

EDUCATIONAL SIGNIFICANCE OF UZBEK NATIONAL SPORTS GAMES

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ABSTRACT

This article discusses the educational importance of Uzbek national sports games.

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Ulak-kupkari is one of the oldest equestrian games of the peoples of Central Asia. This incredibly spectacular sight can be compared by the intensity of passions except with the Spanish bullfighting. Traditionally, ulak-kupkari are held at public holidays, weddings, in the spring before the start of agricultural work and in the fall after harvest. This game is so popular that it has become a separate sport with its own rules, clubs, federations. Even international competitions are held.

Literally in Russian, Ulak-kupkari is translated as "a goat is the work of many." The essence of the competition is that horsemen on horseback fight for the carcass of a goat, which in the end must be thrown into the "cauldron" - a round structure made of bricks, concrete or large car tires. Competitions are held between teams of 6 people, but there are also personal competitions in which several hundred riders participate simultaneously.

Ulak (the carcass of a decapitated goat) is prepared in advance, and it usually weighs 30-40 kg, but in rainy times, when clay adheres to the goat's hair, its weight can increase to 80 kg. A limited area of the field is marked so that the place where the ulak first lies is located in the middle between two cauldrons. At the judge's command, the young people jump to him and then the fun begins. All riders gather near the carcass of a goat lying on the ground. The first thing to do is to raise it, then secure it by pressing the horse to the side of the horse to hold it, and then, if possible, rush to the enemy cauldron, where to throw it. But not so simple. Ulak is heavy and raising it from the ground is not an easy task. Opponents are not in a hurry with this, they are waiting for someone to pick up the goat and then do everything to take it away, which is much easier than picking it up. It is almost impossible for a rider with ulak in his own hands to dodge the enemy. Other team members come to the rescue.

With the help of horses, they remove hunters of easy prey from their comrade, giving him the opportunity to break out of a tight circle and rush to the cauldron on the edge of the field. It is not always the same participant who throws ulak into the cauldron, who raised it. This requires considerable effort. The cauldron is quite high and its walls are directed inward, like a jug. Therefore, thoughtful tactics of the game are of great importance. Of particular importance in ulak-kupkari is the preparation of horses. They help riders not only convey ulak to the cauldron, but also protect it from rivals! The horses push, turn sideways, removing the horses of others from the owner; in the literal sense, taking the enemy's pressure on themselves. In addition, they bite each other and even the riders of another team.

In this game, there are strict rules for equipping horses and horsemen. It is forbidden to use all sharp metal objects, both on horse stirrups, and in all its harness. And young people put on cotton trousers and jackets, high boots and helmets or fur hats. In addition, the legs are wrapped in thick fabric, and the horses too!

What awaits the winners? For the sake of what do young guys go out into the field every year, risking themselves and a horse? A good reward awaits the winner - it can be a horse, a camel, a bull, money, and even cars, not to mention carpets, televisions and other items of equipment. And, of course, the glory of the most daring and strong young people.

The Uzbek national kurash wrestling is one of the oldest martial arts in the world and perhaps the most popular form of entertainment in Uzbekistan. Not a single holiday or festivities can do without it. Kurash does not need a special playground or gym. Previously, they just fought on the ground, sometimes carpets spread. The rules of the struggle are simple and democratic. Kurash is available to both young men and the elderly. Often at the holidays you can see the gray-bearded old men coming into the fray. In kurash, strength and strength endurance prevail over the sophistication of technology and the flexibility of tactical actions. In kurash, fighting in the supine position is prohibited. You can fight only in the rack and only throws and sweeps are allowed. The use of any shock, pain, asphyxiation techniques, as well as grips below the belt is strictly prohibited. All this makes kurash a simple, understandable, entertaining, dynamic and safe sport. In the 14th century, Amir Timur used kurash for the physical preparation and self-defense of his soldiers. As you know, the army of Timur, having conquered half the world, remained undefeated. Centuries passed, and Kurash turned into one of the most beloved and revered traditions among the peoples inhabiting the territory of modern Uzbekistan. Uzbeks say that kurash is in their genes, in their blood. Today, there are more than two million people involved in this sport throughout Uzbekistan. Since ancient times, mutton fights have been an integral part of the traditions of the peoples of Uzbekistan. Not a single holiday could do without it. Fighting rams is a fascinating and even gambling spectacle.

Spectators buzz, whistle, stomp their feet, cheering the fighters. Animals prepare for battle like a real athlete: special nutrition, jogging and training. It is also very important to keep the animal clean and observe all hygiene rules. Cockfights are much like boxing fights and consist of rounds of 10 minutes, which can continue until the hosts agree on a draw. At the end of the rounds, special seconds serve the cocks, dousing them with water, fanning them with towels, and thus cooling their opponents before the next round. With equal feathered rivals, a cockfight can last more than an hour. And some last a few minutes. Now the owners of the fighting bird do not allow the death of the fight.

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