international wrestling competitions. Development of a comprehensive program of measures for further development and popularization of wrestling, the organization of national sports centers of wrestling in Nukus and regional centers, modern sports clubs and sections in each district and city, national, international wrestling competitions and tournaments on a regular basis organization and holding, increase of quotas for admission of young

people engaged in this sport to higher and secondary special, vocational education institutions, organization of production of "yaktak" sportswear and "kurash rugs" meeting world standards, wrestling "Umid Nihollari" , "Harmoniously developed generation" and many tasks, such as inclusion in the program of the Universiade sports games, will serve to further the development of wrestling in the future, to play a truly important role in the lives of our youth.

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